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DIONNE ZANTUA AND LISA LI



InterMediaChina

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University of California, Los Angeles  
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taking the magazine to the store.



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Managing Editor  
 Sandy Moore  
 managingeditor@tianjinplus.com

Advertising Agency  
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Hi Friends, Happy New Year 2019!

A successful bilingual nursery needs knowledgeable, affectionate leaders who are passionate about impacting a whole generation. Head of Early Years, Mrs Dionne Zantua, and Deputy Head, Mrs Lisa Li, provide this and much, much more. Having grown up with parents as educators herself, Mrs Zantua was exposed from an early age to the life-changing impact that teaching can have. Despite her extensive experience of knowing how pivotal those first few years can be from her time in the US, in the UAE and now here in China, she feels she can never know enough about children.

Here comes the beginning of another year! Let's think ahead of the curve for the future 2019 trends and have a look at the Interior Design column. The New Year is the best time to make the most of your home spaces for a lifetime and beyond.

Vision Hill Arts Centre has already been standing for a better part of a decade because of the demand for an outlet for art and culture in a busy city, such as Tianjin. Thriving in the heart of the High-Tech area in Nankai District, Vision Hill Art Centre is a unique conduit for showcasing or even cultivating aesthetic values.

Sleek, straight and luscious hair is what renders Chinese women enviable to the rest of the world! They are, of course, blessed with good genes, but it won't be wrong if we say they are way ahead of the West in the haircare game. Check our Beauty column to know the reasons why traditional Chinese haircare remains a stark contrast to the Western methods and it has proved itself worthy time and again for hair growth and nourishment, at any age!

I am sure you will find very interesting all the other articles that we have 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](http://www.tianjinplus.com) and follow us on our official Wechat account (ID: [tianjin\\_plus](https://www.tianjinplus.com)) for more articles and information.

Best wishes,  
 Sandy Moore  
 Managing Editor | Tianjin Plus Magazine

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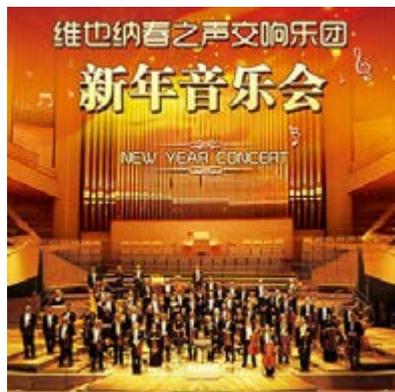


80

## 01 Tue

**VIENNA NEW YEAR CONCERT**  
维也纳斯之声交响乐团新年音乐会-天津站

**Date:** Tue, Jan 1  
**Time:** 19:30  
**Price:** 280,380,480,680  
**Venue:** Jinwan Grand Theater  
天津津湾大剧院



### New Year's Day

## 01



## 04 Fri

**MOONLIGHT - ISRAEL PIANIST**  
**ALON GOLDSTEIN SOLO CONCERT**  
月光——以色列钢琴家阿隆·哥德斯坦独奏音乐会

**Date:** Fri, Jan 4, 2019  
**Time:** 19:30  
**Price:** 80,120,180,280,380(180x2), 380,380(280x2),499(380x2)  
**Venue:** Concert Hall, Tianjin Grand Theatre  
天津大剧院音乐厅



Alon Goldstein is one of the most original and sensitive artists of his generation, admired for his musical intelligence and dynamic personality. Alon's artistic vision and innovative programming have made him a favorite with audiences and critics alike throughout the United States, Europe, and Israel. He made his orchestral debut at the age of 18 with the Israel Philharmonic under the baton of Zubin Mehta, and returned a few seasons ago with Maestro Herbert Blomstedt in Beethoven Concerto No. 1. In recent seasons, Mr. Goldstein has performed with the Los Angeles Philharmonic, Philadelphia Orchestra, the San Francisco, Baltimore, St. Louis, Houston, Vancouver, Kansas City and North Carolina Symphonies, the Rhode Island Philharmonic, and orchestras on tour in Paris, Russia, Romania and Bulgaria.

Mr. Goldstein serves as the Artistic Director for The Distinguished Artists Concert & Lecture Series in Santa Cruz, CA, and was recently named the Artistic Director for the Mt. Angel Abbey Bach Festival in Oregon, starting in 2019. He also recently created the Emerald Coast Music Alliance, whose annual festival in Florida is devoted to sharing the beauty of classical music to under-served communities, free of charge.

## 06 Sun

**12 GIRLS BAND**  
**2019 NEW YEAR CONCERT**  
女子十二乐坊  
2019新年专场音乐会

**Date:** Sun, Jan 6  
**Time:** 19:30  
**Price:** 100,180,280,380,580,500(280x2), 700(380x2), 1000(580x2)  
**Venue:** Jinwan Grand Theater  
天津津湾大剧院



Twelve Girls Band is a music women artists group, which started with twelve members, but later it became thirteen, that use traditional Chinese instruments to play both traditional Chinese and Western songs. Formed on June 18, 2001, the women were selected by audition from more than 4,000 contestants. Each woman is classically-trained, and the band members come from various conservatories, including the China Academy of Music, the Chinese National Orchestra, and the Central Conservatory of Music.....

Instruments: *erhu* (Chinese fiddle), *pipa* (pear-shaped lute), *guzheng* (zither), *yangqin* (hammered dulcimer), *dizi* (transverse flute), *xiao* (vertical flute), *duxianqin* (single-stringed zither) and *hulusi* (three-piped gourd flute)...



## 06

### Cuddle Up Day

## 09 Wed

**ROMEO AND JULIET**  
BY TNT THEATRE BRITAIN  
莎士比亚经典原版英文话剧  
《罗密欧与朱丽叶》

**Date:** Wed, Jan 9, 2019  
**Time:** 19:30  
**Price:** 80,120,180,280,380, 450(280x2)600(380x2)  
**Venue:** Jinwan Grand Theater  
天津津湾大剧院



An intelligent and innovative production of ROMEO & JULIET, which explores the depths of this tragic, bloody romance and its central conflict between love and death, Eros and Thanatos. The setting is Baroque Italy, where clan violence, dignity, aristocracy, Catholicism, arranged marriages and chaste love are all imaginable. A world where the symbolic becomes real. The play is highly stylised; masked balls and ritual violence form set pieces. A rich theatrical performance, maintaining a Shakespearian style that relies on the skills of the actors and the imaginations of the viewers rather than complex settings and design.

**Performance: TNT Theatre Britain**  
TNT theatre was founded in 1980 in Britain and since has established itself as one of the most popular international touring theatre companies in the world. The artistic director of TNT is Paul Stebbings, whose work has won many awards at, for example, the Munich Biennale, the Edinburgh Festival, the Tehran Festival and from the government of Singapore. TNT productions always include a specially commissioned score by a leading composer. The director always works with a choreographer, and the ensemble actors are chosen for their ability to cross the disciplines of theatre, music and dance.

## 10-13 Thu-Sun

**RUSSIAN SHOW**  
"MAGICIAN'S WHITE GLOVES"  
《魔法师的白手套》

**Date:** Thu-Sun, Jan 10-13  
**Time:** 19:30;10:30;15:00  
**Price:** 190,270  
**Venue:** Vision Hill Arts Center  
智慧山·琉璃剧场



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## 25 Fri

**CANON, ROMANTIC CLASSICAL**  
**PIANO MUSIC RECITAL**  
卡农——古典情调钢琴曲心灵邂逅演奏会

**Date:** Fri, Jan 25, 2019  
**Time:** 19:30  
**Price:** 100,160,260,360,280(160x2), 380(260x2),580(360x2)  
**Venue:** Jinwan Grand Theater  
天津津湾大剧院



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# Calendar

## 2019 January

To include your event, email: [editor@tianjinplus.com](mailto:editor@tianjinplus.com)

### 26 Sat

**FROZEN, CHILDREN'S PLAY**  
大型原创励志魔幻儿童剧  
《冰雪奇缘》天津站

**Date:** Sat, Jan 26, 2019  
**Time:** 10:30, 19:30  
**Price:** 120, 180, 280, 380, 200(120x2), 300(180x2), 400(280x2), 450(180x3), 600(380x2), 600(280x3), 900(380x3)  
**Venue:** Jinwan Grand Theater  
天津津湾大剧院



### 27 Sun

**YOU ARE PIANIST, PARENT-CHILD CONCERT**  
你是钢琴家——古典音乐启蒙钢琴  
名曲欢乐互动多媒体亲子音乐会

**Date:** Sun, Jan 27  
**Time:** 19:30  
**Price:** 100, 160, 260, 360, 280(160x2), 380(260x2), 580(360x2)  
**Venue:** Jinwan Grand Theater  
天津津湾大剧院



### 30 Tue

**KAMMERSTAMMTISCH TIANJIN, GERMAN CHAMBER**

**Date:** January 30, 2019  
**Time:** 19:00 - 22:00  
**Venue:** Drei Kronen 1308 Brauhaus  
Tianjin



# Calendar

## 2019 February

To include your event, email: [editor@tianjinplus.com](mailto:editor@tianjinplus.com)

### 10 Sun

**SWAN LAKE BY MOSCOW BALLET THEATER**  
俄罗斯莫斯科芭蕾舞团《天鹅湖》  
2019新春巡演天津站

**Date:** Sun, Feb 10  
**Time:** 19:30  
**Price:** 100, 180, 280, 380, 580, 500(280x2), 700(380x2), 1000(580x2)  
**Venue:** Jinwan Grand Theater  
天津津湾大剧院



The reason why Moscow Ballet Theatre choose to perform classical work „Swan Lake“ is no doubt to make the show more closer to the audience.

To present classical work on the stage with a totally new form, not only meeting the old audience's idea of wanting to see new form, but also fulfilling the new audience's desire of enjoy classic works.

Ice dancing as the most visual striking art form, combined with the same visual striking performance, ballet this time, we believe it can bring the audience very fresh feelings.

In this show, the stage will be departed into two parts, where the front stage is ballet stage, and the back part will be more suitable for ice dancing. At the latter half of the show, people can see the ice dancers wearing black cloth and moving very fast, which will be an incomparable visual enjoyment.

Meantime, the stage production presents the film of exquisitely feelings, the sound, light, and cloth which will bring audience to fantasy land.



### SPECIAL DAYS



**LABA FESTIVAL**  
January 13



**DRESS UP YOUR PET DAY**  
January 14



**CHOCOLATE CAKE DAY**  
January 27



**CHINESE NEW YEAR**  
February 05



**VALENTINE'S DAY**  
February 14



**LANTERN FESTIVAL**  
February 19

Chinese New Year Family Celebration  
@ Shangri-La Hotel Tianjin

As we welcome the Year of the Earth Pig, we wish you a year filled with health, happiness, prosperity and memorable festive moments at Shangri-La Hotel Tianjin. Let's celebrate!

**The Year of Pig Reunion Dinner**

**Date:** February 4<sup>th</sup>, 2019

**Price:** RMB 3,288/10 persons

**Venue:** Grand Ballroom, Shangri-La Hotel Tianjin

**Shang Palace Dinner**

**Price:** From RMB 3,288/10 persons

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



Treasures Pot RMB 1,688

Seafood New Year Hamper RMB 888

Assorted Gift Box RMB 288

Dry Goods New Year Hamper RMB 198

Dumpling New Year Hamper RMB 138

For more information please contact +86 22 8418 8111.

Festive Season Celebration  
@ Four Seasons Hotel Tianjin

Time flies and the year end festive season has come along with winter. Four Seasons Hotel Tianjin introduces varied festive season special offers that led by the French Executive Chef, Cyril Calmet, for guests to enjoy cheering gustatory experiences.



**Festive Afternoon Tea at La Sala**

Designed by the talented Executive Pastry Chef Christy Tse, La Sala is thrilled to introduce the joyful Festive Afternoon Tea from 1 December 2018 until 13 January 2019. In a luxurious and relaxing atmosphere, guest can savour an exquisite set of desserts including Green Tea Chestnut Mont Blanc, Home-made German Stollen, Raspberry Opera, Weiss Chocolate Praline and Kumquat Cake, Ginger Bread Chocolate and more, pairing with handcrafted coffee and tea.

**Price:** RMB 258+15%/person, with additional RMB 120+15%/person for more guests up to four.

For more details about the above news, can contact Four Seasons Hotel Tianjin at +86 22 2716 6261 / 6688.

New Year Gift Box  
@ Renaissance Tianjin Lakeview Hotel

New Dynasty selects high quality ingredients, presents a great delicacy for your family gathering.

**Price:** Chinese Pastry Gift Box RMB198/box (4kg)

Ru Yi Poon Choi Gift Box RMB 1,188/box (4-6 persons)

Ji Xiang Poon Choi Gift Box RMB 2,188/box (8-10 persons)

**Venue:** New Dynasty Chinese Restaurant,

Renaissance Tianjin Lakeview Hotel,

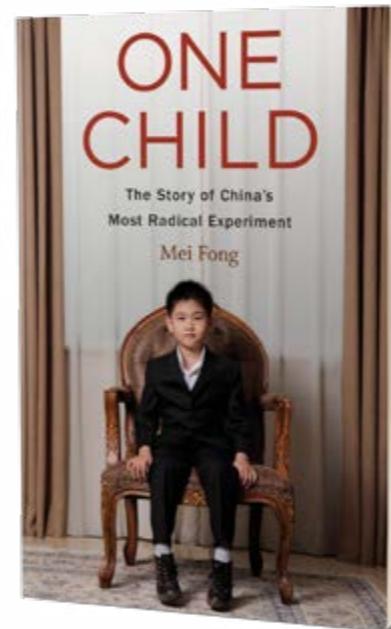
No. 16 Binshui Road, Hexi District, Tianjin.

For more information, please contact + 86 22 5822 3110/3111.



ONE CHILD BY MEI FONG, 2016

The Story of China's Most Radical Experiment



独生子女：

中国最激进试验的过去与未来

作者方凤美 (Mei Fong)，马来西亚华人，前《华尔街日报》驻华记者，现为“新美国研究基金会”计划生育问题学者，主要从事中国社会经济问题的研究。

本书集中研究了中国“独生子女”政策实施30多年来所造成的一系列影响。作者认为，中国实施“独生子女”政策的初衷在于降低出生率、改善最贫困人口的生活质量、提升中国的国际地位。但是，从1980年实施“计划生育”管制政策以来的三十多年，已经给中国带来了诸多负面的社会影响。

方凤美从负面的角度探讨了计划生育的不利影响，第一，“独生子女”政策直接导致了男女比例出现严重失衡。第二，一代“独生子女”现已成人，需承受来自各方压力。他们通常把自己称为“三明治一代”，对前途的悲观直接影响就业形势。第三，加速人口老龄化的到来。第四，独生子女家庭结构非常脆弱，社会异象丛生。由于一对夫妇只能生育一个孩子，中国社会形成了所谓的“独子”群体，进而造成两个家庭、几代人只有一个孩子的状况，年轻人刚刚步入社会，就要承担起赡养长辈的责任。

One of the main issues in understanding the Chinese community is the examination of the family setting in China and, therefore, a reading highlighting the structure is crucial for any individual willing to traverse the area. Fong takes a look at how the Chinese family has changed over the years from large families to smaller ones with the one child policy in the region, which begun in 1980. The establishment of the policy has many repercussions on the Chinese families as well as the economy, and the book highlights these issues through a distinct description of the impact of the law. Beyond the loss of children from forced abortions, the book reflects the plight of a series of individuals from the policy due to the use of crude procedures for birth control. It is a good opportunity to comprehend how the country has been able to abide by the law.

need for an understanding in the implementation of the policy especially by checking the actions of the local authorities. The book also provides insight on the overpopulation scare that prompted the establishment of the rule, and how China did not anticipate issues in demographic imbalance.

Dong takes the negative perspective by exploring the adverse effects of the issue, discovering China as a nation hindered by demographic differences where a majority of old people are cared for by one child; this is exhausting. Furthermore, the demographic differences predict impending danger for the labour economy if the policy continues to be enforced, and the opportunity for more neglected children, as illegitimate second borns are not supported by the country. One amazing factor that emerges from the writing is that the country does not need such restrictions, using the case example of Shanghai where education and wealth has allowed the citizens to decide on their own on not having many children.





# SCHOOL OF ATHENS

## PAINTING BY RAPHAEL

By Rose Salas

《雅典学院》是意大利画家拉斐尔·桑西于1510~1511年创作的一幅壁画作品。现收藏于意大利梵蒂冈博物馆。该画以古希腊哲学家柏拉图举办雅典学院之逸事为题材，以极为兼容并蓄、自由开放的思想，打破时空界限，把代表着哲学、数学、音乐、天文等不同学科领域的文化名人会聚一堂，以回忆历史上黄金时代的形式，寄托了作者对美好未来的向往，表达了对人类中追求智慧和真理者的集中赞扬。如果我们想到柏拉图和亚里士多德，三大哲学家中最伟大的其中两位，请记住还有苏格拉底。他们每个人都教育了另一个人。柏拉图是苏格拉底的学生，也是亚里士多德的老师。现在，如果我们想要对比柏拉图和亚里士多德，那就看看拉斐尔的经典作品“雅典学派”一样简单，这是最美丽的艺术之一。就哲学而言，我们在绘画中看到柏拉图和他的学生亚里士多德一起散步，他正指向上方。柏拉图是理想主义者，这符合他的所有哲学。

“The School of Athens” is one of the most famous frescoes by the Italian Renaissance artist Raphael. The painting illustrates the greatest philosophers ever. It was painted between 1509 and 1511, as a part of Raphael's commission to decorate the rooms, now known as the Stanze di Raffaello, in the Apostolic Palace in the Vatican.

The Stanza della Segnatura was the first of the rooms to be decorated, and “The School of Athens”, representing Philosophy, was probably the second painting to be finished there after “La Disputa” (Theology).

So, if we were thinking about Plato and Aristotle, two of the biggest three philosophers, keep in mind we've got Socrates, Plato and Aristotle. Each one of them taught the other. Plato was Socrates' student, but never said he was his



teacher. Aristotle was Plato's student. Now if we want to contrast Plato and Aristotle, it is just as easy as looking at Raphael's classic painting 'The school of Athens', which was one of the most beautiful arts produced. As far as philosophy goes, we see in the middle of the painting Plato walking with his student Aristotle and he is pointing up. Plato is the idealist and that goes in all of his philosophies. The only thing real to Plato was an Idea. We notice Plato pointing up and Aristotle is putting his hand over the ground. Aristotle is a realist, while Plato is an idealist. It seems in the painting that Aristotle is saying, "Wait a minute", which means the only real thing to him is something real and that this physical world we live in is a real place. Aristotle's realism was a rejection of Plato's idealism. Plato produced the republic, and Aristotle produced the politics.

From the painting we can see Plato holding his book "The Timeous", pointing up to show his ideal forms and that mankind should focus intellectual energy on things which can be comprehensible by the human mind. A triangle built in the physical world cannot be perfect and it is destined to crumble. The idea triangle is however has property patterns

true as for the Egyptian as us. This is why the entrance of Plato's school academy had the warning "let none ignorant of geometry enter here".

Aristotle is seen holding his book "The ethics" pointing towards the earth. Aristotle was more concerned on the real physical world and ability to categorize huge amounts of information which can be easily understood.

These two enter a room with many philosophers from many time periods. Most of these philosophers were mathematicians. We can see Pythagoras and Euclid who wrote one of the greatest text books on geometry ever. There is a picture of a woman, Alexandria, who died in 15 C. One of the most interesting things in this painting which Raphael had used is that in real model of Plato isn't just him, but also Leonardo da Vinci.

In the painting we notice that they are wearing different colors according to their division. Plato is wearing red referring to fire, and purple referring to 'the ether' meaning air, neither of which have weight. Aristotle is seen wearing brown which refers to earth and blue as water.



# 智慧山艺术中心



Vision Hill Arts Centre has already been standing for a better part of a decade because of the demand for an outlet for art and culture in a busy city, such as Tianjin.



"It is an integration of business and culture. We plan to become a cultural landmark in Tianjin. We hope people can not only live and work in this area but can also enjoy the social aspect and relax at any time," says Zhang Weili, the President of the Vision Hill group.

The Arts Centre boasts of modern venue facilities that can host various types of exhibitions and exchanges, as well as conferences, performances, lectures, education and training. The Wisdom Mountain Art Centre consists of an avian theatre and a digital experience hall, as well as a nickname temporary exhibition hall, a welcome hall, a conference hall, a media hall, and a print shop on the waterfront. The bird theatre has an area of 450m2 with 230 seats and a small theatre drama on the weekends, regular concerts and academic reports. It also has a viewing forum, regular fan salons, and 3D movies. They have also designed a Hotel on 200,000 square meters and envisage a book store as well as a cinema in the near future to add to their ever-growing community to inspire society.

Vision Hill Arts Centre aims to lead the future of this city. They are now targeting the international audience and the youth and wish to expand in terms of what they have to offer. There will be many international brands coming to this area. Recently, they hosted a concert featuring Liron Man – a hand pan prodigy. Few months ago they had hosted a poetry festival and it had been a remarkable success! During the summer, a music festival was conducted in collaboration with Alliance Francais Tianjin and we featured so many great performances.

Mr. Weili says if he had to describe Vision Hill Art Centre in a few words it would be: travel, entertainment, shopping, eating, drinking, accommodation, exhibition, study and performance. With a mission to deliver all this, wisdom and technology are important parts of their cultural and industrial platform. "We uphold innovation and creativity, create a future service concept, and provide one-stop business support services for businesses and individuals" says Mr. Zhang.

# VISION HILL ART CENTRE

By Natasha

THRIVING IN THE HEART OF THE HIGH-TECH AREA IN NANKAI DISTRICT, VISION HILL ART CENTRE IS A UNIQUE CONDUIT FOR SHOWCASING OR EVEN CULTIVATING AESTHETIC VALUES.

Located at No. 20, Kaihua Road, Huayuan Industrial Park, Tianjin High-tech Zone, its mission is to create a platform on which society can explore culture and technology. Vision Hill is also a National Cultural Industry Demonstration Base and National Advertising Industry Park. This area has gathered a lot of Intellect Capital companies. The original intention as they set up Vision Hill Arts Centre was to provide food for thought, hold exhibitions and performances for music and various other performing arts.

As a modern communication platform for business, scientific research, exhibitions, creativity, and communication, the Arts Centre represents the latest level of cultural services in the Smart Mountain and Hi-tech Zone.

它位居市内六区核心地段，却享受滨海新区政策优惠；它致力于在天津建立“科技文化创意产业基地”，形成创意产业集聚区，给天津创意人一个温暖的创意家园，它就是智慧山。智慧山一方面肩负着区域运营的重任，另一方面也承担着带动天津创意文化发展的重任。智慧山艺术中心是智慧山科技文化产业平台的重要组成部分，它位于天津高新区华苑产业园区开华道20号，这里拥有现代化的场馆设施，既可以举办各种类型的展示交流活动，也可以承办会议、演出、讲座、教育培训和综艺节目等活动。艺术中心功能区丰富多样，设有飞鸟剧场、壹号临展厅、贰号临展厅、迎宾厅、贵宾厅、媒体厅、会客厅、滨海酒吧、纳斯达克吧、数字体验馆。

其中，飞鸟剧场可以承接商业演出、论坛会务、产品发布、3D电影播放、讲座报告、沙龙等活动，环绕音响、投影仪、放映机、化妆间等配套设施一应俱全。贵宾厅可为客户提供媒体发布、会务摆台、贵宾接待、配套餐饮等服务。临展厅则是进行商务展示、展览展示、文化交流、产品售卖的好地方。这里还为展览者提供收银系统及监控、投影、灯光展架等配套设施。迎宾厅内设有3D环幕影院，可供迎宾接待、媒体发布、休闲娱乐之用。贵宾厅内设置有阳光房和书房，专为VIP贵宾服务。媒体厅配备有无线网络、液晶电视、投影设备等。会客厅则风格清雅，配有日式茶具和娱乐设施，适于私人聚会、茶道演绎或娱乐休闲。滨海酒吧独具特色，这里是国内第一家以印章展示、印章交流为主题，融合古琴、古香、茶道等多元素的综合性文化交流场所。滨海酒吧秉承“大众篆刻”的理念，集品印、制印、传印的功能于一体，以印章展示制作、文化交流与培训为特色，有音乐教室、投影和监控等配套设施，传承中国传统印章文化，融汇国内外印章精髓，与各界交流印章文化心得。印吧内有书吧，可供会议服务，设备齐全。在悠扬的古琴乐曲中品茗赏印，相信这里可以让您尽享传统文化的无穷魅力。数字体验馆设于智慧山艺术中心内，尊崇“原创、参与、体验、互动”的主旨，着重数字文化体验、科技普及实训、文创产品展示功能，为高新区动漫、网游等新兴文化公司搭建了一个交流展示平台，为产业链各方提供了一个体验互动的平台。数字体验馆配备先进的多媒体演示设备，让企业、买家、玩家三方汇聚，现场感知文化创意作品和设计制作流程，通过互动体验活动，寓商务于情境、寓休闲于享受。纳斯达克吧是园区的创业基地，这里有办公及餐饮设施，主要用于企业孵化、会议服务，还可以为您提供优质的商务简餐、中西餐、酒会用餐等餐饮服务。

智慧山总裁张伟力先生表示，智慧山项目是商业与文化的融合，“我们计划将之打造成为天津新地标”。的确，这里已经迈向国际化：以色列顶级手碟大师Liron Man的音乐会、“2018天津法语联盟夏至音乐节”就曾在这里成功举办。智慧山艺术中心秉承创新、创意、创未来的服务理念，集合办公、商业、教育、休闲娱乐等复合功能，为企业和个人提供一站式商务配套服务。作为商务、科研、展览、创意、交流于一身的现代化传播平台，艺术中心代表着智慧山乃至高新区的文化服务最新水准，相信未来的智慧山艺术中心必将吸引更多国内外商务文化人士的目光！

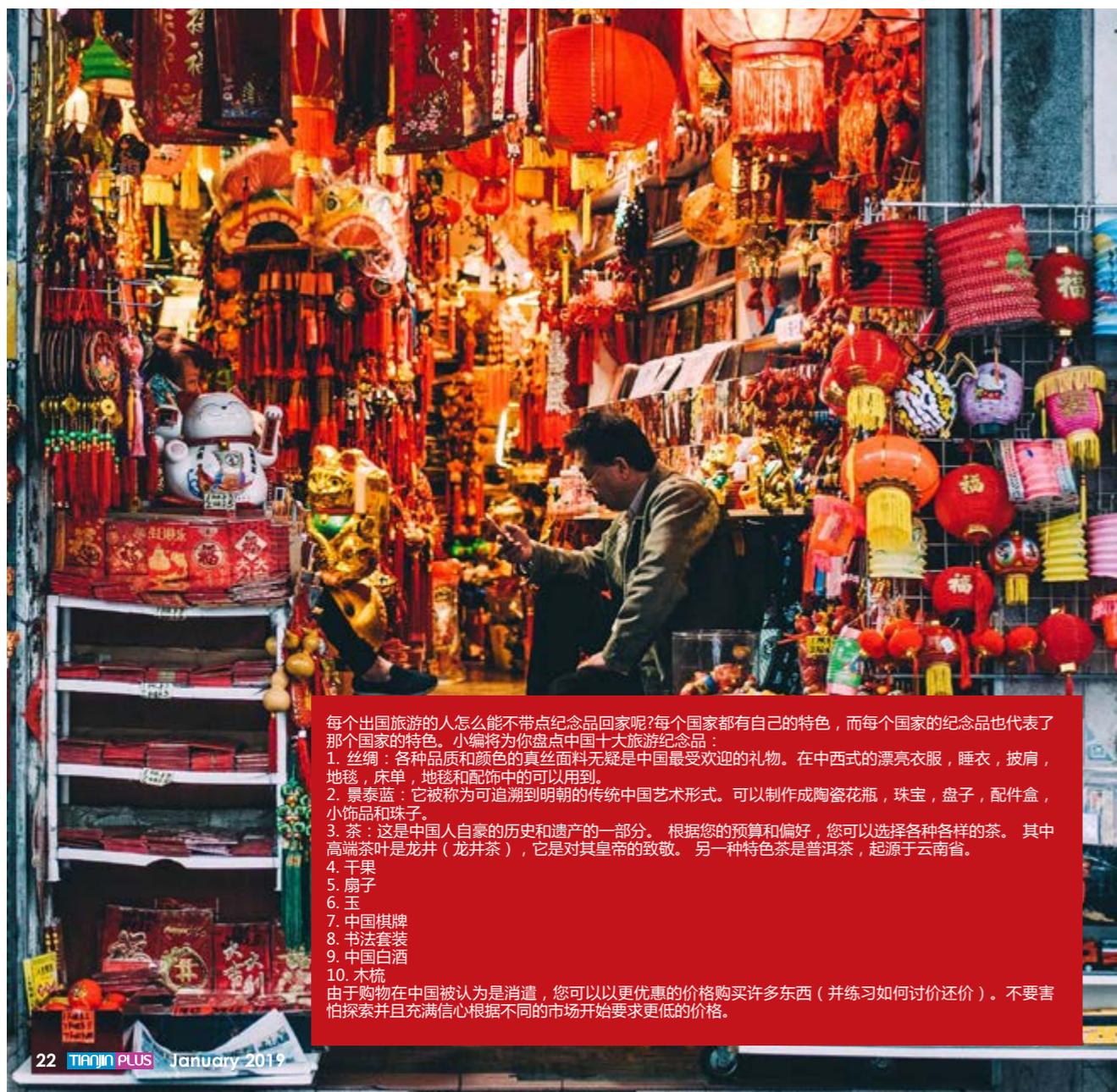
TOP

# 10 BEST SOUVENIRS from China

## 中国十大最佳纪念品

By Mary Lewis

As we are living in China, it is natural to bring home a memento that will remind you of your stay or travel. But, before you buy a fluffy panda hat or Great Wall key chain, here is a list of top 10 Best Souvenirs that you may want to consider:



每个出国旅游的人怎么能不带点纪念品回家呢?每个国家都有自己的特色,而每个国家的纪念品也代表了那个国家的特色。小编将为你盘点中国十大旅游纪念品:

1. 丝绸:各种品质和颜色的真丝面料无疑是中国最受欢迎的礼物。在中西式的漂亮衣服,睡衣,披肩,地毯,床单,地毯和配饰中的可以用到。
2. 景泰蓝:它被称为可追溯到明朝的传统中国艺术形式。可以制作成陶瓷花瓶,珠宝,盘子,配件盒,小饰品和珠子。
3. 茶:这是中国人自豪的历史和遗产的一部分。根据您的预算和偏好,您可以选择各种各样的茶。其中高端茶叶是龙井(龙井茶),它是对其皇帝的致敬。另一种特色茶是普洱茶,起源于云南省。
4. 干果
5. 扇子
6. 玉
7. 中国棋牌
8. 书法套装
9. 中国白酒
10. 木梳

由于购物在中国被认为是消遣,您可以以更优惠的价格购买许多东西(并练习如何讨价还价)。不要害怕探索并且充满信心根据不同的市场开始要求更低的价格。

### 1. SILK FABRIC

Silk fabric of all qualities and colors is surely an appreciated gift from China. You will be delighted in seeing fine silk fabric sold per meter, or its application in beautiful dresses in Chinese and Western style, pajamas, shawls, carpets, bed sheets, rugs and accessories.



### 2. CLOISSONNÉ

It is known as a traditional Chinese enamel art form dated back to the Ming Dynasty. Today, many cloisonné applications are specially designed throughout the country. You'll find it in ceramic vases, jewelry, plates, accessory cases, trinkets and beads.



### 3. TEA

It is part of the proud history and legacy of the Chinese. Depending on your pocket and preference, you can choose from a wide range of teas. Among the high-end teas is the Long Jing (Dragon Well Tea), which has been presented as a tribute to its emperors. Another specialty tea is the Pu-erh Tea, originated from the Yunnan Province which tastes better with age.



### 4. DRIED FRUITS

They make excellent souvenirs as it is easy to take home, not that expensive and very tasty. Take your pick from dried dates, dried persimmon, dried figs, candied peanuts, and a lot more. You can buy them in supermarkets, candy shops and local markets.

### 5. FANS

Especially the hand-painted paper ones with typical Chinese patterns of natural objects, make fantastic gifts. A small fan will be appreciated as a quick way to get rid of the heat, but a large fan can be used as a wall decoration in the house.



## 6. JADE

For Chinese is considered a lucky stone which brings luck, wards off evil and possess healing powers. Aside from Green Jade which is the most popular type, there is also the white and purple jade. Prices vary, for instance, the darker the shade of green, the better the quality.



## 7. CHINESE BOARD GAMES

They are easy to find across Chinese cities. Among the most classic board games are the Mahjong, Chinese Chess and Chinese Checkers. Board games make a great token for kids and even for the whole family.



## 8. CALLIGRAPHY SETS

They are appealing souvenirs for your artistic friends. A set would include seals and stamps in various shapes and forms, carving tools, paint brushes and inks of different colors. As this hobby is a popular one, you can find sets for beginners to skilled amateurs.



## 9. CHINESE BAIJIU ('WHITE LIQUOR')

It is a strong, white liquor with 50% more alcohol content and has a burning sensation even with just a tiny sip. Best brands which you may consider purchasing are Maotai, Er Gou Tou and Wulianye.



## 10. COMBS

They are traditionally made of wood, bamboo or fine bone china, and they are a great gift for all ages. There are also hand-made combs which are used as an attractive accessory for the hair or to accentuate your garment

*As shopping is considered a pastime in all places in China, you can expect to buy many things at a better price (and practice how to bargain). Now that you know what to shop for, it is best to check out the places where these can be found, don't be afraid to explore and be confident to start asking for a lower price, depending on the market.*

Good luck!



Lijiang Street  
Barry West



Red Beach  
Elsie Whitaker

2<sup>nd</sup> Prize  
二等奖



Night Street Lamp  
Holly Bass

3<sup>rd</sup> Prize  
三等奖

January  
1<sup>st</sup> Prize  
一等奖

## BEST PHOTOS of 2019 2019 最佳照片

Send your fantastic photos in **2019** 发送照片至  
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[www.tianjinplus.com/photocontest](http://www.tianjinplus.com/photocontest)



Long Press QR code and  
Click "Scan QR Code" to  
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- 1<sup>st</sup> Prize Winner: Foreign Wine bottle
- 2<sup>nd</sup> Prize Winner: Restaurant Voucher
- 3<sup>rd</sup> Prize Winner: Bakery Store Voucher



# FAMILY FRIENDLY EXHIBITIONS THIS WINTER

## 这个今年冬天适合全家参与的展览

By Ellen Morris

If you would like to take your family to visit some exhibitions of exotic art originating from some West African nations to the photographic genius of two professionals from the UK, then this article should have enough inspiration to give you an idea of what is available for you and your family to visit in Beijing this winter. Beijing has several family friendly creative spaces offering first class exhibitions; here are a few of those.

如果您想带您家人参观一些来自西非国家的异国艺术展览，以及来自英国的摄影天才的作品，那么这篇文章将为您提供冬日最好的家庭展览活动。北京有几家家庭友好式的创意空间，并且提供一流的展览。

### 英国新摄影：安娜·福克斯和凯伦·诺尔

本次展览将展出两位当代纪实摄影师——Anna Fox 和 Karen Knorr 的摄影作品，展示当代英国社会生活的各个方面，讨论社会阶级、工作环境、自我意识等话题。展览将持续到2019年01月06日 地点：北京朝阳区三影堂摄影艺术中心。

### 生命之树——中国美术馆藏非洲木雕艺术展

中国美术馆珍藏有三百余件非洲雕塑作品，此展从中精选百余件精品，包括非洲坦桑尼亚、莫桑比克、科特迪瓦、贝宁、加纳、肯尼亚及刚果（金）等国的木雕作品，重点展示在仪式活动中扮演重要角色的面具雕刻，表现非洲人世俗生活的人像雕刻，体现非洲艺术家独特世界观和感知力的西泰尼和云形等题材的雕刻。本次展览为免费，每天上午9点至下午5，展览将持续到2019年1月21日。地点：中国美术馆 19-21号展厅，北京市东城区五四大街1号。

### 妮基·圣法勒 二十世纪最具传奇女艺术家及她的花园奇境

妮基·圣法勒，法国雕塑家、画家和电影制作人，是20世纪最受欢迎的流行艺术家和最重要的女性主义艺术家之一，同时在艺术史上被视为与毕加索、安迪沃霍尔齐名的女艺术家。展览开放至2019年3月10日。地点：今日美术馆1号馆，北京市朝阳区百子湾路32号。

### 花花果果猫猫人——尼古拉斯·帕蒂 (Nicolas Party) 首次中国个展

尼古拉斯帕蒂的创作涉及油画、色粉画、雕塑、录像及装置等不同媒介，同他的作品一样为人所称道的，还包括他对空间的特定性和临时性的敏锐把握——帕蒂通常会在展览现场因地制宜地绘制仅为此次展览而存在的大型壁画。本次展览是帕蒂迄今为止最大的展览，也是他首次在亚洲地区非营利艺术机构举办的展览。展览将持续到2019年02月24日。地点：北京市朝阳区798艺术区中二街D-06号 木木美术馆。

## ANOTHER WAY OF TELLING

"Another Way of Telling" is presented by the Three Shadows Photography Art Centre and features the works of two of the leading documentary photographers from the United Kingdom. The exhibition features work by Anna Fox and Karen Knorr with a showcase of around 100 examples of their work in this field.

The exhibition programme states that the work is full of acerbic wit, which is brought together with a level of sharp commentary on the subjects that can be viewed through two very individual perspectives that are also wrapped in humour, which comes across in varying warm doses. The exhibition penetrates into the issues of the present time. There are also selections of the exhibition that portray each photographer's individual work in addition to which they have completed together.

The exhibition runs until the 6<sup>th</sup> of January 2019. You can view it from 10am until 6pm, it is open every day except Mondays, and costs RMB60 if you buy your tickets at the ticket booth. You can make a saving by booking online. This way the entrance fee is RMB50, but the tickets must be booked at least one day in advance. The entrance fee for students is RMB35 and for children under 12, entry is free.

The Three Shadows can be found at 155A Caochangdi, Chaoyang District, Beijing.  
三影堂 (朝阳区草场地155号)



## THE TREE OF LIFE



"The Tree of Life" is an exhibition of African wood carving that is on show until the 21<sup>st</sup> of January 2019. The exhibition contains nearly 100 wood carvings that have been collected together by (NAMOC), the National Art Museum of China. The wood carvings come from countries across Africa including Tanzania, the Ivory Coast, Mozambique, Benin, Kenya, Ghana and the Republic of Congo. The wood carvings have been created by a variety of artists and include items such as masks and portraits. Many of the items on show are the work of local traditional rituals, and help to give visitors an insight into the meaningful culture which these wood carvings create from these areas of the African continent.

The entry to this exhibition is free during the hours of opening, every day from 9am until 5pm until January 21<sup>st</sup> 2019. It is located at Hall 19-21 NAMOC. No. 1 Wusi Dajie, Dongcheng District Beijing.  
中国美术馆 (北京市东城区五四大街一号)

## NIKI DE SAINT PHALLE AND HER WONDERLAND

This exhibition into the works of Niki de Saint Phalle is open until the 10<sup>th</sup> of March 2019. It is the first time that any of this artist's work has been exhibited in China. It is a retrospective exhibition of this legendary female artist. For anyone that is not familiar with her work, she is especially famous for her unique area of creativity, particularly in the area of media communication. The exhibition in Beijing features the works of Saint Phalle from the humble beginning in the 1960's through later creations including the areas of painting, to sculpture and performing and even video art. This superb and informative exhibition is free to all and open every day from 10am until 6pm.

The exhibition is on show at the Today Art Museum, Building 4, Pingod Community, No. 32 Baiziwang Road, Chaoyang District, Beijing. 今日美术馆1号馆 (北京市朝阳区百子湾路32号)



## NICHOLAS PARTY AND HIS ARCHES EXHIBITION



This exhibition entitled "Arches" is being hosted at the M Woods centre until the 24<sup>th</sup> of February 2019. Nicolas Party is a renowned Swiss artist, most famous for his deftly using of a variety of techniques to display his art through such mediums as paint, the use of pastels, sculptures and video. Nicolas Party's creations are known as "carnavalesque," a haunting style that he uses to build his pieces, which are built to site specific structures created on spots, such as murals that exist once and for a short period of time, before they are torn down and lost or scrapped forever.

Entry costs RMB60, or RMB50 for students. The exhibition is open from Tuesday until Sunday, from 11am until 6pm.

You can view this exhibition until the 24<sup>th</sup> of February 2019 at M Woods, D-06, 798 Art Zone, No. 2 Jiuxianqiao Road, Chaoyang District, Beijing. 木木美术馆(北京市朝阳区798艺术区中二街D-06号)



# ENSURING EVERY CHILD SUCCEEDS

*Dionne Zantua and Lisa Li*

Head and Deputy Head of Early Years Wellington College Tianjin - Bilingual Nursery

By Bethany Marshall



Since its opening in 2011, Wellington College has been a brand of inspiration for the future thought-leaders of Tianjin. When providing education for those aged 2-18, Wellington College bases its identity on the five Is: Inspired, Intellectual, Independent, Individual, Inclusive. While academically Wellingtonians are pushed to attain places at top universities, on a personal level, the staff also work hard to endorse moral values, respect and kindness towards others.

Wellington College Tianjin Bilingual Nursery brings together years of experienced research to provide children with play-based bilingual education. The primary goal is to ensure that the learning journey of each child has a rigorous grounding which will continue to support the child through future development and growth.

A successful bilingual nursery needs knowledgeable, affectionate leaders who are passionate about impacting a whole generation. Head of Early Years, Mrs. Dionne Zantua, and Deputy Head, Mrs. Lisa Li, provide this and much, much more. Having grown up with parents as educators herself, Mrs. Zantua was exposed from an early age to the life-changing impact that teaching can have. Despite her extensive experience of knowing how pivotal those first few years can be from her time in the US, in the UAE and now here in China, she feels she can never know enough about children.

**Mrs. Zantua, what do you think are the biggest misconceptions about bilingual education in early childhood? How does the school and its teachers help in addressing these?**

It would be that bilingual education is simply to acquire a new language apart from their own and this misconception truly undermines the benefits of bilingualism, as it is so much more. There is extensive research that indicates that being bilingual has a cognitive edge as "Bilingualism is an experience that shapes our brain for a lifetime," according to Gigi Luk, Associate Professor, Harvard Graduate School of Education. Other than the obvious linguistic advantages, there are social, economic and physical benefits. It is suggested that being bilingual can delay the onset of Alzheimer's and dementia, as bilingual brains have developed more neural pathway connections than monolingual ones.

**How has your experience teaching children in the United**

**States and UAE prepared you for your current role?**

It ultimately boils down to realising that, in the grander scheme of things, our commonalities exceed our differences. Sometimes all I have to do is close my eyes and I hear the same kind of laughter, small voices (even if they are in different languages) and excitement from children regardless of their nationalities.

Being from California, where a wide variety of cultures are represented, and similarly in the UAE, my experiences gave me tangible knowledge in working with various children and their families, and how to serve them and best meet their needs. For me that is the key.

**In your opinion, what are some important elements of a world-class early childhood education system?**

A world class education is one that equips children, even the very youngest, with the skills to confront problems and decipher ways to

solve them. Carol Dweck, one of the world's leading authorities on motivation, identifies 'perseverance' as a main factor in ensuring success. A carefully planned environment that is purposeful and supports this learning is essential, as well as having practitioners who are not only knowledgeable and passionate about Early Years, but also ones who will help develop this mindset among their pupils. One quality that resonates in what top universities are looking for in a prospective student is the ability to be an independent learner, and having 'grit' or perseverance, even though things can become difficult. In that way, learning becomes a process, and not just a product.

**What is your vision for the Wellington College Tianjin - Bilingual Nursery? What can you consider as the nursery's top achievements so far?**

Quite simply: To be the best bilingual nursery in Tianjin.

For us, it's always about the children, seeing them progress in their skills



## 确保每个孩子都成功

自2011年成立以来，天津惠灵顿学校一直是启迪天津未来思想领袖的标志性品牌。在为2-18岁的学生提供教育时，天津惠灵顿学校以五大惠灵顿特质为基础：积极、慎思、独立、个性、包容。在学术上，惠灵顿学子得以进入世界顶尖大学就读，在个人成长方面，教职员工也努力展现惠灵顿价值观，尊重、善良对待社会。

您对天津惠灵顿双语幼儿园有怎样的愿景？到目前为止，您认为幼儿园最好的成就是什么？

我们的愿景很简单：成为天津最好的双语幼儿园。

对我们来说，一直以来，一切都是为了孩子，看着他们在掌握技能和学习中英双语方面的进步。我们希望培养有好奇心，并能独立探寻知识的孩子。

一个优秀的双语幼儿园教师需要什么样的素质和能力？

确保每个孩子都成功的动力。不仅如此，你必须真正关心他们，爱护他们，拥有我们所谓的“职业爱”。

### What top facilities does Wellington College Tianjin - Bilingual Nursery have that cultivate holistic learning and development?

Our learning environment is purposeful and our resources are accessible. The role of the teacher as a facilitator in extending learning further, and fostering independent learning is also important to us. Our staff:pupil ratios are very generous, and mean that each individual child can be supported and challenged in his or her learning journey.

On top of that, Wellington has state of the art facilities, such as our sports hall, swimming facilities, a world class theatre, music rooms, our Nest library which has numerous books in English, Chinese, and bilingual books. We have also added a collection of Korean books as well for our Korean children who are growing up in a trilingual environment.

### Can you share how a typical class day goes in the Bilingual Nursery?

We have free-play which we call 'continuous provision'. The children's involvement is high and they are busy bees with access to all areas in the classroom. Teachers are always on hand to support learning, and there is a balance of child- and adult-directed learning. This being Tianjin, we have an AQI index that we monitor closely, but otherwise, children extend their learning outside at least twice a day. Children enjoy their morning and afternoon snacks and also, very importantly, have an afternoon circle time, so that we can reflect on their day and encourage the children to talk about what they have learned.

For many, the day does not end there. We also offer after school activities such as golf, football, ballet, Chinese calligraphy, and arts for all our children. These programmes are delivered by specialist

coaches and are provided free of charge to parents.

### How does the school encourage parents to be engaged in their children's education?

It's a great time for children because parents are very involved. We do a lot of parent participation opportunities for parents to become involved. Apart from the parent briefings that we do every month where we tackle important issues that are of concern for them. In the education field, it's also important to educate the parents, because they need to understand what philosophy you are coming from. Parents are welcome to meet the senior leadership, with monthly session specifically set aside for Nursery parents to meet the Master and other team leaders. These events help us to communicate openly and respond to parental questions in a timely way; it is very important to us that we see parents as our partners in educating a child.

### What advice can you give to parents when raising a bilingual child?

First and foremost, you have to embrace your identity, and be committed as a family to the goals of bilingualism. Becoming a fully bilingual learner takes time and this needs the full support of all family members as the child grows. For me, being bilingual, or raising a bilingual child, starts with knowing who that child is, whatever their ethnic and cultural background. Whether it's embracing two cultures or embracing other languages, it has to start from there.

### What was an unforgettable compliment you have received from a former student? What was the story behind that?

Ahmed was my student when I was in the UAE. At the end of the year, he gave me a card that read, 'Dear Mrs. Zantua, thank you for making me a good person'. This is probably the best thing that I can hear from any child. We just persist and persist, even if we think the child isn't progressing. It's like a seed that grows and grows. You have to build

the right foundation, otherwise it won't be able to sustain this tall building of knowledge. That's what makes Early Years so special; you have to get it right.

Despite a busy schedule, Mrs. Li, Chinese herself, whose original dream was to become a primary school teacher, spends 2-3 hours in the classroom daily to observe the changes in pupils' learning. Her independence as a child and wisdom from former colleagues has taught her that we should not control children in their decisions, but rather support them on the path they wish to follow.

### Mrs. Li, what are some of the usual questions that parents ask before they enrol their children in your school? How do you address these?

They usually ask about the physical and mental development of children, education concepts, what and how will you teach their child and how can they help at home. In order to answer these questions, I will normally try to figure out



what parents really want to see from their child's school, and then build a connection with them, so we can develop a really strong school-parent relationship from the very start of their child's time at Wellington.

### How do you describe Wellington College Tianjin's - Bilingual Nursery learning model? How does it exemplify the best of Western and Chinese education?

Firstly, our programme incorporates the UK's Early Years' Foundation Stage (EYFS) and that of Chinese Curriculum (CC). Combining the two, our main programmes consist of social and emotional development, physical development and language communication development.

Secondly, our learning model involves suggesting that the parents encourage good behaviour from their children. We hope that parents can love their children without conditions. Instead of telling their children: 'You are wrong' or 'You should not do this!', they should be making sure that the children really feel loved and supported, and at every step be positive in their behaviour management.

We must always put the children first. We are building a community for children, a multi-cultural community. Our teachers are from different countries and so we celebrate different cultures' traditions. For example, most recently we invited parents to participate in our mid-autumn festival and Halloween activities. Some of the parents even shared their experiences with us.

### What do you consider your proudest moment at the Bilingual Nursery?

My proudest moment is when I see the children so confidently singing on stage in their second language. We really invest ourselves in these children, and so to see those as young as 2 years old hosting a show is just incredible.

# Dressing Tips for Plus Size Women

By Barbara Ross

*"Honestly, at the end of the day, what I want women to know is that beauty comes in all shapes and sizes. And that should not define who you are."*—ASHLEY GRAHAM

One of the highest paid supermodels of today, Ashley Graham, more widely known as the "plus size model" struggled with her size and outfits a few years back. But now, having made it to the top 10 highest paid supermodels of the world, and having been on the cover of Sports Illustrated, she knows that her body size was never an issue.

As rightly said by the supermodel herself, beauty does come in all shapes and sizes and there really is no such thing as a plus size or a zero size because they are all just sizes. Women shouldn't beat themselves up for being a particular size, or for not being able to carry out what another woman can.

Let's face it, no woman is a perfect 10; every single one of us has a lot of flaws. But we also have some great qualities in terms of our body. The key to pull off any look for any body size or shape is to hide the parts that are unflattering and flaunt the good parts.

Since it's always the so-called "plus size women" that find themselves being bound by several factors in fashion, here is the definitive guide on how to make any look work for you.



## 胖女孩穿衣搭配技巧

模特儿阿什利格雷厄姆 (Ashley Graham) 的身材较一般模特儿丰腴, 然而她散发的无比自信让她一跃登上杂志成为新星, 阿什利·格雷厄姆一点也不担心因为自己的身材而影响模特儿生涯, 更没有要减重的打算。其实只要掌握正确的选衣之道和服饰搭配方法, 胖女孩也能秀出自己的美, 那么胖的人穿什么显瘦? 胖女孩怎么穿衣才好看呢? 就随小编一起来看看吧。

根据您的体型选择轮廓  
针对体型, 不同的人胖的部位不同, 所以选购的服装要针对胖的部位。比如蝙蝠袖可以掩盖腰部但会显得肩宽胸部大。所以适合腰部有肉肉的MM可以尝试。

款式选择  
无论什么样的身段都要尽量制造出腰来, 没腰的人给人水桶的感受。上穿肩部平整的衬衫或一字领毛衣, 下穿 A 裙, 腰间找最细的当地扎一根皮带, 腰线就制造出来了。

### ACCESSORIZE ALL THE WAY

Do not be afraid to wear accessories. Statement necklaces or earrings, pair them with minimalist outfits for a contrasting effect. And don't forget, belts are your best friend. They help accentuate your curves and also hide that belly pooch, if it's big enough belt.

Apart from all these, regardless of convention, don't be afraid to play around with prints either. There are no rules when it comes to prints for different sizes. Probably the only thing you might have to follow is a general concept of pairing prints and colours. Rest assured, if you follow these tips, you will be well on your way to become the next trendsetter.

### CHOOSE SILHOUETTES AS PER YOUR SHAPE

Regardless of what size you are, if you choose silhouettes that flatter your body shape, then you've pretty much done half the work. For example, if you're a pear shape, then your best pick would be A-line dresses and skirts. On the other hand, if you're an hourglass shape then you can go for pencil dresses and skirts. If you're a petite person then mini dresses can be your go-to.

### PICK FABRICS WITH A DEFINED STRUCTURE

Flimsy fabrics can hug your body in all the wrong places and make your outfit look unflattering on you. The key is to go for fabrics with a more defined structure that not only hide the parts that you want to hide, but also accentuate those parts that are your assets. Cottons, linens and blends are always great options.

### WEAR THE RIGHT UNDERGARMENTS

Inner garments are like the foundation for your garments. It is extremely important to wear the right kind of inners according to the outfits. For example, you can't possibly wear a fancy razor back bra for a low back dress. Similarly, you need a strapless bra for an off-the-shoulder top and a seamless bra for a T-shirt. And don't forget to get the undergarments in the right fit as well.



### WEAR THE RIGHT FIT

One of the biggest misconceptions about plus size clothing is that baggy outfits are for big women. It is the opposite that is true! Baggy clothes only add more bulk to your body and make you look much larger than you are. Instead, what you should be doing is to wear clothes that follow your curves. This does not mean clingy outfits; the ones that fit just right are perfect.

# CHINESE SECRETS TO HEALTHY,

## Glossy Hair!

By Anastasia Chapman

**S**leek, straight and luscious hair is what renders Chinese women enviable to the rest of the world! They are, of course, blessed with good genes, but it won't be wrong if we say they are way ahead of the West in the haircare game. No wonder traditional Chinese haircare remains a stark contrast to the Western methods and it has proved itself worthy time and again for hair growth and nourishment, at any age!

Traditional Chinese Medicine says the condition of a person's hair is actually a reflection of their internal health. It is mainly indicative of aspects like the status of kidney and liver, blood circulation and other organ functionalities. Ancient Chinese scholars have an interesting theory that states, "If the Kidney is in tune with the bones, its prosperity is reflected in the lustre and moisture of the mane."

Therefore, if you see your hair becoming lifeless and dull with each passing day or are experiencing premature greying or fall out, chances of you having a kidney, blood or any other nutrient deficiency can't be completely ruled out. That is why Chinese women take utmost care of their internal health first that ultimately shows up on their skin and hair.

So, instead of spending your entire month's pay on high-end hair-care products, start taking care of your internal health and follow these traditional haircare secrets that will surprise you with miraculous hair health:

### 中国人拥有健康亮泽秀发的秘诀!

光滑、笔直、甜美的头发使各界羡慕中国女性！当然，他们天生就有好的基因，但中国传统的护发方法与西方的护发方法明显不同，而且在任何年龄段，中国传统的护发方法都能让头发生长和滋养！

中医说，人的头发状况实际上是他们内在健康的反映。主要表现为肾脏和肝脏的状态、血液循环和其他器官功能。中国古代学者有一个有趣的理论，说：“肾主骨，其华在发”

所以如果你看到你的头发一天变得无生气和枯燥，或者正在经历过早的变白或脱发，那么你可能在体内有些问题。这就是为什么中国女性首先关注她们的内在健康。

你无需花整月的工资在高端的护发产品上，而是可以开始关注你的内在健康，并遵循以下这些传统护发秘诀。

#### 用发酵的淘米水洗头

发酵米水，一直是中国古代王朝公主的最爱。直到今天，号称天下长发第一村的黄洛瑶寨的妇女仍然强烈地依赖发酵后的淘米水来保持她们长发的光泽和健康。

发酵后的淘米水富含维生素B，可以促进头发黑色素素的产生，色素能保持头发的天然颜色。它还含有矿物质和抗氧化剂以强化秀发，其中的氨基酸可以加固发根。所以下次别忘了买一瓶含有发酵米水的洗发水，享受充满活力的秀发。

#### 用何首乌使你的秀发恢复活力

从古代中医开始，何首乌就被用于治疗许多头发问题，从无光泽、毛发稀疏到更为严重的脱发和秃发都有。经常使用何首乌能促进健康毛囊的增加同时重新激活那些不活跃的毛囊。研究显示，每天服用何首乌补品有助于健康头发的生长，促进头皮的血液循环，从而防止脱发并恢复头发的原色。

#### 将黑芝麻包括在你的饮食以让头发发亮

芝麻富含维生素、钙、铁、磷、甘油酯、卵磷脂和很多矿物质和营养素，因此芝麻是头皮和头发保持健康至关重要的天然成分之一。黑芝麻的服用通过丰富的欧米茄脂肪酸含量来培育发根，从而促进毛发生长并防止头发过早变灰，同时可以使你的秀发如丝般顺滑。不管你是把它当作药丸，还是用芝麻油做饭，在食物上撒一些或者直接吃都能享受它的好处。

#### 用人参提高头发护理程序

人参自古以来就是中国人用来美发的补品。它被认为是古代亚洲医学界最珍贵的疗法之一。人参精华可以防止脱发，通过阻止头皮屑的形成来治疗头皮，并滋养头发的根部。人参可以用在很多方面-你可以采取人参补充剂或使用人参护发产品，以获得更柔软，健康和光泽的秀发。

### WASH YOUR HAIR WITH FERMENTED RICE WATER

There are many natural ingredients that Chinese women have been using since time immemorial! One of them is fermented rice water that has been the favourite of the Chinese princesses from the ancient imperial dynasties. Even to this date, the Huangluo women strongly rely on fermented rice water to keep their hair looking long, glossy and full-of-health.

Benefits of fermented rice water are many. It is rich in Vitamin B that promotes hair melanin production, the pigment holding your hair's natural colour. It also has minerals and antioxidants responsible for strong and long hair and amino acids that strengthen the roots of your hair. So, the next time you go out to get a refill of your shampoo, do not forget to buy one that has fermented rice water in it and enjoy years of vibrant, ultra-long hair.

### MAKE USE OF FALLOPIA MULTIFLORA TO REVITALISE YOUR HAIR

The Chinese name for Fallopia is Ho-Shou-wu, and it has a long history of use in ancient Chinese medication for curing multiple hair issues ranging from dullness, general thinning of hair to more grave conditions like alopecia and baldness. Regular use of Fallopia has shown an increase in the proportion of healthy hair follicles that are still growing while reactivating the ones that are resting. Research has shown that daily consumption of Fallopia multiflora supplements promote healthy hair growth, boosts blood circulation to the hair scalp, thus preventing hair loss immediately and it also revitalises one's hair colour, thus acting as a rejuvenation tonic.



### INCLUDE BLACK SESAME IN YOUR DIET FOR SUPER-SHINY HAIR

A powerhouse of nutrition, add black sesame to your daily diet, just like the Chinese for super-glossy hair. Because it is rich in vitamins, calcium, iron, phosphorous, glyceride, lecithin and a truckload of minerals and nutrients, sesame tops the list of natural ingredients that are vital for the maintenance of healthy scalp and hair. Inclusion of this wonder food triggers hair growth by nurturing the hair roots with its rich omega fatty acids content. And that's how it prevents premature greying of the hair while promoting lush, silky manes. Whether you take it as pills, use its oil to cook meals, sprinkle some on your food or chomp on whole sesame seeds, you will reap immense benefits from its nutritious punch.

### BOOST YOUR HAIR CARE ROUTINE WITH GINSENG

Ginseng is a powerful ingredient used by the Chinese for healthy hair since ancient times. In fact, it is considered one of the most precious cures in ancient Asian medicine world. Ginseng extract prevents hair loss, treats the scalp by stopping dandruff formation in its track and nourishes the roots of the hair. Ginseng can be used in many ways - you can either take Ginseng supplements or use Ginseng based haircare products to attain softer, healthier and glossier tresses.



Dear Experts,

My best friend is dating two men at the same time and she is okay with double dating these two men, but eventually, I have started losing respect for her, as it is against my ethics. How should I explain to her that she is treading the wrong path, or should I break my friendship with her?

Marie

### Angela says:

Being her best friend, it is your duty to explain it to her that the path she is treading to is a wrong path as eventually, she would be the one who will suffer. Have a word with your best friend, put forward your views about her relationships, and try to explain the repercussions she would have to face in her life. Even after explaining her so much, if she isn't ready to give up, then let her live her life on her own terms as you can only show her the correct path, but cannot compel her to walk down the same. Since it is against your ethics, don't support her in this, but don't break your friendship with her because, eventually, she will understand that whatever she is doing is wrong and will need you by her side. Tell her about the cons of being involved in two relationships; share your thoughts about her relationships.



### Daemon says:

She has a right to live her life on her own terms, you cannot compel her to live it according to your life ethics. If you are really concerned about her, have a word about her relationships with these two guys. Is she really into any one of them, or is it just some other sort of feeling she is involved in? It all depends on the type of relationship she has with the two of them.

To judge your best friend on this basis is not correct, it could be that she is in a dilemma as to who is worthy of her love, or it could be a love triangle.

So before taking any decision, get to know about the situation she is in and what she is going through, it could be that she needs some relationship counselling. If she isn't ready to share her thoughts right now, give her some time to think and, eventually, she will get back to you. Just don't end up taking any decision which you will regret for the rest of your life, and don't interfere much as it may worsen the situation and your friendship with her.

亲爱的专家，  
我最好的朋友同时约会两个男人，她可以和这两个男人进行双重约会。但慢慢地我开始失去对她的尊重，因为这违背了我的道德原则。我应该如何向她解释她正在走错路，还是应该打破与她的友谊？

Angela说：  
作为她最好的朋友，你有责任向她解释，她正走向一条错误的道路，最终，她将成为受苦的人。与你最好的朋友谈谈，提出你对她的关系的看法，并试着解释她在生活中必须面对的影响。

Daemon说：  
她有权按照自己的条件过自己的生活，你不能强迫她按照你的生活道德来生活。如果你真的很关心她，请谈谈她与这两个人之间的关系。在做出任何决定之前，要了解她所处的情况以及她正在经历的情况，可能是她需要一些情感咨询。如果她现在还没准备好分享她的想法，请给她一些时间思考，最后，她会回复你。



## 正确的时间和地点怎样影响你的学习？

# HOW THE RIGHT TIME AND PLACE AFFECT YOUR STUDY?

By Nina Mitchell

A lot of students complain that they find it a bit difficult to grasp new concepts. Well, undoubtedly, we all learn at our own speeds. But what could not be ignored is the fact that the right place and various other external factors play an important role in learning and retaining information.

Let's understand it better in this section

### MUSIC

Various students listen to music while reading, writing and learning. So, will music help you in studying? Well, the answer varies from individual to individual.

Recent research revealed that studying with headphones interferes with your ability to learn and retain the information. However, background music can actually prove to be beneficial.

It should only be loud enough to cancel the background chaotic noises, so that you can study properly.



### LIGHTING

Studying in improper lighting is difficult. Dim or harsh artificial lights will not only harm your eyes, but will also make it almost impossible for you to focus.

A tube light that goes on and off is annoying, and it is equally frustrating when someone blocks your light while you are studying. Thus, to have a great study session, make sure that you study in an area with proper lighting.

Avoid studying in the balcony when the sun is about to set. It is highly recommended to study in full-spectrum fluorescent lights to be able to study without getting distracted. However, if it is midday and bright outside, studying in natural light or beside a large window is recommended.



### TIME

For decades, scientists and researchers have agreed that the ability to retain information is connected to the time of the day. Apart from the above-mentioned factors, the best time to study is also influenced by your individual preferences.

Being a morning person has its own perks. You get to study in the natural sunlight, which provides the right spectrum of light to maintain optimal eyesight and also helps you in focusing better without tiring your eyes.

Further, since you have woken up fresh from the last night's sound sleep, you are

### GETTING TOO COMFORTABLE

The ideal solution here is to keep a check on how you feel. If you are feeling a bit sleepy, avoid sitting on that overstuffed couch, and study on your study table instead.

Look for a spot which is comfortable, but not too comfortable. Further, take a walk every few minutes to refresh yourself.

### STUDY SPACES

Even the layout and physical arrangement of your room can govern your study effectiveness. A crowded room with a cluttered desk, a pile of clothes, and something like that is definitely not a perfect environment to learn.

It is highly recommended to keep your study space well-organized and clean.

better positioned to retain information.

But this doesn't mean that night owls are at a loss here. Studying at night comes with its own set of advantages as well. The most obvious advantage is the peace and quiet that nighttime has to offer. Since your family members are sleeping, there is minor disturbance around.

### Morning

8 am - 12 pm is the best time of the day for problem-solving and math-oriented work. Thus, you can choose to study Math and solve Physics and Chemistry numerical during this time of the day.

许多学生发现掌握新概念有点困难。毫无疑问，我们都以自己的速度学习。但不可忽视的是，正确的学习地点和各种其他外部因素都发挥着重要作用。

### 音乐

各种各样的学生在阅读，写作和学习的同时听音乐。那么，音乐会帮助你学习吗？答案因人而异。

### 灯光

在不适当的照明灯下学习很困难。昏暗或刺眼的人造灯不仅会伤害您的眼睛，还会使您几乎无法集中注意力。

### 太舒适的环境

如果您感到有点困，请避免坐在软垫上学习。

### 学习空间

房间的布局和布置也可以控制您的学习效率。一个拥挤的房间，杂乱的办公桌，一堆衣服，以及类似的东西绝对不是一个完美的学习环境。

### 时间

#### 早上

上午8点至下午12点是解决问题和数学工作的最佳时间。因此，您可以选择在一天中的这个时间学习数学和解决物理和化学数值。

#### 正午

中午12点到下午2点，如果你是一个夜猫子，你可以选择在这段时间休息和打盹。或者，你可以专注于做模拟测试和其他轻度差事。

#### 下午

下午2点 - 夜晚是阅读化学，学习方程，公式和其他理论概念的最佳时间。

### Mid-day

12 pm to 2 pm, if you are a night person, you can choose to take rest and nap during this time. Or else, you can focus on doing mock tests and other light errands.

### Afternoon

2 pm - night is the best time for reading chemistry, learning equations, formula and other theoretical concepts.

Depending on whether you are a morning person or a night owl, you can introduce a 2-3 hour variance based on your bandwidth.

## Musical “The Three Musketeers” Enraptures Audiences @ International School of Tianjin

This year's IST Musical Production "The Three Musketeers" was a stunning theatrical experience where audiences were treated to a combination of great live music, melodious singing, stellar acting and super sword-wielding action performances, customized period costumes and a very artistic and painstakingly created stage backdrop.

This swashbuckling hilarious musical was based on Dumas' classic tale of intrigue and adventure. It was a pleasure to see Porthos, Athos, Aramis and D'Artagnan in their element setting the stage on fire with their performances. The show was, as promised and expected, high on energy and color and highly stylized – a Baroque'n'Roll spectacular. It was highly entertaining to watch the cool troupe of Hip-hop, jive talking Cardinals and guards, and be serenaded by the nuns choir, dazzled by the sword-fighting of Lady De Winter, (a baddie if ever there was one) not to mention the evil Captain Mazarin! Combine all this with some very familiar music and this was a Royal Command Performance like none other.

Congratulations to the cast, crew and directorial team of yet another wonderful IST production!



## Holiday Bazaar Ushers In The Festive Season @ International School of Tianjin

IST's Holiday Bazaar organized by the very enterprising and supportive IST parents was held in the school's Han Building on Wednesday Nov 28, 2018. Like every year, this popular bazaar ushered in the festive spirit in our community. The range of vendors was incredible, with a wide variety of products available for purchase. There was something special for everyone, and anyone interested to purchase a gift, or a personal treat, or delicious tidbits to eat, did not go disappointed! Thank you to the PFO (Parent Faculty Organization) committee for organizing such a wonderful event for our community, and thank you to all the parents, staff, students and visitors for lending their support, and opening up their purses!



## Charity Christmas Bazaar @ Wellington College Tianjin

As December 7<sup>th</sup> arrived so did the Wellington College Tianjin, Charity Christmas Bazaar. Now in its 4<sup>th</sup> year the market was a feast for the eyes, with over 50 stalls offering a wide range of seasonal gifts and refreshments throughout the afternoon to pupils, parents and the Wellington community.

Parents leapt into the Christmas spirit, offering a wide variety of food, drinks and gifts, with our Junior and Senior School Houses working together to organise games and activities throughout the afternoon.



To close the Christmas Bazaar, Santa's Claus and 2 wonderful elves dropped by to the shrieks of delight from the younger pupils, who in turn lined up and visited Santa in his Winter Wonderland Grotto. After checking who had been naughty and who had been nice, each pupil received a gift and was wish good health and happiness for the year to come. A wonderful time was had by all!

With the help of our pupils, parents and the Wellington community we raised more than 31,000 RMB for Tianjin Ru Hui Rehabilitation Centre. Thank you all who participated in our Charity Christmas Bazaar!

Merry Christmas!



Inspiring Learning Conference 致力于将全国的教育界同行聚集一堂，围绕研究为导向的教师专业培训项目进行研讨，并进一步探讨此类专业化培训对于课堂教学以及学校发展的深远影响。围绕此次大会展开的四大讨论议题将进一步激发对于教师领导力，教学方法与教学实践，双语教学以及教师招聘的深层次研究。

The Inspiring Learning Conference aims to bring together educators across China and beyond for research-based professional learning programmes designed to have impact in your classrooms and schools. The four themes that run through the conference provide opportunities exploring inspiring learning through leadership, pedagogy and practice, developing independence and the teaching of maths.

Inspiring Learning 教育峰会议程					
活动地点: 天津惠灵顿外籍人员子女学校					
地址: 天津市红桥区义德道1号					
<b>2019年1月26日, 周六</b>					
8.30 - 9.00	签到				
9.00 - 10.00	主题演讲嘉宾: 钱志龙博士				
10.00 - 13.00	中层领导力 (英文) - Ahmed Hussain	中层领导力 (中文) - 余岁穗	学校安全保障与学生幸福关怀 - Jonathan Lewis	早期教育阶段的数学课程 - Fiona Carter	
13.00 - 13.45	午餐				
13.45 - 16.45	差异化教学与培养学生创造力 - Ahmed Hussain & Fiona Carter	双语教育模式下语言的习得 - Simon Ruscoe-Price	学校安全保障与学生幸福关怀 - Jonathan Lewis		
17.00 - 19.00	社交晚宴				
<b>2019年1月27日, 周日</b>					
8.30 - 9.00	签到				
9.00 - 10.30	研究方法 - Ahmed Hussain	有效教学评估 - Evidence-based Education	数学课程在小学阶段的应用 - 余岁穗	数学课程在早期教育阶段的应用 - Fiona Carter	自主学习 - Iain Henderson
10.30 - 10.45	茶歇				
10.45 - 12.00	研究方法 - Ahmed Hussain	有效教学评估 - Evidence-based Education	数学课程在小学阶段的应用 - 余岁穗	数学课程在早期教育阶段的应用 - Fiona Carter	自主学习 - Iain Henderson
12.00 - 13.00	主题演讲嘉宾: Iain Henderson				
13.00	结束				

如需了解详情, 请访问网站: [iol.huilieducation.cn](http://iol.huilieducation.cn) 如需咨询, 请发送邮件至 [enquiries.iol@huilieducation.cn](mailto:enquiries.iol@huilieducation.cn)

**Spreading the Joy!**  
**@ TEDA International School**



Being part of the school choir takes dedication. Firstly you need to learn all the songs, then practice to get them just right, and of course attend all the rehearsals, all while keeping up your enthusiasm. The reward for all this hard work comes when your choir is forwarded the opportunity to perform. This year has been quite exceptional on that front in the fact that Teda International School's primary and middle school choir were invited to perform at the Christmas tree lighting ceremonies of three of the biggest international hotels in the area. Much to the delight of all gathered, at each illumination event the choir passionately and harmoniously intoned renditions of some wonderful festive classics. We really are proud of the way the children shared these songs with such conviction and confidence. On top of this, the choir also livened up both the school's hugely successful Winter Festival and the Winter Celebration concert with a even more festive cheer. What a truly delightful way to start the winter season.

**Teda's Winter Extravaganza!**  
**@ TEDA International School**



While the cafeteria at Teda International School is not often considered to be a small space, during the Winter Festival it certainly seemed a little cosier than usual. The whole place was infused with a joyful community spirit and was buzzing with noise and activity. Throngs of people bustled happily between the wonderful array of colourful stalls. On display were all manner of modern and traditional wares from handmade jewellery, to soft toys, to woodcarvings, all ready for eager shoppers to snap up. There was an abundance of food stands filling the air with a delectable aroma, offering a multitude of cuisines from around the world. A visit from Santa put the children into a whirl of excitement as they were given gifts and posed for photos with him. To the delight of all, the choir infused even more festive spirit into the room as they warbled a few carols around the Christmas tree.

All the while, upstairs, the gym was awash with oodles of fun family hosted by the school staff. On entering, through the frenzy of excitement, heads could be seen bobbing up and down as a steady stream of children bounded around on the huge bouncy castle which dominated the centre of the room. Scattered around the outside were a mass of diversions, from archery to nail painting, from musical chairs to the photo booth. As an enticement to do well, many activities proffered the chance to win prizes. Those who were successful could then choose from any number of items from the prize table which was groaning under the sheer weight.

After all the hustle and bustle of the activities and the market, there was space for a little quiet reflection in the art exhibition. Over the last semester the students had been working hard producing some fantastic paintings and sculptures. They linked the theme of 'Identity' with concepts such as service and global citizenship, then inspired by the works of famous artists, created an amazing array which now adorns the walls of one of the main concourses in the school. It certainly stands as a great opportunity for all the students to share their work.

All in all the Winter Festival was a huge success and a fabulous way to kick start the festive winter season.

**A Joyful Tree Lighting Ceremony**  
**@ Shangri-La Hotel, Tianjin**

On 29<sup>th</sup> November 2018, Shangri-La Hotel, Tianjin gathered guests, friends and associates for the joyful celebration of its annual Tree Lighting Ceremony. During the event, a choir and orchestra of 63 students from the International School of Tianjin wearing traditional Tang suits performed beloved Christmas carols, as the grand 7-metre Christmas tree in the hotel lobby was resplendently illuminated. Exclusively for Shangri-La Hotel, Tianjin's 2018/2019 Festive Season, the hotel collaborated with Tianjin-based artist Lucie Wong to create a series of bespoke illustrations. Entitled Mermaid, the collection of vivid, complex sketches draws you into a magical landscape filled with the spirit of Christmas.

A selection of art pieces, including postcards, scarves and decorative paintings were featured in the Charity Sale during the Tree Lighting Ceremony, with all proceeds going to Cathay Future's Healing Young Hearts programme supporting children fighting severe illnesses in Tianjin hospitals. Helping those in need in our community is an important focus for Shangri-La Hotel, Tianjin and in the past year, the hotel has raised RMB139,080 through various community events and activities to assist Healing Young Hearts.



**Pan Merlion Christmas Tree Lighting Charity Night**  
**@ Pan Pacific Tianjin**

Pan Pacific Tianjin Christmas Tree Lighting Night was held on November 30<sup>th</sup>, 2018. Over 100 participants, from business partners, in-house guests, media specialists gathered at the Hotel Lobby for this special festive event. Hotel has the honour to invite "the Prince of Peace Children's Home" and "Tianjin Dolphin Children Hearing Disabled organization", to celebrate this special event with us and guests. The lovely children gave us a very good performances of dancing and Christmas Choir on the night, and all the guests were attracted and moved deeply.

Tianjin Dolphin Children Hearing Disabled choir is an amateur children's choir consisting of hearing impaired children from the city. All the children use cochlear prosthesis and none of them had received any singing training before they joined the choir. It is manifested that Tianjin Dolphin Children Hearing Disabled choir is the first choir in the world composed of hearing impaired children. Only few years, the children have participated many times in international singing competition and even received very good grades.

Hotel prepared good food, drinks, fun games, lucky draws and a six-meter-long Xmas Log cake to be shared by all attendees. All the guests spent a meaningful and pleasant evening night in Pan Pacific Tianjin.



### Christmas Tree Lighting Ceremony @ Four Seasons Hotel Tianjin



On the evening of 29<sup>th</sup> of November 2018, Four Seasons Hotel Tianjin held the 2018 Christmas tree lighting ceremony with the theme "Born of Love and Sing for Kindness", as Christmas carols played. The hotel's management team and nearly 150 guests gathered at La Sala lobby lounge and lit up the silver and blue Christmas tree, to kick off the year-end festive season.

The hotel cooperated with Tianjin Vocational University and invited college students to participate in the gingerbread house competition. They created the Christmas Gingerbread House displayed on the lobby, which looked very creative this year, and results of the competition were announced onsite, to encourage students to develop their creativity using their hands, especially with handcrafts. Also, students from Tianjin International School delivered an enchanting choir performance. Four Seasons Hotel Tianjin raised funds for Tianjin City Social Welfare Institute, held a charity silent auction and booth charity sale on the spot, received generous donations from many caring people, and invited guests to write down their warm wishes for children in the welfare institute.

### Christmas Tree Lighting & Charity Ceremony @ Hyatt Regency Tianjin East

On December 5<sup>th</sup>, 2018, as part of the hotel's Christmas festivities, Hyatt Regency Tianjin East held a heart-warming Yuletide celebration. Guests were welcomed by a traditional Christmas tree decked in red and gold to celebrate the festive season. On this meaningful occasion, Executive Assistant Manager – Sales & Marketing, Mr. Howard Li, welcomed guests to the hotel's lobby and shared the concept of Hyatt Thrive, the hotel's charitable initiative.



Children from Tianjin Children's Welfare Institute helped to decorate the tree by hanging their hand-made cards on its branches, sharing their best wishes. Then they gave a charming song and dance performance that captured the hearts of the gathered guests.

The General Manager of Hyatt Regency Tianjin East, Mr. Mariano Silvestri, expressed his gratitude for the support of guests from the media, hotel associates and the visiting children. He then invited the children to join him in lighting the tree. As the Christmas tree lit up with twinkling lights, cheers and laughter filled the hotel.

### Christmas lighting ceremony @ Banyan Tree Tianjin Riverside



At 7:15 pm on November 30<sup>th</sup>, 2018, Banyan Tree Tianjin Riverside held a Christmas lighting ceremony. The hotel's Deputy General Manager, the owner's representative Mr. Gu Jiayou and the Executive Assistant Manager, Mrs. Wang Wenhong, together with many media and VIP guests, lit the Christmas tree which symbolized light and hope with bringing warmth to the long winter night. Together with the guests, opening the Christmas season and looking forward to the joy of Christmas.

Before the lighting ceremony, the ballet dancer presented the classic Christmas ballet "Nutcracker" in the solitary dance of the candy fairy.

The graceful dance ignited the lively atmosphere, and also opened the theme of the Christmas ceremony of the Banyan Tree Tianjin Riverside, "The Nutcracker and Fantasy Realms".

### Christmas Lighting Ceremony @ The St. Regis Hotel Tianjin



Tianjin, the wonderful Christmas Tree Lighting Ceremony started at the Hotel Lobby, and pray for the New Year. Hotel has the honor to invite the Russian baritone --Lurii Nechaev and the soprano-- Levitina Natalia. They are specially invited by Tianjin Grand Theater. We enjoy their 2 songs < Silent Night, Holy Night > & < Non ti scordar di me> and the students from IST using their angelic voices to deliver the blessings for the Christmas. Glamour of the Christmas season in the festive music of the atmosphere. To celebrate this special event with us and guests. Mr. Dario, General Manager of The St. Regis Tianjin, to thanked attendees for their great support throughout the year and with Deputy General

Manager-Ms. Ivy and the EXCOM join a toast to a great evening for all of the guest today. Raised a glass to come the new year. With the melodious Quintet & Jazz Choir from International School of Tianjin, General Manager Mr. Dario and Little angels on the spot, to light this Christmas tree! enjoy a heartwarming night. Enjoy the first lights of Christmas and share the joyful moment of launching the festive season.

### "White Dreamland" Christmas Lighting Ceremony @ Renaissance Tianjin Lakeview Hotel

The 2018 Renaissance Tianjin Lakeview Hotel Christmas Tree Lighting Ceremony -- White Dreamland, took place on December 6<sup>th</sup>, at hotel lobby lounge and co-presented by Amcham Tianjin, Tianjin HIKSVS International School and Air Canada. This beloved tradition invited more than 300 guests, partners and media guests. The ceremony started with the beautiful choir, which is from HIKSVS international school. Children's chorus and pure tone impressed all the guests. After the melodious harmony, the General Manager, Mr. Hugo Zhang, gave holiday greetings and special thanks to guests, and proposed a toast to all the attendances and wished them a very happy Christmas. At the same time, mysterious Santa Clause was already hiding on the second floor. He staged a shining debut with all the spotlights. With the counting down by all the guests, Santa Claus lit up the flowing Christmas tree, and enjoyed a memorable celebration night with guests. The falling balloons, the beautiful shining Christmas tree, dazzling decorations and live band performance, all of these Christmas elements dressed up the Lounge in an exotic festival atmosphere.



### 2018 Winter Wedding Fair 'The Cloud City' @ Wanda Vista Tianjin



Wanda Vista Tianjin organised 2018 Winter Wedding Fair "The Cloud City" with Delicacy Wedding in the 1400-square-metre pillar-free Grand Ballroom on December 2<sup>nd</sup>, 2018. It shared the latest in wedding promotions and banquet designs with 50 newlyweds and media in attendance. Every couple deserves the very best on wedding day. When they choose Wanda Vista Tianjin for their wedding celebrations, they enjoy the support of a dedicated team of wedding planners who are at their service to make all their wedding dreams come true. This one-stop service takes the stress out of the planning process by guiding and supporting them at every step, so they can focus on enjoying their perfect day.

To plan a dream wedding, please contact wedding specialist at Wanda Vista Tianjin on +86 22 2462 6888 or e-mail [krystal.zhou@wandahotels.com](mailto:krystal.zhou@wandahotels.com)

# Addicted to Sugar?

IT DEMANDS IMMEDIATE ATTENTION & CARE

By Barbara Ross

**S**ugar addiction in the world is increasingly becoming a serious problem. According to the latest research, sugar addiction is something that ought to be treated like drug abuse.

The World Health Organization suggests that around 1.9 billion people in the world are overweight, out of which almost 600 of them are categorized as obese. Experienced neuroscientist Professor Selena Bartlett of Australia's Queensland University says that excess sugar consumption is proven to have a direct impact on weight gain.

What's more, sugar has also been proven to constantly elevate dopamine levels in the body, which affects the reward and pleasure centres of the brain in ways similar to many drugs including tobacco, cocaine and morphine.

Clearly, sugar addiction is something that demands immediate attention and care. But what makes it difficult is the fact that most people do not realize that they have an addiction.

Here are some of the most common signs of sugar addiction and what you can do about them.

## EATING MORE SUGARY FOOD THAN INTENDED

This is perhaps one of the most common signs of sugar addiction. You may have the urge to eat something sugary and you may intend to eat just one piece of it. A little later, you may feel that it wasn't enough and before you know it, you end up eating 10 pieces of the same food and still find yourself craving for more. Then comes the infamous guilty consciousness of having eaten way too much sugar.

The only way to curb this habit is to consciously make an effort to cut down on sugar and stop yourself from consuming too much.

## EATING SUGARY FOOD UNTIL YOU DON'T FEEL WELL

You may binge to eat something sweet to the point that you start feeling sick to the stomach. You may experience symptoms like headache, gas, fatigue, bloated feeling, drowsiness and fuzziness in thinking once you reach a saturation point, but you still continue to eat more of sugar. Sugar addicts tend to do this several times in a week. The worst part is that you clearly know that eating more sugar will make you sick, but you eat it anyway.

Once again, you need to make a conscious effort to refrain yourself from doing this. Make it a point not to stock sugary food in your home at any cost. When you're at a restaurant, make sure that you're only ordering one dessert.

## CRAVING MORE CARBS

You may crave more of simple carbohydrates like white breads, pasta, potatoes, white rice, etc. This is a rather indirect way in which the

addiction manifests itself. The carbs are converted into sugar by the body very fast after consumption, and this sugar is used to feed the addiction.

In order to control this, you can add more of sweet vegetables to



your diet like beets, sweet potatoes, yams and carrots. As these vegetables are healthy and contain natural sugar, they may help you control your cravings for more carbs or sugar.

## CRAVING MORE MEAT OR SALTY FOOD

A healthy body normally has a tendency to seek balance. If you've eaten too much of salty food you may end up craving more sugar, and if you've eaten way too much sugar, you may crave more salty food. Hence, if you find yourself craving for more meat or salty food, it may be a sign that your body is seeking to balance the large content of sugar that you've been consuming.

You need to ideally be able to monitor the consumption of both salt and sugar. If you can control the amount of salt intake, it is likely that your body will not crave as much for sugar. Hence, make it a point to read food labels carefully. Salt is usually contained in high amounts in processed or canned foods.

## 对糖份上瘾？

需要立刻的关注以及护理

糖瘾在世界上越来越成为一个严重的问题。根据最新的研究，糖瘾应该被视为药物滥用。

世界卫生组织表示，世界上约有19亿人超重，其中近600人被归类为肥胖。澳大利亚昆士兰大学经验丰富的神经科学家Selena Bartlett教授表示，过量的糖消耗被证明对体重增加有直接影响。更重要的是，糖也被证明可以不断提高体内的多巴胺水平，其方式类似于许多药物，包括烟草，可卡因和吗啡。

显然，糖瘾是需要立即关注和护理的。但困难的是，大多数人都没有意识到他们有上瘾。

你可能会在超市里看到一些像巧克力或糕点一样的甜点，即使你并没有吃它的冲动，或者你知道它不是食物，但是你的手却不由自主地去拿它们。你可能会提出各种各样的借口并最终购买甜食。

## EATING SUGAR WHEN YOU DON'T CRAVE FOR IT

You may see something sweet like a bar of chocolate or a pastry at the supermarket, and you may find yourself reaching out for it even when you don't really have the urge to eat it, or when you know that it is not food for your body. You may make all sorts of excuses and end up purchasing the sweet anyway.

One way to curb this behaviour is to always have sweet and healthy fruits in the hand, so that you can always turn to them whenever this kind of behaviour sets in.



# A Perfect idea to redesign your smile

## All-on-four dental solution

By Barbara Ross

### Introduction

This treatment concept represents a minimally invasive alternative made with fixed full-arch restoration for achieving the highest satisfaction of the patient. This kind of treatment is frequently used to restore the natural smile, or to replace dentures or teeth when they are missing. This advanced procedure requires four titanium dental implants in order to anchor the lower and upper jaw. This type of treatment provides a great stabilization for the afterward added prosthetic teeth for completing this permanent dental solution.

### The explanation of all-on-four treatment option

To completely understand this noticeable solution for substituting teeth, patients have to understand the role of the dental implant. It is a small screw made of titanium which fits inside the patient's jaw. This unit replaces the root-part of the tooth which is missing. The most interesting part of this is that there is no need of dental implant for each tooth. All a patient need is the exact and precise insertion of the implants, which would become a part of their jawbone.

### 四合一牙科解决方案

这种治疗概念代表了一种微创替代方案，采用固定的全拱修复体，以实现患者的最高满意度。这种治疗经常用于恢复自然的微笑，或在缺失时替换假牙。这种先进的手术需要四个钛牙种植体，以固定下颌和上颌。这种类型的治疗为后续添加的假牙提供了很大的稳定性，以完成这种永久性牙科解决方案。

患者必须注意的另一件事是使用锥形计算机断层扫描（CBCT）。它被用于牙科领域，用于简单和完美地规划牙种植体。到目前为止，这是最先进的手术，它使手术指导更容易获得和可用。通过这些服务，牙科专业人员能够为任何治疗创建特定的手术指南，从单一种植体调整到全面四合一治疗概念。

由于牙科技术的快速发展，全世界许多患者的四合一概念成为了现实。

### 重新设计笑容的完美方案

It is good to know that this procedure is cost-efficient and it is also a graft-less alternative which provides all patients have fixed full-arch prosthesis. The following features are considered in this dental concept:

- **Full-arch reconstruction only with four implants.** This treatment requires two dental implants in the front area straightly placed, and the other two implants in the posterior are titled up to forty-five degrees.
- **Immediate function when there is a fixed provisional bridge.** This is addressed for those patients who meet the criteria listed for immediate implant placing.
- **Graft-less process.** This means that bone grafting is skipped out because of the titling process of the posterior area considering the available bone.

Before this treatment option is considered as a perfect one, the dental healthcare professional has to evaluate the patient's condition, and to decide if he is the right candidate for dental implant treatment. It is good to know that dental implants are placed during a surgical procedure which is also associated with specific health risks.

### Why choose the all-on-four treatment concept?

Let's find out the main indications for this dental protocol.

- **Failing dentition.** This indication is very common among the patients all around the world. It is also a global dental healthcare problem, which will continue to exist in the close future. There are numerous people who are edentulous and there are more patients who will soon be edentulous.
- **Options based on implants.** The awareness of numerous dental implant procedures is constantly increasing in people's mind and these restorations would be driven to perfection over the next years.
- **The perfect solution for a big problem.** Dr. Paulo Malo was the first person who treated his patients with all-on-four treatment concept.

### Why this concept is so popular among patients, and what are the benefits from all-on-four

#### Reconstructing more than a perfect smile

This dental therapy protocol allows patients to have fixed full-arch prosthesis with only four dental implants. This significantly improves the patient enjoyment regarding aesthetics, speech, function, sense, and self-esteem. The procedure is attractive and also a life-changing solution.

#### Minimize the time to get the teeth

The main two reasons that outstandingly shorten the complexity of the treatment are the tilting of the implants in the posterior area, which means there is no need for bone grafting treatments, and the immediate loading with fixed restorations.

#### Reducing costs

This procedure is the least costly when it comes to comparing the traditional dental implant procedures for edentulous patients. According to the results of many studies, 98% of treated patients would advise all-on-four treatment concept.

Another great thing that patients have to remark is the usage of Cone Beam Computed Tomography (CBCT). It is utilized in dental fields for the simple and perfect planning of dental implants placement. This is, by far, the most advanced procedure and it allows the surgical guidance to be more accessible and available. With these services, dental professionals are able to create specific surgical guides for any treatment, from single implant adjustment to all-on-four treatment concept.

Thanks to the rapid progress of dental technology, all-on-four concept becomes reality for many patients around the world.

# WEIGHT TRAINING FOR WOMEN

By Barbara Ross

一般意义上的重量训练是一种力量训练程序，专注于发展和改善骨骼肌。它主要利用重力，以哑铃和重量堆的形式，帮助人们调整他们的肌肉和增加力量。当然，它会在肌肉构造和身体外观上产生显著差异。

下面是关于女性力量训练的一些事实和误区。

**体重训练无助于燃烧脂肪；只有有氧运动可以**

毫无疑问，有氧运动是减肥的首选，不仅适用于女性，也适用于所有人。然而，在例行程序中增加重量训练将加速减肥过程并调整身形。例如，如果一个女人想要减轻她的体重并变成沙漏或梨形身材，那么重量训练不仅可以帮助减轻体重，还可以塑造她的身体并实现她的目标。

**年长妇女进行重量训练很危险**

年长女性进行重量训练实际上非常有益。众所周知，女性在30岁后经常会出现骨强度和密度降低的情况。他们从30岁开始失去骨骼中的矿物质，最终导致骨质疏松症；一种导致骨骼随着时间变得更脆弱的疾病。与普遍看法相反，体重训练实际上可以减缓骨质恶化的过程，并减少女性患骨质疏松症的机会。重量可以帮助刺激骨骼，减缓骨骼中矿物质的流失。

## LIFTING MAKES WOMEN LOOK MASCULINE

Possibly the most widely circulating myth is that lifting makes women look too bulky and muscular; more masculine. However, this is not true. Women may have to work almost 10 times harder to build their muscles when compared to men, because women have 10 times less testosterone than men; and testosterone is one of the most crucial hormones that helps muscles grow in size and strength. For the same reason, women are highly unlikely to develop big muscles like men do, unless they consume external supplements to increase their testosterone levels. Hence, rest assured women can safely build their muscle strength just as much as men, with much less muscle size.

Weight training in the general sense is a type of strength training exercise routine that focuses on developing and improving the skeletal muscles. It essentially makes use of the force of gravity, which comes in the form of dumbbells and weight stacks, and helps people tone their muscles and increase strength. Naturally, it brings about noticeable differences in the muscular build and appearance on the body. Hence, it comes as no surprise that there are many myths associated with weight training among women that concern their appearance. Hence, it is time to clear the air and state the real facts. Here are some of the most common myths about weight training for women and the actual truths.

## THE MENSTRUAL CYCLE DOES NOT HAVE ANYTHING TO DO WITH WEIGHT TRAINING

There are many myths associated with the menstrual cycle now; some that suggest that women can train harder during their cycle, while others say they ought to stay completely away from the gym during their cycle. However, neither of them is completely true. As per the book "Equal, But Not The Same; Considerations For Training Females" written by Paul Chek, the internal organs typically get inflamed during menstrual cramps and bloating. This essentially causes the TVA as well as the pelvic floor to shut down or lower their metabolism or activity levels. At such a situation, it may be best to stick to lighter workout routines that don't involve a lot of exertion of the abdominal muscles, as it may lead to injuries of the lower back. Additionally, too much exertion of the abdominal area as such can lead to more cramping as well.

## WEIGHT TRAINING DOES NOT HELP IN BURNING FAT; ONLY CARDIO WILL

Undoubtedly, cardio is the first option for weight reduction, not just for women, but for all people. However, adding weight training to the routine will accelerate the process and tone the body in terms of specific requirements. For example, if a woman wants to reduce her weight and turn in to an hourglass or pear shape, weight training can not only help reduce weight, but also in sculpting her body and achieving her goals.

## WEIGHT TRAINING FOR OLDER WOMEN IS DANGEROUS

Weight training for older women is actually very beneficial. It is well known fact that women often experience reduction in bone strength and density after the age of 30. They start losing minerals from their bones from the age of 30, which will eventually lead to osteoporosis; a disease that causes bones to become more fragile with time.

Contrary to popular belief, weight training can, in fact, slow down the process of bone deterioration, and reduce the chances for osteoporosis among women. Weights can help stimulate the bones and slow down the loss of minerals from bones.

## WEIGHT TRAINING CAN CAUSE MUSCLES TO TURN INTO FAT IN FUTURE

Women may have to take a break from weight training for a number of reasons, such as pregnancy. These kinds of breaks are believed to cause the muscles gained during weight training in the past, to turn in to fat.

However, this is completely untrue as muscles and fats are entirely different from one another. Women have been found to experience fat deposit later on in life, however, it is just a result of the adipose tissue, or the fat tissue, riding over the muscles when they contract. It is not the muscles that have turned in to fat.

# THE FUTURE OF MEDICINE

## NEW SURGICAL GLUE HEALS WOUNDS IN 60 SECONDS

By Fanny Bates

Not a day passes that we don't read about different accidents happening all around the world. Terrorist attacks and car and plane accidents have become a part of our daily routines. Nearly 1.3 million people die in road crashes each year, on average 3,287 deaths a day. An additional 20-50 million are injured or disabled. Moreover, the university's Study of Terrorism and Responses to Terrorism (START) program found there were 10,900 terrorist attacks around the world last year, which killed a total of 26,400 people. These are quite the numbers, right? Imagine trying to get medical assistance in these situations, it wouldn't be easy. However, throughout the decades, scientists tried to invent materials which could serve as a self-help emergency procedure, at least until the medics arrive. During the Vietnam War, emergency medics began using the all-purpose glue to seal battle wounds in troops headed for surgery. The glue was so good at stemming bleeding that it was credited with saving many lives.

Nowadays, professional athletes often close small cuts with some super glues or similar products to get back in the game. It is believed that the new type of glue made from the chemical tropoelastin wouldn't only stop the bleeding process quickly, but also will lead to less scarring.



## The surgical glue MeTro to save millions of lives

The new study, led by Harvard University Professor Ali Khademhosseini and Northeastern University Assistant Professor Nasim Annabi, presents a robust solution for the efficient repair of wounds in different body areas - a surgical glue called MeTro. Developed as a very stretchy surgical glue, it represents a huge breakthrough in biochemistry. It has the potential to save lives in emergency situations and to be used for all kinds of medical procedures. This squirtable substance even replaces the need for stitches or staples. While trying to develop this type of compound, researchers came across to a similar substance inside our own body, which has these types of characteristics. It is the human protein called tropoelastin. The application of this type of material is also quite easy; to activate it on to the wound, all we need is a continual stream of UV light. It takes only about a minute to apply and set the material in.

For a long time, there were no new innovative technologies when it comes to repairing ruptured and pierced organs and tissues. For decades, surgeons and other medical staff have used staples, or sutures, or wires to hold the wound edges together. Nevertheless, these kinds of procedures are extremely hard to perform for the surgeons, since they sometimes deal with hard-to-reach areas of the body. The researchers say the gel can replace traditional staples or sutures and can more easily treat internal wounds that are often hard to reach. It is also very common for the wounds not to heal immediately after the procedure, and the new surgical glue could heal the wounds in 60 seconds.

For a surgical sealant to be considered as good, it needs to meet certain criteria. "It needs to be elastic, adhesive, non-toxic and biocompatible," Dr. Annabi said. "Most of the sealants that are currently being used in surgeries possess only one or two of those characteristics. Professor Annabi and his colleagues from the USA and Australia demonstrated that MeTro "can be photochemically tuned to effectively seal incisions in arteries and lungs of rats, and to repair wounds in the lungs of pigs, all suture and staple-free."



## Why is MeTro surgical glue unique?

The thing that makes MeTro unique is its high elasticity feature that is ideal for sealing wounds in body tissues that are at risk of re-opening. These body parts are lungs, arteries or hearts. MeTro is shorthand for tropoelastin which is a protein derived from the elastic fibers, substances out of which human tissues are made.

Another great feature of MeTro is that it has a technologically built-in enzyme which can be programmed to determine how long the sealants last. That could range from hours to months, depending on the time needed for the wound to heal. MeTro gel also represents a solution for not only tissue regeneration, but repair, effectively healing and sealing incisions at the same time. Later it degrades in a natural way without harming the tissue and without any signs of toxicity. The application for such a product is enormous, whether it is used in emergencies, surgeries, battle wounds etc. The researchers have finished testing it on animals, and hope to start testing it on humans in the near future.

### 突破性手术粘胶能在60秒内粘合伤口

科学家已经开发出一种高度弹性和粘性的手术凝胶，可以通过密封皮肤或器官中的伤口，达到快速愈合而不需要缝线的效果改变了紧急治疗的方式。

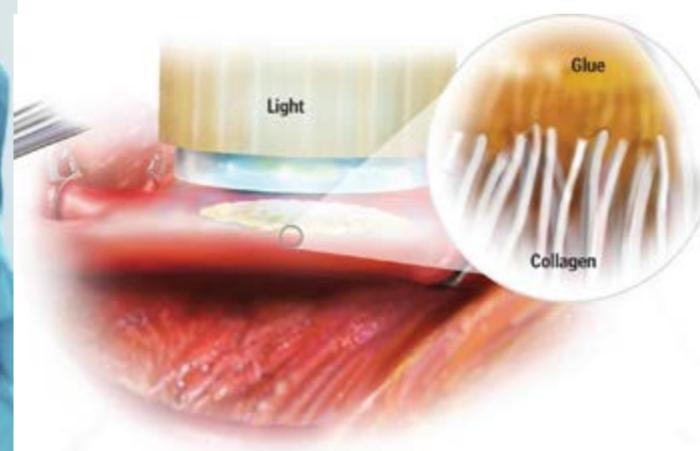
凝胶是一种混合弹性蛋白质（简称MeTro），可以喷射到内部和外部伤口上，以密封伤口并加速愈合。据研究人员介绍，它可以真正成为一个救生员，在60秒钟内封闭伤口，而不会阻止器官如肺、心脏和动脉的自然搏动与放松。

目前的试验仅限于动物，试验的结果令人难以置信，只要它与组织表面接触，它就会凝固成凝胶状的阶段，而不会流掉。然后我们将通过短暂的光介导(紫外线)交联处理在现场进行固化来进一步使其稳定，这样可以非常准确地将密封剂放置在伤口紧密结合位置并与组织表面上的结构互锁。

研究人员声称，用MeTro治疗的伤口恢复时间可以提高一半，如果需要手术，MeTro也可以简化手术。由于内置于胶水中的降解酶，可根据伤害类型进行修改，能持续一段时间（小时至数月）。

在速度至关重要的紧急情况下，MeTro可以在密封伤口或肺穿刺方面产生巨大影响。实际上它有点像硅胶密封胶，你可能会用在厨房或浴室的瓷砖上。

如果MeTro凝胶可以进一步发展成为商业产品，它可能成为第一现场工作者工具包的重要组成部分。



# Entertainment

## Deadpool '2'

Foul-mouthed, funny man Wade Wilson, assembles a team of misfit mutants to help protect a young boy. Though the film opened to rather amazing reviews and box-office takings, the film to be shown in China has been cut from the R rated original to a nice, peachy PG-13 rating. Hopefully still as good, without the gratuitous gore.



Date: 2019.12.21 – 2019.02.01

## John Monteith: In This Moment

This December and January, I: project space hosts the latest solo exhibition of John Monteith, a Canadian artist who will display his photograph works 'In This Moment'. Monteith is also a resident in the research project Beijing22 – a project that seeks to investigate the dynamics of Beijing's urban space in the lead up to Beijing's Olympic Games in 2022.



Monteith's photographs not only document city corners that go unnoticed, but also exposes how urban spaces can be constructed and contingent. As Andreas Huyssen writes, 'Literary techniques of reading historically, intertextually, constructively, and deconstructively at the same time can be woven into our understanding of urban spaces as lived spaces that shape collective

imaginaries. We have come to read cities and buildings as palimpsests of space, monuments as transformable and transitory, and sculpture as subject to the vicissitudes of time... The strong marks of present space merge in the imaginary with traces of the past, erasure, and loss.'

Date: Till 2019.01.15

Venue: 10 Banqiao Hutong, Beixinqiao Dongcheng district, Beijing

东城区北新桥板桥胡同10号, 北京

## The National Symphony Orchestra of Belarus: New Year Concert

The National Symphony Orchestra of Belarus is one of the oldest institutions in the former Soviet Union, founded in April, 1927. Thanks to its outstanding qualities, the Orchestra has been invited to Bulgaria, Germany, Italy, Greece, Netherlands, Lebanon, France, Switzerland and many other countries for great concert tours. The repertoire of the orchestra's performances includes both opera and symphonic concerts.



Date: Till 2019.01.15

Venue: Inside Zhongshan Park, 4 Zhonghua Road, Xicheng district, Beijing

中华路4号中山公园内 西城区 北京

# MUSICAL GIG

## Slash

Award-winning hard rock guitarist Slash heads to Beijing to play his best and greatest hits. In 1985, he joined Guns N' Roses, earning international acclaim for riffs on songs like 'Sweet Child o' Mine'. After leaving GNR in 1996, Slash did session work and formed other bands, such as Velvet Revolver, releasing two solo albums.



Date: 2019.01.20

Venue: Beijing Exhibition Center, 135 Xizhimenwai Dajie, Xicheng district, Beijing

北京展览馆 北京市西城区西直门外大街135号

## Russian State Ballet: Swan Lake

After a successful Ballet tour last year, Russian State Ballet is back for their China tour with their captivating full touring ballet production. Swan Lake is a tale of two young women, Odette and Odile, who resemble each other so closely that one can easily be mistaken for the other. It is the compelling legend of a tragic romance in which a princess, Odette, is turned into a swan by an evil curse. Prince Siegfried chances upon a flock of swans while out hunting. When one of the swans turns into a beautiful young woman he is instantly captivated.



Date: 2019.01.01 - 2019.01.05

Venue: 59 Zhongguan Cun, Haidian, Beijing

中关村59号中国人民大学内

## NCPA Opera "La Traviata"

The story is set in 19th century in Paris. The famous courtesan Violetta is appointed as Lady of the Camellias, because of her love for camellias. Violetta is moved by the true love of a young man, Alfredo, and they fall in love with each other. She leaves the luxurious social circles of Paris. However, Alfredo's father comes to stop their love. Under his father's begging, for her lover's future and his family's reputation, Violetta chooses to give up with great agony and returns to her previous life in Paris.



Date: 2019.01.22

Venue: 2 Xi Chang'an Jie, Xicheng district, Beijing

西城区长安街2号, 北京

## Romeo and Juliet

Director Paul Stebbings explores the depths of this tragedy and its central conflict between love and death. "The play is highly stylized, masked balls and ritual violence form set pieces. We employed stylized choreography and, once again, commissioned a live musical score from a leading composer. While establishing a rich theatrical environment, we also strived to maintain a Shakespearean style that relies on the actor's skills and audience's imagination, rather than complex settings and design. 'Romeo and Juliet' is one of the most popular plays ever written. We aim to present it with its poetry and romance intact, while delivering a powerful, stylized drama."



Date: 2019.01.09

Venue: Jinwan Grand Theater, Jiefang N Rd, Heping, Tianjin

津湾大剧院 天津市和平区解放北路48号

# PERFORMANCE

# Entertainment

MOVIE

EXHIBITION

CONCERT



2019年  
室内设计趋势

THE PRIMARY HUES OF THE YEAR



Dusty pastels ruled 2017, and then in 2018, there were dark jewel hues. This year, it's all about bringing an edgier appeal into the interiors. 2019 is going to bring more experimental and bold hues along with an assortment of subtle and discreet tones. Leading the latest decor colour palettes are bold rusty reds, bright mustard yellows and deep indigo blues which are expected to amplify in 2019.

At the same time, sun-bleached, nourishing palettes of self-assured neutrals and soft pastels like pale gold, fleshy nudes, pale bronze, stonewashed blues, muted shades of apricot and crisp watermelon, cocoa browns and mint are also expected to rule the colour palettes of 2019. Check out the top colour trends of 2019 and how to use them in your home space for a luminous effect.



TREND PREDICTIONS FOR 2019

By Anastasia Chapman

我们迎来了2019年的室内设计趋势，因为新的一年是充分利用您的未来家居空间的最好时间。就像人们在每年年底制定决心书一样，我们希望花点时间回顾一下在室内设计领域顶级家居装饰趋势，同时着眼于未来的预测，试图弄清楚家装世界的前进方向。

年度主要色彩

粉彩统治2017年，然后2018年是黑暗的宝石色调。今年，这一切都旨在给室内设计带来前卫的吸引力。2019年将带来更多实验和大胆的色彩以及各种微妙和谨慎的色彩。引领最新的装饰调色板是大胆的生锈红色，明亮的芥末黄色和深靛蓝色，预计将在2019年更加流行。

家具样式预测

室内设计爱好者知道家具可以制造或破坏空间！因此，选择合适的部件，无论是从当地商店发现的定制家具还是古怪的摆设，都是获得完美内饰的关键。从手工制作的定制桌椅，柔软色调的软垫沙发和挂毯，深色厨房橱柜到创新的金属制品，2019家具趋势是关于可持续物品和极简主义。

Here comes the beginning of another year! Let's think ahead of the curve for the future 2019 interior design trends, as the new year is the best time to make the most of your home spaces for a lifetime and beyond. Just like people make resolutions at the beginning of each year, we like to take the time out to look back at the top home décor trends that made a mark in the interior designing domain, while looking at the future predictions trying to figure out where the world of décor is heading.

This evaluation lets us in our past interior designing predictions, and at the same time, we get to explore some hot-off-the-heels trends bubbling up in the most cutting-

edge corners of the home décor radar. We do this not only because we are passionate about the art of home designing, but because we enjoy creating surprising home spaces with the most ubiquitous and novel design elements to give you all sample sources of inspiration.

Curious to know what the new trends in décor will be in 2019? From materials, colour schemes and finishes, to remarkable design style comebacks, here are our home decor predictions to look out for in 2019, plus some tips to bring them home. Just pick your favourites and get decorating!

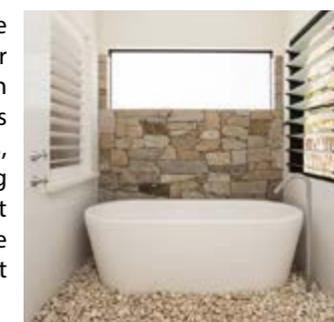
FURNITURE STYLE FORECAST



Interior designing enthusiasts know that furniture can make or mar a space! Therefore, choosing the right pieces, whether custom-made or quirky found from the local store are keys to attaining that perfect interior. From handmade, custom tables and chairs, upholstered couches and tapestries in soft hues, dark kitchen cabinetry, innovative metal-based pieces and accents with geometric patterns, 2019 furniture trends are all about sustainable items and minimalism. Beds with lots of upholstered footboards and headboards sheathed in cosy textiles will rule bedrooms in 2019.

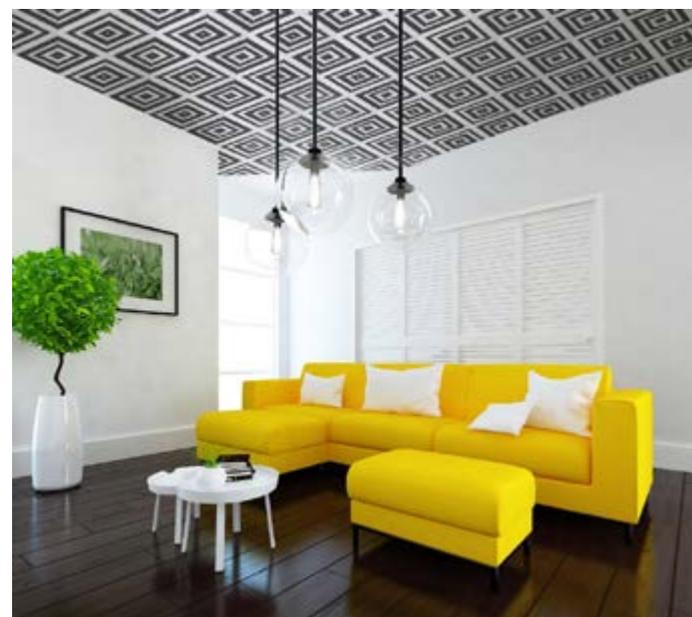


One of the style trends to keep an eye on this year's kitchen design are darker kitchen cabinetry in shades of pitch black and navy blue. Bathroom walls and fittings made in natural stones, quartzite, and even terrazzo are going to be huge hits this year. Add a distinct personality and soul to your home space with antiques, as they are all set to make a comeback in 2019.



## RISE OF THE CONVERTIBLE URBAN DWELLINGS

As more and more people gravitate towards urban dwellings, it makes sense for homeowners to opt for smart, petite-in-scale home décor trends. Say 'hello' to multi-purpose built-in's and furnishings, movable walls to modern iterations on Murphy beds that can fit into different needs and spaces without being short on style. Be prepared to witness 2019's most intriguing and sensible interior design trend, convertible urban dwellings that are bound to catch your fancy! After all, who wouldn't want to have interiors brimming with ingenious designs and details, making the most of even the smallest space with practicality and ease!



## STATEMENT CEILINGS

Ceilings are often referred to as the fifth wall, but they don't get enough attention while designing the interiors. While homeowners spend endless hours agonising on the interior colour palette, little to no thought is given to the look and feel of the ceiling. The result is, often time ceilings are left with that pale, matte white paint in an otherwise colourful room. Fortunately, 2019 home decor trends are considering the case of the fifth wall! The ceilings will be reimagined with expressively lacquered, bold paints, tailored wallpapers and other Expressionist elements to pack a punch to modern interior designing. A statement ceiling can make any space appear larger and brighter, and is an apt response to a "clutter" averse generation. The best part is, you don't need tons of furniture to deck up that space.

## ECO-FRIENDLY SPACES

With the Mother Nature suffering crisis after crisis, interior designing is all set to introduce natural decor and production that are pleasing to the eyes, while leaving the least impact on the planet and its resources. In 2018, we saw the rise of the tech-inspired décor, but this year home designing is foraying into fresh, organic and nature-inspired design trends using materials such as granite, copper, concrete and stone. In alignment with Mother Nature, these elements will bring a serene ambience to any space, while reflecting the world around your home. Think from leftover materials like the marble being recomposed in smart ways, energy-saving appliances, to live plant walls.



## TO LOOK LIKE A MILLION \$!

## 看起来腰缠万贯

By Caroline Lane

For the past couple of weeks, Sarah had been going shopping with her mother to look for a suitable dress for her school prom. They had probably walked around more than twenty stores before something caught Sarah's eyes. It was a purple silky maxi dress that fitted Sarah perfectly and showed off the shape of her body. Sarah took a long time and put a lot of thought into the dress, because she really wanted to impress her date, Brian.

Sarah and Brian have been good friends for a few years, and while it looks like the two have romantic feelings for each other, no one has said anything yet. The prom seemed like a perfect chance for Sarah to impress Brian, who may ask her out then.

On the day of the prom, Sarah spent three hours with makeup and hairstyle professionals to make sure that she looked absolutely flawless. Finally, at 6 p.m., Brian came to Sarah's house to pick her up. Sarah's mom answered the door, and when Sarah came out to the door, Brian's jaw dropped and his eyes wide open, "Sarah! My goodness, you look like a million dollars. I'm the luckiest guy tonight!"

Obviously, this comment made Sarah blush a lot. The two set off and made their way to the prom. Perhaps not a necessary detail, but later on during the night, Brian did ask Sarah if she would like to be his girlfriend. The effort paid off--after so long!

Right, Sarah's dress was amazing, but it certainly didn't cost a million dollars. Though, imagine how attractive a million dollars would look to most people, and that's exactly how attractive Sarah looked to Brian on prom night. This idiom is mostly used to compliment females, but who doesn't like being complimented as a million dollars?

在过去的几个星期里，莎拉一直和妈妈一起去购物，为她的学校舞会寻找合适的衣服。她们可能走过了二十多家商店，最后一件紫色丝质长裙吸引了莎拉的眼球。莎拉花了很长时间对这件衣服进行了很多考虑，因为她真的想给她的约会对象布莱恩留下深刻的印象。莎拉和布莱恩几年来一直是好朋友，虽然看起来这两个人对彼此都有好感，但还没有人说过什么。舞会似乎是莎拉打动布莱恩的绝佳机会。

在舞会当天，莎拉花了三个小时与化妆和发型专业人士一起确保她看起来完美无瑕。最后，下午6点，布莱恩来到莎拉的家里接她。当莎拉走到门口时，布莱恩睁大了眼睛，“莎拉！天哪，你看起来像一位腰缠万贯的公主。我是今晚最幸运的人！”

布莱恩确实问莎拉她是否想成为他的女朋友。努力得到了回报。

礼服很棒，但肯定不会花费一百万美元。想象一下，对于大多数人来说，这个成语主要用于恭维女性，但是谁不喜欢被称为腰缠万贯呢？



## Bakeries &amp; Desserts



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

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

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

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

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

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



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

## Chinese

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

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



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

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

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

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

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

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

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



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

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

## French

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



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

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

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



**HP** **Pomodoro (International Plaza) 小番茄意大利餐厅 (国际商场店)**  
**A:** 1<sup>st</sup> 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

## Le Rosso

**HP** **Le Rosso Pizza & Steak 意大利餐厅**  
**A:** 24 Ying Chun Li, Wu Jia Yao Er Hao Road (near Xi Kang Lu) He Ping District  
和平区吴家窑二路迎春里24号楼底商(靠近西康路)  
**T:** 15602172289, 17526573687



## Japanese

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

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

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

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



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

**HP Bei Xi Japanese Restaurant 北喜日料**  
A: 7<sup>th</sup> Floor, @ City, M Plaza, the cross of Binjiang Road and Shanxi Road, Heping District, Tianjin  
和平区滨江道与山西路交口M Plaza 7层  
北喜日料  
T: +86 22 2712 1314



**Thai**

**HP KD Kudos Thai Restaurant & Lounge Bar 泰廷泰国餐厅**  
National cuisine of Thailand, which places emphasis on lightly prepared dishes with strong aromatic components.

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

**HQ Chat Thai Restaurant 泰来时尚泰国餐厅**  
A: 3<sup>rd</sup> Floor, Aqua City, No.18 Dafeng Road, Hongqiao District, Tianjin  
红桥区水游城购物中心3楼  
T: +86 22 58719019

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

**Western**

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

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

**HP 1863 The Ding Room 1863 至尊西餐厅**  
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1层  
T: +86 22 5852 6888



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



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

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



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

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



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



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

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



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

**HX 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

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

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

**HB 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

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



**HP La Semana 拉斯曼西班牙餐厅(和平店)**  
A: No.25 Yingchunli, Wu jia yao er hao Road, Heping District, Tianjin  
天津市和平区吴家窑二号  
路迎春里25号底商  
T: +86 22 2335 6748  
+86 155 2210 2283



**HP Prague Restaurant 布拉格餐厅**  
A: No.83 Chongqing Road, Heping District, Tianjin (West of MinYuan Square)  
和平区重庆道83号(民园广场西楼)  
O: 10.00am - 0:00  
T: +86 22 8312 2718

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

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

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

**HP Browns Bar & Restaurant 勃朗斯英式酒吧餐厅**  
A: No.108-111, 1<sup>st</sup> Floor Min Yuan Stadium, Heping District  
和平区重庆道83号  
民园广场西楼一层108-111号  
T: +86 22 88370588/88370688  
E: info@browns-tj.com

**HD 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

**Coffee Shops**

**HP Starbucks Coffee 星巴克咖啡**  
A haven to listen to the best American songs and enjoy coffee and tasty bites with friends.  
1) Sun-Thu 08:00-22:00, Fri-Sat 08:00-23:00  
A: 1F, Berth C1-2, Buidling No.1, No. 18 by 1, Tai'an Dao  
泰安道18号增1号三号院一号楼 C1-2辅位首层  
T: +86 22 5832 5702  
2) 09:00-24:00  
A: No. 60-62, Ziyuo Dao, New Italian Style Town  
新意大利风情街自由道60-62号  
T: +86 22 2445 3185

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

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

**Tea Houses**

**HP Yang Lou Tea House 洋楼茶园**  
Tea house in a villa where you can watch TV, search the internet and play mahjong. 09:30-02:00  
A: The junction of Kunming Lu and Chongqing Dao, Heping District  
和平区重庆道与昆明路交口  
T: +86 22 2339 8882

**HP** No.9 Cafe 9号咖啡

Rich coffee menu and English style high tea.

**A:** Building 9, No.3 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:** 1<sup>st</sup> Floor, The Ritz-Carlton, Tianjin, No. 167 Dagubei Road, Heping District 和平区大沽北路167号  
天津丽思卡尔顿酒店一楼  
**T:** +86 22 5809 5099

**HP** China Bleu 中国蓝酒吧

The highest bar in Tianjin, on the 50<sup>th</sup> floor of the Tangla Hotel Tianjin. Great live jazz/funk music every night. 18:30-03:00.

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

**HP** Le Procope Lounge 普蔻酒廊

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

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

**HP** O'Hara's 海维林

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

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

**HP** River Lounge 畔吧

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

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

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

**A:** 1<sup>st</sup> Floor, The Ritz-Carlton, Tianjin, No. 167, Dagubei Road, Heping District, Tianjin 和平区大沽北路167号  
天津丽思卡尔顿酒店一楼  
**T:** +86 22 5857 8888 ext. 5091  
**W:** [ritzcarlton.com/tianjin](http://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口  
**T:** +86 22 5836 5608

**HP** SITONG Bar 昔童音乐酒吧

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](http://www.webrewery.com)

**HX** The Lounge 洞庭聚

This is the heart and soul of the hotel with a buzz of activity and professional offering of classic cocktails, wines and foods throughout the day and night. 06:00-01:00.

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

**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 Shiying 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](http://arrail-dental.com)



和睦家医疗  
United Family Healthcare

**HX** Tianjin United Family Hospital 天津和睦家医院

The first international-standard foreign-funded hospital in Tianjin, offering authentic western-style medical services.

**A:** No.22 Tianxiao Yuan, Tanjiang Dao, Hexi District 河西区潭江道天潇园22号  
**T:** (Reception) +86 22 5856 8500

**24 Hour Emergency:**

+86 22 5856 8555

**W:** [ufh.com.cn](http://ufh.com.cn)

**Raffles Medical****HX** Raffles Medical Tianjin Clinic

**A:** 1F Apartment Building, Sheraton Tianjin Hotel, Zi Jin Shan Road, He Xi District, Tianjin 300074 河西区紫金山路

喜来登大酒店公寓楼一层  
**T:** +86 22 2352 0143

**HX** Tianjin Congramarie Gynecology & Obstetrics Hospital

天津坤如玛丽妇产医院  
Tianjin's first international 3H (Holistic-care, Hotel-style, Home-warm) gynecological hospital.

**A:** No.488 Jiefang Nan Lu, Hexi District (opposite to Huan Bohai Automobile City)

河西区解放南路488号 (环渤海汽车城对面)

**T:** +86 22 5878 5555

**NK** Women's and Children's Specialized Health

美中宜和医疗集团天津美中宜和妇女儿童医院

**A:** No. 21, ShuiShangGongYuan East Road, Nankai District 南开区水上公园东路21号

**T:** +86 22 5898 2012  
400 10000 16

**W:** [amcare.com.cn](http://amcare.com.cn)



**Golf Clubs**

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

**Gyms**



**JN I Fitness GYM CLUB / Indoor Badminton Court**  
爱动力健身俱乐部/羽毛球馆  
**A:** No.3 Jingming Road, Jinnan District, Tianjin  
天津市津南区景茗道3号体育中心  
**T:** +86 22 2628 9999



**HX I Fitness Meijiang**  
爱动力健身工作室  
**A:** Area C, Jindian Times Square, Meijiang Area, Hexi District  
天津市河西区梅江津典时代广场C区  
**T:** +86 22 8836 7567

**HP Moai GYM**  
摩艾健身  
**A:** 7<sup>th</sup> Floor, @ City, M Plaza, the cross of Binjiang Road and Shanxi Road, Heping District, Tianjin  
和平区滨江道与山西路交口M Plaza 7层  
**T:** +86 22 2712 1314



**Catering Solutions**

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

**Decorations**

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

**Electrical Appliances**

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

**Laundries**

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

**Hotels**

★★★★★



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

**Hotels**



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



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



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



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



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

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



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



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



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

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



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



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

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

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



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



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



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

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

**Serviced Apartments**



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

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

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



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

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

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



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



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

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



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

**A:** 7<sup>th</sup> Floor, @ City, M Plaza, the cross of Binjiang Road and Shanxi Road, Heping District, Tianjin  
天津市和平区滨江道与山西路交口M Plaza 7层  
T: +86 22 2712 1314

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

**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**

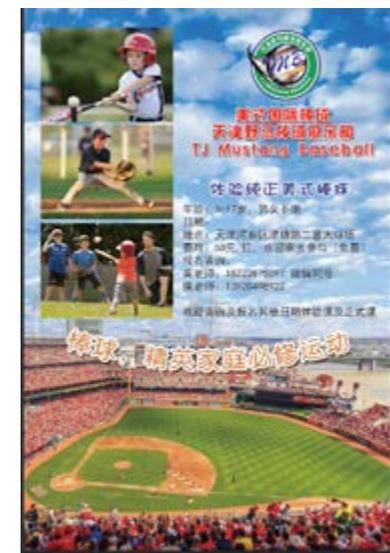
**TICC (Tianjin International Community Centre)**  
Association and meeting place for foreign passport holders and their families in Tianjin. Organises monthly coffee mornings, luncheons and social/fundraising events, supporting local charities.  
**E:** ticc\_09@hotmail.com  
**W:** tianjin.weebly.com

**Education**

**QX** **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号雲锦世家园**  
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, 同时举办棒球社团团建活动。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





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



**QH Wellington College International Tianjin**  
**天津惠灵顿外籍人员子女学校**  
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)微山南路22号  
**T:** +86 22 2859 2003/5/6  
**W:** istianjin.org



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

**HP 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

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

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

**HX Exhibition Centres**  
**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

**QX 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**  
**NKX 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**  
**JONES LANG LASALLE** 仲量联行  
*Real value in a changing world*  
**HP Jones Lang LaSalle**  
**仲量联行天津分公司**  
**A:** Unit 3509, The Exchange Mall Tower 1, No.189 Nanjing Road, Heping District. 和平区南京路189号 津汇广场1座3509室  
**T:** +86 22 8319 2233  
**W:** www.joneslanglasalle.com.cn

**IT**  
**NNIT**  
**NKNK 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**  
**LE CROBAG**  
**LE CROBAG - Teda Store**  
**Le Crobag 德国面包房**  
**T:** +86 22 5990 1619

**Chinese**  
**Ya Yue Chinese Restaurant**  
**雅悦轩中餐厅**  
**A:** 2F, Binhai Jianguo Hotel, No. 1, 2<sup>nd</sup> 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  
**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, 2<sup>nd</sup> Avenue, TEDA 开发区第二大街50号 天津滨海喜来登酒店2层  
**T:** +86 22 6528 8888 ext. 6220/6222

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

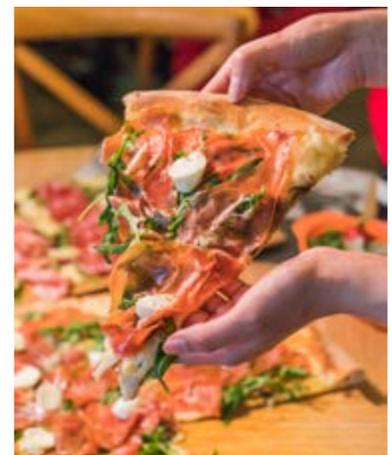
**Bai Jiao Yuan**  
**百饺园**  
**A:** No. 27, bldg A. Guoxin Building Zhangwang Lu, 2<sup>nd</sup> Avenue, TEDA 开发区第二大街展望路国信大厦A座27号  
**T:** +86 22 6202 1188  
**W:** baijiaoyuan.com



**Japanese**  
**Seitaro 清太郎日本料理**  
Savour a wide selection of specialties including a sushi counter in a traditional Japanese décor setting.  
11:30-14:00; 17:30-21:30.  
**A:** Century Village, 3<sup>rd</sup> Avenue, TEDA 开发区第三大街世纪新村  
**T:** +86 22 6529 9522  
**Tokugawa 德川日本料理**  
Opened in 1998, the restaurant still maintains its beauty and quality. You can try a huge variety of sushi and sashimi.  
10:00-14:30, 16:30-22:00.  
**A:** No. 34, 1<sup>st</sup> Avenue, TEDA 开发区第一大街34号  
**T:** +86 22 2528 0807

**Wu Gu 五穀日本料理**  
Traditional Japanese food, famous for its blossom stone package, fresh sashimi and steamed items. 11:00-20:30.  
**A:** 1F, No.29 Shishang Dong Lu, TEDA 开发区时尚东路29号1层  
**T:** +86 22 5985 7141  
**Baiyi Teppanyaki 百一铁板烧**  
One of the best choices for Teppanyaki in TEDA. 10:00-22:00.  
**A:** No. 2-1-6, King Buyer Shopping Mall, No. 32, 3<sup>rd</sup> 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**  
**Bella Vita Italian Restaurant**  
**美好生活意大利餐厅**  
**A:** Florentia Village Outlet Mall, North Qianjin Road, Wuqing District, Tianjin 武清区前进道北侧 佛罗伦萨小镇Food-5  
**T:** +86 22 5969 8238



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



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



**Feast - Our Signature Restaurant**  
**盛宴标帜餐厅**  
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, 2<sup>nd</sup> Avenue, TEDA 开发区第二大街50号 天津滨海喜来登酒店1层  
**T:** +86 22 6528 8888 ext. 6210

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

**Elements 元素西餐厅**  
Enjoy international cuisine at this all-day restaurant with our wide-ranging à la carte menu or sumptuous buffet selection. 06:30-23:00.  
**A:** 1F Hilton Tianjin Eco-City, No. 82 Dong Man Zhong Lu, Sino-Singapore Eco-City, Tianjin 天津市滨海新区中新生态城动漫中路82号 天津生态城世茂希尔顿酒店一层  
**T:** +86 22 5999 8888 ext.8133



**Pomodoro Italian Restaurant**  
**小番茄意大利餐厅 (天津开发区店)**  
**A:** 2-01 Binhai Sky Fashion Boulevard,  
 (north side of Holiday Inn Express) Teda  
 天津滨海新区滨海时尚天街2-01  
 (智选假日酒店北侧, 近迪卡侬)  
**T:** +86 22 5999 9191, 189 2021 8583

**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, 3<sup>rd</sup> Avenue, TEDA  
 开发区第三大街财富星座16号  
 (中心酒店对面)  
**T:** +86 22 2532 2078  
**V Lounge**  
 A wonderful place to unwind after work, to  
 stretch out after dinner, or just chill.  
**A:** No.102 Hua Na Hao Yuan, 2<sup>nd</sup> Avenue,  
 Binhai New Area  
 第二大街华纳豪园102商铺  
 (嘉乐城底商)  
**T:** +86 22 6518 5559



**Spa & Massage**

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

**Touch Spa**

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

**Hospitals**



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

**TEDA Hospital**

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

**TEDA International Cardiovascular Hospital**

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

**Drycleaning & Laundries**

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

**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, 2<sup>nd</sup> Avenue, TEDA  
 开发区第二大街29号  
**T:** +86 22 6621 8888



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



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



**Tianjin Goldin Metropolitan Polo Club**  
**天津环亚国际马球会**  
 A luxury resort destination hotel with  
 a prestigious members-only polo club,  
 two international standard polo fields,  
 a column-free Grand Ballroom and 10  
 restaurants and bars.  
**A:** No.16, Hai Tai Hua Ke Jiu Lu,  
 Bin Hai Gao Xin Qu, Tianjin  
 天津滨海高新区海泰华科九路16号  
**T:** +86 22 8372 8888  
**W:** www.metropolitanpoloclub.com

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



**The Westin Changbaishan Resort**  
**Sheraton Changbaishan Resort**  
**长白山万达威斯汀度假酒店**  
**长白山万达喜来登度假酒店**  
**A:** No.333 & No.369 Baiyun Road,  
 Changbaishan International Resort, Fusong  
 County, Jilin Province  
 中国吉林省抚松县长白山国际度假区白  
 云路333/369号  
**T:** +86 439 6986999,  
 +86 439 6986888

**Apartments**

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

**Education**

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



**TEDA International School**  
**泰达国际学校**  
 Established in 1995 by the governing body  
 of Tianjin Economic Development Area to  
 provide world-class education for children  
 residing in the Binhai/ TEDA region.  
**A:** No. 72, 3<sup>rd</sup> 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:** 5<sup>th</sup> Avenue, TEDA 开发区第五大街  
**T:** +86 22 6530 2888  
**W:** bicec.com.cn

**Department Stores & Shopping Malls**

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

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

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 18-hole course with wide fairways.  
 Reservation is recommended for visitors.  
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**W:** warnergolfclub.com

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# TIAN SHAN XINJIANG

A GUIDE TO THE WHITE MOUNTAINS

天山，新疆  
白山指南

每个人都有最喜欢的旅游目的地，在度假之旅返回后长时间留在记忆中。由于世界上有许多不同的旅游景点，很难选择最适合度假的目的地。有很多已知的背包目的地已经在世界范围内流行，但是在地球上还有一些尚未开发的宝藏。

天山的热门景点

天山绵延至哈萨克斯坦，是一个广阔的山脉，涵盖了几个热门景点。美丽的草原上布满了五颜六色的鲜花，纯粹的景观美景，反映雪山的纯净，有很多东西可以在山脉中观赏和欣赏。天山导游推荐以下热门景点。

博格达峰

属于新疆天山东部的博格达山是博格达奥拉山脉的最高峰。在中国人称为博格达峰，由于其70度的陡峭地层，这座山峰难以征服。山顶的冠冕永久积雪，巨大的冰川从它的脚下流过。在山顶脚下，另一个受欢迎的旅游景点是划船，骑马和野餐，以及人造湖博格达

博格达湖

博格达湖（Lake Bogda）被称为中国的天堂湖，游客喜欢这个地方，这里有许多冒险和休闲活动，并提供与哈萨克民族文化互动的机会。登山者必须在乌鲁木齐的中国新疆登山协会（CXMA）注册。酒店提供住宿设施，最佳攀岩季节为6月至8月。

By Nikhina

Everyone has a favorite travel destination, somewhere that lingers in the memory for a long time after returning from a holiday trip. With so many different tourist spots across the world, it is difficult to pick the best one for a vacation. On one side, there is a quite large range of known backpacking destinations which has got worldwide popularity, and then there are some unexplored gems in the earth which remain in a low profile.

Tian Shan, Xinjiang, is one such best-hidden travel destination in China which has a unique landscape. If you choose the best tour operator for China travel, you can make travelling to the Tian Shan a memorable experience. Located in the central part of the Eurasian continent, towards the northwest border of China is Tian Shan, Xinjiang, flaunting a unique landscape called 'three mountains surrounding the two basins.' It is an extensive mountain range which is one of the seven mountain systems in the whole world.



## POPULAR ATTRACTIONS IN THE TIAN SHAN

Stretched to Kazakhstan, Tian Shan Mountain is a vast mountain range and covers several popular attractions. Beautiful grasslands covered with colorful flowers, the sheer beauty of the landscape, pure water reflecting Snow Mountains, there are plenty of things to view and enjoy in the mountain range. In this Tian Shan tour guide, you can read below some of the popular attractions with everlasting memories.

### Bogda Peak

Belonging to the eastern subrange of Tian Shan, Xinjiang, Mount Bogda is the highest peak in the Bogda Ola Range. Known as Bogda Feng in Chinese, the peak is a difficult one to conquer due to its 70-degree steep formations. The summit crowns are permanently snow-capped, and massive glaciers flow by its feet. At the foot of the peak another popular tourist attraction is situated, for boating, horse-riding and picnicking, and the human-made Lake Bogda.

### Lake Bogda

Lake Bogda is known as a heavenly lake in Chinese, and visitors love this place which packs a couple of adventure and leisure activities and offers a chance to interact with Kazakh ethnic culture. Mountain climbers are required to register with the China Xinjiang Mountaineering Association (CXMA) in Ürümqi (a Provincial capital city with frequent flight services). Lodging facilities are available and the best climbing season is from June to August.

### LOCATION

Mount Bogda is located close to Ürümqi, and the base camp is at the north foot of the peak at the height of 3540m. Visitors must cross Lake Bogda by motorboat and trek towards the south for 30 km, and Kazakh equestrians will handle the logistics.



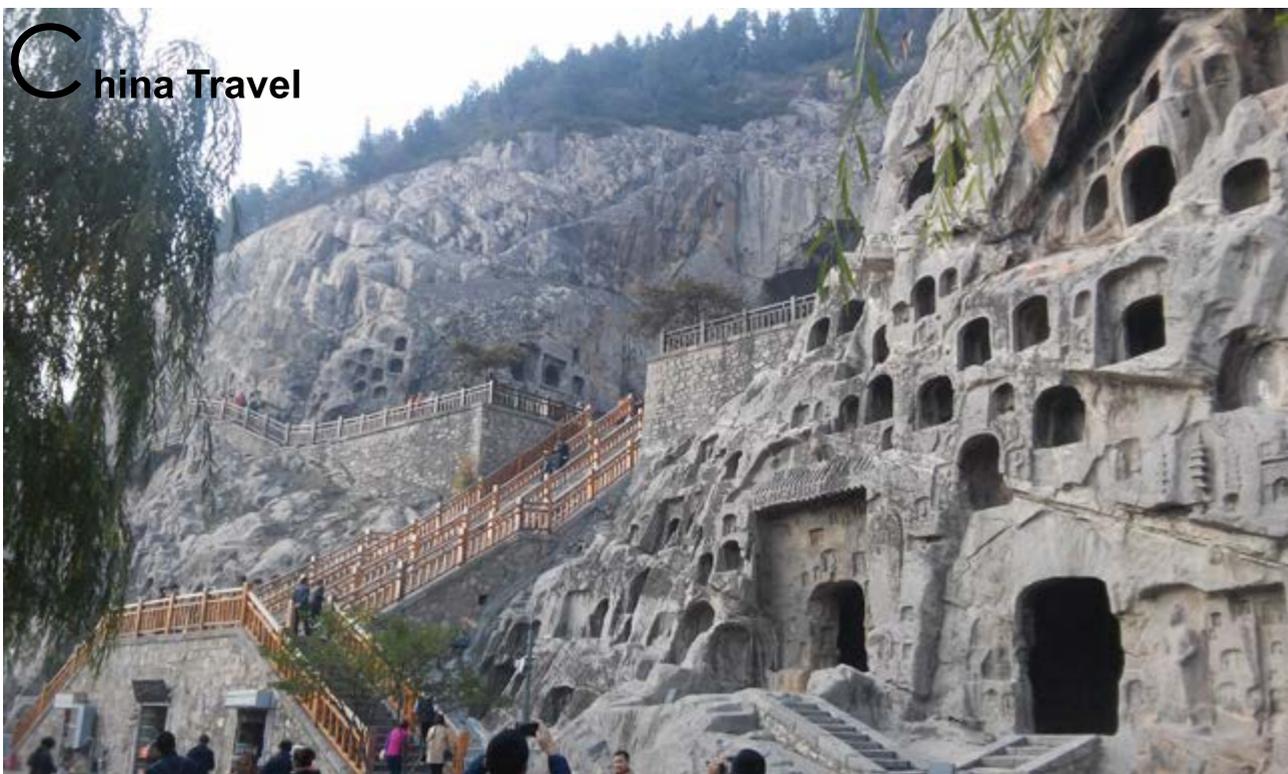
### Kuqa Grand Canyon

Renowned as Keziliya valley, Tian Shan Kuqa Grand Canyon is a reddish-brown natural rock carved by rain and wind, which tops the list of hidden tourist centers in China. The path of the valley leads to a secluded spot where the mountain body hugs the open sky overlapping ditch with the valley; you will be able to see a whole new world. Tian Shan Grand Canyon is worth exploring, as it is a beautiful spot for sightseeing, scientific and civilization studying.

With the help of a travel agent for China tour, you can explore all the spots around the Grand Canyon. It is an ideal location for people who are photographic enthusiasts. You will have enough options to play with light bouncing in every angle, which can give kaleidoscopic moments. You must visit the location in the afternoon, close to the evening to enjoy the magic of sunlight.

### LOCATION

Tian Shan Grand Canyon is on the 217 national road and travelers can easily access the place via bus or a charter car from Kuqa.



### The Caves of the Thousand Buddhas - Longmen Caves

The Caves of the Thousand Buddhas, popularly known as Mogao grottoes, are an ancient site showcasing the most substantial and impressive collection of Chinese art of the late Tang and Wei dynasties. These works are entirely devoted to Buddhism, and are one of the least known wonders of the world.

Each cave is a treasure trove of Buddhism art and contains painted clay sculptures of Buddha and other figures; some caves are small while others are enormous, carved out with elaborate ceiling paintings. The position of Dunhuang, where the caves are located, is of supreme importance in Buddhism. Not all caves are in good condition, only half of them survived the onslaught of time, and the rest have entirely collapsed or filled with desert sand.

#### LOCATION

Located 25 km to the east of Dunhuang on the Silk Road, you can reach the spot via train or bus.



### Xiata scenic area

Within the Tian Shan Mountains lies a picture-perfect valley, which has transformed into a scenic spot. Despite the crowd of tourists in the mountain range, this a gorgeous, quiet spot where you can indulge in some sight-seeing. Many locals and tourists take the bus to the scenic place to see its beauty and capture beautiful moments. You can also take a hike along the river situated in the spot and explore different land-

forms by foot. Travelers can also enjoy a horseback ride where Kazakhs will take you for a safe horse trekking through the deep places in the valley.

#### LOCATION

Located deep within the Tian Shan Mountains and you can take a bus to reach the spot. From there you can take horse rides to explore the entire area and surroundings.



### Luscious Grasslands

In the Tian Shan, after negotiating the countless hairpins, the valley leads to an entire region of beautiful grasslands. After the hairpins, when crossing the mountain and a tunnel structure, you reach this stunningly beautiful meadows where the whole area is a scenic spot perfect for amazing travel pictures. You can watch grazing yaks, or merely walk along freely on the grasslands.

flowering season, or you can view it from your car on the journey through Duku highway.

#### LOCATION

It is located in the Tian Shan mountain valley and can be visited as part of Tian Shan trek. June to September is the best time to visit when the lush grasslands blossoms with colorful wildflowers.

### CONCLUSION

On a trip to Xinjiang, the most popular tourist attractions you can find near the Tian Shan Mountains are the several parallel chains of mountain valleys. Tianshan is synonymously known as the sea snow, as it is mostly covered in snow and glaciers throughout the year. With many hidden tourist attractions in Xinjiang, it is a must see location for an exceptional experience. Listed as the world heritage site, Xinjiang Tianshan is an incredible tourist destination every traveler would enjoy exploring. Sprawling on the edge of the mountain peak lies plenty of attractions you shouldn't miss on your trip to Tian Shan, Xinjiang.

# TAITUNG

## TAIWAN, CHINA



### HOW TO GET THERE

Unfortunately, there's no way you can get to Taitung directly if you are outside Taiwan. Once you are on the island, you can choose between planes and trains. Planes obviously are the fastest way to get to Taitung — about half an hour from Taipei — but it also costs more — around 400 USD for one way. Thus, most people will choose trains. It usually costs about 50 USD for a round trip and takes no more than 3 hours if you are in a fast train from Taipei. You can always book the tickets online, or just grab one at Taipei Railway Station before jumping onto a train.



### WHERE TO SURF

If Taitung is one of the best places to surf in Asia, Dong He is the best place in Taitung for surfing. Dong He is a rural township located in the northeast of Taitung and is about 20-minutes-drive to the city centre. In the aboriginal language, Dong He is called Fafukod, meaning 'the places to fish'. For hundreds of years, local islanders live on fishing here. Nowadays, it has become a place for surfers from all over the world to enjoy.



Dong He has cooperated with World Surf League and Asian Surf Championship to hold international surfing competitions for years, including the Taiwan Open of Surfing every November in Jinzun. The gentle sea-floor relief, warm sea water and weather around the year and high waves in different seasons all make Dong He a perfect place to surf. Well, you may worry that too many people will come to such surfing paradise, yet you will feel surprised how few people are actually there. You can have the whole coast all for yourself for surfing.



## 亚洲冲浪乐园

## THE SURFING PARADISE OF ASIA

By Zhou Zhang

When it comes to surfing, most people will think of California, Perth or, sometimes, Spain. Seldom do people know about Taitung. Taitung is a hidden gem for world-wide surfers in China. Located on the east coast of Taiwan, Taitung is the farthest and poorest province in Taiwan. It indeed is not the most popular destination for many travelers. Nevertheless, it is famous for its wild nature feature — sublime mountains and primeval forests, aboriginal culture and, of course, waves all year round from the Pacific ocean that are perfect for surfers.

提到冲浪，大多数人会想到加利福尼亚，珀斯或者有时候会想到西班牙。很少有人知道台东。台东是中国全球冲浪者的隐藏宝石。台东位于台湾东海岸，它以其野性的自然特征而闻名 - 崇高的山脉和原始森林，原住民文化，当然还有太平洋一年四季的波浪，非常适合冲浪者。

除了专业的冲浪课程，这些旅馆还在他们的餐厅提供原住民美食。有时，他们还组织其他活动，如徒步旅行或骑自行车。经过一天的激烈运动后，您甚至可以在晚上找到一个惊喜的烧烤派对。冲浪旅馆不仅适合冲浪者，也适合希望前往台东并结交新朋友的人士。

除了冲浪，台东县内的金针花、福鹿茶、蝴蝶兰、以及香醇的初鹿鲜奶、及粒粒饱满香Q的池上米，更是台东独有的特产，这么美好的地区，怎能错过这里的精采！



# ARIVA

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The newly built Ariva Tianjin Zhongbei Serviced Apartment is made up of 153 units of spacious and comfortable apartments ranging from studio to 1-bedroom and 2-bedroom apartments, catering to the different travel needs of an individual business traveler as well as traveler accompanied by family members. The serviced apartment is surrounded by banks, international school, large shopping & entertainment centers, etc. The strategic location of the serviced apartment allows residents to arrive at their business destinations in comfort and ease. It is only a 12 minutes' drive to Tianjin High Tech Industrial Park, 14 minutes' drive to Huayuan Science Park and 12 minutes' drive to arrive at Tianjin City.

Ariva Tianjin Zhongbei Serviced Apartment is equipped with a complete range of amenities including the gym, meeting room, business centre, restaurants, VIVA public kitchen, mini-mart, children's playroom as well as Wi-Fi for residents' usage. The Serviced Apartment addresses the residents' lifestyle, business and leisure needs and hosts the facilities all within the indoor compound of the building. All of the apartments come with security card access system and 24-hour security to ensure safety and privacy of residents at all times.



## WHEN TO SURF

You can surf in Dong He throughout the year, as the coast has the waves from the Pacific Ocean for 12 months. However, the chest to overhead high waves in the monsoon seasons from October to April is the best time. If you are an adventurer, you can even try challenging bigger waves in the small typhoons in summer.

## WHERE TO STAY

The best way to convince you that Dong He is a surfing paradise is to tell you that many international surfers have settled down their life here. Many of them have opened their own surfing shops and hostels, including the famous Low Pressure and Wagaligong.

All these surfing hostels provide customized lessons and scheduled surfing package by professional surfers. No matter whether you are a "surfer dude" or just a new beginner, you will have a great experience surfing here.

Apart from professional surfing lessons, these hostels also offer aboriginal cuisine in their restaurants. Sometimes, they also organize other events, such as trekking or cycling. After a day of intense sports exercise, you will even find a surprise BBQ party at night. Surfing hostels are not only for surfers, but a place for anyone who expects a trip to Taitung and meeting new friends.

## WHAT ELSE TO DO

In addition to surfing, there are many other places and activities in Taitung that you should not miss.

The bike tour is the second popular activity in Taitung. There are more than 6 biking routes you can follow. The most famous one is the "Mountain-Sea Cycle Track". Starting from the Taitung city centre, cyclists can enjoy views of beautiful shoreline and mountains along the way of the 21-kilometre-long road.

Taitung is also rich in culture. At Beinan Cultural Park, you can learn about the prehistoric aboriginal culture. There's also Basian Cave where you not only can study prehistory, but also explore caves formed by sea erosion. Or you can have a walk at Sansiantai, the terrace of the three immortals, where you will see the famous eight arches cross ocean bridge, a great place to watch the sunset.

Every year during the hot-balloon carnival in July and August, tourists can also enjoy a hot-balloon trip in Luye.

If you love surfing and nature, Taitung is a perfect place to spend a leisure holiday, escaping from the busy city life.

中国天津市西青区中北镇星光路80号 邮编 300380  
t/电话: + 86(022)5863 1188 f/传真: + 86(022)5863 1186

Ariva Tianjin Zhongbei Serviced Apartment  
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