

TIANJIN PLUS

津品生活

2019.02



POWER JAM *live*

@Hard Rock Cafe Tianjin

CHINESE
NEW YEAR
DECORATION
TIPS

12 FOODS TO
EAT DURING
CHINESE NEW
YEAR



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ASPIRATIONS

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'HAPPY NEW YEAR'

活动时间: 2019.1.14 — 2019.2.20



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Tel: +86 22 8338 5251 / +86 157 2205 2242

Lunch / 午餐时间: 11:30 - 14:30

Dinner / 晚餐时间: 17:30 - 23:00 (22:00 L.O.)





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Hi Friends, Happy Year of the Pig!

To all the Hard Rockers in Tianjin, your waiting is over! It's finally time to embrace and to enjoy some good music along with your favorite food and drinks at The Hard Rock Cafe, Tianjin. Since the best live band of all time has finally stepped in the city, POWER JAM LIVE.

It was not long ago when five enthusiastic music professionals got power jam into one piece with the leadership of Patrick Querubin, who also came with the title of the band Power Jam. It was later changed into Power Jam Live, adding that spice to live music, whilst jamming the songs the way they want, having their own power to jam on stage and giving the audience a different, but delightful taste of music. The Power Jam Live quintuple is composed of Camile, Patrick, Joey, Roldy and Nat.

So why wait any longer? Go with your family and friends today to enjoy good music at Hard Rock Cafe, Tianjin, taking a break from your strenuous lives. Power Jam Live awaits your presence to enrich you with music like never before.

With the Lunar New Year on February 5th, Chinese families from all over the world welcome the holidays with much feasting, reunions and giving of hong baos. Of course, food becomes the centre of the celebration, as certain dishes and treats represent some special significance. You can find in this issue a list of foods you should not miss as we usher in the Chinese New Year.

Before you start decorating your home space, make sure you clean your house inside out just before the New Year's celebrations kick in. It's meant to drive off the old things or bad luck out of one's house and get ready for new beginnings. Once done with cleaning the house, you can find out here the top Chinese New Year decoration tips for foreigners living in China.

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

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

Best wishes,
Sandy Moore
Managing Editor | Tianjin Plus Magazine



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10 Sun

SWAN LAKE
BY MOSCOW BALLET THEATER
俄罗斯莫斯科芭蕾舞团
《天鹅湖》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 chose 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 enjoying 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, while the stage production presents the film, exquisitely feelings, the sound, light, and cloth will bring audience to fantasy land.

17 Sun

PARENT-CHILD MUSICAL:
THE MAGIC SCHOOL BUS
美国原版授权科普亲子音乐剧
《神奇校车：气候大挑战》

Date: Sun, Feb 17
Time: 10:30;15:30
Price: 80,120,180,280,380,480,
120(80x2),180(120x2),270(180x2),
420(280x2),570(380x2),720(480x2)
Venue: Tianjin Grand Hall
天津大礼堂



22 Fri

GERMAN CHAMBER SPRING
RECEPTION AND 10 YEARS
ANNIVERSARY NIGHT

Date: Fri, Feb 22
Venue: The Ritz-Carlton, Tianjin
天津丽思卡尔顿酒店



The German Chamber of Commerce North China - Tianjin Office has just turned 10 years old! To celebrate their first decade in Tianjin and to get the first scent of the coming spring, we cordially invite you to a special Spring Reception and 10 Years Anniversary Night on Friday, February 22nd, 2019, at The Ritz-Carlton, Tianjin.

This event will be our first and major high-level get-together of 2019. In addition to our Advisory Council Tianjin, the members of the Board of Directors North China will be present to celebrate with us and share memories of the German Chamber in Tianjin over the past 10 years.

SPECIAL
DAYS

NEW
YEAR'S
EVE

FEBRUARY
04

09 Sat

PIANIST SHENGYUAN AND AMBER
QUARTET CONCERT

勃拉姆斯之夜——钢琴家盛原
与琥珀四重奏艺术家音乐会

Date: Sat, Mar 9
Time: 19:30
Price: 80,180,280,380
Venue: Concert Hall,
Tianjin Grand Theatre
天津大剧院音乐厅



15 Fri

LONDON PHILHARMONIC
ORCHESTRA

伦敦爱乐乐团音乐会

Date: Fri, Mar 15
Time: 19:30
Price: 150,280,480,680,880,1080
Venue: Concert Hall,
Tianjin Grand Theatre
天津大剧院音乐厅



The London Philharmonic Orchestra is one of the world's finest symphony orchestras, balancing a long and distinguished history with a reputation as one of the UK's most adventurous and forward-looking orchestras. The Orchestra was founded by Sir Thomas Beecham in 1932, and since then has been headed by many of the great names in the conducting world, including Sir Adrian Boult, Bernard Haitink, Sir Georg Solti, Klaus Tennstedt and Kurt Masur. The Orchestra's current Principal Conductor is Vladimir Jurowski, appointed in 2007. Andrés Orozco-Estrada became our Principal Guest Conductor in 2015.

19 Tue

JAZZ AT LINCOLN CENTER ORCHESTRA
WITH WYNTON MARSALIS

小号大师温顿·马萨利斯与
林肯中心爵士乐团音乐会

Date: Tue, Mar 19
Time: 19:30
Price: 120,260,380,580,780
Venue: Opera House,
Tianjin Grand Theatre
天津大剧院歌剧厅



The Jazz at Lincoln Center Orchestra with Wynton Marsalis (JLCO) comprises 15 of the finest jazz soloists and ensemble players today. Led by Wynton Marsalis, Jazz at Lincoln Center Managing and Artistic Director, this remarkably versatile orchestra performs a vast repertoire ranging from original compositions and Jazz at Lincoln Center-commissioned works to rare historic compositions and masterworks by Duke Ellington, Count Basie, Fletcher Henderson, Thelonious Monk, Mary Lou Williams, Dizzy Gillespie, Benny Goodman, Charles Mingus, and many others. The JLCO has been the Jazz at Lincoln Center resident orchestra since 1988, performing and leading educational events in New York, across the United States, and around the globe.

22 Fri

JORDI SAVALL -
TOUS LES MATINS DU MONDE
西班牙古乐大师乔迪·萨瓦尔—
电影《日出时让你悲伤终结》
原声重现音乐会

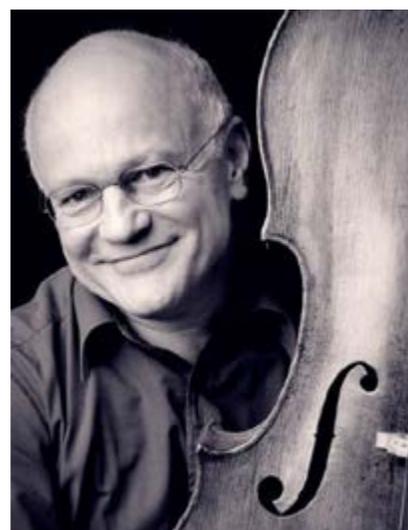
Date: Fri, Mar 22
Time: 19:30
Price: 180,280,380,480
Venue: Concert Hall,
Tianjin Grand Theatre
天津大剧院音乐厅



26-27 Tue-Wed

BACH:
CELLO SUITES BY JAAP TER LINDEN
古乐大师雅普·德林顿
——巴赫大提琴组曲音乐会

Date: Tue-Wed, Mar 26-27
Time: 19:30
Price: 80,180,280
Venue: Concert Hall,
Tianjin Grand Theatre
天津大剧院音乐厅



31 Sun

TOM AND JERRY: ENLIGHTENMENT
PIANO MUSIC CONCERT
猫和老鼠的莫扎特——古典音乐启
蒙钢琴名曲趣味视听音乐会

Date: Sun, Mar 31
Time: 19:30
Price: 60,100,160,260,360,
280(160x2),380(260x2),580(360x2)
Venue: Jinwan Grand Theater
天津津湾大剧院



31 Sun

CELLO RECITAL BY PAULINE BUET
& DAVID VIOLI, FRANCE
法兰西浪漫风暴
——大提琴名曲音乐会

Date: Sun, Mar 31
Time: 19:30
Price: 100,180,280,150(100x2),
270(180x2),420(280x2)
Venue: Multifunctional Hall,
Tianjin Grand Theatre
天津大剧院多功能厅



Pauline Buet
Pauline lives to be a binding element. Welcoming others and building bridges between the centuries by crossing baroque, jazz and classical, Bach and Kaija Saariaho, bringing the arts closer together. Pauline knows that the music has to be collective or will not be. She is a hedonistic rebellious, never sacrificing anything life could bring, embracing both an award-winning concert career and the education of her three young boys. Pauline lives quickly, with joy and determination.

David Violi
If he had not been a pianist, David would have dreamed of learning all the languages of the world, already captivated by the profoundness of Chinese, Italian, English, German, Wolof ... - and their ability to reveal to us our hidden parts, at the turn of an expression, in the nuance of a sentence. Soloist and chamber musician, David, cultivates a diverse musical universe, but always savor the confidence that he finds in i giardini, seeing his stage fright disappear when he is surrounded by his associates, knowing a precious moment will follow, a gift as much as joyous ritual.

SPECIAL DAYS



CHINESE NEW YEAR

FEBRUARY 05

VALENTINE'S DAY

FEBRUARY 14



LANTERN FESTIVAL

FEBRUARY 14



MARCH 12 **ARBOR DAY**



MARCH 08 **INTERNATIONAL WOMEN'S DAY**

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- Number of Tickets 张数:
- Your name 您的姓名:
- Phone number 联系电话:
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Valentine's Day @ Shangri-La Hotel, Tianjin

For an unforgettable Valentine's celebration, embark on a journey of gastronomic indulgence at our exclusive Chef's Table, and savour a 5-course menu crafted by French Executive Chef Yvan paired with tantalising wines, introduced by our professional sommelier. A violinist will serenade guests during the elegant evening, while overlooking the sparkling skyline and riverfront from the 32nd-floor of Shangri-La Tianjin.

Valentine's Day Afternoon Tea

Date: Feb 8th-22nd, 2019

Price: RMB 288*/set

Horizon Club Set Dinner

Date: Feb 14th, 2019

Price: RMB 588 net/couple

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



Berry & Chocolate Afternoon Tea @ Four Seasons Hotel Tianjin

Four Seasons Hotel Tianjin introduces the seasonal "Berry & Chocolate" Themed Afternoon Tea at La Sala Lobby Lounge. Designed by the Hotel's talented Executive Pastry Chef, Christy Tse, the delectable "Berry & Chocolate Afternoon Tea" features an exquisite set of sweet and savoury desserts, including Raspberry Coco Marquise, Berries & Mint Yogurt Mousse, Strawberry Passion Chocolate Praline, Cooked Ham with Gruyere & Cranberry and a Moment of Surprise dessert. Pairing with handcrafted coffee or tea.

Price: RMB 258+15%/person, RMB 378+15% for two

Date: Valid until 11th of March, 2019.

At the same time, La Sala also presents two kinds of hot and hearty Winter Special Drinks, including Pink Guava & Strawberry Aloe Tea and Lemon Kumquat Tea, to make this cold winter more bearable for guest.

Price: RMB 55+15% per glass

Date: Valid until 31st of March, 2019.

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



Spring Festival Reunion Dinner @ Hyatt Regency Tianjin East

Spring Festival is time for families and loved ones to gather and celebrate the coming of the New Year. Instead of missing the festivities while slaving in the kitchen, come to Wok in the Garden and enjoy traditional delicacies prepared especially for you. The perfect way to spend a festive and prosperous Spring Festival together.

Price: starting from RMB1688 net/table for 3-5 persons

Venue: Central area

Price: starting from RMB2888 net/table for 6-7 persons

Venue: Central area

Price: starting from RMB3888 net/table for 8-10 persons

Venue: Central area

Price: starting from RMB6888 net/table for 10 persons

Venue: Private dining room

Advance booking is preferred

Date: Valid from 4th of February, 2019 until 10th of February, 2019

For more information or reservations please call +86 22 2466 7252



Enjoy Colourful Themed Sunday Brunch @ The Ritz-Carlton, Tianjin

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

Price: RMB490 per person, including free flow selected imported wine

Time & Date: 12pm – 2:30pm, Every Sunday

Venue: ZEST at the Ritz-Carlton, Tianjin



* All- inclusive price.

For reservation, please contact +86 22 5809 5196

Valentine's Day @ Renaissance Tianjin Lakeview Hotel

Try the special romantic flavour here with your loved one on Valentine's Day at Renaissance Tianjin Lakeview Hotel, and start the rose like chapter of your life.

BLD Valentine Dinner Buffet

Price: RMB 520/person,

can make special preserved fresh flower for your love.

Fire House Valentine Dinner Set Menu

Price: RMB 1,314, including 2 glasses of sparkling wine.

The Lounge Valentine Custom Printed Coffee

Price: RMB 55/set.

For more information and reservation please contact +86 22 5822 3388



Singapore Malaysia Thailand's Food and Hot Pot @ Pan Pacific Tianjin

Each table gets a complimentary of Tom Yum Gong or Chicken Soup Base Hot Pot

Dinner Buffet Price

Adult: RMB188 nett per person

Child: RMB94 nett per person

(Applicable to children between 7 to 12 years old)

Two persons and above: RMB169 nett per person

Elderly Price: RMB131 nett per person (60 years old and above)

Enjoy 3 hours free parking for dining guests.

Date: Valid till 31st of March, 2019

Venue: Pan Pacific Tianjin



For more information and reservation please contact +86 22 5863 8888 ext. 8718

FAMOUS NOVELISTS OF ALL TIME

By Rose Salas

Religion, history and military science along with poems and songs became widely regarded as the "Classics" that shaped our literature. Novels, however, were regarded as insignificant and less formal until the Ming Dynasty. During those times, novels and fictions became famous because of their believable world that tackles exploration of social, philosophical and moral problems and presented as a pinnacle of Chinese Literature.

Here are the 5 most influential novelists that contributed to Chinese Literature and still significant until today:



1. LUO GUANZHONG (罗贯中)

Kingdom. It is considered as one of the best classical novels in the entire history. The story is partly mythical, legendary, and historical. It covered actual events, like the Yellow Turban Rebellion, records of the Three Kingdoms during Jin Dynasty and poetic works during the Tang Dynasty. Even though the novel is not historically accurate, it still became well-known because of its believable characters and scenes that deal with morality and politics.



2. SHI NAI'AN (施耐庵)

Shi Nai'an wrote the Water Margin (水浒传), which is one of the Four Great Chinese Classical Novels. The story tells about a group of outlaws at Liangshan Marsh as they campaign against the Liao Dynasty and Fang La after they have been granted amnesty. The story is also based on the exploit of an outlaw named Song Jiang, and 36 outlaws making it as the fictional depiction of the present during that time.

The novel became so famous that various translations and adaptations from novels to films and comics across China and Japan are based on this novel.



3. WU CHENG'EN (吴承恩)

Wu Cheng'en is a novelist of the Ming Dynasty. He is known to be the author of the novel Journey to the West, that tells about the journey of pilgrims to India and back. It is a humorous novel that reflects various religious themes and depicts the travel of monk Xuanzang. The novel was adapted to various sequels, movies and even the notable Japanese media franchise, Dragon ball.



4. CAO XUEQIN (曹雪芹)

Novelist Cao Xueqin is best known as being the author of the Dream of the Red Chamber during the Qing Dynasty. The novel tells an episodic record of the life of two wealthy clan, romantic rivalry friendship and their declining fortunes. The story is also believed to be a mirror of the rise and downfall of the Cao Xueqin's life and the Qing Dynasty.



5. XIANG KAIRAN (向恺然)

Xiang Kairan, also known as Pinjiang Buxiaosheng, became the first notable Wuxia Writer through the novel The Peculiar Knights-Errant of the Jianghu. The wuxia genre is a fictional Chinese adventure of a martial artist in ancient China. It's a popular genre of the 20th century that influenced Chinese opera, films, video games and manhua. It became popular that numerous novelists became successful, like wuxia novelist Jin Yong.

有史以来著名的小说家

宗教, 历史, 军事, 科学, 诗歌和歌曲被广泛认为是塑造我们文学的“经典”。然而, 直到明朝, 小说仍然被认为是微不足道的。随着时间推移, 小说解决了对社会, 哲学和道德问题的探索, 并成为中国文学的巅峰, 因此而得以闻名。

以下是对中国文学做出贡献的5位最具影响力的小家, 直到今天仍然很重要:

1. 罗贯中
2. 施耐庵
3. 吴承恩
4. 曹雪芹
5. 平江不肖生(向恺然)

是什么让我们的小说家在今天的文学中具有重要意义?

我们的文学通常用中国古典文字书写, 只有学者, 诗人和政府官员才知道; 使它仅限于识字良好的人。但是, 通过4部古典小说对古典汉语和白话文的结合运用, 文学在全国范围内成为更为知名和合法化的白话文学。这也鼓励更广泛的中国读者接触各种哲学, 社会和道德问题。



WHAT MAKES OUR NOVELISTS SIGNIFICANT IN TODAY'S LITERATURE?

1. A MIXTURE OF VERNACULAR AND CLASSICAL CHINESE IN CHINESE FICTION

Our literature was often written in Classical Chinese, which is mostly known only to scholars, poets and government officials; making it limited to the well-literate. But through the 4 Classical Novels' use of both Classical Chinese and Vernacular Chinese, literature became more well-known and legalized vernacular literature across China. This also encouraged a wider range of Chinese readers to be exposed in various philosophical, social and moral problems.

2. STANDARDIZED LANGUAGE

The novel Dream of the Red Chambers was written in vernacular language. It is one of the few novels that encouraged 20th century lexicographers to use the language in establishing a vocabulary as the standard Chinese; which is in mandarin dialect and the novel in promoting vernacular writings.

3. CONVENTIONS OF STORYTELLING

The novels presented promoted the convention of storytelling, not just in the use of both vernacular and classical Chinese, but also in the "ironical" connection of a title and its content. The novel Romance of the Three Kingdom, Water Margin and Journey to the West-all ironically represent their titles. For example, The Romance of the Three Kingdom doesn't depict the dynastic order, but the collapse of the kingdom. Water Margin on the other hand, presents heroism with "selfishness and brutality". The same with Journey to the West- which refers to a serious spiritual conquest, but presented to comical and indecent humor.

4. SEMINAL INFLUENCE

The five-given novelists presented their novels as a semi-biographical, semi-historical, and semi-fictional. These make their nobles relatable during their time, since their story is referring to an existing event, history and person. It reflects the history, society, family and politics of the literature and administrative rulers.

5. AUTHOR TO AUTHOR INFLUENCE

The popularity of these novels and novelists became famous because of their unconventionality. It also influenced numerous authors of their time and modern authors through numerous adaptations and sequels. These novels were adapted into multiple novels, films, manhua, manga, visual novels, and even modern games across the world.

12

个休假的最佳国家

当谈到长时间休假时，人们很难确切地指出要做什么，而且在那些时候是值得选择做你真正喜欢的事情。我们编写了一些在不同国家如何度假的想法。

在印度进行一年的冥想和自我探索

使用休假来提升自己的一个好方法是通过瑜伽和冥想训练来改善您的身心健康。在印度，您可以探索许多瑜伽营地，学校和休养所。从传统到现代，拥有不同的地点和数量。

在维也纳学习音乐

维也纳是莫扎特的出生地。对于那些喜欢古典音乐的人来说，没有更好的地方能够巩固你的技能。这个城市不仅有学习音乐的节目，还有各种音乐大厅，大教堂甚至户外的夜间音乐会。

徒步中国的佛教遗产

人们可以通过遍布全国的佛教文化遗迹探索中国传统文化。每次徒步旅行都可以是背包客风格旅行，让您可以看到这个宏伟国家的各个方面。

THE 12 BEST COUNTRIES TO GO ON YOUR SABBATICAL

By Ashlyn Swanson

LEARN SPANISH IN SPAIN

One way to expand your skills during your time off is by learning a language, so why not choose one of the most spoken languages in the world in a country known for its beauty, beaches, history and wine. Take extra classes at a private or public institution, and talk with the open minded and friendly people of Spain.



TAKE A YEAR OF MEDITATION AND SELF EXPLORATION IN INDIA

One good way to use your sabbatical to do yourself good is to improve your physical and mental wellness through a yoga and meditation training. In India you can explore a number of Yoga camps, schools, and retreats. These can vary from traditional to modern, in diverse locations and numbers. Mysore Krishnamachar Yoga Shala is one such retreat where the elderly master BNS Iyengar leads his classes in a way reminiscent of a kung fu master.



HIKE THE BUDDHIST HERITAGE TRAILS IN CHINA

For an activity a little closer to home, one can explore traditional Chinese culture through the buddhist heritage trails lining the country. A sabbatical tracing these trails and the temples surrounding them can also take you across the seas, through beautiful areas in India, South Korea, Japan, and Southeast Asia. Each hiking trip can be traveled in a backpacker style coupled with calming train rides, allowing you to see all sides of the magnificent nation.



SKII FOR 12 MONTHS ON AN INTERNATIONAL ADVENTURE

Skiing is an activity usually meant for a single season of the year. However, following certain maps, one can plan a life of skiing twelve months a year. In order to keep costs down, stay in one country per season when able, and stay in hostels. For added entertainment track your travels and your progress throughout the year, and post them in the many skiing and snowboarding communities online, joining a new community.

SAIL AROUND THE AFRICAN COAST

Cape town is one of the largest historical ports. Take a voyage with either a larger crew, or a group of others, and create a life on a boat for a year, exploring the diverse continent of Africa. You can follow classic trade routes, or create a trip of your own hitting cities that you find most interesting. Feeling adventurous? Don't stop at Africa, but keep going in a multi-year trip around the world.



BECOME A FREE SITE ARTIST IN BERLIN

Berlin is a city known for its modernity and art and, especially, its murals. Recently Berlin is having no problems with taking in international artists to keep the town gorgeous, so the artists out there can try their hands at improving the scenery of the cutting edge town.

PRACTICE MUSIC IN VIENNA

Vienna is the European capital of music, and the birthplace of Mozart. For those in love with classical music, there is no better place to concrete your skills. The city is writhe with not only programs to learn music, but also nightly concerts in various halls, cathedrals, and even outdoors. You will find yourself surrounded by an atmosphere of culture and hard work.





ROAD TRIP IN THE EXPANSES OF THE US

One of the most classic year off activities in the US is a road trip. The classic experience is to buy an old van, makeshift a bed in the back, and use it as your home for the entire travel. This is a method of both exploration and sightseeing that is both efficient and allows a feeling of freedom. To add to your adventure, you can track some of your favorite music festivals on the way.

COMPLETE A WORKSTAY ON A FARM IN NEW ZEALAND

Are you looking for a sabbatical that is good for the money and soul - and also can save a bit of financial stress? A workstay, or workaway, may be the perfect answer. These experiences allow you to stay with either families or groups of people, and can offer full immersion into the culture and society for the exchange of your services somewhere in between 2 or 12 hours a day, depending on the location. Payment often comes in the form of lodging, meals, and sometimes a guide. It is good to keep in mind that while these do not require work visas, they do require travel visas, and for longer trips you may have to split your activities between multiple nations.



HELP TO CONSERVE THE AMAZON RAINFOREST IN BRAZIL

The Amazon rainforest area contains a special wildlife and tribes of people that are truly one of a kind. However, due to a number of reasons, the forest is losing its trees and its heart. Join in the conservation efforts to save this beautiful land and give back to the planet. Locations for volunteering are mainly in Brazil, Bolivia, and Peru.



WRITE A BOOK IN SINGAPORE

While most countries make a relaxation sabbatical difficult, Southeast Asia provides a number of cheaper choices for travel. Sublet an apartment and enjoy a life in the warmth near the beach and close to the activity of one of the most active cities in the world. Use this information as time and freedom to open the creative mind and write a book.



LEARN PATISSERIE IN FRANCE

The beautiful country of France, the Eiffel Tower, the Louvre. It is a center of art, culture, and, most importantly, food. Take your time off to perfect the art of French pastry, and learn traditional desserts such as the Opera cake, macarons and Croissants, from the land where they originated. The country offers many choices where you can learn these arts.



12 FOODS TO EAT DURING CHINESE NEW YEAR

By Mary Liu

With the upcoming Lunar New Year on February 5th, Chinese families from all over the world welcome the holidays with much feasting, reunions and giving of *hong baos*. Of course, food becomes the centre of the celebration as certain dishes and treats represent some special significance. In the spirit of the festivity, here is a list of foods you should not miss as we usher in the Chinese New Year.

12种春节传统美食

随着即将到来的2月5日农历新年。本着欢乐的精神，这里有一份你不应该错过的食物清单，为我们迎来了中国新年。

1. 饺子
饺子被认为可以为食客带来好运，因为它们就像古代金锭一样。
2. 春卷
在春天的第一天吃的这些酥脆的金色卷筒象征着金条，因此表示财富和繁荣。
3. 狮子头
这是一道淮扬名菜，有肥有瘦的肉红润油亮，配上翠绿青菜掩映，鲜艳的色彩加上扑鼻的香味，是令人无法抵挡的顶级美味。
4. 鸡
鸡在年夜饭中扮演了重要的民俗角色，在中国很多的地方都有“无鸡不成席”的趣俗。
5. 大虾/虾仁
春节离不开大虾，大虾做出来颜色红亮，象征着来年的日子红红火火。
6. 鱼
中国人过春节讲究好意头，希望“年年有余”。
7. 红烧肉
红烧的寓意着来年可以红红火火。
8. 长寿面
春节期间吃长寿面，寓意“年年长久”，预祝着寿长百年。
9. 年糕
人们用年糕印板压成“五福”、“六宝”、“金钱”、“如意”等等形状外观，象征“吉祥如意”、“大吉大利”。
10. 八宝饭
八宝饭分量足、味道甜，最适合全家人享用，象征团团圆圆。
11. 中式面点
花样枣馒头，开花馒头，南瓜豆沙包等等漂亮的中式面点绝对可以让你应接不暇。
12. 汤圆
汤圆，谐音团圆。它寄寓了人们渴望一家平安、团圆的美好愿望。

1. JIAOZI

Dumplings, especially the traditional crescent-shaped Jiaozi, are believed to bring in good fortune to the eater, as they resemble ancient gold ingots. Each delightful morsel is prepared with a variety of fillings, textures and aromas, truly, the best things do come in small packages.



2. SPRING ROLLS

These crispy golden rolls eaten during the first day of spring symbolize bars of gold, hence denoting wealth and prosperity. Most spring rolls are deep-fried with its piping-hot shell surrounding the tender assortment of meat and vegetables. Delicious and auspicious, eating more spring rolls also gives you more good luck.



3. LION'S HEAD MEATBALLS

A Shanghai tradition, these oversized pork meatballs are called as such because the meatball resembles a lion's head with its bok choy mane. Historically, this dish was only served to the emperor, as it conjures the lion's power and strength. Since then, it has been quite a staple in many family gatherings.



4. WHOLE CHICKEN

It should be quite a feat when the cook is able to prepare and cook the chicken (with its head and feet intact), as it would mean rebirth, unity and good marriage between families. This is a mandatory dish for the New Year's Eve dinner.

5. SHRIMP OR PRAWNS

Shrimp or Prawn in Chinese tradition is a symbol of happiness and is believed to bring in a happy year ahead when eaten during the Chinese New Year. To double the luck, families would prepare shrimps or prawn with tomato sauce, as red is a lucky colour, and would usually be served in quantities of 8 or 18 depending on the size of the party.



6. STEAMED WHOLE FISH

Fish or "yu" in Chinese means wish and abundance. Hence, it is a custom to serve whole fish at the end of the New Year's Eve meal (with its head and tail attached) and save half for later, as it is believed that wealth will overflow for the next few years. Catfish means "year of surplus", while Crucian Carp means good luck.

7. BRAISED PORK WITH BROWN SAUCE

This traditional Braised Pork with Brown Sauce dish is a crowd-pleaser for any special occasion. At home it's usually eaten with other Chinese New Year dishes over white rice. It is cooking the pork in a sweet-and-savoury sauce made with caramelized sugar and soy sauce. In Chinese culture, red is the colour of fire and is a symbol of good fortune and joy.



8. LONGEVITY NOODLES

A Chinese New Year's feast will always have its Chinese New Year Noodles. To represent long life, the noodles are served uncut, and one should try to eat them all in one piece. Either fried or boiled, noodles are often prepared with a pungent sauce of marinated vegetables, bean curd and bamboo shoots.

9. SWEET RICE CAKES

Sticky Rice Cake (Nian Gao) represents togetherness, progress and advancement. Each family will buy or make their own in hopes of having a better year ahead. An ancient tale was told of the Nian Gao being offered to the Kitchen God, so he would report favourably on the family's behaviour, when he returns to heaven before the start of the New Year.



10. EIGHT-TREASURE RICE PUDDING

Eight-Treasure Rice Pudding is a traditional Chinese New Year pudding. Eight treasures topping is made up with eight different kinds of dried fruits, raisin and sweets. The number eight is a magic number for Chinese people. In Chinese the number eight sounds like another Chinese word " ". In Chinese means rich. Also, this dessert is really colourful and pretty, so Chinese people love to have this dessert in Chinese New Year.

11. CHINESE PASTRIES

Chinese pastries are made from basic ingredients such as flour, glutinous rice, yeast, sugar, salt, egg, and oil. Common stuffing ingredients include red bean paste, lotus paste, green bean paste, nuts, and preserved foodstuffs. The final product maybe sprinkled or flavoured with spices, sesame or sugar. They are used as gifts in Chinese New Year.

12. SWEET DUMPLINGS

Tang yuan, or sweet dumplings, are commonly enjoyed for Chinese New Year, and especially for the Lantern festival. These sweet dumplings are soft and chewy. Sometimes they are plain and sometimes they are stuffed with delicious fillings.





在北京及周边地区 骑自行车

随着北京由冬入春，温暖的天气使城市公园和绿地内的景色发生了一些变化。天气的改善也带来了更多骑自行车的人。在北京，现在有一群自行车手可以骑车游览整个城市和更远的地方，来探索中国首都周边乡村。

北京自行车俱乐部

北京有许多自行车俱乐部，适合各种级别的自行车手。这是一种很好的方式来满足具有类似兴趣和社交活动的人，还能够帮助您保持健康生活方式。其中一个自行车俱乐部叫做“骑遍天下”。它始于2013年，创始人是钱玉柱和一些自行车朋友，它已发展到4000多名成员，骑自行车的人不仅来自中国，而且来自全球各国。

一日游的距离不到100公里，可能包括当地的景点。对于更加经验丰富的自行车路线，您可以到达更远的地方，可能包括长达300公里的路线。

CYCLING IN AND AROUND BEIJING

By Jordan Snyder

As the weather in Beijing turns from winter into spring, the warmer weather brings several changes to the scenery within the city's parks and green areas. The improvement in the weather also brings out lots of cyclists. There is a breed of cyclists now evident within Beijing, that use cycling as an opportunity for going on bicycling excursions across the city and further afield into the countryside that surrounds the Chinese capital city.

BICYCLE CLUBS IN BEIJING

Beijing has a number of bicycle clubs that are suitable for all levels of cyclist. It is a great way of meeting people with a similar interest and a very sociable activity, as well as being a great way to help you maintain a healthy lifestyle. One of these cycling clubs is Qibiantianxia, which translates as "Cycling all over the World." It began in 2013 by Qian Yuzhu, and from a few cycling friends, it has grown to over 4000 members with cyclists originating not only from China, but from countries worldwide.



The winter cold keeps most cyclists off of their bikes, but once the spring weather arrives many club members will, if time allows them, make two or three trips by bicycle either to Beijing's downtown areas or out into the city suburbs. For catching sights of the city, you can certainly see much more from two wheels than you can by sitting inside a car.

Mountainous areas surround Beijing, and the best places to visit by bike, are to the north and west of the city, outside the sixth ring road. Depending upon your level of fitness and ability, you can take about eight hours on each ride, the bicycle clubs recommend for each ride out of the city and into those mountainous areas.

Once spring arrives then free events are organized for club members, with early season rides organized to be warm-up events to ease people back into a routine, with easy rides to the Tanzhe Temple in Mentougou district, or a little further afield to Miaofeng Mountain.

The best seasons for cycling in Beijing are during the springtime and autumn. The summer is generally regarded as too hot and

humid, with the winter simply too cold with many icy days to make the activity an enjoyable one. Lots of cyclists will be feeling the effects of being confined indoors during the long Beijing winter, and are itching to get themselves back out on their bikes once spring and the warmer weather has arrived.

The changes in the seasons allow for cycling amidst the colors of spring with freshly bloomed flowers once the ice has melted away. The autumn colors of the trees allow for an abundance of color sights, that can only really be seen from the slower moving scenery, as observed from a bicycle.

The top districts for cycling to in and around Beijing include Mentougou as briefly described earlier, Fangshen, Changping, Yanqing, Miyun, Pinggu and Huairou. Lots of cyclists will take photos en-route, particularly as they complete a challenging climb. Other options can include stopping for a well deserved picnic or even camping out and making your cycle trip more than a one day event.

The cycling events are graded for all levels of cyclists, from newbies

to seasoned veterans of cycle touring. The day trips range from less than 100 kilometers and may include local scenic spots. For the more seasoned cyclists routes are taking you further afield and may include routes of up to about 300 kilometers.

YANQING DISTRICT

Early season rides include routes through Yanqing, where you can leisurely cycle through the urban parks of this district, and even venture further out to tackle the more challenging mountainous countryside. Many of the early season rides become fully booked quickly after the rides are announced. They are very popular.

Baili's landscape gallery features rides along paved, tree-lined paths, safely away from any traffic. Another popular route takes cyclists through the Guihe Ecological Corridor. This route of about 70km extends past Yanqing, it goes through Longqing Gorge, and then enters the 7km long Shixia Lane that takes you up to the Great Wall at Badaling. Among the top scenic spots on this route are the National Forest Park and Wild Animal World.

FANGSHAN DISTRICT

This more difficult ride is more suited to the more hardcore riders, with the Hongjing Road's rising gradient over a distance of 20km. It is a popular route for experienced riders with a distance of over 100km from downtown Beijing. It is a route full of tortuous mountain roads and has several hairpin bends to encounter during the steeper sections of the ascent. It is a test of your stamina, whilst being a thrilling experience and a sense of achievement once you have conquered this climb.

CLIMBING MIAOFENG MOUNTAIN

The 21km climb up the road to the top of this mountain is a route that can be achieved in about an hour by experienced riders. Those hoping to tackle this ride for the first time, and those with less experience, should expect to take about 2 hours to reach the top. There are plenty of challenging routes into the countryside and mountains around Beijing. Many of the weekend rides are arranged for the Saturday every weekend.

BEIJING'S OLYMPIC PARK

On Tuesday evenings the club holds cycling trips around the perimeter of the Olympic Park. This 6.3km circular route is a great way to help cyclists build up their stamina and compete in longer and more challenging rides at the weekends. Thursday night rides include routes from the North Third Ring Road to St. Joseph's Church at Wangfujing. Normally, numbers are restricted to about 45 for these rides.



OTHER POPULAR ROUTES

GREAT WALL (Jianxiangqiao-Changping-Juyongguan-Badaling-Nankou-Yangfang-Summer Palace)

This route is mostly flat until you reach the section of Badaling to Nankou. Then the scenery changes to one of inclines and these become very steep as you progress towards Juyongguan.

WATER ROUTE (North Gate of Olympic Center-Lishuiqiao-Xiaotangshan-Silver Mountain-Jiudu River-Huanghuacheng-Sihai town)

On this scenic route cyclists will have the challenge of several smaller hills en-route from Xingshou to Silver Mountain, otherwise known as Yinshan. This is followed by an exciting 6km downhill route to the Jiudu River. The section leading up to Huanghuacheng is a mixture of level gradients with some steeper sections. From here to Sihai is the most difficult part of this route, with a 16km section on steep mountain roads. On reaching Sihai you can view the Silver Mountain Pagoda Forest and the reservoir at Huanghuacheng.

ANCIENT CITY (Hangtianqiao-Moshikou-Junzhuang-Xiaweidian-Dongfanghong Tunnel-Jinyukou-Zhaitang town-Yanhe ancient city)

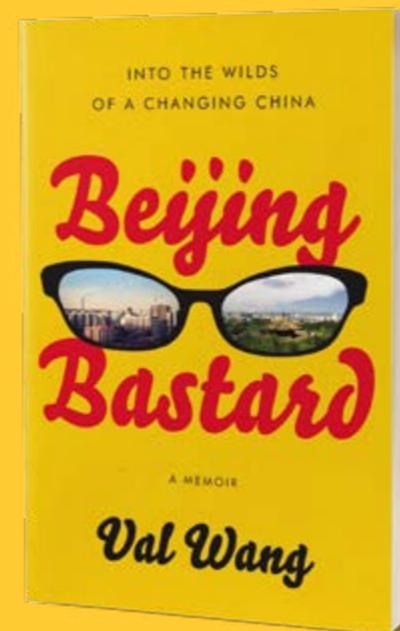
Yanhe ancient city is 82km from Hangtianqiao and this is a challenging route for most cyclists with a 7km climb followed by a downhill of similar length after Zhaiteng. The reward for completing this route is the well preserved Ming Dynasty military outpost of Yanhe.

ROSES IN BLOOM (Hangtianqiao-Moshikou-Junzhuang-Miaofeng Mountains).

This route is best ridden in the middle of May, when a 15-day temple fair is held in Miaofeng. The Roses are in full bloom by June. To reach your goal you will have to conquer a 21km uphill section along this route.

CYCLING CLUBS / ORGANIZATIONS IN BEIJING

- Qibiantianxia
- Bike Beijing
- Serk cycling club
- Beijing peloton cycling club
- Beijing road cycling club
- Big dirty cycling



Beijing Bastard

INTO THE WILDS OF A CHANGING CHINA

By Val Wang, 2015

北京杂种 走进变化中国的荒野

作者王振珞在美国马里兰州长大，本书叙述了她与华裔美国人身份的斗争，包括艰难的家庭关系，这导致了她的叛逆。尽管她是一个典型的美国孩子，在她父母在1949年逃离中国四十年后，1998年，她决定回到北京。她打算找到自己并获得自由，但最终却与一些古板的亲属生活在一起。这本书揭示了一位年轻女士如何在她年轻时叛逆，试图找回自己，却只是发现她作为一个试图重新发现自己的年轻女性所面临的挑战，同样是她祖先苦苦挣扎的。北京也面临着一个巨大的挑战，一个与现代身份挣扎的新时代。

《北京杂种》是一个精彩而引人注目的故事，展示了一个年轻人如何寻找自己在世界中的位置，混合了不确定的未来，展示了如何在不同世代，时间和距离中划分家庭。

The author, Val Wang, who grew up in Maryland, United States, narrates her struggle with her Chinese American identity including tough family relationships, that led to her rebellious stint despite being raised as a typical American child. In 1998, she decided to go back to Beijing, four decades after her parents fled China before the Communist takeover in 1949, and she intended to find herself and establish her freedom, but instead she end up living with some old-fashioned controlling relatives. The book reveals how a young lady, who rebelled in her youth, tries to find herself by returning to her origins only to find that the same challenges she is facing as a young woman trying to rediscover herself is what the city she refers to as her ancestral roots is also struggling with. Beijing is also having a great challenge finding itself in the new age where it is struggling with a modern identity.

Since she is both American and Chinese, she is captivated by her ancestry, plus its history, but at the same time dissatisfied, and decides

to escape both the fascination and the disappointment. In the heat of all this happenings, she realizes there are desperate attempts by the city to level up with the modern times. Even as the country works towards replacing its old face with a new vibrant buildings and social amenities, it is evident that the city is struggling with fitting into the contemporary world. In Val Wang's eyes, the city of Beijing is determined to break out of its cocoon and rise to the occasion and though it is also unwelcoming, she sees people that are hopeful and excited, making her growth of affection for the city profound. In the attempt of finding herself, Val Wang resorts to dive into the city's nightlife culture where she begins documenting a film about a Peking Opera family, that is witness to their declining and almost extinct traditional art.

Beijing Bastard is a brilliant and compelling narrative showcasing how a young people seek to find themselves a position in the world and their ancestry, with a mixture of an uncertain future and with a display of how families can be divided across phases of generations, time, and distance.



POWER JAM LIVE

@ HARD ROCK CAFE TIANJIN

To all the Hard Rockers in Tianjin, your waiting is over! It's finally time to embrace and to enjoy some good music along with your favourite food and drinks at The Hard Rock Cafe, Tianjin. Since the best live band of all time has finally stepped in the city, POWER JAM LIVE.

By Romee C

It was not long ago when five enthusiastic music professionals got power jam into one piece with the leadership of Patrick Querubin, who also came with the title of the band Power Jam, which later changed into Power Jam Live, adding that spice to live music, whilst jamming the songs the way they want, having their own power to jam on stage and giving the audience a different, but a delightful taste of music.

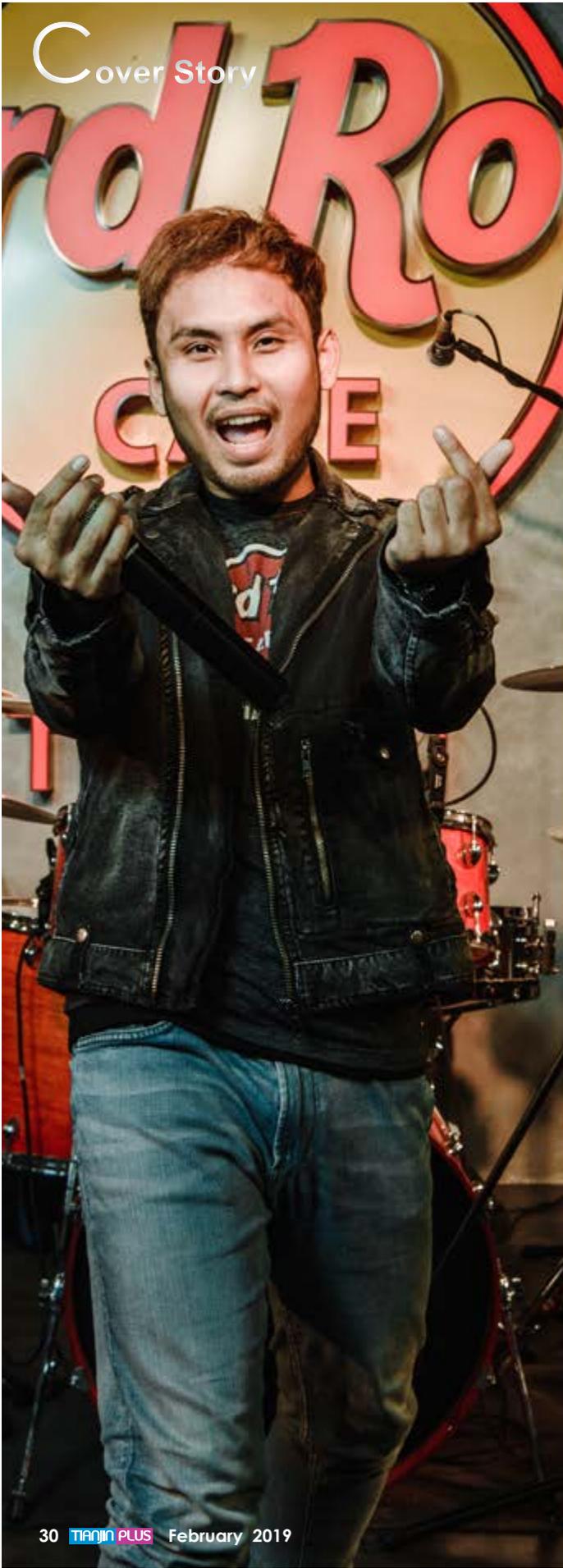
The Power Jam Live quintuple is composed of two lead vocalists, Camille Prado, being the female vocalist and the only female soul of the band, Nat Saroot, being the male vocalist and youngest among the five, who also plays the sampler. Joey Emmanuel, being the guitarist, and Roldy Mabbayad as the Bassist and backup singer, also brother of Patrick, who is not only the leader of the band, but also the drummer and a singer. All are from the Philippines, except for Nat, who is from Thailand. They also mentioned wherever they go, they go back to Thailand as it's their home base.

Having met and formed in Bangkok five years ago it is pleasantly surprising how far and strong they've come, initially having played in various hotels and clubs they decided to audition for Hard Rock Cafe, Bangkok, as they considered it a privilege. From a great number of bands with huge competition they qualified to perform for Hard Rock Cafe. From then till now they've performed in numerous Hard Rock Cafes all over Asia, including Bangkok, Pattaya, Ho Chi Minh, Macau, Yangon and so on, and Hard Rock Cafe Tianjin being their 8th venue and hoping to be the favourite of them all, as they experienced a warm welcome from the crowd on their first performance in here which has made their chills of winter disappear.

The specialty of Power Jam Live is their capability of performing and entertaining audiences in all sorts of genres without sticking on to one, simply they've got them all. They stage songs of all genres from the late 50s to the modern days, being ever ready to supply the preferences of the guests and now are

Hard Rock





Hard Rock

in the process of discovering the taste of the people in Tianjin and are also working on learning Chinese songs, as requested by some of you. Showing their keen interest in satisfying each and everyone in the crowd.

When I asked who their greatest influences were, they told me being a cover band they've got a lot, that anyone who inspires them to sing also influences them. And the fact that they don't have a solid playlist portrays, how much they try to empathize with the crowds, which are an essential quality of a live band. They have fun practice sessions after their performances. The secret of their success is that they also practice daily on their own wherever they are.

FIVE YEARS AGO...

Before Power Jam Live where were they? All were born with the immense passion for music, Patrick has been singing since he was seven and later giving the chance for younger singers he decides to learn to play the drums, but still is capable of singing whilst composing his own songs. Nat has been a sound engineer and is still a composer, and everyone else has been in the field of music after college, and will be life time musicians as they say.

FROM FIVE YEARS AGO TO NOW...

How has your music evolved as a band? I asked, "We've become better and tighter as a band", says Patrick. And that they are trying each day to make their audiences feel the lyrics. And when I asked them what their biggest challenge was as a band, they said as any other band faces theirs was also the fact of getting along with each other as everyone is a different individual with different thinking patterns, but now they've overcome that and, "right now we are like family", said Patrick. This touched my heart. And they also mentioned that they got no specific direction as a band, but to go with flow serving their audience's needs.



In their free time, they love to stay fit and healthy, which explains the statement Roldy made when I asked his age, "younger than my age". And they too love watching movies and rehearsing, whilst enjoying life sipping on their favourite drink like any of us. And when I asked them who do they acknowledge for who they are now, their answer pleasingly surprised me as they said "We thank each other as we enjoy playing and working together as a band."

ACHIEVEMENTS...

Power jam was the overall winner of "Battle of the Bands", winning the grand prize in 1996, and was also the first runner up in the song writing contest for MTV Asia in 1998. During these years only Patrick and Joey were a part of Power Jam, since they've known each other for over 20 years.

INSTRUMENTS....

They carry their own instruments and they buy their own, since an instrument is the identity of a true musician. When I asked them if they've got any special brands of instruments, Roldy answered me saying "nice ones, expensive ones". As a band who loves to travel, they've left many opportunities

they've got as a result of their achievements as they strongly dislike to be framed in one place, which is a good thing, giving themselves the full exposure to crowds of various interests.

A note to the future bands in the making: "Do what you love, enjoy what you do and keep practicing each day and remember to never give up".

WHY HARD ROCK?

Patrick says, "Hard Rock has class". Of course, Hard Rock got Class not because of anything else, but because of the energetic customers at Hard Rock. And having performing in many places before Hard Rock, this has been the best place so far, so it's always Hard Rock, they say.

Finally any last words I asked, just ROCK ON!, they said.

So why wait any longer? Go today with your family and friends to enjoy good music along with your favourite dishes and drinks at Hard Rock Cafe, Tianjin taking a break from your strenuous lives. Power Jam Live awaits your presence to enrich you with music like never before.

Power Jam入驻天津硬石餐厅, 打造最佳音乐现场

Power Jam 是一支来自海外硬石餐厅的老牌全能型乐队, 他们鼎鼎有名, 从菲律宾的马尼拉到新加坡, 从泰国曼谷到日本东京, 从澳门到韩国...他们的演出足迹留在东南亚地区每一个热爱音乐的角落。他们现于泰国曼谷的硬石餐厅驻演并成为整个曼谷地区首屈一指的驻唱乐队。Power Jam 的每一位成员都才华横溢, 对音乐充满热情。当大家站在舞台的那一刻就意味着一场豪华音乐盛宴即将上演!

Power Jam, 原义 "They have the power to Jam", 表达了他们遵循内心, 用强大的内心力量, 给观众带来最棒的现场音乐演出。他们曾赢得 "Battle of the Bands" 大赛第1名和亚洲MTV歌曲创作大赛亚军。

现在, Power Jam终于踏入了天津! 快来天津硬石餐厅一睹他们的风采!

Hard Rock Cafe Tianjin
No. 56 Tianta Road
Nankai District, Tianjin

天津硬石餐厅
南开区天塔道56号
水上公园正门斜对过

T: +86 22 2351 7625

Tips and Tricks to Developing Statement Looks

By Evelyn Rubenstein

We all want to be a fashion trendsetter or someone that people will take one good look at and say "I love your style!" Looking good and feeling good boosts our confidence, and really who doesn't want to be called a fashion icon? We've all struggled to find the right outfit or the types of clothes that are better suited for us, but it's also difficult to find that right combination of our own statement look. Here we will show you different ways in crafting your own statement look.

打造标志造型的贴士和技巧

我们都希望成为时尚潮流引领者。谁不想被称为时尚偶像？我们都在努力寻找合适的衣服或更适合我们的衣服类型，但也很难找到符合我们个人风格的搭配。在这里，我们将向您展示搭配打造个人造型的不同方法

穿上舒适的衣服

我们永远不应妥协舒适感于时尚。如果你是穿着裙子或连衣裙感到不舒服而更喜欢穿牛仔裤的人，那么不要把时间花在不会让你开心的衣服上。这是一个简单的规则，找出你最舒适的衣服将有助于你专注于创造你的个人造型。例如，如果您喜欢裙子而不是裤子，那么您可以通过不同的方式将您的造型搭配在一起，如将您的上衣与裙子混搭。

试试你的所有衣服

确定哪些衣服适合您的最佳方法是花时间在您的衣橱里试穿所有衣服。这可能看起来很多工作，但它可以帮助您同时分类和组织您的衣柜。



WEAR CLOTHES THAT ARE COMFORTABLE

We should never compromise our comfort for fashion. If you're the type of person who feels uncomfortable wearing skirts or dresses and are more at home with jeans, then don't waste your time with clothing pieces that won't make you happy. It's a simple rule, and finding out which clothes you can be most comfortable in will help you focus on creating your statement look. For example if you prefer skirts over pants, then you can center your styling energy on different ways to mix and match your tops with your skirts.

DON'T FOLLOW TRENDS

While this might be a difficult rule to follow, there's a reason why there are fashion trends—it means that they are "in the now", but that doesn't necessarily mean that they'll be staying forever. There's a difference between fashion trends versus classic fashion. Classic fashion is timeless, while trends come and go. In developing your own statement look, you want to opt for something classic and that will withhold its style throughout any season and trend. So the next time you go out shopping, be aware of what's currently trending.

TRY ALL OF YOUR CLOTHES

The best way to identify which clothing pieces works on you is to dedicate a time in trying on all your clothes in your wardrobe. This may seem like a lot of work but it will help you categorize and organize your closet at the same time. You'll find out which clothing style you wear the most, and the ones you've only worn once. If you've only worn them once, try them again and see how they make you look and feel. Don't hold on to clothes that you're not happy with.



Fashion is trial and error. It may take a while for you to develop your own statement look, but with these tips that we've shared you can use it as a guide in building your wardrobe, and finally creating that unique look that you can say is truly yours. Fashion isn't just a way of flaunting your nice clothes, but it is also a way of showing your personality through style.

FIND A STYLE ICON

Another tip in finding your own style is from emulating celebrities, models, or just someone you look up to. Having a style icon means that you enjoy this person's way of styling and wearing his or her clothes. You see yourself buying clothes that are similar to what you saw from them, or you just lean towards their fashion sense. Having a style icon will help inspire you in creating your own statement look, and copying them isn't a major crime.

CHOOSE A GO-TO ACCESSORY

Statement looks don't just revolve around clothes; it also extends to your choice of jewelry and accessories. If your statement looks involve simple and basic clothing you can add a bit of flare by pairing it with huge earrings or a statement necklace. Simple accessories like your favorite watch, bracelet or handbag that you use everyday can finish up your statement look.



GLITTER EYESHADOWS



闪光眼影 派对妆必不可少的化妆趋势！

随着派对季节即将到来，一切都在闪闪发光（想想亮片服饰和妆容）！如果你是一个闪光眼妆的粉丝，那么90年代末最风靡的潮流已经在今年卷土重来。好消息是，一切都比我们最喜欢的时尚偶像如Christina Aguilera和Beyoncé所喜欢的闪亮妆容更大胆。

老实说，如果你想把闪闪发光的眼妆融入日常生活中，那么每个人都能找到适合自己的方式。闪亮的眼影更像一个可以轻易操作的化妆部分，可以很容易地适应特定的外观，如果能够正确使用，没有什么可担心的。

如果你认为柔和和简约的眼妆是过时的，闪光眼妆能够满足你的需求！在上眼睑上涂上厚厚的你最喜欢的闪光眼影。这种彩虹色的外观是这个节日季节的完美尝试，让眼窝看起来更加明亮。混合搭配来自Anastasia Beverly Hills 最喜爱的眼影单品。

By Anastasia Chapman

This is the season to go all sparkly with the party season just around the corner (think blingy clothes and makeup)! And if you are a glittery eye makeup fan, well, then the late 90s favourite trend has made a comeback this year. Good news is, it's all grown up and bolder than the tween approved shiny looks, channelled by our favourite fashion icons like Christina Aguilera and Destiny's Child-era Beyoncé.

Honestly, there is something for everyone if you want to incorporate glittery eyes into your daily looks. Shimmery eyeshadows are more of a build-able makeup accessory that can be easily adapted to a particular look, and there is nothing to be worried about if it's used correctly and in the right amount.

It can animate or add oomph to just about any look. And with the party season underway, what is better time to explore the trend? Here we've handpicked a couple of our favourite glitter eye makeup looks for you to try out this festive season. You will definitely want to save these sparkly looks and hoard the products. So go ahead and rock the high-drama looks.

LESS IS MORE

If you are not sure how to carry the high-shine drama of glitter eyes, settle with the "barely there" look! Use your fingertips to dab your favourite shimmery shade for a neutral look that you can carry to work or play. Try out Look Fantastic-MAC Glitter Pigments for simple, subtle glitter eye makeup looks.





shimmery Stila Glitter & Glow Liquid Eyeshadow for a long-lasting fresh look.

WING IT LIKE A PRO

Winged glitter eye makeup? Sounds intimidating, right? But if you want to amp up your festive makeup, then a two-tone-winged glitter eyeliner is the way ahead. Try contrasting hues for this sparkly glam look, and pair it with lush lashes for that extra drama. To attain this disco-friendly look, go with liquid liners by Urban Decay Heavy Metal Glitter Eyeliner. Easy to apply, the precise brush of this eyeliner makes for an effortless application that's easily buildable.

COMPLEMENT IT WITH BOLD HUES

Want to try something bold and dramatic on your next night out? Pair your shimmering gold or silver lid with bright hued under-liner. A brilliant way to take the bold-hued-sparkly-eye-makeup to the next level! For this look, choose the glossy and

MESSY IS THE NEW TIDY

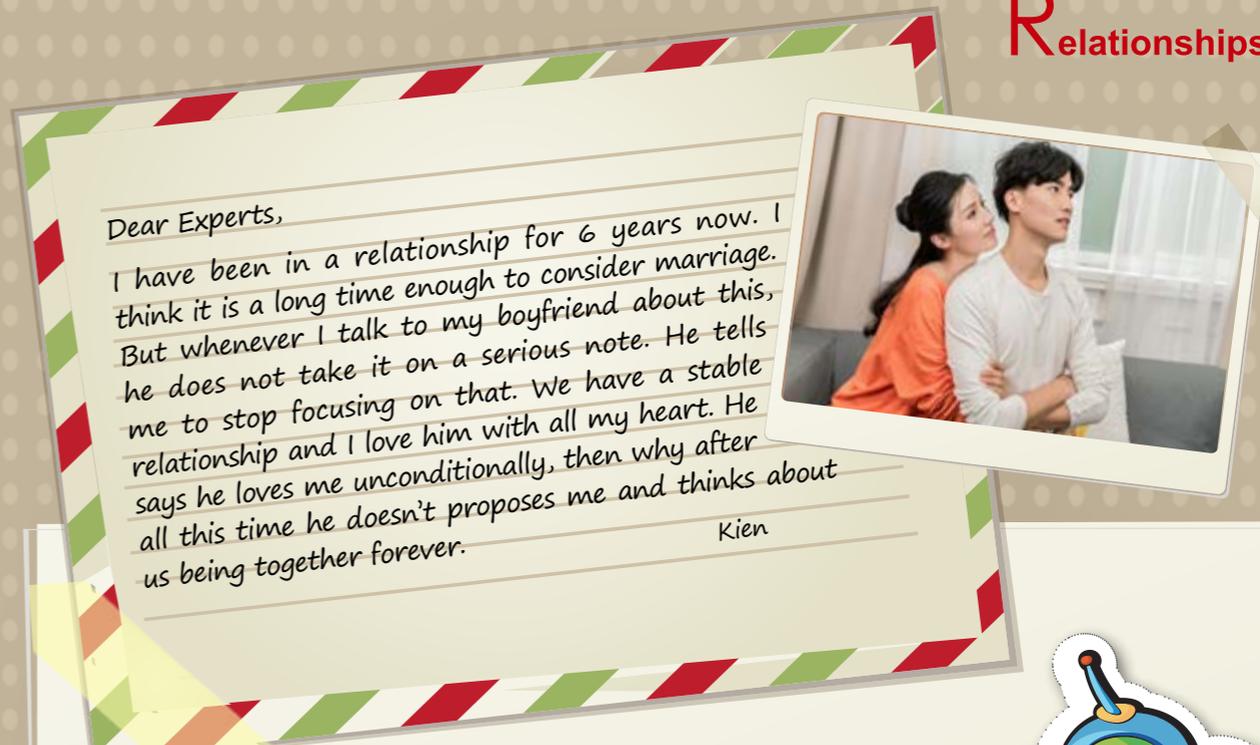
Reminiscent of the 90s middle school shimmery makeup trends, this carefree look couldn't be simpler! If you love rocking bold



makeup looks, then this dramatic, messy, glittery eye makeup can be super fun to try. Dip your makeup brush in the glitter pot and daub it at the corner of your lid making it look like you are not even trying to create a statement, in a good way. Lemonhead LA DIRTY PENNY SPACEPASTE can be used generously to add an extra dimension to your party eye makeup.

GO INTENSE

If you think soft and minimalistic eye makeup is passe, here's how to maximize the drama of the glitter eyeshadow! Go all out and apply a thick coat of your favourite glitter eyeshadow on the top eyelid in shine. This iridescent look is a perfect trick to try this festive season for a gorgeous look to brighten your eyes. Mix and match your fave singles from Anastasia Beverly Hills Eyeshadow Single for a customised glitter palette.



Dear Experts,
I have been in a relationship for 6 years now. I think it is a long time enough to consider marriage. But whenever I talk to my boyfriend about this, he does not take it on a serious note. He tells me to stop focusing on that. We have a stable relationship and I love him with all my heart. He says he loves me unconditionally, then why after all this time he doesn't proposes me and thinks about us being together forever.
Kien



Angela says:

Well, as an expert, I have seen 20 years of marriage broken down the line and happily married firmly for years, even just after a few years of relationship. Years actually doesn't define how ready two people are for marriage. If he loves you unconditionally, he should simply not ignore the topic and take this matter into his hands with maturity.

Probably you won't want to hear this, but this shows his disinterest in future. Everyone has a different viewpoint about marriage, and maybe in his head, there is a scary one. This is a sign for you to back off and wait for the one who truly believes in happily ever after. Find a man who is man enough to deal with the responsibilities that follow.



Daemon says:

This is a common problem everyone faces in a relationship when you are in a mid-way of either transforming your relationship into another level called marriage, which means permanence, or you have to break it off for good. It's easy to fall in love, but to hold in there is what defines true love.

He may be ignoring the matter as he thinks he is still not capable enough to take the relationship to that level. As marriage means a lot of new responsibilities and eventually family planning in the near future. You should try to give him time, based on your circumstances and judging his behaviour towards you. After all, you know the situation better.

亲爱的专家，我恋爱已经有6年了。我认为这已经是足够长的时间去考虑结婚。但每当我我和我的男朋友谈论这件事时，他都不会认真对待。他告诉我不要再那么专注。我们有稳定的关系，我全心全意地爱他。他说他无条件地爱我，但什么他还没有向我求婚并且希望我们永远在一起呢？
Kien

Angela说：好吧，作为一名专家，我看过20年的婚姻破裂，也看过在认识几年后幸福地结婚多年的伴侣。时间并不能代表两人是否合适结婚。如果他无条件地爱你，他就不应该忽视这个话题，并成熟地解决这个问题。

Daemon说：这是一个人在关系中遇到的常见问题，当你处于一个中间阶段，想要将你的关系转变为另一个叫做婚姻的关系，这意味着永远在一起或者分手。人们容易坠入爱河，但坚持下去就是真正的爱情。

HOW TO EXCEL AT MATH?

By Nina Mitchell

Math is one of the trickiest and most interesting subjects of a class. Some find it tough, while the others take it as a fun. Why is it so? If the subject is not your skill and you are struggling and finding hard to cope with it, then you should read this one.

PAY ATTENTION

Math is all about formulas, equations, and methods adopted to solve a particular problem. Memorize all the formulas and follow the given strategy to solve the equations. Learn how and where to apply the formulas to solve the problems, doing this you shall easily cope up with the subject.

ASK FOR HELP

If you are not able to understand the concept being taught in class, stand up and ask for help again and again, till you get clear with it. If it is still not clear in class, ask for help from your elders or from your tuition or coaching teacher. Don't jump to the next, because ignoring it and staying quiet can make the problem many times bigger in future.

WORK HARD

Of course, working hard is the greatest requirement to excel in the subject. Hard working students always do their work and assessments easily, and also get better grades in comparison to those who do not work hard.

FOCUS ON THE AREAS THAT YOU FIND TOUGH

Do not focus on what you already know, focus on those areas that you find difficult to solve. Practice the tough ones many times, make sure that you do it daily so that it becomes your routine, because practicing does not allow you to forget things easily.

WORK ON EXAMPLES

Don't skip examples, practice them thoroughly. Take on additional examples and try to construct more out of them, it helps to discover new relationships between math objects.

ENJOY WORKING WITH MATH

Do not take the subject as a burden, enjoy every part of it, as you do more you'll become better and this will force you to do more with excellence.

PREVIEW

Before attending the class, go through the section that your teacher is going to teach you in the class. This will help in better understanding and shall also help to frame good queries.

BE ORGANIZED

Keep yourself organized, try to do quality work, take initiative to solve problems in front of your teacher/instructor as this will help you to gain confidence.

WORK ON YOUR HOMEWORK YOURSELF

Do not skip your home assessments, try solving them and on your own. This will help you to be clearer with the subject.

BELIEVE IN YOURSELF

Do not lose confidence because this might make you weaker in the subject. Make good friends, this shall boost your confidence and help you excel in the subject too.

Math is not a subject to fear with, it's all about practice, hard work, and attention.

如何搞定数学？

数学是课堂上最棘手，也最有趣的课程之一。有些人觉得很难，而其他人则认为这很有趣。为什么会这样？如果数学不是你的强项而你正在努力应付它，那么你应该阅读这篇文章。

集中注意

数学是关于解决特定问题的公式，方程式和方法。记住所有公式并遵循给定的策略来求解方程。了解如何以及在何处应用公式来解决问题，这样就可以轻松应对它。

寻求帮助

如果您无法理解课堂上教授的概念，请不断寻求帮助，直到明白为止。如果在课堂上仍然不清楚，请向您的长辈或您的辅导老师寻求帮助。不要直接跳到下一个阶段，因为忽略它会使用问题在未来变得更大。

相信自己

不要失去信心，因为这可能会让你在这个问题上变得更弱。结交好朋友，这将增强你的信心，并帮助你在数学上表现出色。

数学不是一个恐怖的主题，而是关于实践，努力和注意力。



IST Students Make Unforgettable Memories in NZ Adventure Trip! @ International School of Tianjin



There's no greater experience than traveling abroad to meet new people, encounter different cultures, and experience new activities. IST (International School of Tianjin) is continuously offering varied experiences for students to enhance their personalities and to provide a well-rounded education. During the recent winter break, twelve intrepid IST students and three school chaperones traveled to New Zealand to participate in the outdoor adventure trip of a lifetime.

Manaaki Adventures, an educational adventure company in New Zealand, provided guiding and logistical support to the group. Manaaki's activities included river rafting at Fairy Springs, surfing lessons at the Bay of Plenty in Mount Maunganui, feasting with the Mitai Maori Tribe in Rotorua, spinning down a hillside in OGO, a giant inflatable ball filled with water, fishing for red snapper in Coromandel and jetboating up Huka Falls.

All of the participants had a fantastic time hiking, climbing, swimming and cooking throughout the North Island of New Zealand. The IST adventure group came away having developed self-esteem, confidence, leadership and the ability to work as part of a team, as well as creating life-long friendships and never-to-be-forgotten memories.

IST Robotics Teams Show Their True Mettle at ACAMIS Competition @ International School of Tianjin



2 IST teams comprising of 14 enterprising middle school students travelled to Beijing to participate in the Northern Region ACAMIS (All China and Mongolia International Schools) Robotics Competition in the wee hours of the chilly morning of Jan 12th, 2019. There were 12 teams from 6 schools participating in the competition.

The competition was made up of four events: robot game; robot design; project and core values.

In the **robot game** phase, teams designed, built, programmed and tested robots using LEGO MINDSTORMS technology. Teams were expected to demonstrate innovation and technical competence using LEGO MINDSTORMS technology in **robot design** phase. In the **project** phase, teams research a real-world problem related to life in space and created an innovative solution to that problem. Teams were expected to exemplify **core values** through by demonstrating discovery, integration, inclusion and cooperation.

The 2 IST teams, "CLEAN" and "BLAZE" worked hard through all the events and performed well at all levels. **Team CLEAN came 3rd overall in the competition** and now planning to participate in the next level of the competition in Shanghai, which will have qualified teams from all the ACAMIS regions.

Thanks to all the participating students for their hard work and show of robotics and team-working skills at the competition. Thanks to the teacher coaches Mr. Geoffrey Diegel and Mr. Diego Lopez for coaching the teams and chaperoning them to Beijing accompanied by Ms. Lucy Xu and Ms. Laurence Rochard. Thanks also to the latter two for taking photos and videos from the event.

I Love Reading Week @ TEDA International School

Every year, for one week, TEDA International School celebrates "I Love Reading Week". The main goal is to incite the love of reading and books to all members of the school community. During this time, students, parents, and teachers are involved in various fun-filled activities.

The week started off on Monday with "Books Open Doors" competition. Each class agreed on a favorite book and decorated their door as a giant book cover reflecting the book of choice.



Tuesday was "I love Reading at Home" parent workshop. Benefits of reading at home, types of reading parents need to be doing, questions to ask children, and the right level for them were just some of the topics tackled in this very meaningful event. This then was followed by "Books and Blankets" where parents came in to classrooms to read to their child for 20 minutes.



As the school was always looking for opportunities for secondary students to pair up with primary students, "Reading Buddies" took place on Wednesday. Students from grades 6 to 12 selected books for their assigned buddy or buddies from the Primary Division. What a sight to behold seeing them enjoy reading books together!

"Drop everything and read!" echoed inside all classrooms on Thursday as a signal to start D.E.A.R. Time! Everyone at Primary School stopped whatever it was they were doing to grab a book to read. It lasted for 15 minutes.

In addition to everything else going on at TIS, there were other classroom and per grade level activities such as Book Bingo, Book Jeopardy, Book Scavenger Hunt, Mystery Reader, Musical Books, and Read to the Principal/Headmaster.

To cap off the week, Book Character Dress-up Day was held at the school gym. An awesome collection of book character costumes were on display as teachers and students showed their creativity! Parents and guests were so happy to witness all children and teachers walked on the runway with colorful costumes.

"I Love Reading Week" was an interesting week for everyone as well as lot of fun!



Four Hands Charity Gala Dinner @ Shangri-La Hotel, Tianjin



For special night of January, Shangri-La Hotel Tianjin presents a 4-Hands Dinner by Chefs Romain Desavis and Yvan Collet.

Canadian-French Chef, Romain Desavis, who is based in Beijing, and the hotel Executive Chef, Yvan Collet, from Paris, collaborated on a 7-course French/Montreal-inspired menu.

Proceeding dinner the chefs also prepared a Pre-Dinner Cocktail with gourmet canapes for guests to enjoy in the sky-high Horizon Club Private Dining Room, offering dazzling river and city views from the 32nd floor.

New Year Concert @ China World Summit Wing, Beijing



On the 1st of January, 2019, China World Summit Wing, Beijing presented a New Year Concert in cooperation with the Symphony Orchestra of the Central Conservatory of Music.

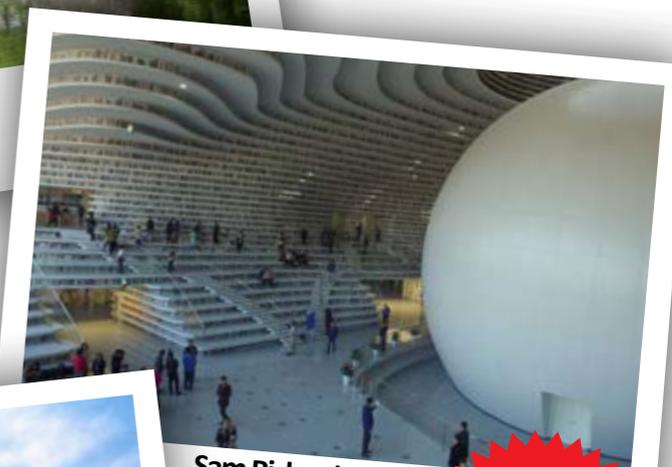
During the reception, many guests got traditional Chinese face painting to start 2019 with their best face forward. After dinner, guests moved to the Summit Ballroom for the concert.

The hotel's 2,340-square-metre pillar-less Summit Ballroom is on the third floor of Beijing's most iconic tower. Renowned conductor Chen Lin led, soprano Ms Li Jingjing, tenor Mr Wang Chuanyue from the San Francisco Opera, 11-year-old pianist Le Zhexiang, and the Symphony Orchestra of the Central Conservatory of Music in performing classical masterpieces, such as Swan Lake, Tchaikovsky's Piano Concerto No. 1, Festival Overture, and An der schönen blauen Donau Walzer.



Tracy Bennett
Lake house

February
1st Prize
一等奖



Sam Richard
Great design

2nd Prize
二等奖



Ornato Antunes
The Harvest of China

3rd Prize
三等奖

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



WHAT IS A GLUTEN FREE DIET

AND DO I NEED IT?

By Barbara Ross

In the sphere of healthy living and nutrition, one of the most widely followed diet plans, especially now that we are in the first month of the New Year, is a gluten-free diet. More people have started opting for this particular kind of diet with the aim of becoming fitter and healthier.

While all diets are primarily aimed at achieving good health, it is important to remember that not all diets are necessarily applicable for everyone. Some of them are meant for people with specific health conditions, while others are suitable for the general population.

A gluten free diet, even though is rapidly gaining popularity, still remains to be a rather misunderstood concept. So it's time to clear things up and analyse what it is and whether you need to follow it.

什么是无麸质饮食，我需要它吗？

在健康生活和营养方面，最广泛遵循的饮食计划之一，是无麸质饮食。越来越多的人开始选择这种特殊的饮食，目的是变得更健康。

什么是无麸质饮食？

无麸质饮食基本上包括排除含有蛋白质谷蛋白的食物。这意味着你将避免吃小麦，大麦，黑麦等。

这个名字源自拉丁语中的胶水，因为它具有粘性，当你将小麦与水混合时可以看到此性质。它还有助于面包的耐嚼质地。

什么时候应该避免使用麸质？

现在很多人都倾向于受到这种被称为麸质的物质的不利影响；腹腔疾病是最严重的影响之一。

腹腔疾病基本上是一种自身免疫性疾病，导致身体伤害，影响到世界人口的1%。在正常情况下，即在一个人既不对麸质敏感也不患有腹腔疾病的情况下，就没有必要遵循无麸质饮食。小麦，大麦和其他此类谷物确实具有许多营养品质，对身体有益。

WHAT EXACTLY IS A GLUTEN FREE DIET?

A gluten free diet essentially involves excluding foods that contain the protein gluten. This means that you will be avoiding wheat, barley, rye and the like.

This kind of a diet has been mostly advised for people with celiac disease, as well as in some cases of gluten sensitivity. Some people tend to get intolerant to gluten, in which case, the protein should be avoided by all means.

Before we get into the details of the diet, let's address the most basic question here.

WHAT IS GLUTEN?

As mentioned before, gluten is a kind of protein that is mostly found in wheat, barley, rye and spelt. It is also found in triticale, which is a cross between wheat and rye.

The name is derived from the Latin word for glue, as it has a sticky quality which can be seen when you mix wheat with water. It is also responsible for the chewy texture of bread and its ability to rise when baked.

WHEN SHOULD YOU AVOID GLUTEN?

Now a lot of people tend to get adversely affected by this very substance called gluten; and celiac disease is one of the most serious effects.

Celiac disease is basically an autoimmune disorder that causes the body to harm itself and it has been found to effect up to 1% of the world's population. It is an unfortunate condition which forces people to follow a gluten free diet



failing which then can have very harmful consequences.

Some of the common symptoms or effects of celiac disease are diarrhoea, shooting stomach pains, constipation, bloating, weight loss, anaemia, skin rashes and also undue tiredness. Some people may also experience depression and fatigue.

Another case where a gluten free diet should be strictly followed is non-celiac gluten sensitivity, where the patient simply experiences discomfort on having gluten based foods. They may not test positive for celiac disease or gluten allergy, which makes it a bit more difficult to discover and diagnose. The symptoms, however, are very similar to that of celiac disease, which includes severe stomach pain, bloating, irregular bowel movements, skin rashes and the like.

These are two of the most common and serious conditions where a gluten free diet must be followed.

DO YOU NEED TO FOLLOW A GLUTEN FREE DIET?

In normal cases, that is in cases where a person is neither gluten-sensitive nor has celiac disease, there is no need to follow a gluten free diet. Wheat, barley and other such grains do have a number of nutritious qualities which can be beneficial for the body.

That being said, going gluten free does have a number of positive health benefits as well, which can drastically help people with celiac disease. Some benefits include:

- Relief from digestive issues like constipation, gas, bloating, diarrhoea, acidity, etc.
- Relief from inflammation in people with celiac disease
- Helps in weight loss
- Helps improve energy and reduce fatigue

It is generally not advised for people who are normally healthy, as going gluten free can cause some issues like constipation and nutritional deficiencies. Such a diet avoids fibres and a number of other nutritional elements found in grains and cereals, which can lead to an unbalanced diet.

ADENOVIRUS

Everything You Need to Know

By Barbara Ross

腺病毒：你需要知道的一切

流感季节总是坏消息。再加上最近一些不寻常的病毒，这个季节对全世界的人来说都变得更加令人担忧。

一种特别令人不安的病毒，虽然在过去曾经出现过，但以比以前更强烈地方式重新出现，那就是腺病毒。关于这种病毒最令人担忧的是，它的外观和行为就像流感一样，但实际上并非如此。事实上，根据最近公布的CDC报告，它甚至可能是致命的。

这需要更加仔细和及时的检查，诊断和治疗甚至与正常流感相关的轻微症状。看似无害的病毒感染实际上可能是腺病毒感染。

你能做什么？

大多数腺病毒感染都很幸运。一旦正确诊断或确定，他们可以使用几种非处方药和一些家庭疗法治疗，其中大多数也在流感期间使用，如饮用大量液体并休息。轻度感染的症状通常持续约10天，在此期间可以服用药物并且可以寻求缓解。

The flu season is always bad news. Put together with the news that a few unusual viruses have also been doing the rounds of late, the season has become all the more worrisome for people all over the world.

One such particularly disturbing virus, although discovered way back in the past, that has resurfaced again possibly stronger than before, is the adenovirus. What's most concerning about this virus is the fact that it looks and acts like the flu, but in reality it is not. In fact, according to a recently published CDC report, it can even be fatal.

This calls for more careful and prompt check-ups, diagnosis and treatment of even mild symptoms associated with the normal flu. What may seem like a harmless viral infection, may, in fact, be an adenovirus infection.



How does it affect us?

Adenoviruses are basically a group of viruses that can cause upper respiratory illnesses. They can affect the lungs, airways, intestines, and even the lining of your eyes. Additionally, they may also affect the urinary tract and the nervous system as well. They can cause fever, sore throats, coughs, pink eye, diarrhoea, swollen glands, breathing issues and, sometimes, even stomach ailments.

It has been found to affect children more than adults, but it can affect anyone. They are very contagious and they spread mainly through the respiratory system. When a person with an adenovirus infection coughs or sneezes, droplets that may contain the virus fly in to the air and may land on external surfaces. When other people come in contact with these droplets by any means, the virus gets disseminated.

How can we identify an adenovirus infection?

Probably the most disturbing aspect of the adenovirus is that it is practically unrecognizable. The respiratory issues caused by the virus are very similar to those caused by the common cold and flu and, hence, it is indistinguishable from the flu.

For the same reason it is very important to consult a physician and get yourself tested, even for common cold, as it is only through laboratory testing that an adenoviral infection can be diagnosed.

However, there is one small difference that could possibly be used as an indicating factor. Unlike the flu, adenovirus is present throughout the year and it is not "seasonal". Hence, when you seem to be having symptoms of the flu during the "off seasons", then you may be starting to get an adenovirus infection.

What can you do about it?

On the flipside of being fairly dangerous in terms of the impact, most adenovirus infections are luckily mild. Once properly diagnosed or identified, they can be treated with several over-the-counter medications and some home remedies, most of which are used during times of the flu as well, like drinking plenty of fluids and taking complete rest. Symptoms of the mild infections normally last for about 10 days, within which the medications can be taken and relief can be sought.

However, in case of adults who already have deteriorating health conditions, treatment may be more complicated. In worst cases, adults may develop pneumonia or respiratory failure, in which case it can become fatal if the patient already has pre-existing lung disease or similar health conditions.

To prevent adenovirus infections, you can take normal precautions as you would in case of the flu. Try staying away from people who display common flu symptoms as much as possible, as the virus is transmitted through the air when the person sneezes or coughs. At the same time, try not to use the same things that the virus infected patient uses. Additionally, make sure to always wash your hands every time you get back home from outside and also use an alcohol-based hand sanitizer every now and then after you touch anything in public places.



Tips To Stop Yourself From QUITTING YOUR WORKOUT REGIME

By Barbara Ross

It's that time of the year again when people scribble out far reaching goals and resolutions for the coming year with high hopes, most of which would probably involve going to the gym, or exercising, or getting in shape, etc.

Comes January and everyone is bright eyed and bushy tailed, ready to put the check mark on their ambitious resolutions list. Then comes February, and the slack begins to take over gradually.

By March, at least 50% of the goal setters would have given up on their fitness goals for one reason or another.

This is what happens to most people who set out on their fitness journeys, even when they have fully spelled out workout regimes ready for them. Why is this so?

One of the main reasons why people may begin to slack on their regime and eventually quit is a lack

of visible results. Naturally, in the beginning of the workout regime, especially for first timers, the results will be fast and quite visible, which becomes an important motivating factor. With time, the results start getting slower and, hence, the numbers on the scale may not change as dramatically as before. This acts as the biggest demotivating factor for people, and makes them quit altogether.

Now, there are some other people who quit for other reasons as well, like plain laziness or the lack of interest in the activity.

In any case, there is a need to constantly push yourself at every step of the way, in order to stop yourself from quitting and to keep yourself going relentlessly. Only then will you be able to see the desired results and you will have no one else to thank, but yourself.

So here are a few quick tips on how to keep yourself motivated and not end up quitting your

防止自己停止锻炼习惯的小贴士

又到了一年一度人们为来年充满希望地编写远期目标和决议的时候，其中大部分可能涉及去健身房或锻炼等等。

1月到来，每个人都准备好在他们雄心勃勃的名单上加上锻炼目标。然后到了2月，渐渐松弛下来。到3月份，至少50%的目标制定者会出于某种原因放弃他们的健身目标。

这是大多数人开始他们的健身之旅时所发生的事情，为什么会这样？

人们开始放松并最终放弃的主要原因之一是缺乏明显的结果。当然，在锻炼的开始阶段，特别是对于初次锻炼的人，结果将是快速且非常明显的，这成为一个重要的激励因素。随着时间的推移，结果显示变得越来越慢。

有意识地努力解决你的借口

如果你找不到解决问题的方法，没有空余时间锻炼就会永远成为一个问题。即使在工作或上大学时，也要尝试寻找锻炼的机会。即使在您忙碌时也不要取消健身房。

workout regime.

Write down your goal in black and white

While this may seem like a fairly stupid and simple step to take, you will be surprised at the kind of impact it has on your mind once you do it. All you need to do is write down your fitness goal for the week or month, like the weight you want to achieve on the scale, and put it over your steering wheel or on your breakfast table, so that you keep seeing it. It will serve as a powerful reminder to get started for the day.

Reward yourself

You can either reward yourself every time you achieve a goal, or every time you finish your workout routine if you're really lazy. And these rewards can be very simple things like a night of Netflix and chill, or a new book to read, or getting that jacket you saw in the window.

Pick routines that you enjoy

This is one place where many people go wrong. It is not the best practice to simply do something because everybody else is doing it, or because your friend is doing it. You have to enjoy your routine, because if not, there is no way you're going to continue. For example, if you're someone who likes action, then you're probably going to like high intensity workout regimes, like HIIT or zumba or aerobics. On the other hand, yoga may not be the best thing for you because it involves less intense action.

Ease in to the routine

Do not power through your entire routine and tire yourself in the beginning. It may seem possible for you because of your initial energy, but it will drain you physically, and make you rethink going to the gym the second day. Hence, it is always a good idea to go slow and steady.

Set realistic goals

Don't be too hard on yourself. Take baby steps and set only realistic goals for the week. Remember, your goal is not to follow society prescribed standards, but to be happy with who you are.

Make a conscious effort to work around your excuses

Time is always going to be short because of work or college or other similar life activities. Hence, having no spare time for exercising is going to be a problem forever if you don't find a way to work around it. Try and look for opportunities to exercise even while you're at work or college. Never cancel on your gym, even when you're busy. You can perhaps move the timings or split your routine.



A PANORAMIC VIEW FROM “WINDOWLESS” PLANES

The Technicon research team has made a breakthrough when it comes to futuristic planes by introducing a new concept called “windowless plane”. What does this mean? Even though the name might suggest that the concept won’t have windows, the idea is actually to have OLED touchscreens covering the entire length of the plane. The exterior environment will be filmed and projected on the screens so that passengers can enjoy in their view, even though they are not placed near the window. On the inside surface of the cabin, they would experience a fantastic panoramic view of the sky and the Earth, but that’s not all. It would also be possible to project other things on the OLED screens, entertainment, videos, movies and other. And in the next decade, this would surely be a reality with everyone on the plane having a virtual window seat.



friendly, so that the reduction in weight would mean fuel savings. “With less fuel onboard, these planes emit less carbon dioxide into the atmosphere, promoting environmentally friendly travel!”

SMART PLANES OF THE FUTURE

With all the advances that we have seen so far, the concept of commercial air travel could be changed entirely in the future. The possibilities are endless and the air companies around the world are recognizing this potential. Recently, one of the most successful companies, Airbus, has launched an entirely new concept of airplanes, ready to be launched by 2030. The plane would have slim wings, U-shaped tail and “smart” body inside and outside. Some of the new concepts that were introduced by Airbus include:

- ✦ Self- cleaning, ecological seats that could change their shape and adjust to the passenger’s position of the body, both for sitting and lying down,
- ✦ Airplane cabin will have walls that would enable the passengers to see through them at the touch of a button, and allowing 360-degree views,
- ✦ Passengers could transform their private cabin and turn them into office or home by using holographic projections
- ✦ The planes of the future would be entirely environmentally-friendly, using solar panels or energy from other renewable sources, so that the gas emissions would be reduced.
- ✦ Self-guided planes, as well as remotely piloted planes, could become a dream come true, allowing the company to reduce additional expenses and avoid possible mistakes made by pilots.
- ✦ Even though these options may see as coming from a “sci-fi” movie, the truth is that these things are coming soon, even sooner as you may expect.

The OLED touchscreens will be attached and connected to cameras from the outside of the plane, filming realistic pictures of the sky and what is going on around the plane. Passengers will have the possibility to switch this if they don’t feel comfortable watching this. OLED screens, which are currently used in TVs, tablets, smartphones and other smart devices, will function through the organic diode projecting light with the use of electrical current. Planes would not have the same windows as in the past, and this would reduce construction costs and airplane weight. This would also allow the engineers to have more freedom of constructing the interior of the planes making it more efficient. “The ethos of the project is simple, to challenge current thinking, and propose something a little different, but not just a fantasy,” Technicon’s design director, Gareth Davies, said in a news release, “It has to be credible and relevant, yet provoke discussion.”

However, the concept of “windowless” planes isn’t entirely new. A company located in Paris had similar projects in the past. Last year, even the Dubai’s Emirates made an announcement, unveiling designs for “a new first class suite, which feature fiber-optic cameras that beam an image of outside onto the wall.” These planes would be also environmentally

“WINDOWLESS”

PLANES

“无窗”飞机

By Fanny Bates

自从第一架飞机被发明以来，人们希望能够全面了解天空。人们乘飞机多喜欢选择靠窗的座位，因为可以看到平时难得一见的高空外景。不过由于飞机窗口狭小，视野非常有限，很难看到机舱外的全景。然而近日一家法国公司提出了一个大胆创意，他们将设计一款全透明的私人飞机，乘客坐在舱内便可欣赏360度高空外景。这款飞机没有窗户，但却能利用机身和舱内天花板的特殊材质将安装在机舱外的摄像头拍摄的360度高空全景投影出来。乘客们不论坐在哪个位置，都能感觉到仿佛置身于全透明的机舱之中，可以无限欣赏各个角度的高空风云变幻。

世界各地的航空公司都在意识到这种潜力。最近，Airbus公司已经推出了一种全新的飞机概念，准备在2030年前推出。这架飞机将拥有纤细的机翼，U形尾翼和内外“智能”机身。Airbus公司推出的一些新概念包括：

- 自动清洁，生态座椅，可以改变其形状，并适应乘客的身体位置，无论是坐着还是躺着
- 乘客可以使用全息投影改造他们的私人机舱并将他们变成办公室或家中
- 未来的飞机将完全环保，使用太阳能电池板或来自其他可再生能源的能源，从而减少气体排放。
- 自动驾驶以及遥控飞机可以成为梦想成真，让公司减少额外费用并避免飞行员可能犯的错误。

Ever since the first airplane was invented, people wanted to have a complete view of the sky. Sometimes, even fighting over a window seat happened. However, in the future, this may change. A team from the Center for Process Innovation located in UK, Technicon, is creating a new future of air travel. An international technology and design agency has come up with an interesting and intriguing new concept, windowless planes.

Dead Pigs

Dead Pigs makes an ensemble movie out of today's Shanghai and the people we know in it: a young busboy, an ambitious American architect, an apathetic rich girl, a western face for nightclubs and a no-bullshit ayi, who refuses to sell her property. Their disparate lives converge and come to a head when, mirroring real-life events, thousands of rotting pig carcasses are found floating in the Huangpu River, Shanghai's drinking water source. Director Cathy Yan's debut film won an award for ensemble acting at Sundance and has screened at film festivals internationally.



Date: 2019.01.25 - 2019.03.08

Philippe Parreno: Marilyn

After transforming time and space in Tate Modern's Turbine Hall with an installation that included large flying fish, Algerian-born French artist Philippe Parreno conjures up the ghost of Marilyn Monroe in Beijing, with his 2012 film, Marilyn, recreating her life in a 'phantasmagorical séance'. This exhibition delves into the artist's multi-disciplinary practice, as he uses drawing, sculpture, sound and film to blur our understanding of linear time, reality and fiction.



Date: Till 2019.03.24

Venue: South West Zone, China World Mall, 1 Jianguomen Dajie, Chaoyang district, Beijing

建国门外大街1号国贸商城, 北京

Kodaline: Live in Beijing 2019

Ireland's breakthrough, UK Platinum-selling band Kodaline, will bring their highly anticipated debut show to Shanghai on 20th of February, 2019, at BANDAI NAMCO Shanghai Base DREAM HALL. Kodaline released their highly anticipated new album, Politics of Living, on 28th of September, 2018, to rave reviews and are ready to embark their upcoming world tour!



Date: 2019.02.18

Venue: 79 Hepingli Xijie, Dongcheng district, Beijing
东城区和平里西街79号糖果三层, 北京

MUSICAL GIG

Craig David

The one, the only, the man of a generation's dreams. Or some people at least. Craig David heads to Beijing in February to play a DJ set under his TS5 guise, dropping R&B classics alongside hip-hop, house, dub, reggae and, hopefully, some of the classic noughties hits he made his name with. David burst onto the UK garage scene after releasing the banger that is 'Re-Rewind', and followed it up with softer R&B hits 'Fill Me In', '7 Days' and 'Walking Away' on his 2001 debut Born To Do It. He's now based out of Miami, where he spins at some of the city's most exclusive pre-parties – for one night only, maybe he can bring that vibe to the grand, Communist-aesthetic setting of the Beijing Exhibition Center.



Date: 2019.02.24

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

PERFORMANCE

Mozart, L'Opera Rock

Original songs and Mozart classics combine in this dazzling show that follows a dramatisation of Mozart's life, exploring the music and the man that became immortal. Original songs include 'Le bien qui fait mal' ('The good thing that hurts') and 'Tatoue-moi' ('Tattoo me'), using the composer's melodies with a passionate rock twist.



Date: 2019.02.22 - 2019.02.24

Venue: Tianqiao Performing Arts Centre, Building 9 Tianqiao Nandajie Xicheng, Beijing

天桥艺术中心, 西城区天桥南大街9号楼 北京

PERFORMANCE

Swan Lake

The Russian Moscow Ballet Troupe, the father of the Russian classical ballet, which has inherited a hundred of years of Russian artistic treasure for the Spring Festival, is a rising star in the world ballet circle. The Russian Moscow Ballet Troupe is a masterpiece of Tchaikovsky's classical choreography. The dance troupe has inherited the traditional essence of ballet and devoted all efforts to the revival of ballet classics. It has won great attention from the industry and the media with its rich and colorful classical repertoires and strong cast.



Date: 2019.02.10

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

津湾大剧院
天津市和平区解放北路48号



By Anastasia Chapman

无论你身在何处，新年的开始都足以令人高兴！盛大的活动，各种夜间冒险，充满刺激的氛围以及最好的美食，这些都是人们在新年前夕时会想到的。但是，如果你是一个生活在中国的外国人，那么在新的一年里就会有所不同。

中国新年更常被称为春节。这是现代中国大陆最盛大的节日，持续时间长达7天。中国新年可以在1月下旬到2月中旬之间的任何时间开始，今年是在2019年2月5日。每个中国的十二生肖都是在农历新年开始的。经过12年的动物生肖循环，2019年是猪年。

春节标志着春季的开始，所以在这个时候，在中国家庭看见花卉装饰的情况并不少见。盛开的鲜花象征着繁荣的新年的愿望。你也可以在这段时间内用各种各样的传统花卉装饰你的家居空间。把牡丹，梅花，兰花和桃花的枝条安排在不同类型的花瓶中，并放置在每个房间。

CHINESE NEW YEAR DECORATION TIPS

The beginning of a New Year is reason enough to rejoice, no matter where you are! Gala events, epic night-time adventures, a pulsating atmosphere punctuated with the best of cuisines, beverages and merriment, these are the exact things one would think of when talking about the New Year's eve. However, if you are a foreigner living in China, gear up to ring in the New Year differently.

Ushering of the New Year along with the celebrations is a family affair, for most in China. A lot of people like to observe the occasion following traditional Chinese rituals, while others go the contemporary route to make the most of the Chinese New Year. If you happen to visit China during the New Year, here's something you should know about the event.

OVERVIEW

The Chinese New Year is more commonly known as the Spring Festival. It is the grandest festival in modern mainland China that lasts up to 7 days. Chinese New Year can begin anytime between late January and mid-February, and in 2019 it falls on the 5th of February. Each Chinese zodiac year begins on the Chinese New Year's Day. Going by the 12-year animal zodiac cycle followed traditionally by the Chinese, 2019 is the year of the PIG.

The Pig occupies the last (12th) position in the Chinese Zodiac, and it is believed to be the most unlucky for people born in previous years of the Pig. Paired with the earthly branch (地支—dì zhī) hài (亥), and the hours 9–11 in the night, Pigs are considered the symbol of wealth in Chinese culture. So to eliminate all misfortune, decorations involve the colour red and gold, and images considered lucky by the Chinese culture.

An event full of joy and anticipation, Chinese people get ready for the excitement of the celebrations ahead. Preparations for the New Year start a couple of weeks before the big day. So, this is the time to clean the house, give the house a new and fresh look, and prepare food for the gala feast. As a foreigner, you, too, could participate in the festivities by decking up your home space, just like the Chinese do during this time of year.

Before you start decorating your home space make sure you clean your house inside out. It is a long-observed Chinese tradition, therefore, a year-end cleaning of the house starting from the walls, the ground and every nook and cranny of your humble abode is done just before the New Year's celebrations kick in.

It's meant to drive off the old things or bad luck out of one's house and get ready for new beginnings. Once done with cleaning the house here are the top Chinese New Year decoration tips for foreigners living in China.



HANG CHINESE RED LANTERNS

Red lanterns hanging outside the door, in the streets, on the office buildings, and even on trees is a common sight in China during the New Year.

A decoration piece used in all the major Chinese festivals, hanging a red lantern in front of the door is believed to drive off bad luck. Choose decking up your house with bright-red lanterns embellished in glittery gold details to be a part of the festivities.

PASTE SPRING FESTIVAL COUPLETS ON THE DOORWAYS

Door couplets are usually pasted in pairs on doorways or entryways, as part of the Spring Festival decoration. This custom can be traced back over a thousand years to the Later Shu State. These decoration pieces contain Chinese calligraphy in black ink on red paper engraved with positive statements or good wishes for the coming year. Many couplets even have poems about the arrival of spring, while others have thoughts on prosperity and harmony.



ADORN DOORS AND FURNITURE WITH UPSIDE-DOWN FU CHARACTERS

Paper cuttings engraved with the upside-down Fu characters are similar to New Year couplets. These calligraphic hanging items are available in diamond shaped paper cuttings with the deliberately inverted Chinese character 福 (fú / foo/) etched on them. Fu means 'good fortune', and by pasting the upside-down character, it means inviting 'prosperity and happiness' to one's home. Chinese people paste these decoration items on the main doors, and even on furniture for happiness and fortune.



DECORATE YOUR HOME WITH VIBRANT BLOOMING FLOWERS

The Chinese New Year marks the onset of the spring season, so it is not uncommon to see flower decorations in the Chinese household during this time of year. Blooming flowers symbolise the wish for a prosperous new year. So going with the idea of the occasion, you too decorate your home space with an assortment of traditionally used flowers during this time. Gather branches of peonies, plum blossoms, orchids, and peach blossoms, arrange them in different types of vases and place them in every room.



SET UP A KUMQUAT TREE INSIDE THE HOUSE

Kumquat trees are a symbol of good luck and considered sacred, both in the Cantonese and Mandarin communities. Having a Kumquat tree inside your house symbolises a wish for both wealth and good luck. Devote some space to this decorating magnificence and deck it up with red and gold accents or couplets. Get a bonsai or a full-size tree and place it near the doorway, or in the middle of your living room, for the guests to see this spring-signalling flora.

CUT TO THE CHASE 开门见山

By Caroline Lane

Every Monday is a meeting day at Tony's accounting firm. This Monday, the agenda was long and each manager was only given five minutes to report how their team was doing. No one had extra time for a longer meeting; the longer it dragged for, the more work would be waiting. That became a big problem when it was Tony's turn to speak. Known by everyone to be a verbose and windy guy, Tony simply cannot stop speaking once he starts. And this Monday wasn't an exception. Tony knew that he only had five minutes to speak, but for some reason he thought that everyone was enjoying his talk, so he went on and on, making jokes that no one laughed at and used difficult vocabulary as he talked.

As the clock passed the seven-minute mark, Tony's boss couldn't stand it anymore so he interrupted and said, "Tony, you gotta cut to the chase, we ain't got all day here."

Tony was slightly confused, because he thought he had been saying important things the whole time. He tried to hurry up a bit and get to the main part of his report, with

his brain telling him to "cut to the chase" every five seconds.

Eventually, Tony's talk finished at the 15-minute mark. He talked three times longer than anyone else did in the meeting. Everyone looked slightly annoyed and the meeting didn't end on time, but Tony tried his best to "cut to the chase."

The phrase "cut to the chase" is used when someone is talking for too long and you want them to get to the point. Make sure to only use this phrase to people of the same or lower status than you - saying this to your boss or professor could get you in trouble. Another way to say this is "I am going to cut to the chase", when you are not given a lot of time to talk and so you're going to leave out unimportant details. Some Chinese phrases that have similar meanings are 不绕圈子 bù rào quān zi, 开门见山 kāi mén jiàn shān, 单刀直入 dān dāo zhí rù.

每个星期一都是托尼会计师事务所的会议日。每个经理只允许几分钟的时间来报告他们团队的表现。没有人有额外的时间进行更长时间的报告;拖的时间越长,等待的工作就越多。但每当轮到Tony发言时,这成了一个大问题。每个人都知道他是一个发言冗长的家伙。本周一也不例外。托尼知道他只有五分钟的发言时间,但出于某种原因,他认为每个人都在享受他的谈话,所以他继续说。

当时钟超过七分钟时,托尼的老板再也受不了了,所以他打断了他的话说:"托尼,你必须开门见山,我们没有一整天时间。"

最终,托尼的报告在15分钟完成。他的报告时间比其他人在会议上的时间长三倍。每个人都看起来有些恼火,会议没有按时结束,但Tony已经尽力"开门见山"。

当有人说话太久而你希望他们直切主题时,会使用"开门见山"这一短语。请确保只对那些与你相同或较低地位的人使用这句话 - 对你的老板或教授这样说可能会让你陷入困境。只谈重要的内容,并忽略一些细节。



Bakeries & Desserts



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

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

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

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

HX **(International Trade Centre) 天津国贸购物中心店**
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: 1st Floor, Lotte Plaza, No.9 Leyuan road, Hexi District
越秀路与乐园道交口银河国际购物中心乐天百货首层F&B-1-2
T: 022-58908018
O: Sunday - Tuesday 10:00-21:30
Friday - Saturday 10:00 - 22:00

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

Indian

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

Italian

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

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

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



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

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
和平区吴家窑二马路迎春里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: 7th 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

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

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

Western

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: 1st Floor, The Ritz-Carlton, Tianjin, No. 167 Dagubei Road, Heping District, Tianjin 和平区大沽北路167号
天津丽思卡尔顿酒店一楼
T: +86 22 5809 5109

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



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

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

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

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

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

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



HP La Semana 拉斯曼娜西班牙餐厅(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
天津迎春里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, 1st Floor Min Yuan Stadium, Heping District
和平区重庆道83号
民园广场西楼一层108-111号
T: +86 22 88370588/88370688
E: info@browns-tj.com

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

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

HP China Bleu 中国蓝酒吧

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

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

HP Le Procope Lounge 普蔻酒廊

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

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

HP O'Hara's 海维林

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

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

HP River Lounge 畔吧

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

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

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

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

HP Muse Bar 缪斯酒吧

A: Junction of Xi'an Dao and Liuzhou Lu, Heping District 和平区西安道与柳州路口
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

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



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

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儿医院

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

W: amcare.com.cn



Golf Clubs

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: 7th 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

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: 7th 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

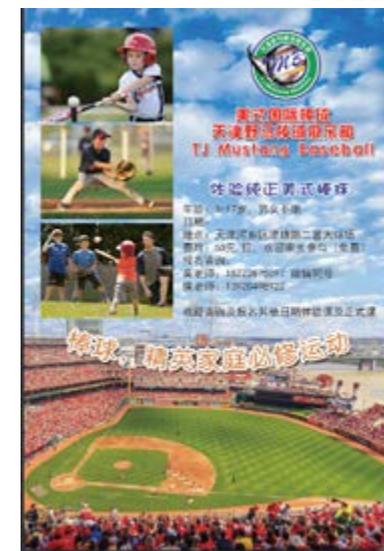
TICC (Tianjin International Community Centre)
Association and meeting place for foreign passport holders and their families in Tianjin. Organises monthly coffee mornings, luncheons and social/fundraising events, supporting local charities.
E: ticc_09@hotmail.com
W: tianjin.weebly.com

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号雲锦世家内
T: +86 22 5871-6901
+86 22 5871-6900
O: 8:00-17:00
Wechat: KidsRKidsTianjin
W: www.kidsrkids.com
www.kidsrkidschina.com
E: contact-tianjin@kidsrkidschina.cn



HD **T. J Mustang Baseball Club 天津野马棒球俱乐部**
天津首家纯正美式棒球培训, 招生年龄 3-17岁青少年儿童, 男女不限, 同时举办棒球社团团建活动。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



NZJ 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
HK 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 (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 - Teda Store 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, 2nd Avenue, Binhai New Area 滨海新区第二大街1号滨海建国大酒店2楼(洞庭路口)
T: +86 22 2532 1177 ext. 6888
Yue Chinese Restaurant 采悦轩中餐厅
Providing tantalising Chinese cuisine in a relaxing atmosphere.
11:30-14:30, 17:30-22:00.
A: 2F, Sheraton Tianjin Binhai Hotel, No. 50, 2nd Avenue, TEDA 开发区第二大街50号 天津滨海喜来登酒店2层
T: +86 22 6528 8888 ext. 6220/6222

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

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



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, 3rd Avenue, TEDA 开发区第三大街世纪新村
T: +86 22 6529 9522
Tokugawa 德川日本料理
Opened in 1998, the restaurant still maintains its beauty and quality. You can try a huge variety of sushi and sashimi.
10:00-14:30, 16:30-22:00.
A: No. 34, 1st Avenue, TEDA 开发区第一大街34号
T: +86 22 2528 0807

Wu Gu 五穀日本料理
Traditional Japanese food, famous for its blossom stone package, fresh sashimi and steamed items. 11:00-20:30.
A: 1F, No.29 Shishang Dong Lu, TEDA 开发区时尚东路29号1层
T: +86 22 5985 7141
Baiyi Teppanyaki 百一铁板烧
One of the best choices for Teppanyaki in TEDA. 10:00-22:00.
A: No. 2-1-6, King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号 鸿泰仟佰汇商业广场2-1-6号
T: +86 22 6629 5488

Western
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, 2nd Avenue, TEDA 开发区第二大街29号 天津万丽泰达酒店及会议中心1楼
T: +86 22 6621 8888 ext. 3711

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

Feast - Our Signature Restaurant 盛宴标帜餐厅
Signature all-day-dining restaurant featuring a tapestry of bright décor and culinary delights from around the world. 06:00-00:00.
A: 1F, Sheraton Tianjin Binhai Hotel, No. 50, 2nd Avenue, TEDA 开发区第二大街50号 天津滨海喜来登酒店1层
T: +86 22 6528 8888 ext. 6210

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

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



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

Coffee Shops

Starbucks Coffee 星巴克咖啡
A: C102, Juchuan Jin Hai'an Building, No. 453, Jiefang Lu, Tanggu District 塘沽区解放路453号巨川金海岸商界C102
T: +86 22 2589 3409
A: 1F, Tianjin Friendship Mingdu Store, No. 19, Huanghai Road, TEDA 开发区黄海路19号 天津友谊商厦名都店一层
T: +86 22 6620 1781
W: starbucks.com.cn

Bars & Discos



Happy Soho Live Music & Dance Bar
欢乐苏荷酒吧
 Live Filipino band with hot Russian dance girls. 20:00-02:00.
A: (Opposite of Central Hotel) No. 16, Fortune Plaza, 3rd Avenue, TEDA 开发区第三大街财富星座16号 (中心酒店对面)
T: +86 22 2532 2078
V Lounge
 A wonderful place to unwind after work, to stretch out after dinner, or just chill.
A: No.102 Hua Na Hao Yuan, 2nd Avenue, Binhai New Area 第二大街华纳豪园102商辅 (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, 2nd Avenue, Binhai New Area 开发区第二大街50号 天津滨海喜来登酒店3层
T: +86 22 6528 8888 ext. 6021

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

Hospitals



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

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

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

Drycleaning & Laundries

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

Hotels

★★★★★

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

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

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

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

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

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

Apartments

TEDA, Tianjin - Marriott Executive Apartments
天津泰达万豪行政公寓
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, 3rd Avenue, TEDA 开发区第三大街71号
T: +86 22 6622 6088
W: tianjin.mapleleaf.net.cn



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

Exhibition Centres

Tianjin Binhai International Convention & Exhibition Centre
天津滨海国际会展中心
 Organises and undertakes international and domestic exhibition programmes.
A: 5th Avenue, TEDA 开发区第五大街
T: +86 22 6530 2888
W: bicec.com.cn

Department Stores & Shopping Malls

AEON Mall 永旺梦乐城购物中心
 A shopping mall with various shops, restaurants, and entertainment facilities.
A: No.29 ShiShangDong Lu, TEDA 开发区时尚东路29号
T: +86 22 5985 7000
King Buyer Shopping Mall
鸿泰仟佰汇商业广场
A: No. 32, 3rd Avenue, TEDA 开发区第三大街32号
T: +86 22 6622 0886
TEDA Friendship Department Store
泰达友谊商厦
 Houses a range of world famous luxury brands.
A: The junction of Huanghai Lu and 2nd Avenue, TEDA 开发区第二大街与黄海路交口

Golf Clubs

Tianjin Warner International Golf Club
天津华纳高尔夫俱乐部
 18-hole course with wide fairways. Reservation is recommended for visitors. 06:30-17:30.
A: No. 1, Nanhai Lu, TEDA 开发区南海路1号
T: +86 22 2532 6009
W: warnergolfclub.com

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

Outdoor Clubs

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



THE HUANGYAGUAN GREAT WALL

By Dorothy Fourie

黄崖关长城

走中国的长城很可能已经成为许多旅行者的清单之一。它也是我的秘密梦想之一，但从来没有想过我会真正到达这样一个令人惊叹的目的地！

在天津生活了三年之后，我终于有机会参观了距离北京约42公里的长城这一部分。虽然我之前曾在不同的地区见过长城，但我也为这次旅行做好了充足的准备。

当你在清晨走进太阳的金色光芒时，你会感受到：存在。这就是无边无尽的堡垒：中国的长城。一个国家创造了长城保障了在约十五世纪及以后的安全，防止敌人的入侵。

长城像巨大的蟒蛇一样呼吸着这个陡峭的镀金山脉，它叫做黄崖关，或者是“八图城堡”。它伸展开来，在超过3公里的20个了望塔上展开。曾经它是更长的，但由于时间的压力和缺乏翻新，这堵墙的很大一部分崩溃了。

Walking on the Great Wall of China has most probably been on the bucket list of many travellers since the beginning of travel. It had secretly been one of mine for many years, but never did I ever think I would actually reach such an amazing destination!

After living in Tianjin for three years, I finally had the opportunity to visit this part of the Great Wall in an area of about 42 kilometres from the General Pass in Beijing. Although I had seen the Great Wall before in a different area, nothing could have prepared me for the impact of this part of the Wall. I am not only referring to the overall immensity of this building endeavour. No, it's more than that.

When you walk out in the early morning into the golden rays of the sun, you feel it: the presence, which is the being of this slate grey, unending bastion: the Great Wall of China. A nation created it to feel safe and secure against the

marauding enemies of the time, around the 1400s and after.

The Great Wall breathes like a giant python up against the gilded mountains of this precipitous Pass, called Huangyaguan, or "Eight Diagram Fortification City". It stretches itself out, uncurling across 20 watchtowers over 3 kilometres. It used to be much longer, but a huge part of this wall crumbled away due to pressure of time and lack of renovation.

In the middle of this street block of one stretch of wall after the other, you find the museum where there are well-preserved weapons and daily utensils on display, used by the soldiers of the Ming Dynasty. There is also a feel of the deeply seated culture of this great nation, reflected by wonderful couplets inscribed on

bamboo strips in the Couplet Hall.

Although tourism has penetrated the historical being of the Great Wall, it is still right there, in its historical splendour. The fact that thousands of soldiers had lived there, had laid down their lives for their people and their leaders for so many centuries, had to have left some of their being part of it right there. So yes, when you arrive at the entrance of this part of the wall, you do find the hopeful vendors with their goods, hoping that you will take some cheap picture of the wall, or perhaps a fridge magnet to think of the great day in your life when you stepped onto the Great Wall in China. There are those stall owners with fruit and vegetables, dried fruit and also spices, all from around the villages in the area. There are little flags for sale, even toys for children accompanied

by their parents or grandparents, who may find climbing this structure daunting.

But allow yourself moments of reflection when you step onto the first set of steep steps, which will take you higher and further up this structure. Big steps, high steps, which, if you are a short person like me, drain your energy quite quickly, along with the fact that you climb an unending amount of stairs for two hours. I couldn't help but wonder about the people who actually built this wall – I could scarcely imagine those people carrying stones up here: up and down, up and down (I mean – how many bricks can one person carry at a time?), while I could hardly carry myself up the steep incline, and while I had to hold on to my husband's arm and any part of the wall where I could find





a place to hold on to. Then you reach a watchtower and on this part of the wall, most watchtowers have two storeys. Being this high up in the mountains, as well as standing on top of such a structure as a watchtower, would give soldiers the perfect view of the surrounding area.

I make it up to the top, quite steep part of this stretch. For a few moments I just lean out of a small window, soaking up this incredible view with my eyes. As far as I can see, there are mountains, with rounded rocks sticking out of

the lush green trees and bush, so typical of the Chinese landscape paintings. Here I am looking at it, weeping willows and all. Down into the valley are big orchards filled with apple trees, that bear the most incredible sweet fruit. I think the most striking part of being on the Wall of China is the historical moment. The wall is the proof that so much time has gone by, so many people lived and died around here; so many different rulers tread here, bringing new ideas. So many soldiers fought to preserve the idealistic dreams of their rulers.

That evening, while I was lying on a (typically very hard) bed in a family home hotel in a nearby village, I whispered quietly into the night: was building this wall worth all the effort?

But no answer came from the darkness outside. No answer came from the surprisingly star studded night sky, or the wise moon that has surely seen everything that happened in this area over aeons.

Only a soft night wind was breathing through my window and far off, in the village, I heard people laughing and talking faintly. And somewhere a lonely dog was barking.

Huangyaguan is part of the southern mountains of the Jixian County in Tianjin.

Take a long-distance bus from Tianjin Tongsha Passenger Station to Huangyaguan Great Wall directly. The buses depart at 7:10, 10:10, 14:00, and 15:00. Duration is about 2 hours and bus fare is CNY 48. Or you could take a bus from Tianjin Tongsha Passenger Station to Jixian County, and it takes about 1.5h. Upon arrival, take Jixian Bus No. 3 or a taxi to the Great Wall.

You also could take a train from Tianjin Railway Station or Tianjin North Railway Station to Jixian County Railway Station. It would take 1.5 - 2.5 hours and costs less than CNY 20 to the county. Then, charter a minibus to the scenic area.

Shuttle buses also leave regularly during the day from Beijing Sihui Bus Station to Jixian County.

LADAKH



拉达克

By Taylor Simmons

拉达克是一个冒险的山地天堂，对于那些寻找度假的人来说，拉达克绝对是一个绝佳的选择。拉达克位于印度北部的跨喜马拉雅地区，拥有悠久的历史，为游客提供了许多独一无二的体验，有机会观赏未受干扰的当地生活。当地人口大约有一半穆斯林和一半佛教徒，该地区拥有丰富多样的文化探险活动。相比较穆斯林，游客通常更多地遇到佛教人口，因为许多的旅游景点位于东部，靠近中国边境。

拉达克山地旅行团队能够为您定制行程并派遣团队与您一起旅行，确保您的安全，并确保您不会错过任何一个地标。该公司提供一年中大部分时间的导游服务，并声称每次旅行都会因不断变化的景观和野生动物而创造全新的体验。经验丰富的导游将指出区域动植物以及任何重要区域，其中许多区域容易被忽视。您可以通过电子邮件与他们联系，讨论旅游细节或直接通过他们的网站发送消息。

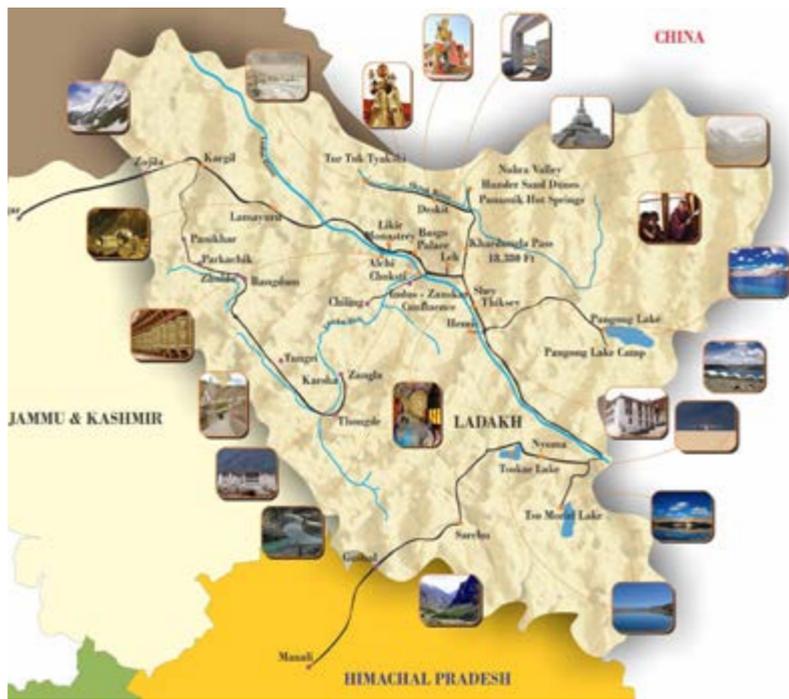
A mountainous, heavenly place to venture into nature, Ladakh, is an absolutely stunning choice for anyone looking for a vacation that is a little "off the beaten path". Located in the trans-Himalaya area of northern India, Ladakh has an extensive history and offers tourists many one of a kind, once in a lifetime opportunities to view pieces of undisturbed local life. Roughly half Muslim and half Buddhist, the area is rich in a diverse selection of cultural adventures. Tourists usually encounter the Buddhist aspects more than that of the local Muslim population, as the more tourist-frequented areas are in the east, closer to the Chinese border.

When visiting an area where the name literally translates to "land of high passes", you simply cannot miss out on the mountain tour options. Operating in Ladakh, Jammu, and Kashmir, the **Ladakh Mountain Tours** team customizes an itinerary and sends a team alongside you through your journey to keep things safe and

ensure you do not miss a single landmark. The company offers guided tours for most of the year, and claim that every trip out creates entirely new experiences due to the constantly changing landscape and wildlife. The experienced guides will point out the regional flora and fauna, along with any important areas, many of which are easy to overlook. You can contact them via email to discuss touring details or send a message straight through their website.

An impossibly beautiful natural water source, the **Tso Moriri Lake** is located just outside of Leh. One of the largest bodies of water in the area, it is oddly enough located in the driest zone in all of Ladakh. Tso Moriri is reachable through a hike with tour groups leading in and out of the area regularly; you can either travel back, or opt to sleep in one of the provided tents, if such adventure strikes your fancy. For larger, slightly more challenging venture, tourists can visit the monstrous, yet striking Lake Pangong [lake image here]. The Eastern half of the lake is fresh water, while the Western half contains salt, creating a strange phenomena and providing two intermeshing ecosystems that are incredibly worth the journey.

The **Nubra Valley** is a desert among snow. Located to the north east of the Ladakh Valley, the area is what is known as a cold desert, meaning that despite its low temperatures, it supports itself much like a traditional desert climate. Many people choose to visit the valley in order to reach the town of **Diskit**. A congregation center for people of religion or those looking for some sort of spiritual experience, Diskit, which holds a beautiful temple. Tourists are only permitted into certain areas of the city, so be forewarned that you can expect a bit of resistance and should be respectful of the local cultures. While viewing the monastery, you can check out the incredible 32 meter tall **Maitreya Buddha** statue and have an in depth look at the daily goings on of those who reside and worship in Diskit. Many small shops



are located within the city, providing an excellent souvenir shopping opportunity, as well, especially since many vendors sell wares you cannot find anywhere else in the world.

Known as the “magnetic hill”, this easily accessible location is a bit of a tourist trap, but is certainly worth a visit, as it is only 32 km from the Leh International Airport and provides a fun little side experience to your main trip. The hill is incredibly beautiful and full of various mountain flourishing fauna and flora; this alone makes it worth a sightseeing trip, but there is a bit of magic to the land, as well. When you park your car at the bottom of the hill, you will be shocked to find that it actually slowly rolls up the hill. Many people believe it to be a mere optical illusion or magnetic field of some sort, but locals tend to believe that the scenic hill is actually a former road to heaven. Either way, it is certainly quite the experience!

If you are looking for something a bit out of the ordinary and soul cleansing, Ladakh, India, may be the perfect vacation destination for you! There are countless other rich cultural experiences within the area, so feel free to start researching; you will find it quite easy to build the perfect trip for any personal taste!

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