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Managing Editor
Sandy Moore
managingeditor@tianjinplus.com

Advertising Agency
InterMediaChina
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Hi Friends,

Tianjin people have evolved an incomparable passion for seafood. There is an old saying in Tianjin: Pawning for seafood is not a waste, which means money spent on seafood is always worth it. In old times, Tianjin people would even pawn their family belongings for money, so that they could buy some seafood, since the right season waits for no man. According to Tianjin people, only the freshest seafood is worth savouring, which reflects in a sense how the Tianjin people are keen on the pursuit of delicious food.

If you haven't still had a chance to enjoy a self-satisfying meal of seafood in Tianjin, you are definitely missing something, but trust me, the day is here! All you have to do is to visit one of the outlets of the THREE FISHERMEN Restaurant, which awaits your arrival, assuring you with the best seafood in the city, as fresh and healthy unlike elsewhere.

Women's Day is every March 8th and all women can take half day-off at work. They can take part in the events hosted by many establishments and organizations. We take the opportunity to make a list of the top women influencers in China today.

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**) for more articles and information.

Best wishes,
Sandy Moore
Managing Editor | Tianjin Plus Magazine

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Calendar

2019 March

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

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 9th
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 15th
Time: 19:30
Price: 150, 280, 480, 680, 880, 1080
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅



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 19th
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 Centre 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 Centre-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 Centre resident orchestra since 1988, performing and leading educational events in New York, across the United States, and around the globe.

Calendar

2019 March

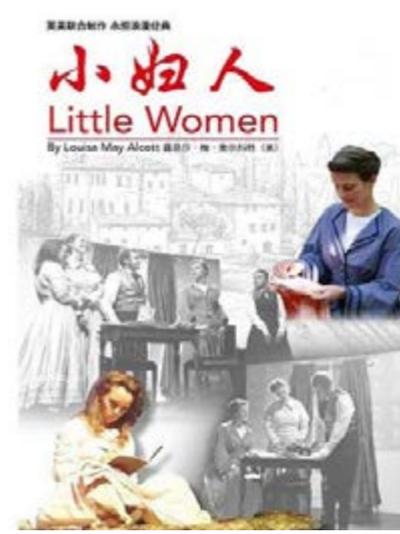
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20 Wed

LITTLE WOMEN BY CHAPTERHOUSE THEATRE COMPANY

英国书屋剧院原版英文话剧《小妇人》

Date: Wed, Mar 20th
Time: 19:30
Price: 120, 120, 180, 280, 380
Venue: Jinwan Grand Theater
天津津湾大剧院



Chapterhouse Theatre Company is proud to present the timeless story of Little Women, based on the classic novel by Louisa May Alcott. Join Chapterhouse as four sisters - Jo, Beth, Meg, and Amy - tell the story of their life during the Civil War in America. It is a story full of romance, love, passion, friendship; a story where hope will always outdo heartache and hardship, if you just have the courage to follow your dreams. The tale of these four sisters is brought to life in a brand-new adaption from Chapterhouse, featuring glorious period costumes, traditional live music and a story of self-discovery to warm your heart.

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》音乐会

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



Jordi Savall is among the leading instrumentalists and conductors of the European early music scene, specialized in Renaissance, Baroque, and Medieval music.

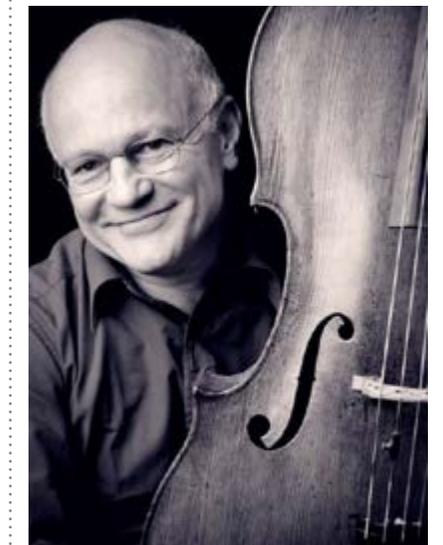
Savall became internationally known through his playing on the soundtrack of Alain Corneau's film Tous les Matins du Monde (All the Mornings of the World), concerning the French viol players of the Baroque era. He also founded La Capella Reial de Catalunya in 1987, an ensemble of instrumentalists and vocal soloists.

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



The Dutch cellist, viola da gamba (viol) player and conductor, Jaap ter Linden, showed talent early on and enrolled at The Hague's Royal Conservatory to study cello. There he advanced quickly and also began playing the viola da gamba, an instrument associated with Renaissance era and Baroque music. This branching out in music also extended into other academic areas, as ter Linden turned to the study of psychology, a field, however, that would ultimately not divert him from his musical pursuits.

In the 21st century, Jaap ter Linden remained active in both the concert hall and recording studio, as a cellist, gambist, and conductor. He was Artist in Residence at the Bodensee festival, Germany, where he conducted concerts with violinist Daniel Hope, Concerto Köln and the Letland State Choir and apppe.

SPECIAL DAYS INTERNATIONAL WOMEN'S DAY



March Women's day

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Calendar

2019 March / April

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

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 31st
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 lives to be a binding element. Welcoming others and building bridges between the centuries by crossing baroque, jazz and classical, Bach and Kaija Saariaho, she is 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 savours the confidence that he finds in i giardino, seeing his stage fright disappears when he is surrounded by his associates, knowing a precious moment will follow, a gift as much as joyous ritual.

12 Fri

ORPHEUS CHAMBER ORCHESTRA
奥菲斯室内乐团音乐会

Date: Fri, Apr 12th
Time: 19:30
Price: 180, 280, 380, 480
Venue: Concert Hall, Tianjin Grand Theatre
 天津大剧院多音乐厅



Orpheus believes in empowering the unique voice of all people to make a valuable contribution. Working together as a collective of leaders, members explore each other's musical ideas using their signature collaborative method, the Orpheus Process, and give flight to vibrant, unconventional interpretations. Orpheus performances unfold dynamically, moment-by-moment, creating an energy shared by musicians and audiences alike.

The Grammy Award-winning ensemble was founded in 1972 by a group of like-minded young musicians determined to combine the intimacy and warmth of a chamber ensemble with the richness of an orchestra, and has performed without the use of a conductor since its inception. Musicians rotate leadership roles for all rehearsals and performances, as well as organizational capacities, such as programming and governance.

Orpheus has recorded over 70 albums on all major classical labels, and commissioned and premiered 49 new works for chamber orchestra. Orpheus presents an annual performance series in New York City, featuring collaborations with world-class guest soloists. A touring ensemble, Orpheus has performed in major international venues across 167 cities in 46 countries across four continents, and has appeared regularly in Japan for 30 years.

14 Sun

BERLIN GIRLS CHOIR
四季民谣——柏林少女合唱团音乐会

Date: Sun, Apr 14th
Time: 19:30
Price: 100, 160, 220, 280
Venue: Concert Hall, Tianjin Grand Theatre
 天津大剧院多音乐厅



16 Tue

MARICI SAXES, SAXOPHONE QUARTET
英国大师级天后——玛丽琪萨克斯四重奏音乐会

Date: Tue, Apr 16th
Time: 19:30
Price: 180, 280, 380, 570 (380x2)
Venue: Concert Hall, Tianjin Grand Theatre
 天津大剧院多音乐厅



Calendar

2019 April

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

19 Fri

ARTIE'S PIANO TRIO
法国阿提斯钢琴三重奏音乐会

Date: Fri, Apr 19th
Time: 19:30
Price: 80, 120, 180, 280, 180 (120x2), 280 (180x2), 380 (280x2)
Venue: Concert Hall, Tianjin Grand Theatre
 天津大剧院多音乐厅



24 Wed

PIERRE HANTAÏ, HARPSICHORDIST & BAROQUE ORCHESTRA
法国羽管键琴大师皮埃尔·韩岱与古乐团音乐会

Date: Wed, Apr 24th
Time: 19:30
Price: 80, 180, 280, 252 (180x2), 392 (280x2)
Venue: Concert Hall, Tianjin Grand Theatre
 天津大剧院多音乐厅



SPECIAL DAYS



ARBOR DAY

MARCH 12

ST. PATRICK'S DAY

MARCH 17



APRIL 01



QINGMING FESTIVAL

APRIL 05

EASTER DAY

APRIL 21



**Lobster Themed Buffet
@ The St. Regis Tianjin**



The St. Regis Tianjin well-selected the imported lobster from South Africa for dinners in Tianjin to experience the delicious and sweet-moated lobster at Promenade. The Executive Chef Edison had been crafted Roasted Lobster with onion cream sauce, steamed lobster with garlic and glass noodle and much more for you.

Price: RMB528 per person

Time: Every Thursday to Saturday

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

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

**Japanese Cuisine
@ Renaissance Tianjin Lakeview Hotel**

During the sakura blossom season, Renaissance Tianjin Lakeview Hotel BLD Restaurant invites you tasting the original flavor of Japan.

Price: Japanese Food Festival Dinner Buffet is RMB 398/person.

Order in official WeChat store: tianjinlakeview only RMB 218/person!

Date: 10th to 31st March (Sunday to Thursday)

Venue: BLD Restaurant, Renaissance Tianjin Lakeview Hotel,
16 Binshui Road, Hexi District, Tianjin

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



**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

**Meeting Packages 2019
@ Four Seasons Hotel Tianjin**



Recently, the Hotel introduced the Meeting Packages 2019, offering guests an extraordinary event experience as a good start to the year.

The Beginning of the Year Corporate Banquet Package is from CNY 3,888+15% per table of 10 persons and valid from February 15 until April 30, 2019. The Full-Day Meeting Package 2019 at CNY 550nett per person includes use of meeting room for eight hours, two coffee breaks and an international buffet lunch. It is applicable for meetings with a minimum of 20 persons, and valid from Monday to Friday, February 15 until December 31, 2019.

Besides international-class event experience, executive travellers will appreciate the Hotel's modern luxurious accommodation of 259 guest rooms providing a serene escape. Food lovers can enjoy authentic and exquisite Cantonese cuisine with a sophisticated twist at the award-winning Jin House Chinese Restaurant. For luxurious escape from the cacophony of the city, rejuvenate in the inspiring tranquillity of L'Océan Spa or soak in the indoor sky-lit swimming pool with stunning views and underwater music.

For more details, can contact Four Seasons Hotel Tianjin at +86 (022) 2716 6187 / 6688.

**Taiwan Food Festival
@ Shangri-La Hotel, Tianjin**

The delicious flavours of Taiwan cuisine come to Shangri-La Hotel Tianjin in March. Join Taiwan Chef Dr Eddie Liu, Director of Culinary Arts from Shangri-La Far Eastern Plaza Hotel in Taipei, for a festival of special menus, gala dinners and cooking classes.

Chef Liu has been a chef for more than 30 years. He is Vice Chairman of Le Cordon Bleu in the Taiwan area, an Ambassador of Chaîne des Rôtisseurs and received the Blue Honorary Ribbon of Disciples Escoffier.

From 8th to 17th March 2019, Chef Liu will be preparing an a la carte menu during lunch and dinner at Shang Palace featuring dishes like cold fresh abalone with spicy sauce, baked lobster with preserved tree seed and ginger, and Taiwan beef noodle soup. A special 10-course gala set dinner with Chef Liu will be presented at the Shang Fu on 16 March. Cooking class at Shang Palace on 14th - 15th March where participants can learn classic dishes like Deep-fried shrimp roll in Tainan style and Steamed glutinous rice with mud crab.

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



**A Taste of Huaiyang Cuisine
@ Wanda Vista Tianjin**



Wanda Vista Tianjin will be offering an unrivaled dining experience featuring two talented guest chefs from Wanda Realm Nanjing at ZHEN Chinese Restaurant from 1st to 31st March 2019. An excellent selection of Huaiyang delicacies includes Braised Pork Ball in Superior Soup, Boiled and Dried Bean Curd, Stir-Fried Shrimp with Gordon Euryale, Vegetarian Goose, Pan-Fried Water Chestnuts with Fish Cake, and many more.

Date: 1st to 31st March, 2019

Venue: 6F, ZHEN Chinese Restaurant, Wanda Vista Tianjin,
No. 486, Bahao Road, Da Zhi Gu, Hedong District, Tianjin

For more information or reservations please call +86 22 2462 6888 ext. 6022

WHICH LASTED LONGER- POETRY, NOVELS OR DRAMAS?

Have you ever wondered if poetry, novels, or dramas are just a thing of the past? We all know that they are important parts of our history and culture. But, has their popularity already ended in books? Read on!

By Rose Salas

POETRY

China is a Poet Kingdom. Classical Poetry and Modern Chinese Poetry comprise the Chinese world of poetry. With the extremely high regard that had been bestowed in this kind of writing, our poets left a remarkable legacy in this field of literature. Essentially, poetry is considered as the earliest form of literature, which originated from old folk songs. It is believed to have existed even before the Chinese language was written and recorded. Rhyme is the main focal point of the classical writing, expressing emotions, such as sorrows and joys in the daily life, or special festivities. Since the last dynasty, Qing, poetry did not disappear at all. Mao Zedong became the well-known practitioner of

the Classical poetry in the 20th century. This is also the period when the modern poetry came to light. In the year around 1912, experimental styles of poetry writing known as “free verses”, together with the modern style “baihua”, became the tone of the modern writings.

In today’s Internet age, poetry continues to flourish as a social form. It means that due to several factors of influence like culture, media and politics, poetry changed its shape and definition depending on who does the writing. Modern poets, who have the access to internet, don’t need to publish their works in journals or books, but express their “poetic talent” in forms of blogs or social platforms as a form of participation. So, poetry still exists at this modern time.



Bai Hua, Three hundred Tang Poems



To Live by: Yu Hua

NOVEL

After the great revolutionary storms, modern literature has been given birth and flourished as times go by. In the case of Fictional Writing, our Six Classis Novels served as a contribution to the world in the longest and the oldest novels’ list. These great masterpieces started around 14th century up to the 18th century. In 2012, writer Mo Yan, won the Noble Prize in Literature for his novel entitled Red Sorghum. His work was a great hit for the Western people due to his style of writing that put folk tales, history and contemporary topics all in a mix. In one of his speeches, he mentioned

DRAMA

Known as a nation with history-conscious culture, drama originated from the theatrical traditions that existed in the early time. In the era of Kin and Yuen dynasties, there were about six hundreds of plays that were recorded and have been celebrated and enjoyed by the people. Highlights of its feature are the verbal decoration and poetical ornament of its script. Although the development of plot is yet to be improved during those early times, these plays were commonly portrayed with scenes like violence, suffering, death or starvation. Commonly, the actor would sing a song before his life will be ended. At the end of the play, the viewers would still be left with an amazing happy ending.

As in the case of modern dramas, original pieces of Chinese writers were used to give delight to the modern audience. Liu Zhenyun wrote Chicken Feathers Everywhere and Working Unit,

which were adapted as a popular TV drama series in 1994. The Huaju or a spoken play, started to develop in Shanghai in the early part of this century. Young playwrights adapted an even more realistic portrayal; focusing on the differences of the life before and after. However, due to the widespread love for other cultures, our dramas have to compete with pop music concerts, several international and local variety of television shows. Nevertheless, we still have one of the most booming TV drama industries in the world! The top-scoring TV dramas as of last year are Lost in 1949 (脱身), Summer’s Desire (泡沫之夏), and The Way We Were (归来).

Like almost anything in this world, literary trends constantly change with the times and seasons. So, to answer the question “Which Lasted Longer - Poetry, Novels or Dramas? – I believe this is not the right time to tell yet, as they’re all still alive in the hearts of every Chinese citizen! Do you agree?

哪个能够留存更长时间 - 诗歌，小说或戏剧？

你有没有想过诗歌，小说或戏剧是否只是过去？我们都知道这是我们历史和文化的重要组成部分。但是，它受欢迎的时代已经结束了吗？

诗歌

中国是一个诗歌王国。古典和现代中国诗歌组成了中国的诗歌世界。我们的诗人在这文学领域留下了非凡的遗产。

诗歌是有节奏、有韵律并富有感情色彩的一种语言艺术形式，也是世界上最古老、最基本的文学形式。

小说

小说是文学的一种样式，一般描写人物故事，塑造多种多样的人物形象，但亦有例外。它是拥有完整布局、发展及主题的文学作品。小说是以刻画人物为中心，通过完整的情节和具体的环境描写来反映社会生活的一种文学体裁。2012年，作家莫言凭借他的写作理念获得诺贝尔文学奖。代表作品《红高粱家族》《檀香刑》《丰乳肥臀》《生死疲劳》《蛙》。他的写作风格将民间故事，历史和当代话题融为一体。

戏剧

戏剧的表演形式多种多样，常见的包括话剧、歌剧、舞剧、音乐剧、木偶戏等。是由演员扮演角色在舞台上当众表演故事情节的一种综合艺术。

Theaters in Beijing can be as important as any other cultural or touristic place, therefore, if you are planning to stay in the capital for a while, going to one of these amazing plays is a must!

WHY THEATER?

Theater helps in self-discovery and expression, even as a spectator, it teaches you history and culture right in front of you. According to American Theatre, Beijing has the highest concentration of performances, which sometimes are similar to opera productions in the US. Beijing can register more than 9,000 performances of plays per year. Furthermore, most of these plays appeal to young populations in the city.

剧院和最佳戏剧!

1. 蒙特卡洛芭蕾舞团《灰姑娘》
《灰姑娘》是由摩纳哥蒙特卡洛芭蕾舞团制作呈现，让·克里斯托弗·马约编导的作品。芭蕾舞《灰姑娘》的改编还是基于那个著名的童话故事。但在这一版改编中，很多来自童话故事的设计会更加简约，比如说灰姑娘的水晶鞋将由她脚上的金粉代替，而王子也是通过脚印追踪出灰姑娘的下落。编导认为这样的设计会让舞蹈作品更具现代感。
日期：2019年3月14日至16日
地点：国家大剧院-歌剧院

2. 老舍话剧《西望长安》
《西望长安》一剧正是作家老舍根据“新中国政治诈骗第一案”于1956年创作完成的一部五幕讽刺喜剧。老舍用生动诙谐的笔触塑造了十余位个性鲜明的人物，整部剧具有极强的讽刺意味和现实意义。
日期：2019年2月28日至3月10日
地点：国家大剧院-小剧场

3. 优秀小剧场话剧邀请展：黄盈工作室新剧《黄粱一梦》
《黄粱一梦》2011年在法国阿维尼翁戏剧节首演，连演24场，获得一致好评，被称为“最中国的参演剧目”。
日期：2019年3月14日至3月17日
地点：国家大剧院-小剧场

4. 英国书屋剧院经典系列《小妇人》
日期：2019年3月24日
地点：中国人民大学如论讲堂

THEATERS AND BEST PLAYS COMING SOON!



WHAT'S COMING SOON?

1. LES BALLETS DE MONTE-CARLO CENDRILLON

Looking for something more classic? You can't miss NCPA'S ballet performance in March. The play has more than 13 artists on stage; moreover, it was choreographed by Jean-Christophe Maillot and music by Sergueï Prokofiev. The play is about a prince who marries a girl from a farm without knowing where she was from at first. This ballet performance creates a new Cinderella in an artificial world through choreographic art.

Dates: March 14th - 16th, 2019.
Venue: Opera House NCPA, Beijing
You can book your tickets on NCPA website: en.chncpa.org

2. LOOKING WEST TO CHANG'AN

Looking West to Chang'an is a comedy written by Lao She and directed by Yuan Jinhong that includes five acts of an absurd tale about the events of 1954 "the First Political Fraud Case of the New China".

This historical satire will show you irony through at least 13 talented artists on stage. Will you miss it?

Dates: February 28th - March 10th, 2019.
Venue: Multi-functional Theatre NCPA, Beijing
You can book your tickets on NCPA website: en.chncpa.org



3. A PIPE DREAM

This play has staged at least 24 times around the world, and it's one of the most well-known dramatic plays in Beijing. A pipe dream's director, Huang Ying, has been recognized for his traditional art fundamentals on stage, such as using classical and avant-garde elements. A pipe dream is about a farmer who falls asleep on a magic pillow that makes him experience a whole life for a moment.

Dates: March 14th-17th, 2019.
Venue: Multi-functional Theatre of NCPA, Beijing
You can book your tickets on Theatre Beijing website: theatrebeijing.com

4. LITTLE WOMAN

Chapterhouse Theatre Company presents the story of Little Women, which is based on the novel written by Louisa May Alcott. The play tells the story of four sisters helping each other to follow their dreams during the civil war in America.

Dates: March 24th, 2019.
Venue: Rulun Lecture Hall of Renmin University, Beijing
You can book your tickets on Damai: en.damai.cn



5. OPERA II UN BALLO IN MASCHERA

Britain's TNT Theatre returned to Beijing this January, along with its play Romeo and Juliet. Now, the NCPA brings new plays of well-known directors.

Hugo de Ana is the stage director of this adapted story based on the assassination of King Gustav III of Sweden. Lighting design was made by Vinicio Cheli, Sergio Metalli was the Projection Designer and the Choreographer, Marco Pelle.

This dramatic opera tells the story of Amalie, who tries to pursue extramarital love, while dealing with the real high life of the 18th century. Un Ballo in Maschera brings a different view of drama and music content. There are many romantic events and funny farces that make this opera both entertaining and interesting. Moreover, it is known to be one of Verdi's finest masterpieces.

Dates: April 10th-14th, 2019
Venue: Opera House, Beijing
You can book your tickets on NCPA website: en.chncpa.org

AVOID 避免拖延症 PROCRASTINATING

By Nancy Allen

Have you ever found yourself rushing at night to finish a homework that you have to turn in the morning after, and wishing you had started sooner? If so, it's possible you are a procrastinator. First of all, what is procrastination? I'm sure most of you already know, but why do we still do it then? Procrastination, by definition, is the avoidance of doing a task that needs to be accomplished. It is the act of constantly looking for distractions and putting things off until last minute, especially the difficult tasks.

This is how procrastinators usually think. They prefer doing things later, instead of doing them on time. This type of thinking can lead to work accumulation, and therefore, stress, anxiety, no sleep, and the list goes on. It is one thing to sometimes leave things until the last minute, but a procrastinator would avoid a difficult task constantly and just prefer doing it "later", hoping that the time to actually do the work never comes. However, procrastinators avoid tasks, but I'll show you how to avoid procrastination.

How do you know if you are a procrastinator? Well, procrastinators, like I said before, prefer putting things off to do them "later". Most of them may say they perform better under pressure, but that's their way of justifying their actions. Either way, I'm here to tell you it's possible to overcome procrastination.

The first step to overcome procrastination is to recognize that you are doing it. How do you know you are procrastinating? If you find yourself constantly saying "I'll finish that later", if you "wait until the right

time or you feel like it" to start an important task, or if you find yourself constantly looking for distractions (games, mobile phones, talking to friends, shopping, going out, taking a nap, etc.) instead of finishing or beginning what you are supposed to be doing, then you are procrastinating.

Now that you've recognized that you're procrastinating, the second step is to ask yourselves why, and saying that "it's more fun to do other things" is not the answer, it's an excuse. So let's actually think deep on the reasons why you are procrastinating: is it organizational problems like time management? Is it because you don't enjoy it? Is it because you can't decide what to do? Is it because you are tired and think that once you start a certain task, it will take forever to finish, so you prefer to do it later?



If you find yourselves saying "yes" to one or more of these questions, then the third step is to get over the procrastination once and for all. Maybe these tips might help you:

- ▶ Create a schedule, and fit doing homework into it.
- ▶ Make a TO-DO list.
- ▶ Remind yourselves of how bad it feels when you actually leave things for last minute.
- ▶ Divide the difficult tasks into small chunks and make progress little by little.
- ▶ Don't overthink, take action!
- ▶ Commit.
- ▶ Keep distractions to a minimum (turn off your phone and/or internet, if necessary).
- ▶ Reward yourself for actually finishing.

If you follow these 8 tips you will be good to go. I'll leave you with one final example of reflection.

There comes a point where, if you keep on postponing things, the amount of effort and work you will have to put in and do will get bigger to the point of no return, and when that comes you are going to be wishing that you had started everything before. So, keep this in mind, and if you think that there is an important or big task then maybe try doing a little every day, instead of all of it the last day. You will feel a lot better and proud of yourselves this way.

很多人可能都会有这种感受，我们要开始做一件事情，清楚要怎么做，截止日期也即将到来，但我们就是呆坐在电脑前，或者又拿出油漆和刷子，或突然决定大清洗，干到一半又想清扫地下室、整理橱柜。当意识到没时间后，一天又这么过去了，而正事没有一点进度。这就是可怕的拖延症，它不时地困扰着我们。不论你只是偶尔的拖延，或者拖延症是你的“亲密同伴”，治疗拖延症都应该刻不容缓。

许多拖延症患者肯定尝试过改变，但过程远不及他们所想的那么简单。这是因为拖延症不单单只由一个原因造成，也并不只有一个解决方法。拖延症有很多原因，有关个人性格、时间计划表、不同任务。比起推迟去体育馆、清理房间，你可能会想出更多的原因拖延工作。若想要永久克服拖延症，你需要认清，当你推迟工作时，你的脑海里在想些什么，你如何才能改变这种思维方式。本文的小贴士会帮助你清楚地认知拖延症，提出实用的方法，帮助改变你的一生。



Women's Day is every March 8th and all women can take half day-off at work. They can enjoy the special treats by men, and take part in the events hosted by many establishments and organizations. As marketing campaigns popularized this day as 'Queen's Day' (女王节 nǚwáng jié) or 'Goddess Day' (女神节 nǚshén jié), we take the opportunity to make a list of the top women influencers in China today.

TODAY'S MOST INFLUENTIAL WOMEN IN CHINA



1. DONG MINGZHU

*Chairwoman of Gree Electric Appliances Inc.
Deputy of National People's Congress*

Under Dong's leadership, Shenzhen-listed Gree Electric Appliances Inc. became a major player in the global air-conditioning industry, while retaining its

top rank in the local market. Sister Dong's formidable leadership has since been recognized by Fortune Magazine when she was awarded as the fourth most powerful woman in Asia Pacific in 2015; and topping their current list of Most Influential Chinese Businesswomen.



2. LUCY PENG

CEO and Chair, Lazada and Executive Chair of Ant Financial and former CEO of Alipay

As one of Alibaba's fabled founders and one of the 21 self-made Chinese billionaires, Lucy's low profile doesn't overshadow her prowess as a tactician and human resource guru, which helped transform Alipay into Ant Financial, now the world's most valuable fintech company. Her new assignment as Lazada's boss signals a more seamless integration, as they gear on capturing a US\$200 billion e-commerce market.

3. WANG FENGYING

Vice Chair and General Manager, Great Wall Motor

Known as China's first and only female chief executive in the Chinese car industry, she masterminded the runaway success of its premium SUV brand, making leaps for a Chinese auto maker to top the sales for 14 consecutive years. Wang is pushing to reach 2 Million annual sales by 2025, whereby a third of the sales will be purely electric vehicles, and compete in the global market.



5. YANG LAN

Media mogul and TV host

Yang sits at the helm of a multiplatform business empire and is considered as the most powerful woman in Chinese media. A true spokesperson, she brings together China's largest community of professional women to her popular show, Her Village. She founded the Sun Culture Foundation in 2005 in support of philanthropic endeavours and cross-cultural communication.



4. MEI YAN

Former Managing Director of Viacom and Senior Partner for China of Brunswick Group

Mei commands a high respect as an award-winning journalist, but especially as one of those who successfully influenced the notion of press freedom among censors and regulators in China. Mei is valued as a foremost strategic communications adviser for multinationals on cross-border strategies.



6. HU SHULI

Co-Founder of Caixin Media

Hu is recognized by Forbes as one of the most powerful women for her expose on corruption in the financial industry. In 2003, her publication helped uncover the government's cover-up on the SARS epidemic. She co-founded Caixin Media, which remained to be a platform for hard-hitting investigative reporting and independent journalism.

8. GONG LI

Actress



China's best-known actress in the west, Gong is known for numerous films, including Red Sorghum (1988), Raise the Red Lantern (1991) and Memoirs of a Geisha (2005). She was appointed UNESCO Artist for Peace in May 2000 and has been a recipient of prestigious film awards in China. In 2014, she chaired the jury of the 17th Shanghai Film Festival.

9. FU YING

Former Deputy Foreign Minister of China

Fu's role as a former deputy foreign ministry and the chief expert of the National Institute of International Strategy of the Chinese Academy of Social Sciences makes her advice very valuable until now. In 2017, her essay enlightened the world on the Chinese perspective on the Korean nuclear issue, and was instrumental in pushing for a real dialogue.



7. ZHANG ZIYI

Actress



The pride of China, Zhang is one of the most recognized Asian faces in the world. Since then, she has won critically acclaimed awards, as well as nominations for her acting prowess, especially after starring in the epic Chinese film, Ang Lee's Crouching Tiger, Hidden Dragon. Zhang is a respected member and jury in several industry organizations at home and abroad, and still enjoys lucrative endorsement deals.

10. LAURA CHA SHIN MAY-LUNG

Chair, Hong Kong Exchange and former vice chair of the China Securities Regulatory Commission

The first woman to chair the stock exchange operation, Hong Kong Exchange, a role she earned because of her expertise in the securities markets, deep experience in the financial services in Hong Kong and China, and her connection with different sectors in the industry. She also holds the title of being the first person outside mainland China to join the Central People's Government of the People's Republic of China at the vice-ministerial rank.



11. WU CHANHUA

Director of Climate Group Greater China

Wu is a dedicated advisor to governments and corporations on major regional environmental initiatives and sustainability strategy. She lends her expertise to many international fora and both Chinese and international media to champion global clean and smart revolution, and works with young professionals around the world to deliver UN 2030 Sustainable Development Agenda.



12. PEARL LAM

International Gallerist

Pearl Lam founded the China Art Foundation in 2008 with the aim of bridging the perceived gap between art and design from the East and the West. Managing her own Pearl Lam Galleries in Shanghai, Hong Kong and Singapore, she has helped establish Chinese artists and designers to the international scene. Since then, she has been lauded among the Art Power 100 in L'Officiel Art in 2012 and 2013, and was recognized as one of Asia's most powerful women in Forbes Magazine in 2013.



14. BECKY LI

Fashion Blogger

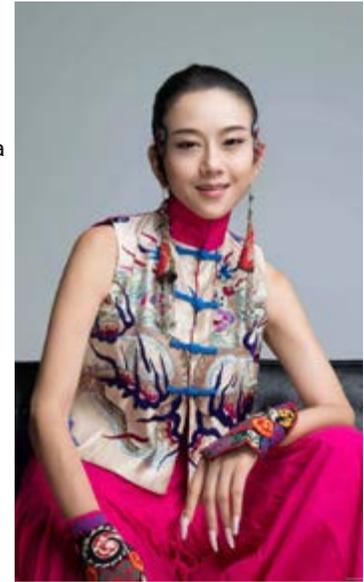
Her followers are numbered more than 3 Million on Weibo and more than 4.5 million in WeChat. Becky has rightfully earned the moniker "Mai Shen" or "Goddess of Shopping", especially after selling 100 limited-edition Mini Cooper Countryman cars (priced at 285,000 yuan) within five minutes of its launch on her account, Becky's Fantasy. As a top Key Opinion Leader (KOL), her view is being sought and considered by international brands, which have just started to deal with their Chinese consumers.



13. YANG LIPING

Dance Artist and Choreographer

Yang became a household name in China when she first performed her Spirit of the Peacock dance in 1986, which was then broadcasted the following year, across all the country. While the Peacock Princess is already 60 years old and has reaped major awards as a performer and choreographer, she continues to impress the crowds with her epic production numbers.



15. ANGELA BABY

Model & Actress

Angela Yeung Wing or better known by her nickname, 'Angela Baby', has a following of more than 86 Million in Weibo and 6.6 million in Instagram. She is considered as China's most bankable actress, having been an ambassador of countless luxury brands like Dior, Tag Heuer and UGG.



16. LI NA

Retired Tennis Player

Li Na won two Grand Slam Tournaments in her career and peaked at No. 2 in the world. Even after her retirement five years ago, she still enjoys million-dollar endorsement and licensing deals from almost all her sponsors, proof of her enduring influence in the sport. She hopes to open her own academy, given the countless of young players, who expressed how they were inspired to try and excel in the sport because of her. A movie based on her life is set to be shown sometime this year.

17. LI YAN

Short track speed skating coach

Li is considered as the most decorated coach in the history of speed skating, since she started in 1988. After her retirement in 2000, she began her career as a coach, where she led the Chinese team to win gold medals during the Winter Olympics in 2010, 2014 and 2018.



当下中国最具影响力的女性

妇女节是每年3月8日，所有女性都可以在工作中休半天。他们可以享受特殊待遇，并参加许多机构和组织举办的活动。由于营销作用，今天是“女王节”或“女神节”，我们想要借此机会列出当下中国顶级女性影响者名单。

董明珠

格力电器公司董事长

在董的领导下，格力电器公司成为全球空调行业的主要领导者，同时保持其在当地市场的最高排名。自2003年被授予亚太地区第四位最有影响力的女性以来，董明珠强大的领导力一直被“财富”杂志评为并列入他们目前最具影响力的中国女企业家名单。

露西彭

蚂蚁金融的执行主席以及支付宝的前首席执行官

作为阿里巴巴的传奇创始人之一，也是21位白手起家的中国亿万富翁之一，露西的低调并没有掩盖她作为策划和人力资源大师的实力，这帮助将支付宝转变为蚂蚁金融公司，现在是世界上最有价值的金融科技公司。

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18. FENG SHANSHAN

Golf

The silent type with a colourful nickname, 29-year old Feng or fondly called as “Jenny Money”, is the first player in China to win a major championship, an Olympic medal and to hold the Rolex world No. 1 rank in Golf. With her amazing feat, many Chinese girls have begun their competitive golf training with the aim of being one of the top five nations in the world in women's golf.



19. DING NING

Table Tennis



Considered as the most brilliant and persevering table tennis player in China, and captain of the women's table tennis team, she is a twice title holder in 2011 and 2014, and won her third ITTF World Cup Title on her third attempt at the Uncle Pop 2018.



EAT FRESH!
EAT HEALTHY!

THREE FISHERMEN

Steamed seafood restaurant

吃得新鲜！吃得健康！
三个渔夫—蒸汽海鲜餐厅

By Romee C



WHY THREE FISHERMEN?

This is a very simple question, because this is the only restaurant that provides you with a daily supply of new, fresh seafood products from the coast of our very own land all around China, Dalian, Shandong, Tianjin, etc. All types of seafood, from tilapia, lobster, to shrimp and so on, are collected from where it's the best, ensuring the high quality and customer's health and satisfaction. This is not an easy task, but the Three Fishermen team has been able to fulfil this. And the success is proven by the fact that the Three Fishermen restaurant has been able to expand to a ten restaurant series, all around China in less than four years. The first one opened in Meijiang, in October, 2015. And the last two, which are specialized in displayed cooking, gave a twist to the ordinary.



Tianjin cuisine places a heavy focus on seafood due to Tianjin's proximity to the sea. Local people have evolved an incomparable passion for seafood. There is an old saying in Tianjin: Pawning for seafood is not a waste, which means money spent on seafood is always worth it. In old times, Tianjin people would even pawn their family belongings for money, so that they could buy some seafood, since the right season waits for no man. According to Tianjin people, only the freshest seafood is worth savouring, which reflects in a sense how the Tianjin people are keen on the pursuit of delicious food.

If you haven't still had a chance to enjoy a self-satisfying meal of seafood in Tianjin, you are definitely missing something, but trust me the day is here! All you have to do is to visit The THREE FISHERMEN Restaurant, which awaits your arrival, assuring you with the best seafood in the city, as fresh and healthy unlike elsewhere.

How did Three Fishermen begin its journey?
As the name says, three professional chefs, with over 20 years of experience in the seafood industry, came together to give rise to the Three Fishermen restaurant line, alongside with the guidance of their master Mr. Sun, whose vision was to serve steamed seafood. Their clear vision and skills gathered over the years have brought us the opportunity to witness and taste the speechlessly delicious varieties of seafood. The service provided by the team at Three Fishermen, from the owner to the receptionist, is unbelievably self-warming and comforting.

The Three Fishermen restaurant in Tianjin opened three months ago, being the tenth in the series, but has already been able to attract the hearts of many people not just from Tianjin, but also from other cities as well, during a very short period of time. In addition to the quality of the products and the hospitality, service and cleanliness displayed made me feel homely, as they say "cleanliness is appetizing". These in fact made me comfortable as I enjoyed the best seafood meal of my life, feeling healthy and with no regrets as I ate to my heart's content.

And the best part is you get to choose the products you want to eat from a displayed live collection, and have it prepared right in front of your own eyes. Above everything, the method of cooking is what drew me the most; the live products, brought in by an amazingly friendly and accommodating staff, are placed in the cooker in the centre of your table, which cooks them by steam alone with no added flavours or artificial ingredients, giving you the opportunity to taste not just delicious seafood, but seafood full of nutrition, served to your plate. So why not Three Fishermen?





The softness and the mouth-watering taste of every bite of perfectly steamed shrimp made me want more, and the unique taste of the various types of scallops and clams made me wonder in awe. The tenderness and the subtle sweetness of the crabs also amazed me. The special seasoned dishes of fish portrayed the real difference between canned tuna and fresh fish, which undoubtedly mesmerized my taste buds.

Apart from the steamed seafood, they've got so much more to offer to their beloved customers, including various vegetable side dishes like the cucumber salad, which is an essential to sooth your body after a meal of seafood. And imported quality salmon, steak and many other dishes made from seafood are also available. The shrimp dumplings were one of my favourites. You can enjoy all of this whilst enjoying a delicious fruit tea, full of nutritional value and uniquely prepared by

the well qualified professional chefs at Three Fishermen. The desserts include sweet pear, which I really enjoyed, and fruits.

The lively and cosy environment at the Three Fishermen restaurant enables you to bond with your loved ones whilst enjoying your meal, but if you prefer to have your meal in privacy, you are still able to do so in the special dining rooms provided, with no disturbances. The transparency, portrayed through the displayed cooking techniques, has been able to earn the trust of customers. So, if you have been once to the Three Fishermen restaurant, I can confidently say that you will be wondering when you will be able to come again, from the moment you leave the door. Trust me, I say this with experience.

So hurry up, and come to visit the Three Fishermen restaurant with your family, friends or colleagues, to taste fresh and healthy seafood.

This is the only place in the city that is able to satisfy you more than you could expect, making possible for you to purchase seafood products, as fresh as from the market, and as clean as from a supermarket. It's finally time to taste some real seafood! Three Fishermen awaits your arrival.



**Check below the location of Three Fishermen restaurants in Tianjin.
Sure one of them is near your home!**

Three Fishermen (Meijiang)

三个渔夫梅江店
No.3 Longshui Yuan, cross of Youyi Nan Rd & Zhujiang Dao, Hexi District
天津市河西区友谊南路与珠江道交口龙水园3号
电话: 022-83767089

Three Fishermen (Xiaobailou)

三个渔夫小白楼店
No.60 Pukou Rd, Hexi District
天津市河西区浦口道60号
电话: 022-27956566

Three Fishermen (TEDA)

三个渔夫开发区店
Cross of 3rd Avenue & Nanhai Rd, TEDA
天津市滨海新区第三大街与南海路交口
电话: 022-65263999

Three Fishermen (Tanggu)

三个渔夫塘沽店
Cross of Hangzhou Rd & Fujian Bei Rd, Tanggu
天津市塘沽区杭州道与福建北路交口
电话: 022-66303959

Three Fishermen (Jiulong Rd)

三个渔夫九龙路店
No.78 Jiulong Rd, Hexi District
天津市河西区九龙路78号
电话: 022-83862899

Three Fishermen (Nankai)

三个渔夫南开店
No.118, Lingbin Rd, Nankai District
天津市南开区凌宾路118号
电话: 022-27956566

Three Fishermen (Water Park)

三个渔夫水上公园店
Building C, Shanggu, cross of Tianta Rd & Shiyong Rd, Nankai District
天津市南开区天塔道与士英路交叉口上谷商业街C座
电话: 022-23878069

Three Fishermen (Wandezhuang)

三个渔夫万德庄店
Wande Building 2, cross of Wandezhuang Street & Wandezhuang Nanbei Street, Nankai District
天津市南开区万德庄大街和万德庄南北街交叉口万德大厦2楼
电话: 022-87388688

San Ge Huo Fu (Meijiang)

三个伙夫
No.60, Xinchui Yuan 12, cross of Jiuhuashan Rd & Zuojiang Rd, Hexi District
天津市河西区九华山路与左江道交口欣水园底商12-60号
电话: 022-88381269

Ju Jiu Jiang Dumplings

聚玖江渔夫水饺
No.34, Longshuiyuan 1, Zengjiang Rd, Hexi District
天津市河西区增江道龙水园1-34号
电话: 022-88360589



**开春第一鲜!
三个渔夫蒸汽海鲜,
吃的新鲜又健康!**

有句老话说得好:“借钱吃海货,不算不会过。”直白了当的表明了天津人对海鲜的狂热之情。今天要推荐的就是这么一家海鲜餐厅:三个渔夫蒸汽海鲜。

1993年冬季,一位朝阳小伙孙作权当兵复员到鞍山打工,开始了职业厨师生涯。拜师于大连海味馆师傅《苏常胜》门下,二十几年徒步行走一万多公里海岸线及国内外海鲜市场,只想把原味海鲜带到客人餐桌上。2015年9月10日,孙作权优选两名徒弟创办三个渔夫蒸汽海鲜。李明孝便是其中一个渔夫,三个渔夫只使用清蒸方法烹饪,活海鲜现蒸,全程没有油炸,不仅有机会品尝美味的海鲜,而且吸收了营养。

三个渔夫能在天津迅速走红,并不是一件偶然或容易的事情。

三个渔夫蒸汽海鲜对食材的要求是非常严格的,每天食材的采购总是关注着海鲜市场上最新最好的海鲜,三个渔夫接受着最挑剔的天津人的评判,时刻不敢放松。

一筐蛤蜊是三个渔夫产品核心中的核心,虽然蛤蜊在海鲜中不算稀奇,但保证每颗无沙,肉质鲜甜肥美,这就不是一般海鲜餐厅敢保证的。一道普通平常的蛤蜊确成为每桌必点的招牌菜,这源于三个渔夫对品质近乎苛求的标准。

餐厅的环境热闹而舒适,时常看到排队等座的顾客。如果你没有去过三个渔夫蒸汽海鲜餐厅,我可以自信地说,那你一定会是回头客!

How to Pair Necklaces With Necklines?

衣领与项链的搭配

By Barbara Ross

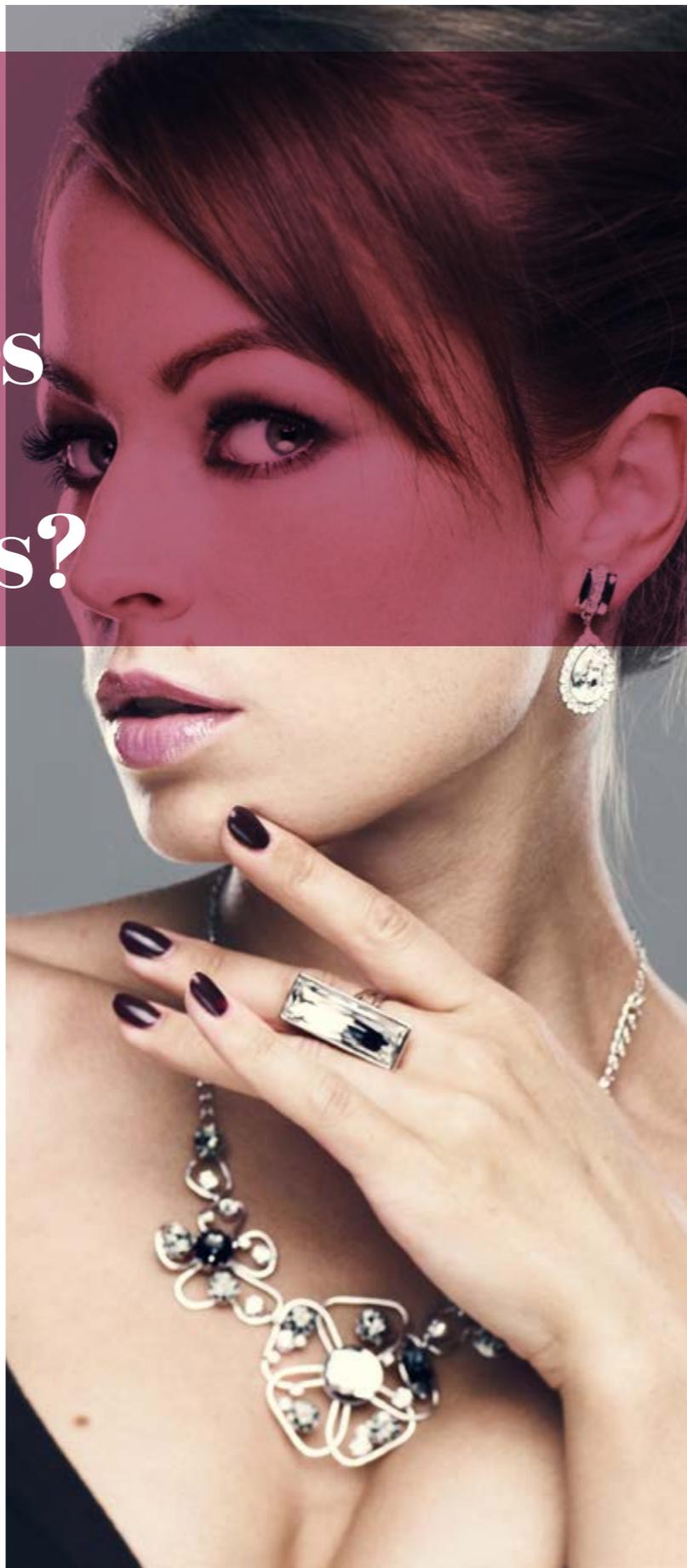
You know how you spend long hours in your closet or dressing room trying to figure out what to wear whenever you need to dress up?

Well, we feel you. The struggle is real.

And, when you finally do decide what to wear, the task of having to find matching shoes and jewellery for the look is even more daunting. By the time you finalise your necklace, you will probably want to change the outfit you chose in the first place, because it probably doesn't match its neckline.

So let's all confess, pairing necklines with necklaces can be a bit confusing.

So for all girls who need to spend hours dressing up, here is a definitive guide on pairing necklaces with necklines, so you can save at least 20 minutes of your precious time.



首饰如同衣服、化妆品永远都是女人的时尚宠儿，项链可以修饰脖颈的不足之处，更能为其锦上添花。让我们一起来学习下什么样的项链与衣领的搭配可以点亮我们的穿着。

高领毛衣

就日装而言，项链佩带在高圆领上面有过于夸张之嫌。但是比较贴合脖子的瘦衣领，可以在领子外围加上圆形的项链，让线条搭配协调统一。

V领

这是个讨巧的款式，这样的领口线条十分简洁明快。适合佩带较现代和时尚的项链，吊坠垂挂于颈脖和领口中间的位置比较合适。注意不要让吊坠被衣物所遮盖或者紧紧贴在喉咙部位。

斜肩吊带

斜肩或吊带款式的服装，适合与有吊坠装饰的项链搭配，这样可以将视觉中心聚集到一点，以免链、带太多，分散视线；大吊坠与细链搭配形成反差，才能更好地起到抢镜的作用。

CREW NECKS

Let's start with the most basic and rather boring one among necklines. Crew necks are often considered old school and fit-for-old people. However, that doesn't need to be the case. You can spice up any crew neck outfit with bib style short statement necklaces. It shouldn't be longer than your collar bone, for the perfect look.



TURTLENECKS

Turtlenecks are already more of a dramatic style of neckline. Hence, for the most part it is the best to go without a necklace and balance the drama with earrings. In some cases you could also go for a very simple and minimalistic dainty chain with a tiny pendant for an elegant look.



HALTER NECKS

Halter necklines are best paired with short and minimalistic necklaces, as well.



In some cases, when there is a lot of drama going on at the bottom of the outfit with no particular design in the neck area, you can also wear a similar colored collar style choker for the neck, to balance the design.

V NECKS

V necks are probably one of the most elegant styles for a woman. Pairing it with the right necklace can further enhance your look. It is the best to wear V shaped necklaces as well, to emphasize the V neckline and focus attention downwards.



STRAPLESS STYLES

Strapless outfits, like tube tops and dresses, look the best, when paired with a choker. Depending on the drama level of the outfit, you can wear statement and chunky chokers or minimalistic and simple chokers, as well.



BUTTON UPS

Button up style outfits, like shirts, go best with beautiful statement necklaces. It makes for the perfect look when the necklace peeps out from under the lapels of the collar.



SQUARE NECKLINES

Square necklines are probably one of the hardest to find necklaces for, because they have a lot of lines going on. It would be the best to find necklaces with an angular



finish, so as to harmonize with the angular neckline. Not too big though, ones that fall right on your collarbone would be perfect.

SWEETHEART NECKLINES

Sweetheart style, being yet another elegant and flattering neckline for a woman, needs to be accentuated with a perfect necklace. You can wear mid length beaded necklaces, or even moderate statement necklaces for sweetheart necks.



BOAT NECKS

Boat necks can be worn with long, beaded statement necklaces. Layered necklaces would also be great.



COWL NECKS

Cowl necks are already pretty dramatic to start with. Hence, it is the best to go without a necklace in most cases. But if the cowl neck is quite deep set, you can wear a small dainty necklace with a tiny pendant that sits just at the collarbones.



ASYMMETRIC NECKLINES

Asymmetric necklines are a bit tricky. Try matching necklaces that don't have much of symmetry, too. Something that has its own style of symmetry would also work. If it's too hard to find something like that, you can always go for a long chain necklace with beads of different shapes and sizes.



So, that pretty much covers most of the popular necklines that women wear. Use this life saver as a cheat sheet every time you have to dress up.

BEARD

GROOMING tips

For The
Modern
Man



By Anastasia Chapman

现代男人的 胡须的打理技巧

胡须的历史源远流长，古时男人个个蓄须，二八华年过后，便开始了与胡须共同增长资历和老气横秋的本钱。如今蓄须也成为了潮流时尚，为男人平添几分成熟和性感，然而胡须也需要精心打理，正确的护理方法可以更好的展现你的男人本色。

清理你的胡子

留胡子的男士要注意胡须的保养和清洁，每天一定要认真地清洗胡子，以免尘埃和脏物污染胡须和根基部的皮肤。最好不要用香皂、肥皂清洗，现在一些男士护肤品牌都有专用的剃须摩丝、须后水之类的保养品。皮肤敏感的人最好用多刃剃须刀，这样可减少刮的次数，降低过敏可能。如果不想红肿尴尬出现，切记要在洗脸前皮肤干燥时使用。湿漉漉的脸会发肿，这时候剃须不仅刺激皮肤，而且不易剃净。

投资胡子保养品

没有什么能像经常使用胡须油，香脂和蜡一样保养面部毛发了。您可以使用这些产品全天照顾您的胡子。有许多品种可供选择，正确使用由天然成分制成的胡须油，香脂或蜡可以有效地将那些野性和不规则的面部胡子变成柔软，光滑的胡须。

For years, the clean-shaven look ruled every woman's heart, until the rough and gritty guy rolled in and changed the game forever for the rest of the brigade. With it came the beard invasion and, honestly, there's never been a better time than the 21st century for modern men to rock the hot facial stubble look!

No, we are not talking about shabby, 'hung-over-for-forever' facial fuzz that makes a guy look more like a homeless person. But stylish beards that are reigning the pyramid for male rites of passage.

The journey of growing and maintaining a stylish beard is not easy. It is the product of immense patience and thorough grooming. If you have just grown the beard of your dreams paired with a great-looking moustache, here's the reality, caring for the fuzz is going to need a whole new level of dedication and determination from your end.

You can say, it's like owning a swanky car, once you have it, you can't neglect it or go on for days without washing it, or leave it looking like an absolute wreck! Would you? No, right! So whether you want to sprout a little stubble or up your beard game with eclectic styles, here's everything you need to know to keep your facial fuzz in check.

BE PATIENT AND LET YOUR BEARD GROW

The key mantra to having a truly epic beard is to keep calm and let it grow on its own. Resist the urge to style or trim it, at least for around 4-6 weeks, and also steer clear of snipping at any odd growing hair. Give it time to grow evenly, and then pick a style that suits your beard's thickness, length and the shape of your face.

CLEANING YOUR BEARD

Growing and having an awesome beard revolves around properly taking care of it. This is important, especially in the early stages of growth. You don't need to wash your beard every single day, as that might dry out your facial hair. But two to three times a week beard cleaning routine is recommended, depending on your body chemistry and how active you are. As beard hair has a unique structure with a coarser texture than rest of your body hair, you would want to use products specially designed to keep those facial fuzz healthy and clean. Keep your whiskers clean to eliminate dead skin cells, trapped food that can exacerbate itchiness, and ensure the skin underneath is



clean and hydrated, so that you don't end up having beard dandruff. Cleansers by Dove and Neutrimetics effectively clean the beard without leaving the skin dry and scaly. Scrubbing two to three times a week with a specialised exfoliator is also necessary.

INVEST IN BEARD CARE PRODUCTS

Want to have a statement beard? Loosen up your pockets lad and invest in some beard care products! Nothing tames and grooms facial hair like regular use of beard oils, balms and waxes. You can care for your beard throughout the day with these products. There are many varieties to choose from in a range of fragrances that are sure to appeal your machismo. The right application of a beard oil, balm or wax made from natural ingredients can effectively turn those wild and unruly facial fuzz into soft, smooth and radiant whiskers.



TRAIN YOUR BEARD

If you think regular trims are enough to keep your beard in line, here's the reality! Although pruning helps in maintaining a certain beard style and shape, you need to follow a daily smoothing technique using the right kind of beard tools. While a daily rubdown with a high-quality beard brush or comb will help in wrangling out stubborn hair knots, it will also train your beard to grow in a downward direction. You can even up the ante with a soft-hold styling brush to get that extra sculpting power to tame any wild flyaway. Select a fine tooth comb to do the job here, keeping it slick and simple!



DON'T FORGET THE MOUSTACHE

Well, this is a no-brainer, an epic beard is not going to look good without a well-grown moustache! To keep the ensemble looking neat and stylish, trim the area under your nose with grooming scissors, while giving it a naturally sculpted look with a medium-hold wax, like Beardbrand Moustache Wax.

Dear Experts,

I know my query might sound childish, but I am having a really tough time in my relationship. I am 26 years old and working as an assistant director in a production house. My girlfriend, who is 22 years old, is an actress. The problem is her profession requires her to do intimate scenes that make me really uncomfortable. Her friend circle is full of handsome, good-looking people and she is always partying with someone or another.

In fact, she has even compared my looks (hinting my dark complexion) with one of her co-actors and has asked me to work on myself. I have a busy schedule and cannot hang out with her every alternate day, too. Plus, since she is a struggling actor, she does not want to reveal her relationship status. In fact, she feels it might hamper her reputation. Yes, I have tried talking to her, but she looks self-centred and immature. Should I break up? We both have feelings for each other, but I don't think her attitude can be changed.

Jhonny



Angela says:

It is very rightly said that it is very easy to fall in love, but to keep that love alive is a bit of a task. When both the partners are involved in a demanding profession, it becomes a challenge to maintain a healthy relationship. If you really want this relationship to work, you both need to work towards maintaining a balance between your personal and professional life.

Breaking up is not the solution to each and every problem you face in your relationship. If you really have feelings for each other and you really care about each other, then you need to build a foundation of trust and compassion in your relationship. Though it is not easy to see your partner do intimate scenes with one of her co-actors, you need to trust her that she is doing all that because her profession demands so.



Daemon says:

As you told, you tried to have a word with her, but she failed to understand your perspective and you feel that she is immature and self-centred. First of all, start sharing your feelings with her, make her understand your point of view and give her some time to process all this, as she is a struggling actor, she might have loads to cope up with. Both of you are young and career is important for you both.

Discuss your long-term goals with each other and how you are willing to support each other financially and mentally, if you are willing to hold on to this relationship. Your relationship basically lacks time, as you both are so engrossed in your respective work. Take out some time for your personal life also, because to nurture any relationship, love, care and time are a must. Don't let your insecurities interfere with your relationship and start working towards each other's expectation as a team. Even after trying every possible way to work out your relationship problems, if you can't find any solution, maybe it's time to give up on this relationship, as that is the best suited for you.

亲爱的专家，
我今年26岁，在一家制作公司担任助理导演。我女朋友，22岁，是一名演员。问题是她的职业要求她有亲密的场面让我真的很不舒服。她的朋友圈里到处都是漂亮的人，她总是与某人或另一个人聚会。

事实上，她甚至将我的外表（暗示我的黝黑肤色）与她的一位合作演员进行了比较。我也很忙，不能每隔一天和她一起出去玩。是的，我曾尝试与她交谈，但她看起来以自我为中心，不成熟。我应该分手吗？我们彼此都有感情，但我不认为她的态度可以改变。

安吉拉说：
坠入爱河很容易，但要保持爱情的存在是一项艰巨的任务。当两个都有严格要求的职业时，与伴侣保持健康的关系成为一项挑战。如果你真的希望这种关系持续发展，你们都需要努力在个人生活和职业生活之间保持平衡。

Ways to Increase CONCENTRATION

By Frida Clark

Our ability to concentrate while keeping attention on tasks at hand could be a challenge in this era loaded with information and technology. Endless distractions are the main culprits behind this. When attention is maintained, it facilitates the build-up of our internal world to allow our thoughts, emotions, and motivations most appropriate to our goals, to have precedence in our brains. The capability of sustaining attention starts at a very early age and takes part in promoting success throughout later years.

Many factors during adolescence and childhood can impair or enhance the growth of skills that allow you to concentrate for longer periods of time.

Studies have indicated that farsighted kindergartners and pre-schoolers often find it difficult to pay attention, thereby increasing their chances of performing poor at school. Now, let us look at some of the effective ways to increase concentration.

Have a break

Daily digital distractions, such as emails, mobile phone notifications and social media, have become unavoidable factors that decrease our ability to concentrate. Taking frequent breaks from these could reduce stress and enhance your attention skills, rendering the ability to focus properly. Though notifications have a short duration, a team had discovered that they trigger mind wandering and irrelevant, unrelated thoughts that destroy your task performances.

Taking a mid-morning break could help replenish your concentration. You could also make use of the break to engage in something that you truly enjoy, given that it provides a restful, calm mind for good recovery and help you learn with focus.

Train your brain

A recent study has claimed that people often engaged in word puzzles, like crosswords, exhibit better brain activity in later years of their lives. A research has indicated that the type of brain training you are involved with has an impact on your memory and attention. In fact, direct relationships are found between the frequency of word puzzle usage and the accuracy, and the speed of performance on activities that assess attention, memory and reasoning. Sudoku is a Japanese puzzle that requires logic and reasoning. This is a great mental exercise to train your mind for clear focus.

Watch your health

Dietary choices, physical activity and weight are factors that contribute towards your levels of concentration and functioning capacity. For instance, when breakfast is skipped, it is highly unlikely that you would be able to perform well at school by lunchtime, because of hunger pangs. Hence, being conscious of your health, consuming concentration-enhancing food

and staying active could help contribute towards increasing your concentration.

Make sure to consume walnuts and avocados, which are great for cognitive functions that improve performances related to attention and focus. Engaging in exercise, sports and yoga are also proven to increase attention levels.

Getting frequent 'green time'

Studies show that exposure to green surroundings may benefit the brain development of children. According to a research, children between the ages of 4 to 7 with more greenery around their homes ended up scoring higher in attention tests. Such results highlight the importance of green expansions in city areas to facilitate students' brain and health development. Though you may not possess a rooftop garden, spending some time having your meals in the park or someplace green could certainly make a big difference in your concentration levels.

增长注意力的方法

在充满信息和技术的这个时代，集中精力在手头的任务可能是一项挑战。分心是这背后的罪魁祸首。

研究表明，幼儿园和学龄前儿童经常发现很难集中注意力，从而使得他们在学校表现不良。现在让我们看看一些提高注意力的有效方法。

获得更多的“绿色时间”

研究表明，接触绿色环境可能有益于儿童的大脑发育。根据一项研究，年龄在4到7岁之间，家中绿化更多的儿童最终在注意力测试中得分更高。

休息一下

电子邮件，手机通知和社交媒体等数字干扰已成为降低我们集中精力的不可避免的因素。经常休息可以减轻压力，提高你的注意力，使你能够正确地集中注意力。

训练你的大脑

最近的一项研究声称，您所参与的大脑训练类型会对您的记忆和注意力产生影响。

China Week

@ International School of Tianjin



It is a fond annual tradition at the International School of Tianjin (IST) to celebrate China Week during the week before the Chinese New Year break. This year, as in the past years, China Week has seen a non-stop celebration of things Chinese at IST. All week, the Elementary Chinese teachers have arranged for the students to experience Chinese craft making and cultural activities including kite-making and incense making.

The highlight of the week was on Wednesday, Jan 30, starting with a celebratory beautiful Lion Dance for the whole school which set the festive mood of the Chinese New Year alight.

There was also a traditional and well planned Temple Fair organized in the Theater where students, staff, parents and guests were able to partake in Chinese cultural activities like shadow puppet shows, Chinese calligraphy, traditional Chinese tea ceremony and various other games and activities.

Through the whole of China Week, all the Elementary students enjoyed different Chinese cultural activities, such as: making kites, making dumplings, making incense, learning how to do the Chinese style flower arrangement etc. Elementary school classroom doors have been beautifully decked up by students and teachers to mark the Chinese New Year of the Pig.

Also on Wednesday Jan 30, the PFO (Parent Faculty Organization) put up their annual Chinese Bazaar which had various stalls where children and adults alike could buy and enjoy some Chinese snacks and treats and also pick up some trinkets and Chinese crafts and gifts.

To round off the week of celebrations, a group of our Grade 5 Students under guidance of their Chinese laoshi performed a wonderful Dragon dance for the whole school community in the school gym on Friday afternoon.

All in all, it has been a wonderful few days of immersion into the wonderful culture of our host country China. Thank you to the IST Chinese teachers and the PFO for arranging such an array of wonderful events and activities for the students and the community! What a great way to welcome the Chinese New Year of the Pig!



Inspiring Learning Conference

@ Wellington College Tianjin

The **Huili Education Institute of Learning (IoL)** seeks to support the development of the Wellington College China and Huili Education schools, along with contributing to the development of education in China more broadly. This will be achieved through the following:

- ☑ IoL led research
- ☑ Professional learning and training
- ☑ Working with organisation beyond the Wellington and Huili group on education projects.

One strand of professional learning and training opportunities offered by the IoL is the Inspiring Learning Conference, the second iteration of which took place between 26th to 27th of January in Tianjin, supported by preceding events in Shanghai and Hangzhou. The aim was to bring together educators from across China for research-based professional learning programmes designed for impact.

The events attracted over 300 participants, who took part in workshops on: **KEY TOPICS**

- Early years education
- School leadership
- Effective assessment practices
- Enhancing the teaching of mathematics
- Promoting independence
- Coaching
- Developing a bilingual curriculum
- Educational research methods

The leadership training was awesome. All leaders in schools in China should take part in this training.

The sessions at the conference have inspired me to change what I do. I definitely developed a new perspective on learning and teaching, and have a plan for improving what I do when I return to school on Monday.

The Inspiring Learning Conference 2019 was really inspiring and enlightening! The sessions enabled me to think harder, think more on what I am working on, and motivate me to move forward! Many thanks.

The journey to the Inspiring Learning Conference makes me realise the extensive strength of British education and educators. The venue and content impressed me deeply. The workshops on education assessment, safeguarding and bilingual education are of a very high quality. It was definitely a productive and rewarding weekend.

I was especially inspired by the workshops on mathematics application in early years, which totally broadened my view in this field. It allowed me to understand how mathematics is not just about functions, number or calculation, but exists everywhere in the daily life. I will apply this learning in my practice in school.

The next phase of professional learning and training offered by the IoL are a series of workshops in Shanghai, Tianjin and Hangzhou. To register for these events please scan the QR code:



These sessions were led by a range of visiting leaders in the field; for instance:



Professor Stuart Kime from Durham University/ Evidence Based Education, a UK leader in assessment



Helen Tate, a leader in promoting numeracy in early years' education.



Iain Henderson, a Deputy Headmaster at Wellington College and leader in coaching



Ian Taylor, leader of an award-winning mathematics programme.

Cultural Bonanza

@ TEDA International School



Hot on the heels of the school's Cultures Fair, where children researched different ways of living from around the world before giving a presentation about their findings, was the annual foray into the local culture with the onset of Chinese Cultural Week. The school cafeteria was adorned with lanterns and other items to mark the upcoming new year, which this time is represented by courage, loyalty and harmony as symbolized by the pig. Throughout the school, students were given opportunities to try their hand at many different traditional arts and crafts. Among the activities were Beijing opera mask making, calligraphy, sculpting steam buns into piglets and hedgehogs, a Chinese games assembly, and a Chinese drama play. It's always heartening to see the children learning, and deepening their understanding of culture with such joy and enthusiasm. This is, of course, mirrored by those members of staff with an abiding desire to share their wonderful culture. As we move into the break for spring festival it just leaves us to wish everyone a happy and prosperous New Year.



Kathleen Lawson
Temple of Heaven

March
1st Prize
一等奖

Linda Morton
Hong Kong Sea Rays

2nd Prize
二等奖

Jeff Hurley
Ceiling

3rd Prize
三等奖

BEST PHOTOS of 2019
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- 1st Prize Winner: Foreign Wine bottle
- 2nd Prize Winner: Restaurant Voucher
- 3rd Prize Winner: Bakery Store Voucher



Kids Den

@ Market Café, Hyatt Regency Tianjin East



Fun, games and fine food – with the opening of Kids Den @ Market Café, Hyatt Regency Tianjin East has become a paradise for both kids and parents.

Tucked away within the restaurant itself, Kids Den @ Market Café is a specially-designed space for children to enjoy a wide variety of games and activities. Wooden toys, books and crafting materials are designed to spark creativity, while children can play pretend or relax in the Den's charming tent. There's a swing and slide set so that smaller ones can let off a little steam, a large TV playing lovely cartoons and even an Xbox One with Kinect sensors to keep the most sophisticated kids entertained. Imaginations can run wild in the play kitchen and soft foam matting guards against bumps and scrapes, so mum and dad can enjoy their delicious lunch or dinner at a leisurely pace. As every parent knows, "true luxury is a hot meal when you have kids", so let Market Café's talented chefs whip you up something really special!



There's something for all children, whether big or small, at Kids Den @ Market Café – and as always, children are also welcome to enjoy the delicious flavors of Market Café. Kids under 12 years old pay half price, and under-sixes go free! It's a recipe for fun-filled family time for all at Hyatt Regency Tianjin East.

NEW APPOINTMENT

MR. JOHN BAO

General Manager
Banyan Tree Tianjin Riverside

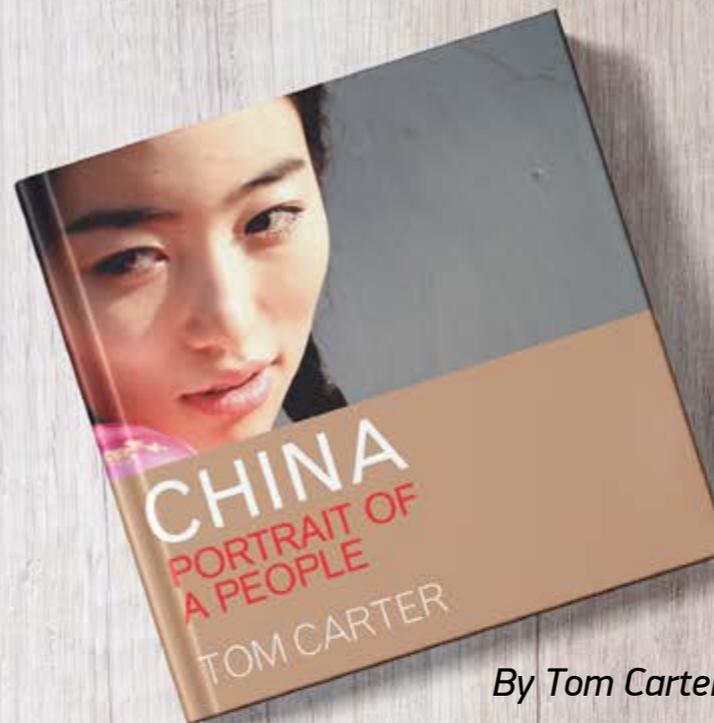


Banyan Tree Hotels & Resorts is pleased to appoint Mr. Bao as the General Manager of Banyan Tree Tianjin Riverside, responsible for the operation and management of the hotel.

Mr. Bao has more than 20 years of experience in the hospitality industry. He has held important management positions in many well-known international hotels, such as Shangri-La Group, Marriott Group and Starwood Group, throughout Beijing, Sanya, Dalian, Ningbo, Zhongshan and Changchun. In the overall operation of the hotel, he has excellent performance and unique insights. Mr. Bao has served as the Hotel Manager of the Banyan Tree Sanya by last year.

In the future, because of Mr. Bao's strong background in operations and customer-focused management skill, it is believed that Banyan Tree Tianjin Riverside is going to provide better experience of Banyan Tree for guests.

Mr. Bao said: "It's my honour to join in Banyan Tree Tianjin Riverside. I will lead the hotel colleagues to work together to enhance guest satisfaction. We will integrate the concept of Banyan Tree Resort into the city perfectly, to create and promote the unique concept of urban vacation. I will work with my team to meet the opportunities and challenges of the future and create more brilliant achievements."



CHINA
PORTRAIT OF A PEOPLE

By Tom Carter, 2010

中国
一个民族的影像

汤玛斯·卡特是美国的一个摄影记者，他花了两年时间走遍中国33个省市，拍下不同地域，不同文化背景的中国人的面貌。在他走遍中国的旅途中，他同时看了很多中国电影，在接触了很多中国的电影之后，修正了自己对中国电影的偏见，为亚马逊网站的网友和用户列出的一张终极名单。

Tom Carter, a photographer travelling through China, encounters interesting experiences that are documented in the book, together with the different forms of movement that one can use when traversing various regions of the country. The author tracks his movement in the city, the rural areas, and the jungle, as well as presents the attitude of the people towards his relentless effort and limited finances. One of the most interesting aspects of the book is the presence of series of photos that speak the story deeper than the author's expressions, especially for someone who is looking for information on China, or reading to get a recollection of memories of the area.

For individuals seeking insights on China, the book provides a good opportunity to identify the 33 provinces in the region, and the use of reviews from both Tom and locals provides an opportunity to capture diverse perspectives of the areas. A look at the cover of the book and the contents reflects a significant match, as Carter is able to distinctly present images of the different messages communicated through the use of clear and numerous photographs. Besides, the book richly explores the lives of individuals who are deeply rooted

in their culture, as well as those who are opening up to westernized practices in the Chinese region. Therefore, the writing is a good read for students, instructors or any travellers interested in comprehending Chinese lifestyle, before or after travel.

Experiencing culture and Chinese lifestyle from the perspective of a photographer provides an opportunity to explore the exact images from the land, and the ability to capture both developed and traditional people enhances the authority and credibility of the author to review the region. Religion, varied architecture, crucial celebrations in the Chinese culture, livelihood activities, like farming, and the contribution the land makes to enrich or depress the lives of the people near the desert and mountains, emerge strongly from the book. On another level, Carter explores the historical significance of different elements in the provinces, and highlights them in the book through the simplistic use of images and captions. Overall, the book is one of the best reads for anyone willing to understand China from going through pictures, poems and texts on the lifestyle of the people by a simple traveller.

7 HEALTHY BREAKFAST IDEAS

By Barbara Ross

7个工作日的7种健康早餐

大多数人都想吃健康的一餐，但没有时间。大多数情况下，你最终会选择让早餐变得健康。

所以这里有一些简单，快速，健康和的早餐想法：

苹果奶酪三明治

只需要几片100%全麦面包，包括吐司，山羊奶酪，花生酱和苹果。用山羊奶酪涂抹一片吐司，在另一块上涂抹花生酱。用苹果片将它们夹在中间，撒上一些肉桂。

香蕉花生酱蛋白薄饼

这个名字说明了一切。你需要一些额外的营养。所以，取一个香蕉和一个鸡蛋，将它们混合在一起，加入所有美味，包括花生酱，蜂蜜和肉桂。然后你需要做的就是煎锅里煎饼，并加入一些水果。美味和健康的完美组合！

荷包蛋和鳄梨沙拉

你认为沙拉对于早餐来说太简单了。首先煮一两个鸡蛋。但如果你不喜欢它，你也可以炒或煮。然后加入樱桃西红柿，鳄梨，生菜，一些开心果，就是这样。

FOR 7 WEEKDAY

"Breakfast is the most important meal of the day".

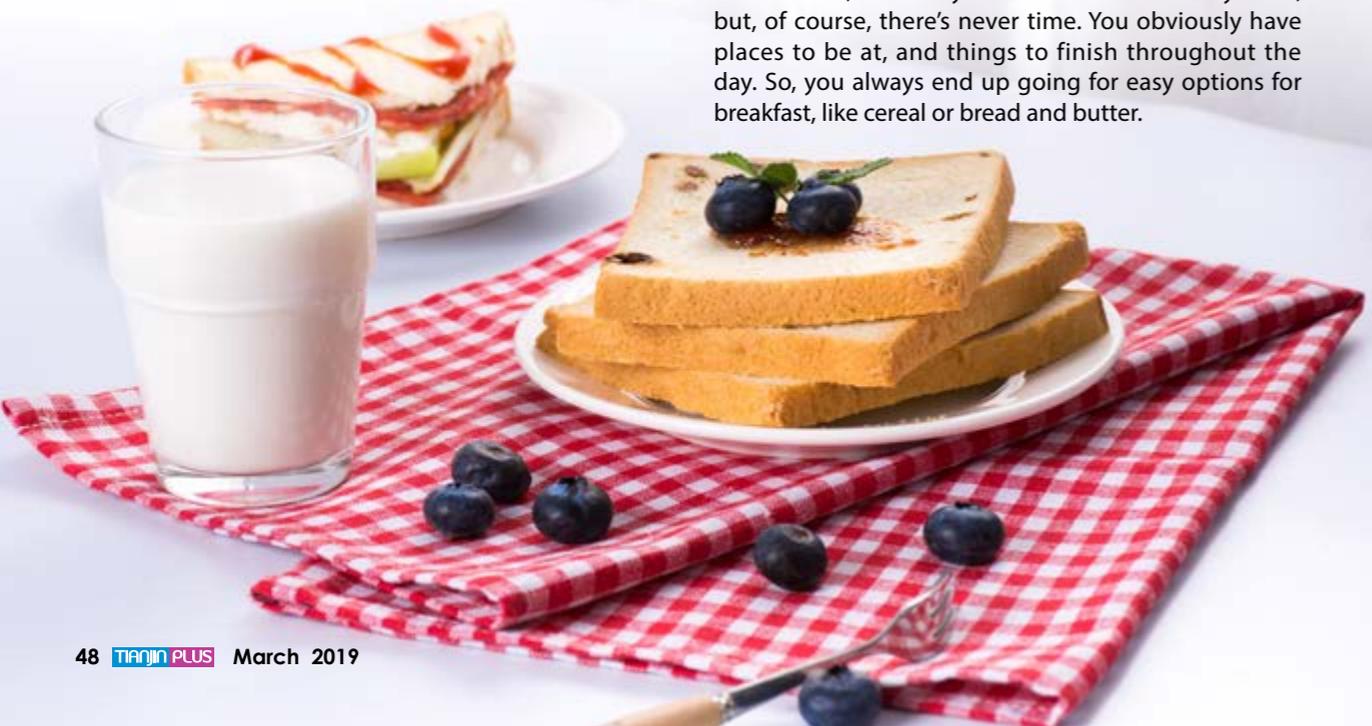
That's a sentence that we've all probably heard at least a million times by now, starting from our childhood days. And it's almost always followed by the lecture about how breakfast means "breaking the fast" and that we need to have it like a King.

Rest assured, we know full well by now that we absolutely cannot skip breakfast, and that we always have to have healthy food as the first meal of the day.

But how many of us actually put that into practice?

How many of us actually do spend some time preparing a healthy meal every morning?

Chances are, most of you want to eat a healthy meal, but, of course, there's never time. You obviously have places to be at, and things to finish throughout the day. So, you always end up going for easy options for breakfast, like cereal or bread and butter.



So here are 7 easy, quick, healthy and refreshing breakfast ideas for 7 days of the week:

QUINOA BREAKFAST BOWL

Healthy meals don't always have to be boring. Especially on a Monday, you most likely need a pick-me-up to start the week. Hence, starting with a savoury would be perfect. Even though Quinoa is something that is more often consumed for dinner, you can surprise yourself with a crunchy bowl for breakfast, too. Have it with tender smoked salmon and a fried sunny side up to balance it out. You can also throw in some avocado slices, add a hint of lemon juice to the quinoa bowl, and munch away.



APPLE AND GOAT CHEESE SANDWICH

This is a no-cook option for Tuesday when you probably have new plans for the week spelled out on Monday. All you need are a few pieces of 100% whole wheat bread for the toast, goat cheese, peanut butter and apples. Spread one piece of toast with the goat cheese and use peanut butter on the other one. Sandwich them with apple slices, and have it sprinkled with some cinnamon.



CARROT CAKE OVERNIGHT OATS

By Wednesday, you desperately need another pick-me-up, because it's the mid-week and you already feel like you've worked for 5 days. So, a carrot cake based oats recipe can be your best incentive to get going. Overnight oats are, of course, super delicious and easy to make. They've already soaked up all the best flavours of almond milk overnight sitting in your fridge, and they'll be nice and soft. Add some carrot shreds and a healthy sweetener, blend them all together, and you have a delicious dessert for breakfast.



POACHED EGG AND AVOCADO

Comes Friday and it's time for the end-of-the-work-week breakfast. A salad you'd think is too light for brekky, but not this one. Poach an egg, or two, first. But if you're not in to it, you can also fry it or boil it. Then throw in cherry tomatoes, avocados, lettuce, cooked quinoa, some pistachios for extra crunchiness, and that's it. For some drama, place the oozy egg on top of the salad.

BANANA PROTEIN PANCAKES

The name says it all. You need some extra nutrition for Thursday. So take a banana and an egg, blend it together and add all the nice flavours, including peanut butter, honey and also cinnamon for a punch. Then all you need to do is, cook the pancake in a skillet and have it with some fruits. The perfect mix of delicious and healthy!



CHOCO PEANUT BUTTER SMOOTHIE

What's a breakfast list without a smoothie, right? Sundays are time for extra deliciousness. So, start with some chocolate whey protein powder. Add a banana, almond milk, some flax seeds and also some almond butter. Blend away. Evidently, deliciousness and nutrition is baked right in to it.

PUMPKIN GRANOLA WITH YOGHURT

It's Saturday, you probably have a little more time to spare. So take a cup of rolled oats, a can of pumpkin, some pecans, raisins and yoghurt. You can also add some extra spices for the punch. Mix the oats, pumpkin and pecans, bake them, top them with raisins and have them with yoghurt.



10 Common Medical Conditions and Their Treatments

An average person will have to go through a variety of health and medical conditions throughout his or her life, some of which may be quite serious and complicated, while some of them may not be complicated at all. As we age, the frequency or the severity of some of these conditions may increase owing to the natural deterioration of the health and immune system of the body. Regardless, there are a few common medications that are generally used to treat these conditions.

By Barbara Ross

10个常见医疗情况及其治疗方法

普通人在其一生中不得经历各种健康情况，其中一些可能非常严重和复杂，而其中一些可能很简单。随着年龄的增长，由于身体的健康和免疫系统的自然恶化，这些病症的频率或严重程度可能会增加。无论如何，有一些常用的药物通常用于治疗这些疾病。

1. 感染 - 每个人都可能患有感染，这种感染可能是各种各样的。
治疗：青霉素是最有效的抗各种感染的药物。
2. 糖尿病 - 糖尿病是一种非常常见的疾病，过去常被称为“糖病”。这是人体停止产生一种叫做“胰岛素”的激素条件，这种激素是将糖转化为能量所必需的。
治疗：从其他来源提取的胰岛素是用于调节糖尿病的最有效药物。
3. 疼痛 - 疼痛在一般人的生活中非常普遍。这些疼痛的原因可能各不相同，可能需要不同类型的治疗。
治疗：阿司匹林在很大程度上有助于缓解疼痛和疼痛。

Here is a list of the 10 most common health conditions that affect the average person and the medications that can be used in treating them. It should be noted that this list is not exhaustive or conclusive in terms of treatment. In case of serious conditions, a licensed health practitioner's advice should be sought.

Infections

Every human being is likely to suffer from infections, which may be of various kinds. These infections may affect any part of the body, from the skin to even the internal organs. And they may be severe or negligible, depending on the area it spans, as well as the potency of the infecting virus or pathogen.

● Penicillin is the most effective drug against infections of all kinds.

Diabetes

Diabetes is a very common condition that used to be known as "sugar sickness" in the past. It is a condition where the human body stops producing a hormone called "insulin", which is necessary to convert sugar into energy.

● Insulin extracted from other sources is the most effective drug used to regulate diabetes.

Aches and pains

Aches and pains are very common in an average person's life. The reasons for these pains may be varied and may require different types of treatments. However, as a temporary relief, perhaps sought until a doctor's visit, people do take medications.

● Aspirins are most effective in relieving aches and pains to a great extent.

Depression

Depression is a mental health disorder that affects more people than accounted for. This is mainly because a lot of people hesitate

in seeking treatment, or do not realize that they are suffering from the condition.

● Prescribed anti-depressants are only used to treat depression. Medical marijuana is also used in countries where it is legalized.

Hypertension

Hypertension, or high blood pressure, is a condition that often gets overlooked. However, it is quite a serious condition that can end up damaging the blood vessels over time, and even lead to heart diseases or stroke.

● Several medications are used to treat hypertension namely Diuretics, Angiotensin and blockers, including beta blockers and calcium channel blockers.

Premenstrual Syndrome

PMS is a very common condition that most women suffer from during their childbearing years. More than 75% of women experience PMS at some point and have varying symptoms.

● There are no drugs as such for the treatment of PMS. Heat packs, yoga, aerobics etc. are some natural ways to relieve PMS symptoms.

Stomach Ulcers

Stomach ulcers are basically open sores along the walls of the oesophagus or the stomach or the duodenum. There are many types of stomach ulcers with varying symptoms; the most common one being a burning pain.

● Prescription drugs are to be used to treat ulcers, including antibiotics like Helidac to reduce the amount of stomach acid and to reduce the infection.

Diarrhoea

Diarrhoea, which often comes with stomach cramps, is a condition that affects people of all ages, including children under the age of 5. In fact, according to the World Health Organization, it is the second most prominent cause of death among children below 5 years of age.

● To prevent dehydration, any ORS, like glucose, may be used for this. To decrease bowel movements, medications like Imodium or Pepto-Bismol may be used.

Cholesterol

Cholesterol is something that is naturally produced by the liver. It helps in protecting the nerves and in making cell tissues. However, too much cholesterol is not good for the body.

● Doctor prescribed statins like Lescol, Crestor and Zocor help lower the cholesterol levels in the body.

Eczema

Eczema is a common skin disease that is associated with inflammation, bumps and itching. It is also called dermatitis.

● The skin has to be maintained well moisturized at all times. To reduce itching, topical antibacterial creams containing the steroid cortisone may be used.



The Right Way to

PERFORM SQUATS & Reap Benefits

By Barbara Ross

Squats are an inevitable part of every single workout routine, whether it is for beginners or for experienced body builders. If you've been working out, you will have noticed how, even when all the other exercises are changed and switched up with each milestone, squats are only modified, but never eliminated. Do you know why that is so?

Well, the answer is plain and simple. Squats are an all-encompassing exercise for the whole body.

Benefits of squats

Squats are one of the most highly beneficial full-body exercises out there. It helps to strengthen the legs, it works almost every single muscle in your body, including your glutes and your quads, and it even helps to strengthen your core. Needless to say, it also helps to build that perfect booty. It is popularly known as one of the

"big three" exercises, along with the deadlift and the bench press, mainly because of how effectively it works multiple muscles simultaneously. In fact, there are not many other routines that work on muscles the way squats do.

For all these reasons, performing squats would be one of the best things you can do for your body. However, you will be able to reap all these benefits only if you perform them well. Most of the time, people do the exercise without fully realising the nitty gritty of the exact move. There are many little details which, when ignored, can actually cause very serious injuries.

Now, there are many variations of the basic squat exercise that you can switch up with once in a while to keep it interesting, and also to challenge yourself.

Before we get to the possible variations that you can try, here is a step-by-step guide on how to perform a basic bodyweight squat the right way.

How to do a basic bodyweight squat?

- Start by standing tall, at ease, with your hands by your sides. Your feet should be apart by your shoulder length. Your toes should be pointing forward.
- Next, while keeping your back completely flat, brace your cores and bend your knees and, of course, your lower body wholly, until your thighs are parallel to the floor. Your hips and your butt will be pushed back automatically. The whole process is almost like you're lowering yourself on to a chair to sit.
- While doing this, you want to be careful not to bend forward at the waist. A lot of people make the mistake of doing that when they find it difficult to maintain their back straight. However, it will only increase the stress on the spine and it will throw you off balance.
- Once you've achieved the squat position, you can pause for a bit and go back to a standing position.

A few things to keep in mind

- Always keep your back straight throughout the exercise. It may be a little difficult initially, but you will be able to do it eventually.
- Always keep your toes pointing forward, and your feet parallel to each other and on shoulder length distance.
- Always keep your feet completely flat on the ground. Do not go up on your toes or your heels.

How low should you go?

It depends on how much you can go, while maintaining your form at one time. It also depends on whether you are able to perform 10 to 15 reps of the same. You can ideally go as low as your body can handle, while keeping your form, and being comfortably able to perform reps.

Trying variations

Once, and only once you have mastered the basic bodyweight squat, you should be moving on to variations with weights. You should be able to perform the basic exercise, while maintaining your form perfectly. Then you can consider adding dumbbells or barbells for extra weight. You can also try the jump squats with weights, where you jump up instead of getting back to standing position.



深蹲的正确方式以及好处

无论是初学者还是经验丰富的健身运动员，深蹲都是每一个锻炼程序中不可避免的一部分。如果你一直在锻炼，你会注意到即使所有其他练习都被改变，但深蹲训练只会被修改，但从未取消。你知道为什么会这样吗？

答案很简单。深蹲是涉及全身的锻炼。

深蹲的好处

深蹲是个双关节复合动作，而且深蹲时人体分泌的生长激素最多，因此大重量深蹲不仅能促进腿部肌肉增长，还能促进全身肌肉的增长。另外，深蹲这样做功多的动作，和其他动作相比，不仅使肌肉围度提高，也使肌肉密度提高。

出于所有这些原因，进行深蹲将是您对身体做的最好的事情之一。但是，只有在表现良好的情况下，您才能获得所有益处。

COLONIZING MARS

Possibility or a Distant Dream?

By Stella Law

Mars and Earth are those fraternal, yet poles apart, siblings that went their separate ways as soon as they were born. According to some experts, Mars probably had a primordial crust, a key element in the habitability of a planet, at least 100 million years before Earth developed its own.

That means the red planet probably got a head start in habitability much before our home planet, until celestial forces turned it into a brooding mass of red desert.

Scientists all over the world are trying to find fecund traces of habitability on the Martian grounds. For instance, NASA is planning to send a manned mission to Mars by the year 2030. On the other hand, SpaceX has revealed similar plans with an ambitious deadline of the year 2024.

However, the million dollar question here would be that, are all these efforts at sustaining human life on the Martian soil sustainable or will they come out as mere pipe dreams?

TERRAFORMING

The main concept driving many Mars colonization initiatives involves Terraforming.

Terraforming is the hypothetical process of artificially transforming Mars surface, climate and atmosphere to make it habitable for humans without needing any form of life support systems.

While NASA researches have

suggested that terraforming of Mars may not be a very practical idea, there are many who still hope that certain tweaks of the Martian ecosystem can make large scale terraforming possible.

Billionaire tech titan and SpaceX founder, Elon Musk, had audaciously spoken about dropping thermonuclear weapons on Mars to make terraforming on such a wide scale possible. However, Bruce Jakosky, a planetary scientist and principal investigator for NASA's Mars Atmosphere and Volatile Evolution mission studying the Martian atmosphere, and Christopher Edwards, a n

殖民火星 可实现还是遥远的梦想

火星和地球就像兄弟，但是他们一出生就分开了。根据一些专家的说法，火星可能有一个原始的地壳，这是地球可居住的关键因素。

世界各地的科学家都试图在火星的土地上寻找可居住的痕迹。例如，美国宇航局计划在2030年之前向火星派遣一个载人飞行任务。另一方面，SpaceX公司公布了类似的计划，并试图在2024年实现雄心勃勃的计划。

然而，问题是，所有这些努力，是为了维持火星土壤上人类生命可持续发展还是仅仅只是梦想？

一种简单而有效的可能性是种植植物。是的，种植植物并和先进技术及人工智能的结合可以帮助在火星上建立一个自我维持的人类定居点。由于火星大气由大约95%的二氧化碳组成，因此在受控环境中选择种植植物可以解决在红色星球上的生存问题。

assistant professor of planetary science at Northern Arizona University, said that, with the current technologies, terraforming on such massive scale is simply not possible.

In order to make Mars habitable like the Earth, we need to raise temperatures and thicken the atmosphere through the use of already present greenhouse gases. The only greenhouse gas abundant enough on Mars is CO₂. However, it is not enough to make the atmospheric conditions Earth-like.

Jakosky and Edwards have used data from the previous two decades to analyse the conditions on Mars and



take an inventory of what can be done to terraform the planet. However, as on date, we do not have the technological prowess to make terraforming a viable option.

IF NOT TERRAFORMING, THEN WHAT?

Many scientists have researched and discussed various possibilities about humans settling on Mars, with scientific community theorizing that, while terraforming of Mars is not an alternative, we need to seek another method to make our Martian neighbour more affable and human-friendly!

GEOHERMAL ENERGY

One alternative could be geothermal energy. There is plenty of CO₂ in the Mars surface, which can be compressed and liquefied. The latter form works well as a geothermal fluid, which can be used to generate electricity. The Cerberus plains on Mars, its North-western Tharsis region and the canyons of Valles Marineris are possible hotspots for accessing geothermal energy, which can be extracted with necessary equipment and advanced infrastructure.

VEGETATION

Another simple, yet effective, possibility is growing plants. Yes, growing a good selection of plants and a combination of advanced technology and AI can help in establishing a self-sustaining human settlement on Mars. Since Martian atmosphere is made up of about 95% of CO₂, it could be possible that selected cultivation of plants in a controlled environment can solve the mystery of surviving on the red planet.

NASA's Mars 2020 Rover Mission is a highly advanced Mars Exploration Program set to be launched in mid-2020, which will search signs of life and collect samples of promising rocks and soils. This will give us an opportunity to not just gather knowledge, but also to demonstrate technologies, which address future human expeditions to the Martian grounds.

The research carried out by NASA's 2020 Rover will answer many unsolved mysteries of Mars, the most crucial one being whether or not life existed on its grounds ever, and what are the options of establishing human settlements in near future.

TIME WILL TELL

While we can see Mars has been the obvious choice for terraforming since many years, considering its close proximity to Earth, easy to get to and having a favourable climate for research functions; the allure of colonizing Mars is perhaps a dream that is thriving among everyone in the scientific community.



Green Book

When Tony Lip (Mortensen), a bouncer from an Italian-American neighbourhood in the Bronx, is hired to drive Dr. Don Shirley (Ali), a world-class Black pianist, on a concert tour from Manhattan to the Deep South, they must rely on "The Green Book" to guide them to the few establishments that were then safe for African-Americans. Confronted with racism, danger - as well as unexpected humanity and humour - they are forced to set aside differences to survive and thrive on the journey of a lifetime.



Date: 2019.03.01. - 2019.03.29.

Celebrating the Spring Festival in the Forbidden City

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 2019.04.07.
(Every day, except Monday)

Venue: Forbidden City, Tianamen Square, Dongcheng District, Beijing

故宫, 东城区天安门广场北侧, 北京

Allman Brown

The soft, dulcet tones of this Hong Kong-raised, London-based heart throb. Brown rose to Spotify prominence after the release of 'Sweetest Thing', a hit song that saw him enter the world of stardom around the world. He's gone on to create further smashing singles, as well as his debut album "1000 Years".



Date: 2019.03.08.

Venue: Dusk Dawn Club, 14 Shanlao Hutong, Dongcheng District, Beijing

东城区美术馆后街山老胡同14号, 北京

Jim Gaffigan

Jim Gaffigan is a Grammy-nominated comedian, actor, New York Times best-selling author, top touring performer, and multi-platinum-selling father of five. Known for his self-deprecating wit on the subjects of parenthood, laziness, eating and being American, Gaffigan has also released nine comedy albums, earning him Grammy nominations in 2013 and 2015. He's performed for Pope Francis - and is one of only ten comedians in history to sell out Madison Square Garden. Blessed? He comes to Beijing as part of his Quality Time tour, and we're eager to see if he can sell out here as well.



Date: 2019.03.14.

Venue: Super Theatre, 5 Tai Ji Chang Er Tiao, Dongcheng District, Beijing

台基厂二条5号 东城区北京

Little Women

Meg, Jo, Amy and Beth are four "little women" growing up in New England during the Civil War. The March sisters share everything -- their joys and pain, their loves and secrets. But the four girls couldn't be more different. Meg, the oldest, is the sensible one. Jo is funny and mischievous. Beth is the shy, dreamy one, and Amy is pretty and artistic.

Follow the March girls as they grow into wonderful young women, and share the events in their lives: Meg's first dance, Amy's punishment in school, the return of their father from the war, Jo's fury with her sisters when her precious diary is burned, the family wedding, Beth's tragic illness, and more. Their story has become one of the most popular books ever written!



Date: 2019.03.20.

Venue: Tianjin Grand Theater, 58-1 Pingjiang Rd, Hexi Qu, Tianjin

天津大剧院, 天津市河西区平江道 58-1号

School of Rock

If you loved Jack Black's hilarious performance in the hit film School of Rock, this might just be the perfect musical for you. And even if you haven't seen the film, or didn't love it, this still might be the musical for you. With a new score from Andrew Lloyd Webber, lyrics by Glenn Slater, book by Julian Fellowes and an incredible cast, School of Rock, the musical hits all the right notes. The story follows Dewey Finn, a failed, wannabe rock star, who decides to earn a bit of extra cash by posing as a substitute teacher at a prestigious prep school. There he turns a class of straight-A students into a guitar-shredding, bass-slapping, mind-blowing rock band.



Date: 2019.03.22. - 2019.03.24.

Venue: JTianqiao 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

Jordi Savall presents Tous les matins du monde

Violin legend, Jordi Savall, revisits Alain Corneau's 1991 film "Tous les matins du monde" in a stunning program of music from the French Baroque. The award-winning motion picture explored the often tense relationship between violin master Marin Marais and his mentor Sainte-Colombe, with Savall and Le Concert des Nations providing the crucial soundtrack. Over 27 years after the movie's premiere, Savall has assembled some of the world's finest musicians for an evocative program featuring music by these extraordinary composers and other French Baroque masters, including Jean-Baptiste Lully, François Couperin, and Jean-Marie Leclair.



Date: 2019.03.22.

Venue: Tianjin Grand Theater, 58-1 Pingjiang Rd, Hexi Qu, Tianjin

天津大剧院, 天津市河西区平江道 58-1号

CHIC INTERIOR DESIGN IDEAS

EVERY MODERN WOMAN WOULD LOVE!

By Anastasia Chapman

别致的室内设计理念 每个现代女人都会喜欢！

几个世纪以来，家庭一直是女性的领域，室内设计经常被标记为女性的专利。但在当今时代，女性的社会地位发生了变化，在职业和其他方面实现了自己的梦想。

如今，女性通过选择表达自己的品味，喜好和个性，无论是工作还是家庭。在现代女性的家中，这种表达超越了和谐与美的感觉，从家具到灯饰，再到配饰，一切都散发着现代的生活方式，最能定义这个新时代的属性。

这个充满自信和无所畏惧的一代喜欢尝试和冒险。他们认为家居装饰的想法并不应该总是安全的，不仅涉及许多昂贵的购买或匹配的装饰！

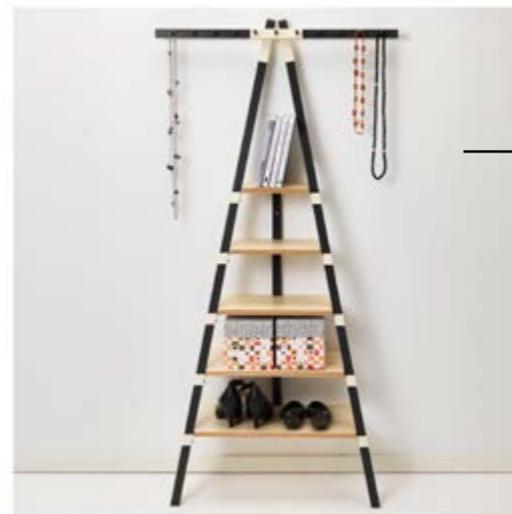
有很多利用空间的方法，比如把没用的梯子变得实用！

这个你经常打算扔掉的梯子一样，可以变成一个完美的鞋架，一个迷你层叠的花园或者只是用来搁置家居用品的架子。



TURN THAT UNUSED LADDER INTO A FUNCTIONAL PIECE!

Women these days are more budget conscious and believe in the fact that home decor should not only look pretty. But it also should solve a problem - that one issue that plagues most of the tiny space dwellers today - space crunch. So why not recycle old and unused stuff? Like this ladder that you often plan to throw away can be turned into a perfect shoe rack, a mini tiered garden or just for shelving household items. With minimal effort, repurpose this old piece into a functional essential. If you want, you can paint it to give it a quirky look. Otherwise, just put it in the desired spot, arrange the items accordingly that you wish to put on display, and there you have it - some really genius ladder decorating ideas with zero investment!



Traditionally, women have always been portrayed as the creators and nurturers of households. For centuries, the home has been a woman's domain, and interior designing often tagged as a women stuff. But in present times, things have changed and so has the social status of women, who are now more demanding, successful and determined to live their dreams personally, professionally and beyond.

Women, these days, be it work or home, like to express their tastes, preferences and personalities through their choices. In a modern woman's home, this freedom of expression transcends into a sense of harmony and beauty, where everything from furniture, lighting to accessories exudes a contemporary lifestyle that best defines this new-age brigade's attributes and nature.

This confident and fearless generation likes to experiment and take risks. They believe home decor ideas don't always have to be a safe bet, involving a lot of expensive purchases or matchy-matchy stuff! Sounds intriguing, right? Well, let's have a look at some of the coolest interior designing ideas that would appeal to the woman of today.



EXTRA BAGGAGE AS HOME ACCENTS

This one would appeal to single ladies putting up with no place to store their extra baggage at a matchbox apartment. We have some smart DIY arrangements for you! Big baggage - especially trunks and old suitcases, are a great way to spice up tiny space. Place your old trunk on the floor near the bed or couch and use it as low coffee table-top. You can also pile multiple suitcases on top of each other to add height, or even attach legs or casters to make them more functional as storage systems.

TURN TRASHES INTO DESIGNING TREASURES

Here's another interior designing tip for women living in small apartments. Living in a tiny space doesn't mean you can't experiment with unique decorating ideas! Yes ladies, let your creative juices flow and observe this opportunity to come up with the quirkiest skills to make your lovely space stand out. Repurpose your old stuff to create something brand new and useful. For instance - upcycle old mugs, bottles and bowls into light fixtures to decorate an empty corner of your apartment. Similarly, disassemble your old bike and coffee table and turn it into a decorative accent. Use it as a storage shelf if you have an empty wall in your kitchen that needs filling up.



DECORATE FLOWER VASES WITH PENNIES

Wondering what to do with all the pennies piling up in your kid's piggy bank? Why not use them to decorate some flower vases? Yes, you heard that right! Who would have thought you could use pennies to decorate home accents, other than using them as currency! Well, here's a great way to finally put those coins to use. All you need is some hot glue and enough coins to get started.

USE YOUR OLD NECKPIECES AS CURTAIN TIEBACKS

Have old dainty pieces of jewellery to throw away? Don't discard them already as your jewellery box is a treasure trove with resources to add a glamorous touch to your home décor! Before clearing up your jewellery box, look for any old necklaces, chokers, bangle bracelets and brooches that you no longer wish to wear. You can turn these chunky pieces into tiebacks for your curtains, adding instant sparkle to the drapes and interiors at the same time!



TURN A SHALLOW CORNER INTO AN ACCESSORIES CLOSET

For ladies who face constant struggle storing their accessories in an orderly manner, here's a brilliant tip that you'll love in no time! Many houses have narrow alcoves behind the door or on hallways. You can turn such shallow nooks and corners into closets for your shoes, jewellery and other accessories that you use on a daily basis. Place racks or attach curtain stands or hooks to store your accessories, and after arranging them properly, hang a curtain over the items. Isn't it a smart, functional and fuss-free way to store all your daily essentials?



HASTE MAKES WASTE 欲速则不达

By May Clay

Lisa has just moved out of her parents' house to start a new life in college. It has always been her dream to live freely away from the supervision of her parents. She stays in the dormitory with another freshman, Anne. The two of them have quickly become inseparable friends, as they plan out the interior of their new home, go IKEA shopping, and eat out—they have been eating out every day since they moved in.

They realized how costly and unhealthy it is, despite its convenience. Lisa and Anne resolve to be more practical, by cooking at home. The only problem is that both have never learned to cook. They started with quick and easy dishes like fried rice, stir-fried vegetables, and pan-fried meat.

"Oh, mom will be so proud!" Lisa happily exclaims, as they enjoy their simple, yet hearty meal.

"Can we try making beef stew tomorrow? It's my favorite!" says Anne.

With all the ingredients prepared on the counter, Anne tries to understand the recipe she found online, while Lisa can't wait any longer. She boils the stock and adds the beef and the vegetables.

"I think it's ready! It smells heavenly!" You can see the spark of excitement in Lisa's eyes. "Is

it really ready? Didn't the water just boil a few minutes ago?" Anne asks frantically.

They nod their head in approval, as they taste the stew, but then Lisa starts to tear up. The beef is tough as rubber. She calls her mother in hope that they could still salvage their dinner.

"Lisa, do you remember how I have been telling you 'haste makes waste', especially when you ask to have dinner prepared immediately? Don't worry, just keep it boiling in low heat for another hour or two."

"An hour or two?!"

"Yes, girls. Don't forget, 'haste makes waste.'"

Like the Chinese saying, 欲速则不达 Yù sù zé bù dá, one fails to achieve his goals in wanting something in haste. In the same way, 'haste makes waste' means that when we rush into doing things, it causes mistakes that may make our efforts futile. A little more preparation and patience go a long way.



丽莎刚搬出父母的家,开始了大学的新生活。她和另一个新生安妮住了在一个宿舍并且很快就成了形影不离的好朋友。刚开始她们经常去外面吃饭,但是不久之后发现虽然这样很方便,但却不经济且不健康。于是她们决定自己下厨。但问题是,两个人都没有学过做饭。经过一番商量后,她们决定从快速简单的菜肴开始学起,比如炒饭,炒菜和煎肉。

有一天安妮说想要尝试一下炖牛肉,于是两人一拍即合,在准备好所有食材后,丽莎很兴奋,她说她不想再等了,于是煮开了水,把牛肉和蔬菜一股脑全都倒进了锅里。

"我认为已经好了!闻起来很香!"丽莎激动的说。"真的准备好了吗?水才刚刚煮开几分钟而已啊?"安妮疑惑的问道。

当她们满心欢喜的准备品尝炖牛肉时,才发现牛肉炖的像橡胶一样硬。丽莎很崩溃,于是她打电话给她的妈妈求助。

"丽莎,你还记得我是怎么告诉你的,欲速则不达。别担心,只需将肉在低火下炖一两个小时就可以了。"

"一两个小时?!"

"是的,孩子们!别忘了,欲速则不达!"

就像中国的成语:欲速则不达,凡事都要讲究循序渐进。有了量变的积累才会有质变的产生,不可急于求成,如果做事一味追求速度,结果反而会离目标更远。如果只想着要快速完成某件事,其只会大失所望。



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淇淋 (Hisense Plaza) 海信广场店**
A: No.188 Jie Fang Road 3F, Heping District, Tianjin
和平区解放路188号3层
T: +86 22 23198315

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

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



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



Chinese

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

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



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

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

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

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

HX **New Dynasty 天宾楼**
A modern upscale Chinese restaurant with touches of Chinese elements. New Dynasty takes classic Cantonese cuisine and puts a modern twist on it while maintaining its authentic flavours.
11:30-14:30; 17:00-22:00.
A: 2F, Renaissance Tianjin Lakeview Hotel No.16 Binshui Road, Hexi District
河西区滨水道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
河西区滨水道与紫金山路交口18号
T: +86 22 2813 8138
W: dintaifung.com.cn



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

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 Ziyou Road, Former Italian Concession Area, Hebei District
河北区意大利风情街自由道48号
T: +86 22 8761 3413
E: veneziaclub.tianjin@yahoo.com
W: veneziaclubrestaurant.jimdo.com



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
+86 138 2048 8636



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区3楼
T: +86 22 5810 0179

Spa & Massage**HD** Yue spa "悦" 水疗中心

A: 4F, Radisson Tianjin 66 Xinkai Road, Hedong District, Tianjin 300011, China 河东区新开路66号 天津天诚丽筠酒店4层
T: +86 22 2457 8888 ext. 3910
O: 10: 00-02: 00

NK ThaiFe Spa 泰菲SPA

For RMB350 you can get full-body relaxing massage. Definitely worth trying.
A: No.14, Diantai Dao, Heping District 南开区电台道14号
T: +86 22 2781 1061

NK Thai Massage 泰享阁足道会馆

A: Aocheng Plaza Tianxi 22-23/132, Nankai District, Tianjin 南开区奥城商业广场天玺22-23/132
T: +86 22 8137 2222

NK Shan Ru SPA 善如美容美体SPA

A: Opposite of No.18 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

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

The first international-standard foreign-funded hospital in Tianjin, offering authentic western-style medical services.
A: No.22 Tianxiao Yuan, Tanjiang Dao, Hexi District 河西区潭江道天潇园22号
T: (Reception) +86 22 5856 8500
24 Hour Emergency: +86 22 5856 8555
W: ufh.com.cn

RafflesMedical**HX** Raffles Medical Tianjin Clinic

A: 1F Apartment Building, Sheraton Tianjin Hotel, Zi Jin Shan Road, He Xi District, Tianjin 300074 河西区紫金山路
喜来登大酒店公寓楼一层
T: +86 22 2352 0143

HX Tianjin Congramarie Gynecology & Obstetrics Hospital

天津坤如玛丽妇产医院
Tianjin's first international 3H (Holistic-care, Hotel-style, Home-warm) gynecological hospital.
A: No.488 Jiefang Nan Lu, Hexi District (opposite to Huan Bohai Automobile City) 河西区解放南路488号 (环渤海汽车城对面)
T: +86 22 5878 5555

NK Women's and Children's Specialized Health 美中宜和医疗集团天津美中宜和妇儿医院

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



Golf Clubs

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

HX Tianjin Yan Yuan International Hotel
天津燕园国际大酒店
A: Zi Jin Shan Lu, Hexi District
 天津市河西区紫金山路31号
T: +86 22 2731 3388



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

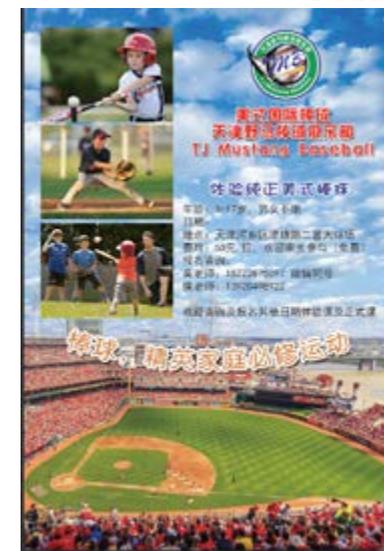
TICC (Tianjin International Community Centre)
Association and meeting place for foreign passport holders and their families in Tianjin. Organises monthly coffee mornings, luncheons and social/fundraising events, supporting local charities.
E: ticc_09@hotmail.com
W: tianjin.weebly.com

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, 同时举办棒球专业团建活动。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





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



QH Wellington College International Tianjin
天津惠灵顿外籍人员子女学校
In partnership with Wellington College, Crowthorne, UK, the Tianjin college offers a British curriculum.
08:30-17:30.
A: No. 1, Yide Dao, Hongqiao District 红桥区义德道1号
T: +86 22 8758 7199 ext. 8001
M: +86 187 2248 7836
E: admissions.tianjin@wellingtoncollege.cn
W: www.wellingtoncollege.cn/tianjin



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



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

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

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

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

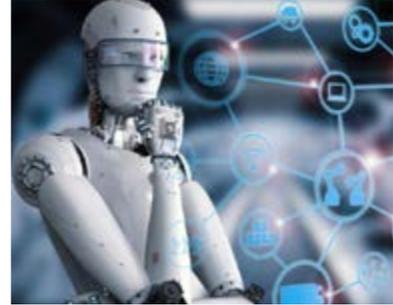
H X Exhibition Centres
Tianjin International Exhibition Centre
天津国际会展中心
Located near Tianjin museum, this two-storey building is suitable for holding large-scale international and domestic exhibitions.
O: 09:00-17:00.
A: No. 32, Youyi Lu, Hexi District 河西区友谊路32号
T: +86 22 2801 2988

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

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

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

IT
N N NNIT (Tianjin) Technology
天津恩恩科技有限公司
A: 20 F, Building A, JinWan Mansion, No.358 Nanjing Road, 300100 Tianjin 南开区南京路358号. 今晚大厦A座20层
T: +86 22 58856666
W: www.nnit.cn



Bakeries
LE CROBAG
LE CROBAG - Teda Store
Le Crobag 德国面包房
T: +86 22 5990 1619

Chinese
Ya Yue Chinese Restaurant
雅悦轩中餐厅
A: 2F, Binhai Jianguo Hotel, No. 1, 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
Zen 中餐厅
Authentic Cantonese and Chinese flavours with plenty of soups, appetisers and yummy seafood.
11:30-14:30; 17:30-22:00.
A: Citizen Plaza, No. 86, 1st Avenue, TEDA 开发区第一大街86号 天津滨海假日酒店1层
T: +86 22 6628 3388

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



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商铺
 (嘉乐城底商)
T: +86 22 6518 5559



Spa & Massage

Sheraton Shine Spa
喜来登炫逸水疗
A: 3F, Sheraton Tianjin Binhai Hotel,
 No.50, 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
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W: tedaich.com

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 An American dry-cleaning franchise.
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W: sheraton.com/tianjinbinhai

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 P.R. China 300467
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T: +86 22 8372 8888
W: www.metropolitanpoloclub.com

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 +86 439 6986888

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T: +86 22 6621 8888

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 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

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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

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W: www.binhaipark.cn

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W: tianjin.mapleleaf.net.cn



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 of Tianjin Economic Development Area to
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 residing in the Binhai/ TEDA region.
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 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.
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T: +86 22 6530 2888
W: bicec.com.cn

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T: +86 22 5985 7000
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T: +86 22 6622 0886
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 开发区南海路1号
T: +86 22 2532 6009
W: warnergolfclub.com

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 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
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 District 塘沽区津塘公路1038号
T: +86 22 2582 9366



门票：30元人民币
参观时间：8:00-16:00

旅行就是探索新的目的地，近距离观察自然，回忆历史，融入现代文化。这个旅游指南将帮助您体验大自然的奇迹以及国家森林公园内和周围的各种未知的原始腹地。

上方山国家森林公园是中国北方最大的国家公园，以九洞，十二峰和七十二座茅草屋而闻名。来自山脉的天梯将带领我们到达山顶的壮丽景色。最高峰海拔860米。除了山地探险之外，山上还有七十二座古老的宗教寺庙，描绘了过去统治北京的人类文化和建筑辉煌。整个公园占地约329.9万平方米，95%的公园被森林覆盖。

除了徒步穿越茂密的森林，您还可以在北京旅行社的帮助下创造性地探索森林，旅行社可以在参观上方国家公园的同时精心策划其他可能的旅游选择。



SHANGFANG NATIONAL FOREST PARK, BEIJING

The massive national forest park in China

By Nikita Jaeger

Travelling is all about exploring new destinations and getting a closer look at nature, historical reminiscent, engaging with modern culture and, thus, being part of the history. Such practical experiences can be felt at a higher notch when you visit Shangfang National Forest Park, located at Beijing. If you are one among the most realistic and peace lovers, then this travel guide shall help you experience the wonders of nature and various untold, virgin hinterlands in and around the National Forest Park.

The Shangfang National Forest Park is the largest national park located in North China, which is well-known for the Nine Caves, Twelve Peaks and Seventy Two thatched cottages. The heavenly ladders from the mountains shall lead us to the breath-taking view at the peak. The highest peak is 860 metres above sea level. Other than mountain exploration, there are seventy-two ancient religious



Entry fee: RMB 30 / Visiting time: 8:00 – 16:00

temples scattered around the mountains, depicting the cultural and architectural brilliance of people who ruled Beijing in the past. The entire park covers about 3.293 million square metres, and 95% of the park is forest. It is a treasure of different plant life, consisting of 89 families, about 300 different types of pine trees, lush meadows, and fruit garden.

How to reach Shangfang National Forest Park, Beijing?

Shangfang Mountain Forest Park has excellent road and railway connectivity. Also, the transportation charges are quite affordable, and because of the easy accessibility and low-cost transport facilities, it is an ideal tourist location for budget friendly travel plans. The park is about 72 kilometres distance from Beijing.

If you love traveling by train, then you need to catch Train 7 from Beijing South Station and step down at Gushankou Station. From Gushankou, you can either take a small walk, relax your muscles before trekking over the mountains, or even board a local bus and reach the place in a few minutes of time.

There are quite a few buses that connect the park and Beijing; Bus No. 917 is one among them. Catch it at the Fangshan Bus Station and then transfer to Bus No. 15, which is a minibus, and land directly in front of the National Forest Park.

You can even take the road by driving your car, and it takes about an hour of time to reach the park from the town. Before hitting the road, make sure it's not a public holiday in China, as you already know the traffic happens to be the worst on such occasions.

Beijing Tour operators can help you reach the forest park, by booking local transportation tickets, and even get you the entry pass, which is much needed to enter the park.



THINGS TO DO AT SHANGFANG NATIONAL FOREST PARK

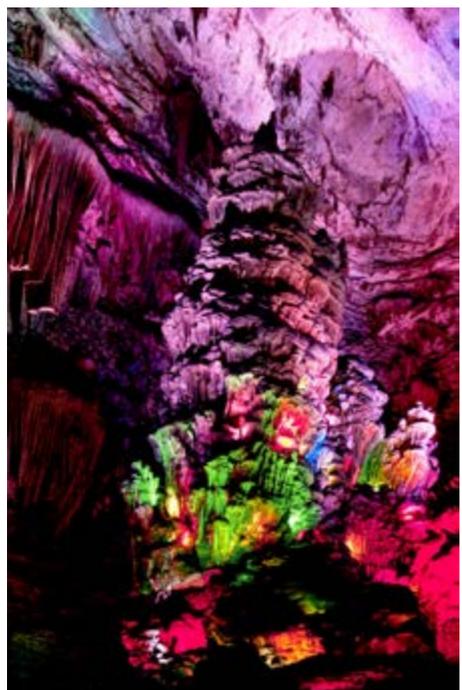
There are many exhilarating things one can do at Shangfang National Forest Park, and in this article, you can find a few "must do" things during your visit to the gorgeous mountain park. The park is open for public every day, starting from 8 AM till 6 PM, and the entry fee is RMB 30 per person.

If you are planning the tour with a Beijing Tour operator, then they can arrange entrance tickets as part of the tour package.

Trek around Yunshui Cave

The Yunshui cave, which is also known as the Cloud Water Caves, is a natural wonder located on the Shangfang Mountain. It is one of the best Beijing tourist attractions one should never miss while visiting the Shangfang National Forest Park. If you take a closer look at the rock formations, you can find it representing the past Buddha dynasties and the rich cultural heritage. Carry a camera to capture the stalagmites, stone curtains and the stone pillars. The cave also has a mysteriously hidden pit holding valuable fossils of plants and animals for years.

With the help of experienced Beijing Tour Guides, you can explore the Yunshui cave by trekking or using a cable car service. Hiking to the top of the mountain is a thrilling experience and will give you the adrenaline rush. The Yunshui Cave consists of seven caves.



The largest cave is 60 meters tall, and its base spreads over 2000 square metres. Various formation of stalagmite is an exhilarating experience to watch, consisting of many human made structures, like illuminated Buddhas, a replica of Great Wall, bridges, vividly coloured illuminations and cement lily pads other than the natural formations.

Take a walk through the Scaled stairs of Dou Temple

There are many temples to explore around Shangfang Mountain Forest Park, and the Dou is one temple that takes leadership of the 72 temples you can find in the forest park. To reach the temple, you have to take the unique stairs, carved out of perpendicular cliffs. It takes only 262 stone steps to reach the temple, and the architectural brilliance of the Ming Dynasty is visible in every segment of the construction.

Ancient trees, like cypress, ginkgo, pine, and pagoda, etc., are spread over the park, besides exotic plants that are facing near extinction. You can find plenty of such plants preserved in this part of the natural forest.

Other than trekking and wandering through the dense forest, you can creatively explore the forest with the help of a Beijing Travel agent, who can meticulously plan your trip and other possible tour options, while visiting Shangfang National Park. Natural charm characterized by the presence of dense forest, including carefully nurtured near extinction trees, ancient temples, stalagmites of different sizes, and many other natural flora and fauna make Shangfang National Park an inevitable tourist spot in China. History and natural beauty play their role hand in glove, laying out a plethora of never ending tourism possibilities.

PREPARING FOR A SURFING SAFARI

By Linda Perry

If you decided to go surfing with your friends, you have to prepare well for getting the most of it. If you are experienced surfer, then you know all the needed things, but if you are a beginner, you should follow our instructions for having the funniest and the most beautiful trip.

Surfing is a serious sports activity, so you can't go just with your summer clothes and a little food. Consider the fact that you have to take your surfing equipment and, if it is damaged, keep in mind that you have to replace it with a new one. We created a list of things that you should pay attention to. Follow our instructions and create unforgettable moments together with your company.



BEFORE GOING TO THE BEACH

You have to know that surfing is a very demanding sport, so you have to be in a good shape. Before going to the beach have some training for staying in a good shape. Keep in mind that surfing will not come overnight, so you have to train hard for obtaining results and easily stand on the surfboard. Swimming skills are another required option. We advise you to visit your local pool to relax and prepare your muscles. Consider the fact that, if you want to have a decent level of surfing, you have to take training lessons in a few sessions.

When deciding to go surfing, make sure that you have all the needed surfing gear. You can find many different surfboards, wetsuits, and another gear that is suitable for you. If you are a beginner, you would have a different equipment, so choose wisely.

If you don't have enough amount of money, you could save yourself from additional costs. You can find on the internet how to paddle or pop-up, and also lessons for catching waves. Visit some forums if you have specific questions. Remember, the forums are created by experienced surfers. You can find a lot of people who want to share their opinion and their experience, too. When you decide to pay for a good trainer, remember to choose the most reputable one. This way you would be trained alone and you would see if this sports action is for you.

ON THE BEACH

When you prepare and take all your gear, try to find a perfect spot for your beginning. Choose small and gentle waves. Find a beach break, because it would be an ideal choice. See if



the beach has a patrol, because in this way you will feel safe, if something bad happens. Keep in mind that, as a beginner, you don't have to pick a place where there are many experienced surfers and swimmers. You need a calm and empty place. Another thing to consider is checking the weather. There is no point going on surfing if there are no waves.

SUMMARY

The most adventurous roads are the ones that connect the persons with nature. The quality of the vacation depends on the wildlife combined with the magnificent sunrises with the smell of the sea, and these seem to be the best ingredients that everyone owes to their inner self. Preparing for your surfing safari would be a refreshing experience that one will fall in love with the simplicity of a safari holiday.

Here is what a person can do to get in shape before impending overseas surf trip:

- ▶ Surf and just surf: The best training for this sport is only the surfing. No matter if it is not the best surf, you should try to get into the water in most of the days.
- ▶ Hit the pool: You think that the surf is terrible? There is no excuse; you have to stay in the water. Hit the local pool and get your cardio fitness up.
- ▶ Surfercise: If you are not a gym person, you should definitely benefit from a surf workout.

There is no doubt that a person would be super excited if he plans on going on a surf trip. Keep in mind to watch a surf movie before your trip, because soon you will be in the place with perfect waves, where you can practice everything. Enjoy your surfing time by improving yourself each time.



准备好冲浪

如果你决定和朋友一起去冲浪,你必须做好充分准备。如果您是经验丰富的冲浪者,那么您就知道所有需要的东西,但如果您是初学者,您应该按照我们的指示进行。

冲浪是一项严肃的体育活动,所以你不能只穿着夏天的衣服并只吃很少的食物。你必须带上你的冲浪设备,如果有损坏,你必须更换一个新设备。我们将创建一个您必须注意的事项列表。按照我们的指示,能够创造难忘的时光。

请尝试为您的起点找到一个完美的位置。选择小而柔和的波浪。看看海滩是否有巡逻,因为这样一来,如果发生了意外,你会感到安全。请记住,作为初学者,您不必选择有经验的冲浪者的地方。你需要一个平静的海面。另一件需要考虑的事情是检查天气。如果没有波浪,没有必要去冲浪。



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- Kids activities are available during weekend lunch times.

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