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2019

**SPORTS
EVENTS
IN CHINA**

2019年中国体育赛事



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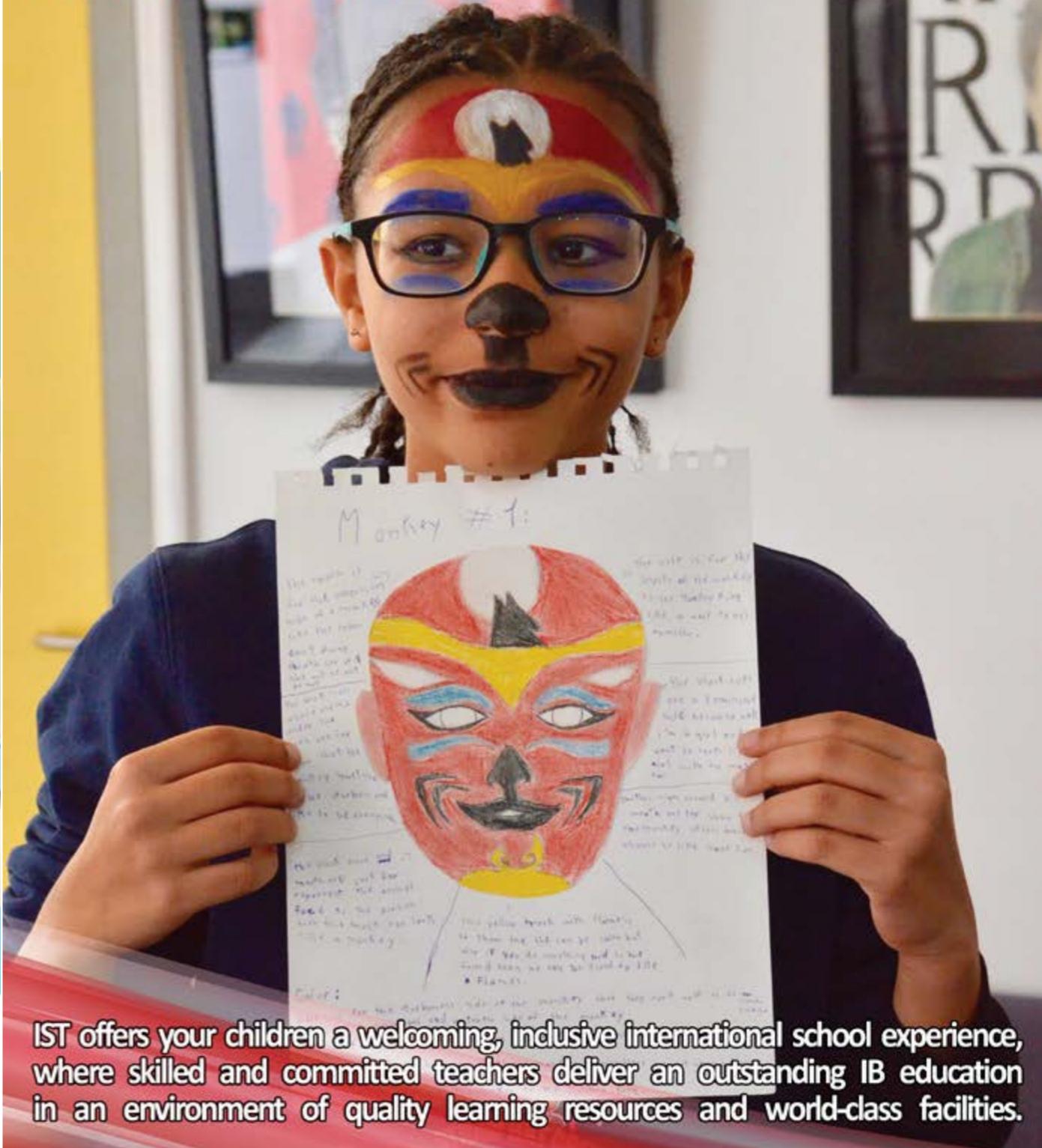
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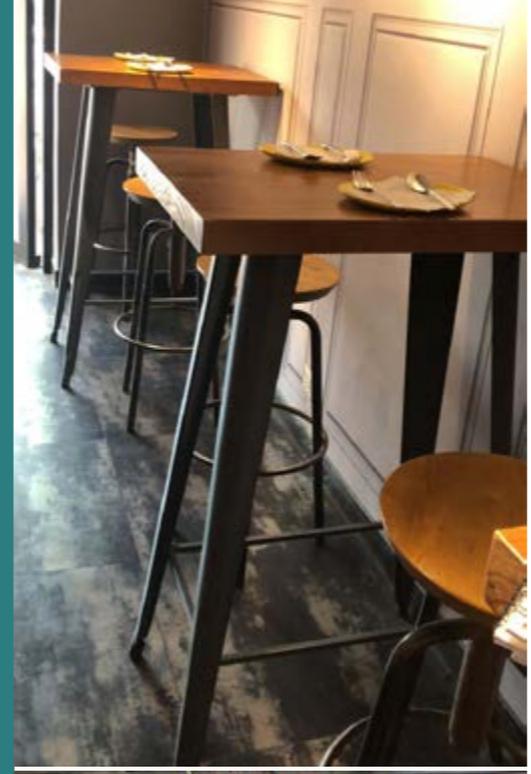
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Hi Friends,

China has a long history of excelling in sports; that is why it is not surprising that they hold numerous sporting events in the country. Building China into sport's power is part of China's goals. China has evolved to be a popular contender in the aspect of competitive sports. Meanwhile, there are still a several traditional games which are also beautifully executed in China. You can read in this edition some of the sporting events to be held in China in 2019 which you can enjoy.

With the spring season very suitable for sightseeing and outdoor activities, you can read our Top List of recommended places to embrace nature, try out something new or rediscover China's rich culture. Some are well-known tourist spots, while others are offbeat destinations for those adventurous-at-heart.

Choosing a restaurant from one of the thousands in Beijing can be an interesting task to do since its food is a mix of international influences and many generations' traditions that offer locals and tourists the opportunity to try a full range of options. Beijing Beat helps you out by compiling some of the most comfortable local restaurants that you can't definitely miss.

An increasing number of people are turning towards wholesome vegan diets these days. The general trend all over the world is an inclination towards going clean and green. And that is further induced by fitness and lifestyle channels. So you will find in this edition 10 super rich plant based protein sources that you can include in your diet.

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

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

Best wishes,
Sandy Moore
Managing Editor | Tianjin Plus Magazine

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12 Fri

ORPHEUS CHAMBER ORCHESTRA
奥菲斯室内乐团音乐会

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



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 14
Time: 19:30
Price: 100,160, 220, 280
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅



SPECIAL DAYS

April

APRIL 01 APRIL FOOLS' DAY

APRIL 05 QINGMING FESTIVAL

APRIL 21 EASTER DAY

APRIL 22 EARTH DAY

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 16
Time: 19:30
Price: 180, 280, 380, 570(380x2)
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅



A marriage of harmony and diversity sums up English saxophone quartet Marici Saxes. Four unique musicians, supremely successful saxophonists all, came together through a craving for collective creativity. Since their inception, in 2010, they have established a considerable online presence and drawn an enthusiastic international following with their reworking of revered classics, peppered with a smattering of original compositions.

Marici Saxes are alumni either of the Guildhall School of Music and Drama or the Royal Northern College of Music – or both. They have, individually, performed with such diverse luminaries as Sting, Seal and Ben Howard, and with esteemed ensembles, including The BBC Concert Orchestra, The Mariinsky Theatre Orchestra and The Royal Philharmonic Orchestra among many others. It is with this wealth of experience that Marici Saxes have united to form an exciting and vibrant ensemble.

18-21 Thu-Sun

THE MAGIC CURTAIN
巴西皮影动画互动剧《动物夜狂欢》

Date: Thu-Sun, Apr 18-21
Time: 10:30; 14:30; 17:30
Price: 220, 260, 400(220x2), 460(260x2),520(220x3),620(260x3)
Venue: Multifunctional Hall, Tianjin Grand Theatre
天津大剧院多功能厅



One of the most established Brazilian puppetry companies, Grupo Sobrevento, presents in Babá's magic curtain a show developed in collaboration with Chinese shadow puppet master, Liang Jun.

A dream-like world waits patiently, while Babá sews. As she dozes in the lamplight, the animals behind the curtain slowly awake and begin their magical journey towards the town of Millamarchmantopolis.

Based on the short story, Nurse Lugton's Curtain, which Virginia Woolf wrote to her niece, is a beautiful shadow puppetry performed by four actors/puppeteers with original soundtrack.

19-20 Fri-Sat

WELLINGTON COLLEGE FESTIVAL OF EDUCATION 2019
惠灵顿2019年教育节

Date: Fri - Sat, Apr 19-20
Time: 9:00
Types of tickets:
- One Day Festival tickets
- Full Festival tickets
Venue: Wellington College Tianjin
天津惠灵顿学校



Taking place on Friday, 12th April, and Saturday, 13th April, 2019, the Wellington College China Festival of Education promises to be the best of what is now an annual event that celebrates, debates and explores education and the place it has in a rapidly changing world. Following the opening event in Shanghai, the festival will then move to Wellington College Hangzhou on 14-15th April, and to Wellington College Tianjin on 19-20th April.

The Festival of Education brings together the industry's most forward-thinking minds, practitioners of change, policy makers, and teachers, at one of the leading forums for thought leadership, CPD and debate. With more than 40 expert speakers delivering over 90 presentations, talks and workshops spanning seven days and dispersed over three different cities, the 2019 festival is an event that will inspire debate, encourage the sharing of knowledge, and advocate international 'best practice'.

Whether you are a parent, an educator or someone who is interested in teaching and learning, there is plenty on offer during the festival. Educators, who attend the Shanghai event, can request a certificate of attendance as part of their professional development.

19 Fri

ARTIE'S PIANO TRIO
法国阿提斯钢琴三重奏音乐会

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



Artie's Trio is Olivier Patey (clarinet), Emmanuel Christien (piano) and Gauthier Herrmann (cello), and also the founder and director of the collective. They met at France's top music school, the Paris Conservatoire, and started playing together in 2008 at what has become the twice-a-year Artie's Festival India – a chamber music festival that celebrates its 21st edition at the end of this month. Artie's Trio has barely stopped since, travelling widely and playing concerts that have become known for their personality and accessibility.

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 24
Time: 19:30
Price: 80, 180, 280, 252(180x2),
392(280x2)
Venue: Concert Hall,
Tianjin Grand Theatre
天津大剧院音乐厅



Pierre Hantaï is a French conductor and harpsichordist. He took up the harpsichord at the age of 11 and studied in Paris with the American teacher, Arthur Haas, followed by two years in Amsterdam with Gustav Leonhardt. In 1982, he won the second prize in the Bruges harpsichord competition. He has played in many baroque orchestras, including La Petite Bande, under the direction of Sigiswald Kuijken, and Le Concert des Nations, under the direction of Jordi Savall. He has collaborated with many other musicians, including Philippe Herreweghe and Marc Minkowski. In 1985, he founded his own ensemble with his brothers, le Concert Français, which he directs from the harpsichord.

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02 Thu

BALLET STAR GALA

世界芭蕾群星Gala

Date: Thu, May 2
Time: 19:30
Price: 380, 480, 580, 680
Venue: Opera House,
Tianjin Grand Theatre
天津大剧院 歌剧厅



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邮寄地址:



07 Tue

**LA MÉLANCOLIE DES
DRAGONS**

法国戏剧月《“龙”的忧郁》

Date: Tue, May 7
Time: 19:30
Price: 180, 280, 380, 480
Venue: Opera House, Tianjin Grand
Theatre
天津大剧院 歌剧厅



A band of longhaired metalheads decides that the snowy forest, where their hatchback has stalled, might be the perfect location to build a new heavy metal-themed amusement park. A helpful stranger is invited into their world of classic rock, medieval recorders, and large inflatable sculptures. An international audience favourite, this three-dimensional poem is full of visual wonder, joy and melancholy, and sincere delight in human existence.

Originally a visual artist, Philippe Quesne, studied visual arts and graphic design at L'École Estienne and set design at L'École des Arts Décoratifs de Paris. In 2003, he founded Vivarium Studio, a laboratory for theatrical innovation that features painters, actors, dancers, musicians and animals. Quesne is currently artistic director of the Nanterre-Amandiers Theatre in Paris.

11 Sat

CONCERTO COPENHAGEN

**完全勃兰登堡
哥本哈根协奏团音乐会**

Date: Sat, May 11
Time: 19:30
Price: 160, 260, 360, 460
Venue: Concert Hall,
Tianjin Grand Theatre
天津大剧院音乐厅



**CONCERTO COPENHAGEN
完全勃兰登堡
哥本哈根协奏团音乐会**



Concerto Copenhagen played its first concert in 1991 and has since developed into Scandinavia's leading early music ensemble, joining the league of the world's most exciting and innovative Baroque orchestras. Original interpretations and a strong ability to communicate with the audience are among Concerto Copenhagen's hallmarks – making old music vital, relevant and contemporary. In 1999, the internationally acclaimed harpsichordist and chamber musician, Lars Ulrik Mortensen, became the ensemble's chief artistic director. He was awarded the coveted Le'onie Sonning Music Prize in 2007.

Concerto Copenhagen's CD recordings for CPO, Deutsche Grammophon and BIS, as well as DVD productions for Harmonia Mundi and Decca, have attracted worldwide attention and won several international awards. This has led to invitations from many of Europe's leading concert venues and festivals, as well as extensive tours to the USA, Japan, Brazil, Mexico, Australia and China. International reviews reflect the experience of a world orchestra at the highest level.

13-14 Mon-Tue

**SPIRIT OF IRELAND DANCE
SONGS MUSIC LIVE**

爱尔兰踢踏舞剧《爱尔兰传奇》

Date: Mon-Tue, May 13-14
Time: 19:30
Price: 180, 280, 380, 480, 680
Venue: Multifunctional Hall,
Tianjin Grand Theatre
天津大剧院多功能厅



'THE SPIRIT OF IRELAND' was Ireland's first national and international success story. The production has gone from strength to strength, evolving over many years to become one of the most exciting and popular cultural, dance and music products to come out of Ireland!

Featuring a cast of Champion dancers and musicians, this diverse production offers the audience a spectacular evening of Irish music, song and dance. The performance is fully LIVE, where the cast interact with the audience, as if you were sitting in the kitchen of an old Irish cottage submerged in the rich culture of Ireland.

The music is traditional, featuring some of Ireland's most loved national instruments, the fiddle driving frenetic reels, the Bodhran beating out the driving rhythms of the band, the Uilleann pipes calling back with beautiful and haunting slow airs. Not forgetting those slow and moving ballads, which are sung like a whisper on the wind.

13-14 Mon-Tue

**ENSEMBLE RESONANZ-
ELBPHILHARMONIE ENSEMBLE @
JEAN-GUIHEN QUEYRAS, CELLO**

**大提琴大师奎拉斯与汉堡易北音乐
厅弦乐团音乐会**

Date: Thu, May 23
Time: 19:30
Price: 180, 280, 380, 480
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅



**Ensemble Resonanz
Elbphilharmonie Residenzensemble, German
大提琴大师奎拉斯
与汉堡易北音乐厅弦乐团音乐会**



SPECIAL DAYS

May

**MAY 01 INTERNATIONAL
WORKER'S
DAY**

MAY 04

**STAR
WARS DAY**



**MAY 12 MOTHER'S
DAY**

Sakura Inspired Afternoon Tea @ Four Seasons Hotel Tianjin

As the flowers start budding, are you on the watch for Sakura and anticipating your walk under the Sakura trees? La Sala Lobby Lounge introduces "A Gentle Touch of Sakura" Afternoon Tea for guest to appreciate the beauty of Sakura by the creative and tempting desserts.



Elaborately designed by the Hotel's Executive Pastry Chef Christy Tse, this afternoon tea features an exquisite set of Sakura inspired desserts including Milk Pudding & Sakura Flower Jelly, Cherry Blossom Chestnut Roll, Japanese Soft Cheese Cake, Sakura Lovers' Chocolate and more pairing with handmade coffee or tea.

Price: RMB378+15% for two

Date: Valid till May 13th, 2019.

Venue: La Sala Lobby Lounge, Four Seasons Hotel Tianjin

For more details, please contact +86 22 2716 6261.

Spring Tea @ Shangri-La Hotel, Tianjin

Explore springtime with a specially curated selection of tea leaves with Shangri-La. Discover our springtime teas to your heart's content - Be delighted by our chef team's exquisite craftsmanship for a tea-inspired culinary journey. Savour deep fried shrimps with jasmine tea, green tea and cherry cake, Longjing tea roasted chicken wings and more, available at Shang Palace, Cafe Yun, and Lobby Lounge of Shangri-La Hotel, Tianjin. Celebrate the advent of spring tea harvest and join us for a "tea time" this April.

Venue: Shang Palace, Cafe Yun, and Lobby Lounge of Shangri-La Hotel, Tianjin

For more information or for reservations, please call +86 22 8418 8888.



Tea Gourmet In Spring @ Renaissance Tianjin Lakeview Hotel



With delicate fragrance and character of Chinese culture, tea always be used to described as nobility and elegance. This spring, let your dining fill with long aftertaste of tea. 10 March – 14 April, New Dynasty presents you seasonal limited a la carte menu of Tea Gourmet.

Date: From now till 14th April.

Venue: New Dynasty, Renaissance Tianjin Lakeview Hotel

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

Chinese Afternoon Tea @ Wanda Vista Tianjin

Spring has arrived, join us with your friends or families for a Chinese Afternoon Tea, beautifully arranged an oriental touch set-up with delightful and sweet treats prepared by our talented pastry team at our Lobby Lounge. Don't miss Swan Durian Puff, French Bean Rolls, Tianjin Crispy Finger Citron and Glutinous Rice Rolls with Sweet Bean Flour.

Price: RMB128 net/set (for two persons),

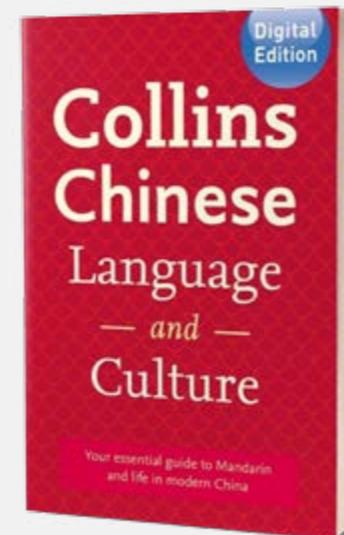
Wechat Shop Special price RMB88 net (for two persons)

Date: April 1st to 30th, 2019.

Time: 14:00-18:00

Venue: Lobby Lounge, Wanda Vista Tianjin

For inquiry or reservation, please contact the hotel at +86 22 2462 6888.



Collins Chinese

Language and Culture

Your Essential guide to Mandarin and Life in Modern China

By Collins Dictionaries, 2012

For any individual willing to visit China, this is the most essential copy to use in comprehending the language and developing an in-depth comprehension of the main phrases used by the natives. The book simplifies insights on the expansive language, history, traditions and customs from writing as a point of reference. Collins Dictionaries highlight the crucial elements that allow a word to be pronounced or written in the right way in the Chinese language, and how that relates to history. Any visitor travelling to China can significantly benefit from the contents of the book, as etiquette when dining in the local restaurants is distinctively portrayed, common words and activities to use and look for when moving in the streets, and how to interact with people in the region.

The contents are an adequate exposition of the lifestyle of the Chinese through the exploration of expected behaviour for both the traditional Chinese and the modern environment, and how one can easily blend in with the locals. The highlight of the main festivals observed in the area also enhances the effectiveness of the book in enlightening readers on Chinese tradition and lifestyle, as well as crucial beliefs. On a different level, Collins Dictionary provides a platform for pushing scholars to master the

main elements of Mandarin, without having to deeply comprehend the language, while relating the words to the historical points of emergence.

The authors target Western communities in the presentation of the book, as it takes an outsiders' perspective to the language by making the important elements precise and easy to comprehend for non-natives. Locals can also use the book as a guide in teaching other communities on how they can approach learning the Chinese language, and this serves as a good platform for instructing. Individuals working in China can also explore the book, as it not only highlights modern positions of the language and culture, but also explores the historical aspects, which can allow one to cut across all generations in the communication process. Learning professionals of the Mandarin language can use this as an introduction to the language prior to developing deeper understanding making the process easier.



CHINESE DATING ETIQUETTES

PAST AND PRESENT



By Rose Salas

Looking for a life partner is never an easy thing. Finding a relationship where love, trust, and harmony deepen as time goes by has always been a marriage goal for any bachelor or a bachelorette. Presently, the gender imbalance in China created a big gap in the ratio of men to women. Based on a survey, there are over 33.5 million more men than women. Given this number, one in four men will never get married. To get into a marriage, you must adhere to the rules or what is known as the Three Letters & the Six Etiquettes. And of course, a single guy must first look for someone to court. Dating practices vary from one person to another. What made Chinese culture unique is how the old-fashion custom still reflects, despite being open-minded is the norm nowadays. Back during ancient times, dating was far different from Western culture. Let's get a flashback with some of the top codes of behaviour of Chinese dating!

1. THE ROLE OF A LEGAL MATCHMAKER

During the Yuan Dynasty, the proposal to a girl who you want to marry is done appropriately in the presence of a Matchmaker. His role is to see and check if the woman is a perfect match for the man, or whether they are a good match based on the four pillars of birth time. They also tag along with them a fortune teller, who will interpret their future based on their birth dates.

2. PARENTAL CONSENT AND APPROVAL

Parents have a significant role when it comes to their child's preference, even before marriage. When dating, they prefer more those whom they know, and allow only to go to places where they approve. If you introduce someone to the family, it becomes a big deal, as they believe that the relationship is getting deeper between them and they are heading towards marriage. Without the approval of the parents, marriage should not pursue nor take place; otherwise, it will cause heart breaks and disrespect to them. They were the first matchmakers who decide and set-up a partner for their son or

daughter. They prefer them to only marry among their race.

3. WOMEN SEEK PRAISES BUT MEN DECIDE

Women expect praises during their first date. The appreciation of their beauty is a sign of politeness. They long to hear that they are beautiful, or that they look pleasing. When it comes to a decision, men should dominate. They choose to decide where to go, where to eat, or even what to order. They should initiate the conversation, and the women should not talk too much or be too open. The chat should only revolve around family, friends, and general topics to avoid divulging of very personal matters.

4. WOMEN MUST CHOOSE TO DATE FINANCIALLY-STABLE MEN

A woman wishes to marry a guy who will give a comfortable life to his wife. Security comes first before love. Parents are pleased when their daughter would get to know a guy who is career-driven and owns a house, or comes from a reputable family.

中国约会礼仪：过去和现在

寻找生活伴侣绝非易事。随着时间的推移，寻找一种爱，信任和和谐的关系一直是任何单身汉或单身女郎的婚姻目标。目前，中国的性别失衡造成了男女比例的巨大差距。根据一项调查，男性比女性多3350万。鉴于这个数字，四分之一的男人永远不会结婚。

要结婚，你必须遵守规则或所谓的三书六礼。当然，约会的方法因人而异。让中国文化与众不同是，尽管思想开放，旧时尚风俗仍然存在。回到古代，约会与西方文化大不相同。让我们回顾一下中国约会的一些顶级行为准则吧！

实际上，即使受到各种强烈影响，多年来一直坚实的文化永远不会被削弱。有些人似乎不同意这些约会礼仪，但就中国社会而言，传统总是值得保留！

What happened to the dating etiquettes presently? Here are a few things about it:

1. STRICT DATING ETIQUETTE STILL EXISTS

Casual dating is not a standard practice. Single people still look forward to date as a gateway to a lasting relationship. Intimacy is not a requisite for those going steady. Particularly women, purity is something still very precious to them.

2. PARENTS ARE STILL INVOLVED

Yes, even up to these modern days, parents can participate in their children's love life. Nonetheless, parents are more open-minded to their son or daughter's choice when it comes to deciding who to date or marry.

3. THE RISE OF DATING APPS

A modern way of getting to know, or finding someone, is via dating apps or social media apps. Many singles find it exciting to date people by getting a glance first on their dating bio or profile. For them, it saves time and effort to have an idea first if they could be a good match after exchanging a few chats before meeting. Young people or millennials are into this fad.

4. ACCEPTANCE IS THE KEY

For inter-racial dating or marriage, each partner bears in mind that they both grew up in different cultures and the best way to make a relationship work is through acceptance of differences and celebration of sameness or similarities. Family ties cannot be separated nor broken in a Chinese family, so if you are a foreigner, extending your love to your partner's family is valuable.



INDEED, A CULTURE THAT HAS BEEN MADE SOLID THROUGH THE YEARS CAN NEVER BE TURNDOWN, EVEN WITH A VARIETY OF STRONG INFLUENCES. SOME PEOPLE MAY SEEM TO DISAGREE WITH THESE DATING ETIQUETTES, BUT AS FAR AS THE CHINESE SOCIETY IS CONCERNED, TRADITIONS ARE ALWAYS WORTH KEEPING!



MOST COMFORTABLE RESTAURANTS

最舒适的餐厅

By Angel Logan

Beijing is known to have a mix of many diverse types of cuisines, from quick lunchtime to exotic meals that are surrounded by a joyful restaurant atmosphere. If you are looking for the best restaurants in comfort, Beijing will bring you a wide range of options to choose from. Beijing Beat helps you out by compiling some of the most comfortable local restaurants that you can't definitely miss.

Choosing a restaurant from one of the thousands in Beijing can be an interesting task to do since its food is a mix of international influences and many generations' traditions that offer locals and tourists the opportunity to try a full range of options.

北京以各种各样的美食而闻名，从快速的午餐时间到异国情调的美食，到处都是愉快的餐厅氛围。如果您正在寻找最舒适的餐厅，北京将为您提供多种选择。本期我们通过汇编一些您不能错过的最舒适的当地餐馆来帮助您。

从北京成千上万的餐馆中选择一家餐厅可能是一项有趣的任务，因为它的食物融合了国际影响和多代传统，为当地人和游客提供了尝试各种选择的机会。

1. 老北京炸酱面大王

如果您想尝试城市中最好的手拉面条之一，这家餐厅对您的北京行程至关重要。工作人员彬彬有礼，拥有非常安静轻松的氛围，柔和的背景音乐以及优越的地理位置。这家餐厅拥有很多选择。

营业时间：每天上午10点至晚上10点
地址：东城区东兴隆56号



1. OLD BEIJING ZHAJIANG NOODLE KING

Visiting this restaurant is essential on your tourist Beijing itinerary if you want to try one of the best hand-pulled noodles in the city. The staff is polite and it has a very quiet and relaxing atmosphere with soft music in the background as well as a great location. Noodles are made boiled or fried, and they are prepared with a wide range of sauces, greens and meats, which you are able to choose when the meal is on your table. It can also include ingredients, such as beef, lamb, scallions, chicken, chilies and pork. This restaurant has indeed many options for you.

Opening Hours: 10am-10pm daily
Address: 56 Dong Xinglongjie Dongcheng district



2. Q MEX BAR AND GRILL

It brings you a Mexican dining experience to your table in a great location, where you'll be able to try meals, such as fajitas, burritos, burgers, pizzas, etc. It also has a wide range of sharing plates, entrées and many desserts that you can't miss! You can also try Dulce de leche, which is made when sweetened milk is heated, creating a flavour similar to caramel. In addition, you'll be amazed with the restaurant's street art deco, while you enjoy this relaxing experience with a smaller crowd.

Opening Hours: 11am-1:00am daily
Address: L1-06, Space 3, Beijing Yuecheng Center, Dongsanbei Zhong Lu, Chaoyang District



3. SAKE MANZO

Sake Manzo takes you to a Japanese style restaurant with its Izakaya and crunchy fried tempura rolls. Moreover, its minimalist décor, with soft ambient lighting, provides a comfortable environment for all clients, who are also able to use free Wi-Fi, while they are sitting at the bar in the entrance of the restaurant. Enjoy your night at Sake Manzo Restaurant and take one of the nightly sake tasting flight.

Opening Hours: 6:00pm- midnight daily
Address: 1F Twenty-First Century Hotel 40 Liangmaqiao Lu Chaoyang district

4. LIME THAI

This is a must-try restaurant which will introduce you to an authentic regional Thai cuisine through its chili-shy meals that include Green Papaya salads, grilled honey pork neck and stir-fried chicken with basil leaf. Lime Thai has a welcoming atmosphere and attentive staff, who serve meals with dedication. This restaurant is an interesting option for those who love comfortable places and who prefer to have a wide range of menu features and home-like décor.

Opening Hours: 11:30am-9:30pm daily
Address: 103, Building 15, Chaoyangmenwai Dajie, Central Park, Chaoyang district



5. ZEROGO

Beijing restaurants gather a different type of cuisines from all over the country and ZeroGo is not the exception. In fact, it is known for its Western-style vegan restaurant mixed with Beijing style. You can easily choose dishes that are gluten-free, protein bowls or avoid some vegetables, such as onions, therefore, this restaurant is ideal for those who want an easy-to-read menu and a friendly service. ZeroGo also offers salads, pasta, burgers, Chinese noodles and Beijing desserts. ZeroGo has outdoor seating, as well as a modern and bright décor that will make you feel calm and comfortable, while eating your meal.

Opening Hours: 10am- 10:30pm
Address: Area 7, Poly Central Park, Wangjing East Park, Chaoyang district.



6. CAFÉ GROOVE

A great western café that serves sandwiches, teas, coffee, flavoured sodas and deobukki (Korean rice cakes). There's free WI-FI, power outlets and a large space, which makes it a perfect place to meet friends and have a relaxing time, while you are taking a drink. Café Groove has a relaxing atmosphere, therefore it may become your second office and your favourite restaurant for coffee breaks!

Opening Hours: 10am-Midnight daily
Address: Northwest corner of Tunsanli Mall, 21 Gongti Beilu Chaoyang District

7. MOKA BROS

This restaurant is a great option to have healthy meals, for instance, salads, wraps, power bowls (noodles), etc. If you go to Moka Bros, you have to try the smoked tofu banh mi with hummus and, of course, some coffee! Moreover, Moka Bros is a ground-floor café with a relaxed décor that will make your mid-week lunches memorable.

Opening Hours: 8am - 9:30 daily
Address: Nali Patio, 81 Sanlitun Lu, Chaoyang district



8. HUAJIA YIYUAN (HUA'S RESTAURANT)

If you come at lunchtime or breakfast, you'll get an excellent service of tasty home-style food fare in a nicely decorated courtyard setting. It has numerous rooms, where you can have different meals that range from spicy crayfish, duck meals and beer. Don't miss this opportunity to enjoy this traditional Chinese restaurant.

Opening Hours: 10:30am - 4:30daily
Address: 235 Dongzhimen Nei Dajie, Dongcheng District, Beijing 100007



China has a long history of excelling in sports; that is why it is not surprising that they hold numerous sporting events in the country. Building China into sport's power is part of China's goals of rejuvenating their nation.

With the surge of government investment in the sport's industry and the growth of recreational sport's towns, China has evolved to be a popular contender in the aspect of competitive sports. Meanwhile, there are still several traditional games which are also beautifully executed in China.

By Mary Lewis

2019 SPORTS EVENTS in China



Here are some of the sporting events to be held in China in 2019 which you can enjoy.

1. HANGZHOU XIXI INTERNATIONAL DRAGON BOAT RACE

The Hangzhou Xixi International Dragon Boat Race will be held during the Dragon Boat Festival on June 7, 2019, in the Xixi National Wetland Park (West of Hangzhou City). Not only can you cheer your favourite team during the race, but you can also watch traditional performances happening in the park, such as Chinese operas and the singing of Chinese folk songs. Food lovers also look forward to the zongzi making contest, a competition featuring the sticky rice dumpling.

2. GREAT WALL MARATHON 2019

Joining the Great Wall Marathon is among the bucket list of many foreign runners. Named as one of the world's hardest, yet most scenic races, the full marathon tests your endurance to complete 26.2 miles in a 10,000 ft of elevation in the course of uneven steps, rubble paths and steep ascents.

Great Wall Marathon started way back in 1998 and has been held annually ever since. This year the Great Wall Marathon will be held twice, on May 18th and another one in autumn, on October 27th, 2019.



3. X GAMES CHINA

For the first time in 25 years, X Games will be holding both summer and winter sports in one country, China. Aside from the sports activities, X Games will feature musical performances and art installations, giving you a festival experience. Hosted by ESPN (creator of X Games) and RENexstop Entertainment (action sports platform in China), it hopes to attract more than 100,000 on-site audience. Last year, about 119,000 on-site attendance was recorded.

Summer sports will start in late May in Shanghai with Skateboarding, BMX competition, and Moto X. Winter sports activities will start late November to early December.

4. CHENGDU POLICE & FIRE WORLD GAMES

Police & Fire World Games is known as the Olympics of police and firefighters. With 70+ countries joining and over 10,000 athletes competing in 60 different sports, it has attracted around 30,000 families and supporters into the host city.

As Chengdu hosts this year's games on August 5th-17th at Sichuan Lushang Sports Centre, the Chengdu Police is eager to add on to their achievement of 102 medals from their previous competitions so far, with 31 gold medals, 39 silver medals and 32 bronze medals.



5. 36TH WEIFANG INTERNATIONAL KITE FESTIVAL

Considered as the birthplace of kites, the annual kite flying festival was first held in Weifang, Shandong in 1984. In the previous festivals, the event has attracted more than 100,000 international spectators, as they show support to over 10,000 kite flyers from 40 different countries.

Aside from kite flying competition, a series of culture and sports exhibitions take place throughout the festival. Expect a grandiose opening ceremony with lots of traditional dancing, acrobat shows and drumming. A closing ceremony is usually done with the awarding ceremony and a colourful firework show.

The 36th Weifang International Kite Festival will be held on April 20th-22th, 2019.





6. 2019 UDO ASIA-PACIFIC STREET DANCE

Hear the music and join the beat as you watch the 2019 UDO Asia-Pacific Street Dance on November 2nd at Chongzuo City, Guangxi Province. UDO Asia Pacific is the largest international street dance organization, established in the year 2002.

It caters to crews or dancers ages 14 years old, up to 18 years old who compete for amateur, novice, and advanced levels. This year, the organization will be adding a new category, Ultimate Advanced, where beginners can choose to rival with teams from the advanced divisions.

7. BEIJING INTERNATIONAL LONG-DISTANCE RUNNING FESTIVAL

Considered to be the grandest sporting event in China, Beijing International Long-Distance Running Festival is being anticipated all over the world. Celebrated annually, the course of the marathon starts at Tian'anmen Square and ends at the Bird's Nest Stadium. For athletes and runners who would like to take part and visit China at the same time, get the best of both worlds as the race track passes by some of China's most historical sites. During last year's marathon, about 20,000 runners participated from 32 different countries.

Register now for the marathon that will happen on September 15th.



8. TOUR DE QINGHAI LAKE CYCLING MARATHON

Imagine racing at a high altitude and amidst breath-taking cultural heritage sites. The "Race in the Sky" is what awaits cyclists who join the Tour De Qinghai Lake Cycling Marathon.

Started in the year 2002, this world-renowned highest altitude road cycling event has gathered more than 100 athletes every year and flocks of tourists, too. The track has a total distance of 1300 km, which reaches to an average height of more than 3000 meters above sea level. Cyclists will race the road of Qinghai province with the view of Lake Qinghai in the centre, giving them a remarkable experience.

Catch the cycling tour starting July 14th this year.



9. INTERNATIONAL MT. TAI CLIMBING FESTIVAL

This year, the International Mt. Tai Climbing Festival takes place on September 7th at the Tai'an, in Shandong province.

Presently the best climb record stands at 56 minutes and 22 seconds for men and 1:08:33 for women. Getting to win bonuses of up to 610,800 yuan only increases the motivation of mountain climbers to deliver their best.

Tourists from all over would also be delighted to attend several activities, which also take place in the festival, such as the annual Mt. Tai International Music Festival, the National Fitness & Mt. Tai Climbing International Invitational Match, the Mt. Tai-Mount Fuji China-Japan Friendship Festival, and China (Tai'an) Investment Fair.

The festival started way back in 1987 and has been celebrated annually every September.

10. SHANGRI-LA HORSE RACE FESTIVAL

Also called the Litang Festival, this year's Shangri-La Horse Race Festival will be held on August 1st-5th. Most participants come from Tibet and camp out in the green pastures of Litang, making it the "City of Tents". Both locals and tourists would be regaled with watching horse racing, traditional equestrian performances, love song-singing competition and folk fashion show.

Meanwhile, it is also a good time to buy some Tibetan living wares and artisan jewellery that are being traded by Tibetan women proudly wearing their national costumes.



11. 8TH WORLD KUNG FU CHAMPIONSHIPS

Kung Fu is known to have originated in China in the primeval age and evolved during the Shang and Zhou dynasties. Now, this traditional sport is acknowledged, appreciated and practiced by martial arts athletes worldwide. A lot of Kung Fu competitions have been organized around the globe, including the World Kung Fu Championships.

Formerly called the World Traditional Wushu Championships, the 8th World Kung Fu Championships will be held on June 16th-20th in Emeishan, China. It will showcase different Kung Fu techniques and styles of kids and older masters-age practitioners.





12. WORLD CYBER GAMES

With emerging technology today, it is not surprising that even sports are done online. The World Cyber Games, which started in the year 2000, is now the largest global electronic sports' tournament. The so-called eSports Olympics are flocked by both onsite and online visitors, who also look forward to the entertainment programs and special talks that are happening alongside the tournament.

This year they officially announced the signing of a Memorandum of Understanding with Qujiang New District of Xi'an, China to hold the WCG 2019 finals from July 18th-21st, 2019. Players would first need to qualify domestic preliminary matches in each country to be able to compete.

13. 2019 ROUND HAINAN REGATTA

Unknown to most tourists, China boasts also of its white sandy beaches and tropical rainforests, which can be found in the Island of Hainan. The island is famous for its long coastline in the Southern tip of the Hainan Island named, Sanya. To further promote tourism in this province, the General Administration of Sport of China and People's Government of Hainan Province organized the Round Hainan Regatta on year 2010, and considered it as a high-end international sailing race. Last year, around 400 sailors from 42 teams participated in the event sailing around Sanya Serenity Marina with Lingshui, Wanning and Haikou as stopovers.

Sail away this year as you join the 10th Round Hainan Regatta to be held on March 15th until March 23rd. A grand prize money of RMB 300,000 awaits the winner! Or, you can simply relax in the beach as you watch the colourful sails drift in the shore.

2019年中国体育赛事

中国在体育方面有着悠久的历史。将中国建设成为体育强国是中国振兴国家目标的一部分。随着政府对体育产业投资的激增和休闲体育城镇的发展，中国已经发展成为竞技体育领域的热门竞争者。以下是2019年在中国举办的一些体育赛事，您可以尽情享受。

1. 杭州西溪国际龙舟赛
2. 中国长城马拉松

加入长城马拉松赛是许多外国选手的希望，被称为世界上最艰苦但风景最佳的比赛之一，全程马拉松在不平坦的台阶，瓦砾路径和陡峭的上坡过程中测试你的耐力，在10,000英尺的高度完成26.2英里。

3. X Games

作为全世界最重要的极限运动赛事，X-GAMES已经走过了第二十五个年头。这项包括了滑板、小轮车、越野摩托车等经典极限运动的顶级赛事，每年的夏季和冬季两场比赛都吸引来自全世界220个国家的超过5亿人次收看。1月10日，X-GAMES宣布正式落地中国，5月份的夏季比赛确定将在上海举行。



10 DESTINATIONS ^{TOP} for Spring Outings in China



By Mary Lewis

春季出行10个最美目的地

中国的春季非常适合观光和户外活动，这是您拥抱大自然，尝试新事物或重新发现中国丰富文化的机会。以下是春季推荐的景点列表。有些是著名的旅游景点，有些则是那些喜欢冒险的人的另类目的地。

1. 新疆，中国下一个最大的美食家目的地
作为丝绸之路旅游的著名停留地，新疆以其自然景观而闻名，但最受欢迎的是其美食。
2. 张家界玻璃桥，勇往直前
张家界大峡谷玻璃桥名“云天渡”，位于湖南省张家界大峡谷景区栗树坪和吴王坡区域内，是一座景观桥梁，兼具景区行人通行、游览、蹦极、溜索、T台等功能。在张家界比较热门的景点有很多比如玻璃桥和玻璃栈道，还有南天一柱。
3. 西双版纳
西双版纳，位于云南省最南端的傣族自治州，是“没有冬天的热土”，是世界上北回归线附近保存最为完好、面积最大的热带雨林，素有“动物王国”、“植物王国”、“绿色王国”、“南药王国”等称号。

With the spring season in China very suitable for sightseeing and outdoor activities, this is your chance to embrace nature, try out something new or rediscover China's rich culture.

Here is a list of the recommended places to visit during springtime. Some are well-known tourist spots, while others are offbeat destinations for those adventurous-at-heart.

1. XINJIANG, China's next biggest foodie destination

A famous stop-over of Silk Road tours, Xinjiang is known for its natural landscapes, but most especially for its cuisine, which is heavily influenced by the Muslim culture, resulting in dishes with a stronger Central Asian flavour than anywhere else in China.

Try their freshly-baked, yet crisp Samsa buns, which are stuffed with juicy lamb chunks, onions and Uyghur spices. Xinjiang is also known for their meat kebabs, where they skewer beef, lamb and chicken cubes on rose willow branches, leaving a distinct aroma. If you and your companions are truly hungry, you can try one of the meter-long kebabs.

2. ZHANGJIAJIE GLASS BRIDGE, a trek for the brave

For those of you who watched Hollywood's Avatar movie, taking a trip to the Zhangjiajie's National Forest Park might remind you closely of the movie's "Floating Mountain" scene. But the Forest Park is home to a thrilling attraction, the Grand Canyon Glass Bridge.

Featured as the longest and the highest glass bottomed suspension bridge in the world, you can admire the view of the granite mountains or bravely look down through the transparent glass to see the canyon from a view of 300 metres. Adrenaline-lovers may be able to get the most magnificent view through the world's highest bungee-jump platform installed on the glass bridge.



3. XISHUANGBANNA, China's biodiversity and ethnic melting pot

Xishuangbanna or 'Banna' in the province of Yunnan is home to more than 24 ethnic minority groups, which makes it an ideal destination for those who want to discover the traditional village way of life, taste authentic Dai food or take a three-day trek through vast tea plantations and bamboo forests. Rediscover China's plant biodiversity with a visit to its Monglun Tropical Botanic Garden or get to explore Xishuangbanna Tropical Nature Reserve to witness wild elephants in their natural habitat.



4. HANGING MONASTERY, a 1,500-year old relic on a cliff

Built on a cliff of Hengshang mountain, it is one of the world's forgotten wonders, the Hanging Monastery. The Hanging Temple was built between the years of 386 and 535 in the Northern Wei Dynasty. It hangs miraculously 246 feet above the ground, surviving fierce rain, snow storms and floods. It's quite daring to walk upwards on its steep stairway. But it is all worth it, as you get to see all 40 unique halls with 80 sculptures carved from copper, iron, stone and terracotta. The temple also embraces all three major religions in China: Buddhism, Confucianism and Taoism.

5. PANJIAYUAN FLEA MARKET, a haven for antique collectors

Spring is also a great time for shopping. Lovers of antique collections will adore walking around Qianmen, particularly in Panjiayuan. This market attracts over 3,000 dealers of old Chinese paintings and calligraphies, musical instruments, family heirlooms and other items of odd curiosity. Known as the Mother of all antique markets, the best bargains are offered during weekend between 6:00 and 8:00 AM.



Take home some of the unique antique collections as souvenirs, but don't forget to do prior research on the items you are buying and carefully select best quality with a good price.



6. CHONGQING, China's must-try Hot Pot

A trip to China will never be complete without trying a couple of local cuisines. What better way to taste the popular Chinese Hotpot than in Chongqing a.k.a. the "Hotpot City", located at the heart of Sichuan. This mega city boasts of over 50,000 hotpot restaurants, which advertise their use of large chilies and Sichuan peppers. To savour this dish, try to pick a spicy chili oil as base broth and add local specialties, such as duck intestines, lotus strips and Chinese sausages. It is also best to pair this with a shot of beer to cool off. If the spices from the hotpot are still not fiery enough for you, you may opt to order the xiaomian, Chongqing's signature spicy noodle.

7. HUTONGS Courtyards in Beijing, for a taste of the charming rustic culture

Step into the hidden corners of the century-old Hutong alleyways and get a glimpse of the past. Hutongs are courtyards where clusters of locals live, usually in a single-story folk house, which has four sides to symbolize east, west, north and south and has a garden in the centre.



You can hire a local guide or ride aboard a rickshaw to add an authentic feel to your day tour. Pay a visit to local shops, converse with the residents and don't forget to sample the freshest dumplings from around the corner. There are a couple of small cafes and art galleries in less-known hutongs, which will allow you a respite after a busy day.

8. 50 MOGANSHAN ROAD art district in Shanghai, the modern artists' sanctuary

If you're tired of the usual museums, yet you want to explore the arts, 50 Moganshan Road Art District in Shanghai will surely fascinate you. The former textile industrial district transformed itself into a vibrant space for contemporary and established Chinese artists. Most galleries open from 10:00am to 6:00pm, and you have ample time to enjoy a cup of coffee, or visit local art shop for souvenirs.



9. QINGDAO, a place for beer lovers

Qingdao prides itself as China's summer resort, as well as for housing the biggest brewery of China's most famous beer, Tsingtao. Imagine enjoying the pleasant spring climate with friends over a dish of succulent seafood and freshly brewed beer. You'd be surprised how locals prefer to purchase the beer in plastic bags instead of bottles, as it best preserves the flavour.



A visit to the Qingdao Beer Museum allows you to taste fresh beer straight from the production line and end your tour in "beer street" where you can enjoy a wide selection of food and drink emporiums to last your evening

10. JINGDEZHEN, China's Porcelain Capital

Feel the satisfaction of working in a ceramic studio where the authentic Chinese porcelain is made. This is an activity which one can experience when travelling to Jingdezhen, China's porcelain capital. Witness how skilled craftsmen, potters and ceramics-makers mould high-quality clay into jars and vases, and how the painters glide their brushes to make intricate pictures of Chinese landscapes. In Tao Xi Chuan Art District of Jingdezhen, you will find ceramic students displaying and selling hip and unique ceramics, which you can take home as souvenirs.



The Quintessential White Button Down Shirt

AN EVERGREEN CLASSIC

典雅的白色纽扣衬衫 永不过时的经典

我们一次又一次地看到和听说女性的衣橱必备品。

其中一些包括牛仔夹克，黑色皮夹克，黑色小礼服，一双绒面革靴子等。自从我们发现时尚艺术以来，我们心中铭刻的一件最百搭最经典的时尚单品就是白色纽扣衬衫。

如果仔细观察，即使在今天，这个经典款式仍然是最新的高级时装设计师品牌系列的一部分，如同在T台上看到的那样。

例如，在电影“安妮霍尔”中，黛安基顿穿着白衬衫，并将这个角色留在许多粉丝的脑海中。

从科学的角度来看，白色被认为是消色差；能够均衡所有的颜色。在情感方面，白色被视为纯洁，纯真和平的象征。

By Barbara Ross

Time and time again we have seen and heard about wardrobe must-haves for women. From top wear to bottom wear, to shoes and accessories, there are always some pieces that are considered versatile, that as women, we all must have in our wardrobe for frequent use.

Some of those include a denim jacket, a black leather jacket, a little black dress, a pair of suede boots and so on. One such must-have piece, which has been etched in our hearts ever since we discovered the art of fashion, has been the white button down shirt.

If you look closely, even today, the age-old classic silhouette still forms a part of even the latest collections of high fashion designer brands, as seen on the runway. Value addition, if any, comes only in the form of embellishments and paraphernalia. The basic style or the white canvas still remains untouched.

And from the times of Marilyn Monroe or Katherine Hepburn to now, where Gigi Hadid and Ashley Graham are stealing the show, the white button down shirt has been a favourite go-to element no matter what the occasion is.

Clearly, there's something about this not-so-unique piece that people are not ready to give away just yet.

So let's take a walk down memory lane and find out what it is about the quintessential white button shirt that makes it a cult classic.



HISTORY AND EVOLUTION

White button down shirts or dress shirts have been a part of the fashion scenario since the 19th century. It came to be popularized as an essential part of every man's wardrobe, where it became a status symbol of a man's social class and wealth. It was later on, due to its unbeatable sophisticated appeal that it soon became a popular piece in the women's wardrobe as well.

Before the 1800s, it was widely worn by worker men and not accepted in women's fashion as such. For the same reason, it was often considered as a symbol of masculinity and power. And the color white was often associated with morality, reliability and respectability as a part of the society.

While this trend indeed faded further ahead, the power and the morals that the dress shirt stood for were always remembered. Thus, later on, when it became a part of women's fashion, it was soon accepted as one of the most flattering, yet purposeful pieces in the wardrobe. The likes of iconic actresses, like

Grace Kelly, Audrey Hepburn and Marilyn Monroe, were some of the first few women to experiment with the piece. Naturally, as the biggest influencers of the era, they became trendsetters and were followed by many more powerful women, who went on to make statements with the white shirt.

For example, in the film "Annie Hall", Diane Keaton sported the white shirt and left the character instilled in the minds of many followers. And who can forget the famous rendition of the shirt by Julia Roberts in "Pretty Woman"?

All of these went down in history as milestones in women's fashion in the respective years that they were released in. Needless to say, thanks to these trendsetters the versatility and the power of the silhouette

began to be evident. Along with that, a certain sensual side of the shirt was also brought about; one that was surprisingly pleasant and acceptable by the masses.

Thus, the white dress shirt became one piece that had many dimensions and many facets of style. It was able to symbolize more than one emotion on its own. And when paired with other pieces, it brought about new and refreshing emotions with each piece introduced. Evidently, the fashion world came to realize that it was one outfit that had many layers, unlike any other single outfit in the men's or women's wardrobe.

COLOR SYMBOLISM

Other than the social impact of the silhouette, the color white also played an important role in making the dress shirt an evergreen classic. From a scientific perspective, the color white is considered as achromatic; one which has an equal balance of all the colors on the spectrum. In terms of emotions, white is seen as a symbol of purity, innocence and peace. It is also associated with balance, equilibrium and wholeness.

With all these associations, it is no wonder that the white dress shirt is still such a power outfit in our wardrobe.



WESTERN VERSUS CHINESE

Exploring what is the IDEAL BEAUTY?

By Anastasia Chapman

As they say, beauty is in the eye of the beholder! Whether the beholder is a westerner or a Chinese, there are 'ideal' beauty standards that matter to these people living on different sides of the world. Most of us would be familiar with this age-old debate of Western vs Chinese beauty specifics, let's bring both the worlds face to face to see what sets them apart in their perception of beauty and appearance.

西方美VS东方美 探索什么是理想的美？

正如他们所说，美丽是因人而异的！无论是旁观者是西方人还是中国人，都有“理想”美的标准，这对生活在世界各地的人们至关重要。我们大多数人都很熟悉这个关于西方与中国美女特征的争论，让我们面对面地看待这两个世界，看看是什么让他们在对美和外表的看法上脱颖而出。

偏白的肤色在西方世界并不是一件值得讨论的问题，但在中国，日本，韩国，印度，菲律宾等国家，白色和瓷器般的肤色非常珍贵。这历史可以追溯到中国古代传统的概念，在古代，只有上层阶级的女性过去常常拥有无瑕疵的乳白色皮肤，因为她们不需要在阳光下工作。因此，肤色更像是富人和穷人之间的坚定分工。令人惊讶的是，到目前为止，一个较淡的肤色仍然是中国声望的标志，并被认为是美的缩影。亚洲各国蓬勃发展的美白产品市场证明了这种迷人的肤色。

1. SKIN TONE

Lighter skin tone is not much of a thing to discuss in the western world, but in the Far East, in countries like China, Japan, Korea, India and Philippines, and so on, a white and porcelain-like complexion is highly prized. It's a concept that has had a history dating back to the ancient Chinese traditions, and it still holds a strong liking among the Orient. In ancient times, only women of the upper class used to have unblemished, creamy white skin, as they didn't have to work under the sun as opposed to lower caste women. The skin colour hence worked more like a firm division between the rich and the poor. Surprisingly, to this date, a paler skin tone is still a mark of prestige in China that signifies a woman is 'well-kept' and is considered the epitome of beauty. The booming market for skin brightening and whitening products in all the Asian countries proves this obsession to have a paler skin tone.

In the western world just the opposite works. Naturally, effortlessly and luxuriantly tanned skin tone is what every western woman would love to have. Typically described as 'glowing' or 'sun-kissed', western women with a bronze complexion are considered prettier, as it suggests an active lifestyle of outdoor adventures, fun and wellbeing. Therefore, use of sunscreen is limited, while tanning oils with little to no SPF are the go-to beauty products among the westerners. The darker you get soaking the sun, the more appealing and beautiful you will be considered.



2. FACE SHAPE

Goose-egg and melon-seed face shapes are considered attractive and feminine in China. A face with very narrow jawline and chin is something that is preferred by most Chinese women. Double-chin and fat on the face is a big no-no! According to Chinese beauty standards, the worst face shapes a Chinese woman can have are a square or a moon-shaped face. On the other hand, in the western hemisphere, symmetrical face shapes are highly valued. Women with balanced features, oval or square shaped faces, with a wider jawline are considered the most attractive in that part of the planet.

3. BODY TYPE

For centuries, the ideal body type for Chinese women has remained the same - which is a petite frame with a tiny waist and slender shoulders. Many Chinese women are judged on the basis of weight and figure. They are often compelled to go on extremely low-calorie diets, while some resort to harmful slimming fads to reach unrealistic body goals.

On the other hand, both slim and curvy body types are part of the western beauty standards. Fuller bust, a tiny waist and a plump buttock are what every western woman dreams of.



4. FACIAL FEATURES LIKE EYES AND LIPS

In modern China rounder and larger eyes are preferred over smaller eyes. Almond eyes with a narrow slit are considered attractive by Chinese women, and some even go to great extents to attain that enlarged appearance. Many Chinese women resort to cosmetic solutions like fake eyelashes, contact lenses, eyelid tapes, and even eyelid surgery to attain double-fold eyelids. In western countries, single eyelid, in general, are thought to give an exotic Eurasian or Spanish appeal to a person's face. It's not seen as a bad thing at all.

When rest of the world is going over fuller, luscious lips, thinner 'cheery lips' are considered perfect by Chinese women. Needless to say that western women desire fuller, rounded lips.

FINAL WORDS

As you can see, Chinese and Western beauty standards are different to the extent of being called "poles apart". However, if there is anything to take away from this discussion, it is that beauty and body ideals may only be a cultural and social construct, it comes in and goes out of style, while evolving with the passage of time. Your idea should be not to get too fixated with 'ideals' when it comes to looks and appearances. So embrace your flaws and be proud of who you are!



Dear Experts,

I am 27 years old and recently got engaged, and I am having my marriage this December. However, I can't get over my ex-boyfriend though we broke up a year back. I miss him and our memories are haunting me. Whenever I am with my fiancé, I end up comparing my ex-boyfriend's habits with him. Is it right for me to go ahead with my current relationship? I don't want to end up hurting my fiancé's feelings, who is a true gentleman. Please suggest.

Ezgi



Angela says:

Letting go and moving on is a dark phase in everyone's life and is definitely not easy. However, you should remember there was a reason due to which you and your ex-boyfriend are not together. You need to make things clear in your mind. What would be your next step if you broke your engagement, are you willing to go back to the same path you were traveling on a year ago? Would you waste all your efforts and emotions you put into moving on? Well, in my opinion, that doesn't sound sensible at all. Talk to your fiancé about this, as he has right to know, and you definitely don't want to build your relationship on this note. Let past be in the past, and be happy about where life is taking you.

Daemon says:

Such situations have become a trend these days. Talking about comparing your ex-boyfriend with your fiancé, everyone has some positive and negative points. They both can't be the same. If you found some of the habits of your ex-boyfriend attractive, there are definitely some habits which you like in your fiancé, too. List down the pros and cons of both and the one who wins, you can go with him. However, do remember missing someone does not necessarily mean you want that person back. It's just a part of detachment. Take into consideration the repercussion of your actions and decide accordingly.

亲爱的专家，

我今年27岁，最近订婚并于今年12月结婚。但我无法忘记我的前男友。我想念他。每当我与未婚夫在一起时，我最终都会比较我前男友的习惯。我现在的恋爱关系是否正确？我不想最终伤害我未婚夫的感情，他是一位真正的绅士。

Angela说：

放手一搏是每个人生命中的一个黑暗阶段，绝对不容易。但是，你应该记住，你和你的前男友不在一起是有原因的。你需要在脑海中清楚了解这一点。如果你取消了订婚，你的下一步是什么？你是否愿意回到一年前的同一条道路上。你会浪费你所付出的努力和情感吗？

Daemon说：

如今，这种情况已成为一种趋势。谈到比较你的前男友和你的未婚夫，每个人都有一些积极和消极的观点。

Boost your learning capabilities

By Nina Mitchell

Learning happens all through the irrespective of your age. However, the way you learn depends on your age and habitat you are living in. You learn at your school, college and university levels to get good grades, while you also learn a lot of things from your life's experience.

That said, learning plays a vital role in our lives. In this discussion, we have mentioned some tips that shall help you boost your learning capabilities, have a look through:

Manage time

As one of the most invaluable tools, proper time management provides great success and refines learning, but if ignored, it can make anyone helpless. If you are on time, you shall be more focused and attentive on your work.

Set goals

Settings goals early helps you filter information and grasp things immediately, you know what you are learning and the intention behind it.

Avoid expectations

Learn without having any expectations in return. Learning never goes waste, and avoiding expectations helps sharpen our minds and understand and learn things better.

Adopt break-free sessions

Trying to learn something for too long creates confusion and makes you prone to forgetting things, so give a break to your learning sessions to boost your learning capability.

Take good sleep

Sleep is the best tonic for your brain. Thus, remember everything in an adequate manner by taking good sleep. This, in long run, protects your brain from disorders and also boosts learning skills.

Be positive

Again, positive attitude is one of the most important factors to enhance your learning skills. A positive approach relaxes your brain, helps in better understanding of things and makes you focused in a precise way on learning.

Motivate yourself

Motivation guides you in every phase of life and also helps you make your memory sharper. Positivity and motivation help you succeed, while also improve your learning power.

Mistakes make you learn

Don't feel embarrassed and lower down your moral on committing mistakes, because mistakes help you learn and attain perfection, but make sure that committing mistakes does not become your habit.

Learn aesthetically

It's not important to stick to a particular pattern while learning, as this makes one monotonous. Change your learning patterns periodically to boost your learning skills.

Practice writing

Writing helps to learn things more effectively and efficiently, because our brain recognizes the act of writing.

Build healthy relationships

Make good friends, be friendly with your family members, this is an effective brain booster and helps you retain and recall things in better way.

Avoid stress

Stress eats up your memory and is the brain's worst enemy. So try avoiding stress at every stage.

提升您的学习能力

无论您的年龄，学习都无处不在。然而，你学习的方式取决于你的年龄和生活环境。

学习在我们的生活中起着至关重要的作用。在本次讨论中，我们已经提到了一些可以帮助您提高学习能力的技巧，比如：

管理时间

它是最宝贵的工具之一，适当的时间管理能够保障巨大的成功。

设立目标

提前设置目标有助于您过滤信息并立即掌握事物，知道自己在学习什么以及背后的意图。

避免期望

学习不期望回报。学习永远不会浪费，避免期望有助于提高我们的思维，更好地理解和学习。

良好的睡眠睡眠是你大脑最好的补品。良好的睡眠可以提高记忆力，从长远来看，这可以保护您的大脑免受紊乱，并提高学习技能。

要乐观

同样，积极的态度是提高学习技能的最重要因素之一。积极的学习方法可以放松你的大脑，有助于更好地理解事物，并使你专注于学习。

Be practical

Correlate the information that you are studying to colours, symbols, and textures, and try to encode them while you are free, this activity helps print all the things on to your brain and also makes re-calling easy.

Practicing above things can help boost your memory levels to a greater extent, so practice tips mentioned above and boost your learning capabilities.

G10 Students Exhibit Passion Projects at MYP PP Exhibition @ International School of Tianjin



Grade 10 students shared their passion projects with the IST community on Wednesday, February 27th. The MYP Personal Project is the culminating project of the IBMYP. Students are encouraged to choose a topic of real, personal interest and are challenged to create a product or outcome related to the topic by setting a goal, putting it into a larger context and answering an inquiry question they set for themselves. They begin work on this process early in September and they must have their final product or outcome complete by mid-January.

The range of topics in this year's set of 'Passion Projects' was once again absolutely incredible and it was a delight to hear students talk with such pride about their chosen topic. Here are just a few!

- Chemical and homemade pesticides
- 3D printing in medicine
- Scientific theories behind the piano
- Organic clay masks
- Constructing one's own bed or desk
- Bath Bombs



The exhibition was evidence that these students had worked hard to complete their work to a high standard and their commitment and passions shone through. Congratulations to all the G10 students!

A Haven for Students To Tinker, Invent, Create @ IST Makerspace



The Elementary School Makerspace is a collaborative work space for students to make, learn, explore and share that uses high tech to no tech tools.

Our students come together to create, invent, tinker, explore and discover while developing collaboration, critical thinking, and other key 21st century skills. Makerspaces are founded on the philosophy of student-centered, discovery-learning and support stronger STEM and critical thinking outcomes.

Students get inspired, take risks and engage in hands-on activities that foster a creative mindset. Here are a couple of recent examples of the kind of projects students have undertaken in Makerspace, to provide a few glimpses into what goes on in the space.

Grade 5 students created a digital design in Adobe Illustrator and used the laser cutter to build block letters for a sign that reads "We Are Makers".

Grade 1 students explored forces in nature and built a water rocket using plastic bottles, which they then launched in the school grounds, using air pumps.

Wellington College Festival of Education 2019 @ Wellington College Tianjin



The Festival of Education provides opportunity for debate about education and its place in a rapidly changing world. With more than forty expert speakers delivering over ninety speeches and workshops across multiple-days in three different cities, the 2019 Festival is an event that will inspire debate, the sharing of knowledge, and international 'best practice'.

The Wellington College China Festival of Education has its origins in the Festival of Education hosted at Wellington College in England, which has run for the past seven years and is now recognised as a benchmark international educational event. For the past three years, Wellington College China has held its own Festival of Education, enjoying similar success in attracting people to discuss the most relevant questions and challenges facing modern education.

The festival offers five distinct strands:

- **Early Years**, which explores the various options on offer for Early Years development strategies, including inquiry into the value of play, the importance of balance, and the need to develop the 'whole child', while at the same time appreciating the need to encourage an early ability to focus on assigned tasks.
- **Wellbeing**, which tackles the tough questions facing modern education, such as how a child can remain healthy and mentally balanced in environments where academic achievement is often measured in an unforgiving manner. Also, what can schools do to ensure that success in examinations is not achieved at the expense of a child's wellbeing, self-worth, and happiness?
- **A Developing Romance**, which looks at the complex and ever-evolving relationship between British and Chinese models of education. This involves an exploration of the many ways in which the two countries can come together, learn from each other, and perhaps create a 'third-way'.
- **Exploring Education**, which assesses current educational issues that are not covered by the festival's other strands, including topics, such as psychology, the built-environment of learning, and value of assessments.
- **Multilingualism**, which considers the benefits and disadvantages of bi- and multilingual schooling and seeks to understand their effects on children.

Come and join other festival-goers, who will explore, celebrate, learn, debate and provoke.

Be inspired by our speakers, participate in workshops and activities, and connect with other leading educationalists, teachers, students and parents.



Tickets now available

The Wellington College China Festival of Education will take place on 12-13 April, 2019 in Shanghai, 14-15 April in Hangzhou, finishing on 19-20 April in Tianjin.

Register here: In 2017, over 500 people purchased tickets to attend the Festival of Education. This year, there are 2 types of ticket available: <https://yopay.cn/event/festivalofeducation2019>

- One Day Festival tickets
- Full Festival tickets

Book your tickets now!



Wellington College Festival of Education team

tianjin@festivalofeducation.cn
<http://www.festivalofeducation.cn>

What's the BUZZ? The TIS Spelling Bee 2019!
@ TEDA International School

Teda International School held their annual Spelling Bee Competition this past 1st of March, 2019; a competition that brings together all Primary students to work on improving their spelling and have fun!

From Kindergarten to 5th Grade, students were given a list of selected words from their core subjects, Math, Science, Social Studies and Language Arts to practice at home and in classes. One day before the finals, the top three spellers from each grade level (1-5) and the top 10 spellers in Kindergarten were selected to compete head-to-head to be the ultimate super spellers!

The final competition was divided into three categories: Kindergarten Round, Lower Primary Round (Grades 1-2), and Upper Primary Round (Grades 3-5).

TIS makes the spelling bee competition a little more special by including different spelling games to find the true champions; in "Speed Spelling", students compete against the clock to see who can spell more words in a given time. "Lazer Letter" focuses on finding the misspelled word in a group of four words and correct the mistake; and in "Super Word" students find words in a beehive of letters! Kindergarten students also enjoyed playing "Picture Spelling" where they had to identify the pictures and spell the words correctly.

We are very proud of every student in Primary school for their perseverance in learning the words and trying their best to get into the finals. TIS Spelling Bee is about much more than speed spelling; it's about inspiring confidence in the competitors and a love of language that lasts a lifetime.

We congratulate all the finalists, winner teams and top spellers in each grade level and we look forward to next year's spelling fun!



April
1st Prize
一等奖

2nd Prize
二等奖

3rd Prize
三等奖

Jeremy Cook
 Guangxi Fields

Nina Zhang
 Mother and Daughter

Wendy Marsh
 Dogs playing in the Snow

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2019 最佳照片

Send your fantastic photos in **2019** 发送照片至
photocontest@tianjinplus.com
www.tianjinplus.com/photocontest



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



"Fantasy City" Wedding Fair @ The St. Regis Tianjin



The St. Regis Tianjin has showcased the latest upscale wedding themes and trends at a "Fantasy City" wedding fair on March 9th, 2019.

The "Fantasy City" wedding fair featuring morandi as the main colour brought perfect visual feast. The wedding fair was characterized by the use of a profusion of flower decoration and aims to create a romantic castle of love. To inherit of The St. Regis ritual, our butler team presented the most exciting champagne sabering on the stage. Wedding theme desserts and high-end wedding dresses, such as the guests present one by one, the noble, elegant, fantasy, fashion.

The St. Regis Tianjin is an exquisite sanctuary of unsurpassed elegance at one of Tianjin's most coveted addresses in the prestigious Heping district along the south bank of the picturesque Hai River. With its rich history as an international port city, for centuries Tianjin been considered the "Jin Men" or "Gateway" to Northern China. The St. Regis Tianjin honours and contemporizes that tradition with a cutting-edge iconic design that is the new landmark on the city's skyline. Designed by the renowned architecture firm, Skidmore Owings and Merrill, the 18-floor building is constructed of steel and glass in the shape of a hollowed cube that further complements the concept of "Jin Men."

Nestled at the most coveted address in the heart of the city, The St. Regis Tianjin's aim is to provide the most unforgettable wedding for you and your beloved one to mark the moment of your life. Wedding planning and service team craft every detail of the wedding to fulfil your fairy tale wedding dream and take your big day to a new romantic height.



Women's Leadership Lunch @ Shang Palace



On March 8th, we had a very good afternoon at Shangri-La Hotel, Tianjin, with many of the most beautiful top executive women of Tianjin.

The delicious flavours of Taiwanese cuisine come to Shangri-La Hotel, Tianjin in March. We joined Taiwan chef, Dr Eddie Liu, Director of Culinary Arts from Shangri-La Far Eastern Plaza Hotel in Taipei, for a special lunch on the Women's Day.

Shang Palace, Lavender room was glowing with their presence. We were indeed privileged to share lunch with all of them on this special day.

Thanks to Jason Stinson and Tracy Zou, General Manager and Director of Sales and Marketing of Shangri-La Hotel, Tianjin, for hosting the event lunch in order to commemorate this special day, organized in tandem with Business Tianjin Magazine.

International Women's Day provides an important moment to showcase commitment to women's achievement, raise awareness, highlight gender parity, and more.

In today's world, women's empowerment and recognition have come a long way, with an increased critical mass of women's visibility as impressive role models in every aspect of life.

And women are shattering stereotypes and conquering global spaces eloquently, as all women who attended this event are the best example of this.

Women can work and have family, they have real choices as they are the epitome of being all rounder, a mother, a sister, a daughter, a colleague, and a woman executive. So, each year on this day the world inspires women and celebrates their achievements.

So, make a difference, think globally and act locally. Let's make every day a Women's Day. Doing our bit to ensure that the future for girls is bright equal, safe and rewarding.

We would like to end saying a woman is the full circle, within her is the power to create, nurture and transform.



Vegan diet

IT PROVIDES ALL ESSENTIAL NUTRIENTS

By Barbara Ross

精心策划的纯素饮食

提供所有必需的营养素
10种基于植物的蛋白质来源包含在您的饮食中

素食主义者或素食主义者常常关注的是他们饮食中的蛋白质含量。一般的观点是，基于植物的所有饮食可能无法像动物饮食那样为身体提供尽可能多的蛋白质。

然而，专家已经证明，正确计划的纯素饮食将能够提供我们身体所需的所有必需营养素。

由于这个原因以及其他许多原因，越来越多的人正在转向健康的纯素饮食。世界各地的总趋势是倾向于清洁和绿色。

无论哪种方式，无论人们的生活方式如何，遵循富含植物、纤维和植物营养素的饮食始终是一个好主意。剩下的就是弄清楚蛋白质的一些天然来源。

所以这里有几种超级富含蛋白质来源的植物，你可以在你的饮食中加入。

扁豆
豆腐，毛豆和豆豉
鹰嘴豆
螺旋藻

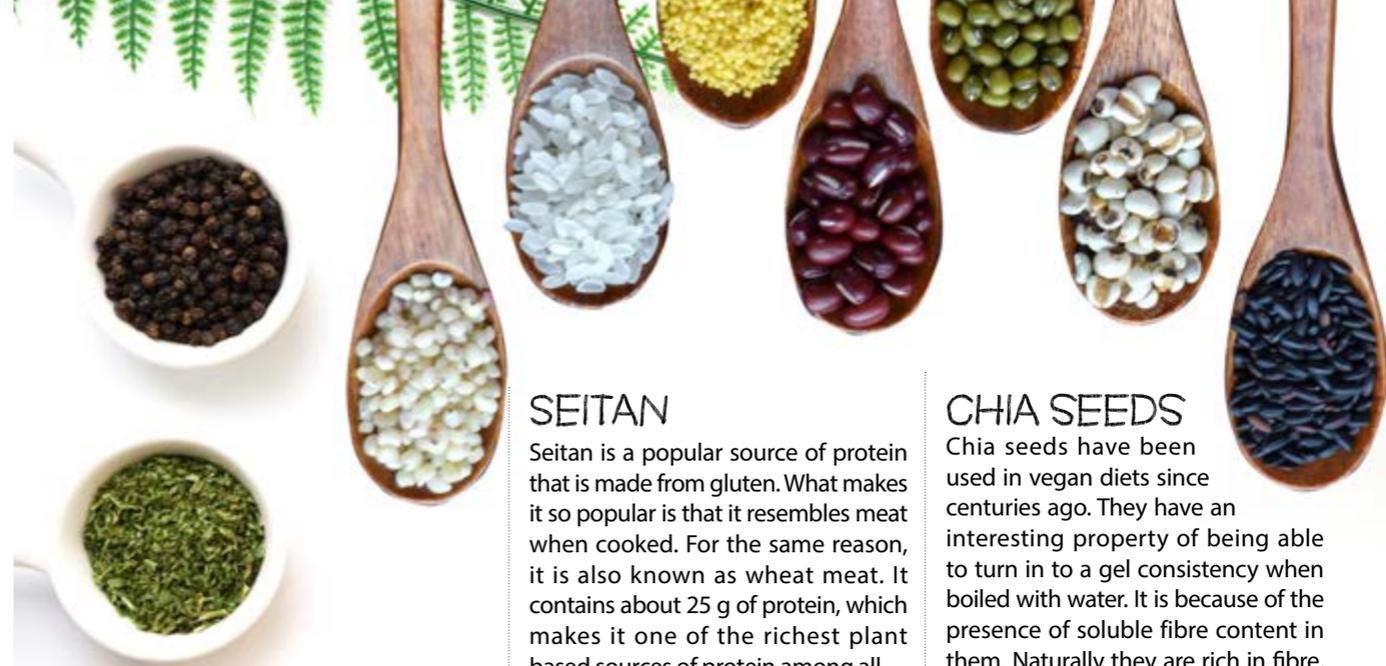
A common concern that vegetarians or vegans often have is regarding the protein content of their diet. The general notion is that an all plant-based diet might not be able to provide as much protein for the body as an animal-based diet would.

However, experts have proved that a properly planned vegan diet will be able to provide all the essential nutrients that our body needs.

For that and for many other reasons, an increasing number of people are turning towards wholesome vegan diets these days. The general trend all over the world is an inclination towards going clean and green. And that is further induced by fitness and lifestyle channels.

Either way, regardless of the kind of lifestyle that anyone lives, it is always a great idea to follow a diet rich in plants, fibre and phytonutrients. All that's left is to figure out some natural sources of protein and we're set.

So here are 10 super rich plant based protein sources that you can include in your diet.



SEITAN

Seitan is a popular source of protein that is made from gluten. What makes it so popular is that it resembles meat when cooked. For the same reason, it is also known as wheat meat. It contains about 25 g of protein, which makes it one of the richest plant based sources of protein among all.

CHIA SEEDS

Chia seeds have been used in vegan diets since centuries ago. They have an interesting property of being able to turn in to a gel consistency when boiled with water. It is because of the presence of soluble fibre content in them. Naturally they are rich in fibre, healthy fats and of course, protein. 2 tablespoons contain 4 g of protein.

LENTILS

Lentils, whether green or red, generally contain lots of protein, fibre and other essential nutrients, including potassium and iron. Around half a cup of cooked lentils gives you close to 8.84 g of protein. You can include them in many ways, including salads or stews.

CHICKPEAS

Chickpeas are very versatile in terms of usage. They can be used in a whole variety of recipes. They can also be served hot or cold. They can be cooked, roasted or consumed as hummus in a healthy wheat sandwich. Half a cup of cooked chickpeas contains around 7.25 g of protein.

ALMONDS

Almonds have been consumed exclusively for their rich nutrients since forever. They have Vitamin E, which is good for the eyes and skin. Half a cup of almonds contains about 16.5 g of protein.

TOFU, EDAMAME AND TEMPEH

It is a well-known fact that soy based products are rich in proteins. Depending on the kind of product used and the preparation style, the amount of protein varies. For example, edamame beans contain around 8.5 g per half cup. Tempeh on the other hand contains up to 15 g per half cup.

SPIRULINA

Spirulina is basically an algae based protein source. It can be blue or green algae, and it is also rich in other nutrients like iron and vitamins. Just a tablespoon of protein contains around 8 g of protein.

PEANUTS

Peanuts are a delicious source of protein, mostly used in the form of peanut butter. They are, of course, rich in proteins, as well as healthy fats, and they are great for heart health. Half a cup contains about 20.5 g of protein and peanut butter also contains about 8 g per tablespoon.

QUINOA

Quinoa is yet another source of protein that can be consumed in many ways. It can be used in salads or dinner bowls, cereals, etc. Half a cup of cooked quinoa contains about 7 to 9 g of protein.

HEMP SEEDS

Hempseeds are derived from the Cannabis variant Sativa. However, they contain only a very little amount of THC, which is responsible for the psychotic effects of Cannabis. They contain 10 g of easily digestible protein per ounce. They also contain other nutrients, including magnesium, zinc, iron and calcium.



Understanding Blood Pressure

Know Your Numbers and Remedies

血压

了解血压读数和补救措施

一般来讲，测量血压有三种途径，一种是在医院由医生测量，一种是在家自己测量，还有一种是24小时动态血压监测。其中，24小时动态血压监测（每过15-30分钟就测量一次血压，连续监测24小时）测量的结果最为准确，这是因为人的血压在一天24小时内不是固定不变的，而是在一定的范围上下波动，且受多种外部因素的影响。

而我们自己在家测量血压的数值，其准确性是介于医生测量和24小时动态血压监测之间的。而且经过无数患者的经验表明，我们自己在家里测出来的血压，和24小时动态血压监测之间是没有明显差异的，只要你的测量方法没问题、仪器没有问题，那么测量的结果就会更准确。

重要的是要了解您的身体，以便您可以阅读它给出的提示并始终保持其正常运作。出于同样的原因，要知道血压是什么，并且能够理解您的读数是什么，以便您可以在异常情况下采取适当的措施。

By Barbara Ross

Blood pressure is something that needs to be maintained or regulated at normal levels; that is about the extent to which people know about the concept. But what exactly is it? How do you know what is normal and what is not? How can you measure it? What do the readings mean?

These are probably questions that only your doctor knows the answers to.

However, it is important to know your body well, so that you can read the signs it gives and keep it functioning properly at all times. For the same reason, it is important to know what blood pressure is, and also be able to understand what your readings are, so that you can take appropriate action in cases of abnormalities.

So let's get down to the basics of blood pressure starting with what it is.

What is blood pressure?

In simple terms, blood pressure is basically the force with which your heart pumps blood in to the arteries. Naturally, there may be variations owing to different health conditions. In case of high blood pressure, the force at which the blood moves through the arteries is too high, and in case of low blood pressure, the force is too less.

High blood pressure or "hypertension" is a very common condition that affects a large share of people across the world. It can cause severe damage to the blood vessels. Unfortunately, it is like a silent killer, as there are usually no symptoms until heavy damage has already been caused.

How is it measured?

Blood pressure is measured and expressed in the form of two numbers; one number called the systolic pressure would be on top, and the second number called the diastolic pressure would be at the bottom. The top number measures the amount of pressure in the arteries during contraction and the bottom number measures the pressure in between each beating. An example for a reading would be 130/70 mm Hg.

What are some remedies?

Some lifestyle changes and diet impositions can very much help in keeping blood pressure regulated. They are:

- Reducing the amount of sodium consumption (salt intake)
- Reducing consumption of caffeine
- Keeping stress levels controlled with yoga, meditation, etc.
- Getting rid of harmful habits, like smoking and drinking
- Maintaining a healthy overall body weight
- Even in case of a normal reading, it would be best to follow these steps in order to prevent future fluctuations.



Understanding your numbers

Naturally the numbers may vary from person to person. There are different levels of variation depending on the numbers, and it is depending on these levels that you need to take action.

The following are the different possible readings and their respective numbers:

NORMAL READING

120/80 mm Hg - Systolic below 120 and diastolic below 80

This is the normal blood pressure that is expected in a healthy person. It needs to be maintained with a healthy lifestyle and diet.

ELEVATED READING

Systolic within the range 120 – 129 and diastolic below 80

This is a slight deviation from the normal range and even though it is not considered as high pressure, there is an increased risk of developing the same.

HIGH BLOOD PRESSURE (STAGE 1)

Systolic in the range 130 - 139 and diastolic in the range 80-89.

This is when you would be officially diagnosed with high blood pressure. It is advised to start medications at this stage.

HIGH BLOOD PRESSURE (STAGE 2)

Systolic is 140 or higher and diastolic is 90 or higher.

This is a more serious case of hypertension and your doctor would prescribe more medications and diet regulations to keep pressure controlled.

HYPERTENSIVE CRISIS

Systolic above 180 and diastolic above 120.

This is a very serious and dangerous condition of blood pressure and immediate treatment should be sought.

How your Diet may be causing STRESS & ANXIETY

By Barbara Ross

压力和焦虑是影响全世界人们的两种非常常见的疾病。然而有时它们没有被认真对待。关于压力和焦虑，最糟糕的事情之一是有人在某些层面都经历过。这使得判断何时变成慢性变得更加困难。

一旦确诊，这两种症状通常都会在严重的情况下使用一些处方药治疗，辅助一些日常治疗和冥想练习。

但是你知道你的饮食也会影响你的精神状态吗？有些食物实际上会导致或引发人类焦虑症。在治疗期间明确了解这些可以帮助你更快地克服问题。

所以这里有一些食物可能导致压力和焦虑
咖啡因
 尽管可能听起来令人惊讶，咖啡因实际上会使您的焦虑症恶化。知道最喜欢的饮料可能是您的痛苦的原因可能是相当令人惊讶的。大量的咖啡因会增加焦虑和紧张，它可以轻易地让人情绪低落。

你的饮食如何引起压力和焦虑

Stress and anxiety are two very common medical conditions that affect people all over the world. However, they are also two conditions that often go unreported on accounts of social stigma sometimes, and also sometimes because they are not taken as seriously.

But did you know that your diet could also influence your mental state?

That's right. There are some foods that actually cause or trigger anxiety disorders in human beings. Steering clear of these while under treatment can help you a great deal in overcoming the issue much faster.

One of the worst things about stress and anxiety is that they are experienced by all people at certain levels. This makes it all more difficult to judge when it becomes chronic.

Once diagnosed, both conditions are usually treated with some prescribed medications in serious cases, along with some daily therapy and mindfulness exercises.



Alcohol

Alcohol is yet again one of those beverages that people consume to feel better. But contrary to popular opinion, alcohol can be quite bad for your mental health, even though it may seem to calm your nerves in the beginning. It can cause dehydration and it can affect your sleep as well, both of which may trigger symptoms of anxiety. It also has an impact on the level of serotonin in the body, which causes further fluctuation. Moreover, when the effects of alcohol start wearing off, it leads to even higher levels of anxiety.

Caffeine

As surprising as it may sound, caffeine or coffee can actually worsen your anxiety disorder. Considering how it is often used and believed to reduce drowsiness, it may be quite surprising to know that this favourite beverage may be the cause of your suffering. High amounts of caffeine increase anxiety and nervousness. It also reduces the production of serotonin in the body, which is the feel-good hormone. It can easily put people in a depressed mood.



Sugar

Added sugar or refined sugar is something that can send your mental health on a roller coaster ride. Once consumed in large amounts, it releases insulin in to the blood stream to decrease glucose levels quickly and stabilize blood sugar. This causes what is known as a blood sugar "crash", which is basically a condition of low blood sugar. When such crashes happen, it can bring down your overall mood and cause anxiety levels to increase.



Monosodium Glutamate (MSG)

MSG is essentially a flavouring agent that is added to many foods to enhance the taste. It is often contained in soups, frozen dinners, meats, etc. It contains chemicals that are found to increase the risks of a panic attack.

Fermented foods

Gourmet food and drinks, like wine, steak or cheese, may sound super delicious when you are going through an unstable mental phase. But they all contain histamine, which is one of the biogenic amines that form when the bacteria breaks these food proteins down during fermentation. Histamine is basically a neurotransmitter that has a huge impact on mood and mental health. It can aggravate hormones and affect the whole nervous system. It can also trigger anxiety and sleeping issues, as well.



Fake News

How AI can Help Debunk it!

By Fanny Bates

The year was 1475. A rumour broke out in the busy town of Trent, Italy, on one fine morning, that the leader of the local Jewish community had murdered a Christian infant, named Simonino. The rumour was taken as legit news on the face value and it resulted in the arrest and torture of several Jews in the city. Pope Sixtus IV himself tried to intervene, but the story had spread like wildfire.

In August 1835, a series of six articles were published in The Sun, a New York newspaper, citing the discovery of life and civilization on the Moon. These stories were attributed to Sir John Herschel, a great astronomer of that time. This incident went down in history as the Great Moon Hoax.

The two examples above show that fake news has been historically a problem in our society. If we were to guess, it has been probably around for as long as our early ancestors learned the fine art of gossiping and rumour mongering.

Fake news is far worse a social menace today than ever, because of the easy access to (often unverified) information facilitated by the digital sphere -- especially social media. Sure, the government can always go for a crackdown on social media and fake news propagators, although that would perhaps count as an assault on free speech in much of the democratic world.

So what do we do? Can't we find a better way to tackle fake news?

Well, as it turns out, artificial intelligence (AI) can be of great help on that front.

Artificial Intelligence to the Rescue

AI is, at the forefront of a slew of measures, currently being considered to combat fake news. Harnessing AI's capability to identify fake news can also help in recognizing patterns and information that are a part of false propaganda. The idea is to let AI learn from data, identify patterns and reach its own conclusion with minimal human intervention.

How?

Well, for example, a joint project by MIT's CSAIL (Computer Science and Artificial Intelligence Lab) and the QCRI (Qatar Computing Research Institute) was announced last year in October that claimed to identify sources of fake news, even before they can spread out.

This is a potential solution involving automatic classification of news sources that are unreliable and helping out fact checkers.

However, detecting fake news with or without AI is not an easy task. Websites, like Snopes and Politifact, are constantly working to expose false/fake news before they can inflict too much damage. However, if something leaks once, it is likely to spread around like a virus, before the systems in place are able to stop it.

The system aims to work from the base by looking at the website, Wikipedia page, URL structure, Twitter account, as well as its web traffic. It also looks for keywords and language that might be indicative of a strong political bias (in case of political news outlets).

Researchers first took data from Media Bias/Fact Check (MBFC), a website that has human fact checkers analysing the authenticity of over 2000 news websites.

Thereafter, it fed the data to a specific machine learning algorithm and programmed it to classify news items in a way similar to MBFC. The system was given a new news outlet and it performed with 65% accuracy in detecting the level of the factuality of the news website. Moreover, it was approximately 70% accurate in determining if the news was left-leaning, right-leaning or even moderate.

The team ascertained that probably the most reliable method of detecting fake news was to observe the common linguistic features across the news pieces, which include the complexity, structure, and sentiment.

For instance, websites giving out fake news are more likely to use language that is emotional, subjective and using expressions in exaggeration.

AI Tools to Spot Fake News

In 2015, Google published a paper about a method of scoring websites on the basis of the accuracy of the facts presented. This algorithm assigns a specific trust score to a document that is used in the total scoring process by Google.

There are various other tools coming up that can help in fighting fake news. Below is a list of a few of them:

- Spike: Spike is a tool for spotting, as well as predicting viral events and stories.
- Google Trends: A Google service that watches trends by analysing top search queries.
- CrowdTangle: A content discovery and social monitoring platform.
- Le Monde's Le Décodeur: It is a database of over 600 news websites that have been identified as 'fake', 'satire', 'real', etc...
- Hoaxy: An online tool that helps people to check facts online.

Apart from the above, various other tools are also available that can enable people to check and identify even the most outrageously fake news stories. Many times, the problem lies in users, who are generally disinclined to make an extra effort towards checking the authenticity of a story.

Conclusion

Until AI and Big Data tools become more sophisticated and reliable, we need to focus on educating ourselves to become critical thinkers, or at the least, less gullible to dubious information and propaganda. The willingness to believe any sensational piece of news must be prevented.

An MIT study from last year found that real news took 6 times longer to reach Twitter users and that fake news was likely to be retweeted 70% more than real news!

Fake news is an ever growing and compounding menace in our world. With AI being used to combat it, the future looks good for more sophisticated tools that help further the cause.

揭秘人工智能是如何发现假新闻的

1475年，在一个美好的早晨，在意大利繁忙的特伦特镇有个谣言，当地犹太社区的领导人谋杀了一名名叫西蒙诺的基督徒婴儿。谣言被视为合法新闻，并导致该市几名犹太人遭到逮捕和折磨。

1835年8月，纽约“太阳日报”发表了一系列的六篇文章，描述了月球上的生命和文明。这些故事归功于当时伟大的天文学家约翰赫歇尔爵士。这件事在历史上被称为大月亮骗局。

上面的两个例子表明假新闻在我们的社会中一直是一个问题。

人工智能目前正处于打击假新闻的一系列措施的最前沿。利用AI识别虚假新闻的能力也有助于识别虚假宣传的模式和信息。

在人工智能和大数据工具变得更加复杂和可靠之前，我们需要专注于教育自己成为批判性思考者，或者至少不容易上当那些虚假信息 and 宣传。必须防止相信任何耸人听闻的新闻。

Entertainment

Bohemian Rhapsody

Bohemian Rhapsody is as brash, loud and mask-wearing as Mercury at his most playful. Another movie would try to get behind the legend or play with the idea of it, but this does neither. Instead, it grabs the legend by the neck and gallops recklessly through the movie on it, climaxing in a wholesale extended recreation of one of the most famous rock gigs of all time: Queen at Live Aid. Modest and inquiring it is not.



Date: 2019.03.22 - 2019.04.21

MOVIE

National Geographic: A New Age of Exploration 2.0

Covering 130 years of the landmark magazine's stunning history, this exhibition brings to life photos taken from all corners of the earth, and elaborates on the often haunting stories behind them. After doing so well the last time this exhibition was in town, it returns again with over 100 classic Nat Geo images.



Date: 2019.03.23 - 2019.06.23 (Every day, except Monday)

Venue: Beijing World Art Museum, A9 Fuxing Lu, Haidian district, Beijing

中华世纪坛世界艺术馆, 北京市海淀区复兴路甲9号

EXHIBITION

Wild Nothing

The mastermind behind Wild Nothing, American Jack Tatum, brings his iconic intimacy and human touch to the sonic soundscapes of the latest album Indigo. He blends technology and humanity in his synthy, dream pop songs.



Date: 2019.04.12

Venue: Omni Space, Tianqiao Performing Arts Centre, 9 Tianqiao Nan Dajie, Xicheng district, Beijing

疆进酒, 西城区天桥南大街9号楼, 北京

MUSICAL GIG

Karen Souza

You'd never know from her incredibly jazzy tones, but Karen Souza started her career providing vocals for EDM songs. Then, she went on to record covers of famous '70s and '80s songs on various album series. Heading to Beijing this April, Souza performs from her repertoire of hits at the Beijing Concert Hall.



Date: 2019.04.30

Venue: Beijing Concert Hall1 Bei Xinhua Jie, Xicheng district, Beijing

北京音乐厅, 西城区北新华街西安福胡同1号, 北京

Entertainment

Orchestre de la Suisse Romande

Founded in 1918 by Ernest Ansermet, who was its principal conductor until 1967, the Orchestre de la Suisse Romande (OSR) is made up of 112 permanent musicians. It gives subscription concerts in Geneva and Lausanne, symphonic programmes for the City of Geneva, the annual United Nations Day concert and accompanies operatic performances at the Grand Théâtre of Geneva.



PERFORMANCE

Date: 2019.04.04

Venue: National Centre for the Performing Arts, 2 West Chang'an Avenue Xicheng, Beijing

西长安街2号 西城区 北京

Orpheus Chamber Orchestra

Orpheus Chamber Orchestra creates extraordinary musical experiences that enrich lives and empower individuals through collaboration, innovation, education, and a passion for artistic excellence. Orpheus strives to be the world's premier chamber orchestra by performing music at the highest level without a conductor, challenging artistic boundaries, inspiring the public to think and work with new perspectives, and building a broad and active audience in New York City and around the world.



PERFORMANCE

Date: 2019.04.12

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

天津大剧院, 天津市河西区平江道58-1号

Marici Saxes, Saxophone Quartet

A marriage of harmony and diversity sums up English saxophone quartet Marici Saxes. Four unique musicians, supremely successful saxophonists all, came together through a craving for collective creativity. Since their inception, in 2010, they have established a considerable online presence and drawn an enthusiastic international following with their reworking of revered classics peppered with a smattering of original compositions.



PERFORMANCE

Date: 2019.04.16

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

天津大剧院, 天津市河西区平江道58-1号

Top Decoration Tips To Turn Your Kid's Birthday Bash INTO A FESTIVE FETE!

By Anastasia Chapman

So, it is your little one's birthday, and you want to organise a fun and exciting bash to see their big bright smile on this occasion? For every parent, their child's birthday is the best time to create and capture lasting memories.

Similarly, kids grow up eagerly looking forward to their birthdays. Even before the current year's celebrations are over, they anticipate the next one to be a bigger and better affair! Well, this adds a lot of pressure on parents, as they try to make sure everything goes perfectly fine on their child's birthday, and they get what they expected from their parents.

No wonder it takes a great deal of parenting to satisfy the whims and fancies of kids. But not all birthday celebrations have to be opulent and extravagant! In case you wish to spend less on your kid's birthday decorations saving it all for an amazing birthday present, we've some of the simplest, yet splendid tips to make things easier for you.

It won't cost a bomb to turn your home into a party space. Plus, with such easy-to-incorporate decorations, you can add your personal touch to the celebration and also get your kids involved in the process of picking, arranging and assembling items for the decoration. Pick a few of these simple ideas to add a festive flair to your kid's next birthday bash.

顶级装饰技巧， 让您孩子的生日派对变成狂欢节！

这是小朋友的生日，你想组织一个有趣而激动人心的狂欢，在这个场合看到他们灿烂的笑容？对于每个父母来说，他们孩子的生日是创造和捕捉持久记忆的最佳时间。

同样，孩子们热切地期待着他们的生日。即使在今年的庆祝活动结束之前，他们预计下一个庆祝活动将会更加美好！这给父母增加了很大的压力，因为他们试图确保孩子的生日一切顺利，达到他们的期望。

但并非所有的生日庆祝活动都必须充满奢华和奢侈！如果您希望减少孩子的生日装饰花费，以购买一份精彩的生日礼物，我们会提供一些最简单但最精彩的提示，让您的生活更轻松。

将小吃桌变成可食用的景观
孩子们真的很期待在生日聚会上享受美味的食物。那么为什么不充分利用呢？我们不建议您订购任何奇特的东西，但您可以通过一些装饰技巧使餐桌变得活跃，当然还有美味的食物！



PUT AN UNIQUE TWIST TO THE RUN-OF-THE-MILL BALLOON DECORATIONS

Your kid's birthday and no balloon decorations? Hell no! Here is an easy way to dress up ordinary helium balloons. It's way more cost-effective and a fun way to spruce up your kid's birthday decorations. Draw animal faces, limbs and other features on lightweight papers that won't flop and paste them on helium-filled balloons, placing them on one corner of the room for an amusing display.

GARLANDS GALORE

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 THE SNACK TABLE INTO AN EDIBLE LANDSCAPE

Be it your honeybun or the guest kids, snacking remains one of the most exciting aspects of any birthday bash. Kids really look forward to having yummy, scrumptious fares on a birthday party. So, why not make the most of it? No, we are not advising you to order anything fancy, but you can make the dining table come alive with a few decorative tips and of course, delicious treats! Put a butcher paper on the table and paint it into the cutest buffet spread ever. You can plan out the decorations and designs as per the platters and bowls. Think Pizzas as giant wheels, silicone cupcake liners look great as caterpillar cookie stands, and small snack bowls containing macaroons can be arranged to create colourful blooms, the list goes on.



PUT IN SOME PRETTY PAPER FLOWER DECORATIONS

With a few folds and snips coupled with a little imagination, you can turn simple papers into perfect party decorations! Check out this burst of colourful tissue-paper poms-poms, pretty paper flowers made from cupcake liners or a vibrant backdrop, or corner decorated with paper blooms made in the size and colour of your choice. It is a great way to add charm to your kid's birthday party.



GET CRAFTY WITH STREAMERS

Curl, twist, braid or wind with leftover papers and give it a fresh look to create decorative pieces for your child's birthday! Crepe, metallic or any other decorative papers, have fun with creating these pieces. Use metallic paper to make streamers of shimmering circles hung from above, stripe the doorway with streamers of few different colours, or decorate a table with some colourful fringe. Streamers are a lot of bang for your buck, as an affordable and versatile birthday party material.



MAKE THE DINING TABLE POP WITH THEMED DECORATIONS

Deem your kid's birthday gala incomplete without an incredibly decorated party table setup! A Barbie party table setting for your priceless baby girl, a Unicorn décor for your fantasy lover kid, or a sunshine-themed buffet spread for your outdoorsy tot, you can turn the birthday decorations magical in an instant with these ideas!



BIRDS OF A FEATHER FLOCK TOGETHER

By Karen Wang

Mary and her family originally lived in Beijing. However, her family recently moved to Tianjin, as her Dad had gotten a better job offer here. Since moving to Tianjin, Mary had to adjust to her new international school. So far, she's only been at her new school for a week and has made one new friend – Tom. As Mary is a relatively shy individual, she's been keeping a low profile and has not been socialising with the rest of the school. On Monday, Mary heads to school per normal and ends up meeting Tom in the hallway.

"What classes do you have today?" Tom casually asks Mary, as he places his books in the locker.

"I have math in the morning, and then chemistry in the afternoon" Mary responds.

"Alright then, do you want to have lunch together?" Tom asks.

Just as Mary was about to respond, she accidentally bumps into a girl in the hallway.

"Excuse me, you should watch where you're going" the girl lashes out at Mary.

While Mary had only bumped into one girl in the group, the others start to chime in.

"Exactly, you should look at where you're going!" Another girl exclaims.

"Easy Lucy, Mary just transferred here, there's no need for you and the other girls to be so mean." Tom jumps in.

"Well, she should look at where she's going. After all, she is the new girl here." Lucy responds, as she glares at Mary. The rest of the girls in her group nod along with Lucy, and glare at Mary as well, before walking away.

"Don't worry about them Mary, they're just a group of mean girls in school. I mean, birds of a feather flock together, right?" Tom comforts Mary.

While Lucy and the group of girls aren't actually birds, what Tom is trying to say is that these girls have some similarities within them and, thus, end up sticking together. In this case, these girls who think they're better than everyone else, and are condescending and unfriendly.

There is a similar Chinese phrase that goes like this: 「物以類聚，人以群分」 wù yǐ lèi jù, rén yǐ qún fēn. This phrase is very similar to 'birds of a feather flock together', and essentially means that similar individuals tend to stick together.



Bakeries & Desserts



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

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

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

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

HX **(International Trade Centre) 天津国贸购物中心**
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2层
T: +86 22 2331 1688 ext. 8920



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

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

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

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

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

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

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



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

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

French

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



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

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

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

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

Indian

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

Italian

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

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

HB **Venezia Club Italian Restaurant & Winery 威尼斯意餐酒吧**
A: No. 48 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, Tianjin Yuan International Hotel, Zi Jin Shan Lu, Hexi District
天津燕园国际大酒店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 Meijiing 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 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 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 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, Tianjin Yan Yuan International Hotel, Zi Jin Shan Lu, Hexi District
河西区紫金山路
天津燕园国际大酒店1层
T: +86 22 2731 3388

HP 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 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 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 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 河西区滨水道16号万丽天津宾馆1层
T: +86 22 5822 3388

NK Violet Lounge 紫

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

HB Mama Mia 妈妈咪呀音乐酒吧

Release yourself with our music. Lead yourself with our culture. Embrace yourself with our style.

A: No. 437, Shengli Lu, Italian Style Town, Hebei District 河北区意大利风情区胜利路437号
T: +86 22 2445 9905

HD Churchill Wine & Cigar Bar

丘吉尔红酒雪茄吧
Tianjin's leading venue for connoisseurs. With its excellent array of wines and cigars, Churchill is the natural choice for an evening of timeless perfection.

A: 1F, Wanda Vista Tianjin, 486 Bahao Road, Da Zhi Gu, Hedong District 河东区大直沽八号路486号
天津万达文华酒店一层
T: +86 22 2462 6888

NK GAL Whiskey & Cocktail

良果酒吧
Great lounge bar featuring wonderful cocktails and whiskey collection. Try "NanKai Qu" cocktail.

A: Shuishang Bei Lu, right in front of Tianjin Zoo gate, Nankai District 南开区水上东路动物园对面
T: +86 18502609788

HP Gusto Bar 9吧

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

KTVs**HP** Eastern Pearl 东方明珠KTV

This KTV offers a wide assortment of entertainment and relaxation. You can sing, visit the buffet, play a game or go to the spa! 24 hours.

A: No. 2, Guizhou Lu, Heping District 和平区贵州路2号
T: +86 22 2781 6666

HX Holiday KTV 好乐迪

One of the most popular KTVs in Tianjin entertainment that offers the most elegant decoration and conditions. 24 hours.

A: 3F, Shuiying Lanting Building, Pingshan Dao, Hexi District 河西区平山道水映兰庭商业3层
T: +86 22 2355 2888

Beauty Salons**HP** CHINA ROAD 重道造型

A Chic salon adjoins to one of the busiest CBD areas. Fashion is the word that best describes the decorated hairdressers.

A: 16-201, Jinde Block, the junction of Kunming Lu & Lanzhou Dao, Heping District. 和平区昆明路与兰州道交口金德园16-201.
T: +86 138 0308 8908

A: No. 23 Binyou Dao, Hexi District. 河西区宾友道23号
T: +86 2836 9769

HX AY Hair Salon

The owner Andy, who speaks fluent English, is the best hairdresser in town for foreigners. 09:00-20:00.

A: 08-01, Wutong apartment, the junction of Zhujiang Dao and Jiulian Shan, Hexi District 河西区珠江道与九连山交口梧桐底商8号楼1门
T: +86 22 2374 1333

NK OPI Nail Salon OPI 美甲

Which girl doesn't like OPI? This salon is a right place to take care of your nails.

A: 3F, Joy city, Nanmen Wai Da Jie, Nankai District 南开区南门外大街大悦城北3楼
T: +86 22 5810 0179

Spa & Massage**HD** Yue spa “悦”水疗中心

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

NK ThaiFe Spa 泰菲SPA

For RMB350 you can get full-body relaxing massage. Definitely worth trying.

A: No.14, Diantai Dao, Heping District 南开区电台道14号
T: +86 22 2781 1061

NK Thai Massage 泰享阁足道会馆

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

NK Shan Ru SPA 善如美容美体SPA

A: Opposite of No.18 Shiying Road, Nankai District, Tianjin 南开区宁家房子士英路18号对面
T: +86 13752305090

Tattoo Studios**HP** Ink Tattoo 墨颜刺青

Owned by artist Zhang, the store is tiny but inviting and the workroom is fully equipped. 11:00-21:00.

A: No. 111, the junction of Shanxi Lu and Jinzhou Dao, Heping District 和平区山西路与锦州道交口111号
T: +86 22 2730 6615

Hospitals**HP** Arrail Dental Tianjin International Building Clinic 瑞尔齿科

A: Rm 302, Tianjin International Building, No. 75 Nanjing Rd, Heping District 和平区南京路75号天津国际大厦302室
T: +86 22 2331 6219/10/67

24Hr Emergency Line:
+86 150 0221 9613

W: arrail-dental.com



和睦家医疗
United Family Healthcare

HX Tianjin United Family Hospital 天津和睦家医院

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

A: No.22 Tianxiao Yuan, Tanjiang Dao, Hexi District 河西区潭江道天潇园22号

T: (Reception) +86 22 5856 8500

24 Hour Emergency:
+86 22 5856 8555

W: ufh.com.cn

Raffles Medical

HX Raffles Medical Tianjin Clinic

A: 1F Apartment Building, Tianjin Yan Yuan International Hotel, Zi Jin Shan Road, He Xi District, Tianjin 300074 河西区紫金山路
天津燕园国际大酒店公寓楼一层
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

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



NZ 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



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

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



PE 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



HP 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



HD E: infor.pptsn@panpacific.com
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



HP E: hotel@raaisson-tj.com
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

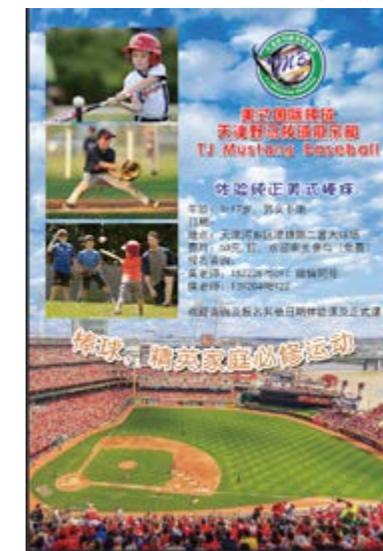
TICC (Tianjin International Community Centre)
Association and meeting place for foreign passport holders and their families in Tianjin. Organises monthly coffee mornings, luncheons and social/fundraising events, supporting local charities.
E: ticc_09@hotmail.com
W: tianjin.weebly.com

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**
天津首家纯正正式棒球培训, 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





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



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



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



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

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

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

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

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

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

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

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

IT
NNIT
NKX 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商辅
 (嘉乐城底商)
T: +86 22 6518 5559



Spa & Massage

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

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

Hospitals



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

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

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

Drycleaning & Laundries

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

Hotels

★★★★★

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



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



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



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

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



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

Apartments

TEDA, Tianjin - Marriott Executive
Apartments
天津泰达万豪行政公寓
A: 29 Second Avenue TEDA, Tianjin
 天津经济技术开发区第二大街29号
T: +86 22 6621 8888



Fraser Place Binhai, Tianjin
天津招泰美伦辉盛坊国际公寓
A: Block 6/7, Quincy Park,
 No.21 Bei Hai East Road, TEDA, Tianjin, China
 天津市开发区北海东路21号昆西园6/7号楼
T: +86 22 5988 1999
E: reservations.binhai-tianjin@
 frasershospitality.com

Office Space

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

Libraries

Tianjin Binhai Library
天津滨海新区文化中心图书馆
 Monday: 14:00-18:00; Tue-Sun: 10:00-
 18:00
A: No. 347 Xusheng Road, Binhai Central
 Business District
 滨海新区中心商务区旭升路347号
TEDA Library 泰达图书馆
 09:00-22:00.
A: No. 21, Hongda Jie, TEDA
 开发区宏达街21号
T: +86 22 2520 3100
W: tedala.gov.cn

Parks

Binhai Aircraft Carrier Theme Park
滨海航母主题公园
 A military theme park featuring all sorts of
 adventure. 09:00-17:00.
A: No. 269 Tianjin Binhai New Area,
 Hanbeilu
 天津市滨海新区汉北路269号
T: +86 22 67288899
W: www.binhaipark.cn

Education

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



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

Exhibition Centres

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

Department Stores & Shopping Malls

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

Golf Clubs

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

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

Outdoor Clubs

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



A TRIP TO

VICTORIA FALLS IN ZAMBIA

By Chelsea Hunter

赞比亚之旅： 感受维多利亚瀑布的壮观

在参观赞比亚的维多利亚瀑布之前，我曾听过，阅读并观看过几部关于该地区的精彩纪录片。然而，这些东西都没有让我为维多利亚瀑布这壮观的景观做好准备。

好吧，如果你是像我这样的拥有冒险精神的人，你肯定听说过世界自然奇观。其中一些包括珠穆朗玛峰，北极光，大堡礁，当然还有维多利亚瀑布赞比亚。

维多利亚瀑布位于非洲赞比西河中游，赞比亚与津巴布韦接壤处。是我见过的最引人注目的瀑布。1855年11月，苏格兰传教士和探险家戴维·利文斯敦成为第一个到达维多利亚瀑布的欧洲人。这是世界上最壮观的瀑布之一。利文斯敦欣喜异常，当即以英国女王的名字为之命名，称为“维多利亚瀑布”。

Before visiting Victoria Falls in Zambia, I had heard, read, and viewed several amazing documentaries about the area. However, none of these things had actually prepared me for the spectacular spectacle called Victoria Falls.

Well, if you are an adventurous spirit like me, you have certainly heard of the Natural Wonders of the World. Some of these include Mount Everest, Aurora Borealis, the Great Barrier Reef, and, of course, Victoria Falls Zambia.

Located on the Zambezi River and defining the border between Zimbabwe and Zambia, Victoria Falls is the most striking waterfall I have ever seen. History records that the waterfall was “discovered” by the famous Scottish explorer and missionary, David Livingstone.

The famous explorer cum missionary, who was also the first European to cross the African continent from the south to north, reached the waterfall in 1855. Subsequently, he named the spectacular waterfall after Queen Victoria.

The first time I visited the waterfall was on a two day tour of the African region. Sincerely, I had been attracted by the rich history and information I had managed to gather about the place.

How to get there?

Getting to Victoria Falls is in an adventure itself. Several choices are offered for all tourists, including travelling by road, rail or air. In fact, one can even cycle across the country's Zambian or Zimbabwean side to the Falls.

The national park entrances located on both sides of the Falls are easy to access from the town of Victoria Falls in Zimbabwe or Livingstone in Zambia.

What is so special about the waterfall?

Although not the widest or the tallest waterfall in the world, Victoria Falls is undoubtedly the largest. The waterfall measures 1,708 metres wide and 108 metres high. So, one might wonder why the largest waterfall? During my visit, I learnt that the falls constitutes the largest continuous sheet of water anywhere on earth.

Victoria Falls are fed by the Zambezi River, which is the fourth largest river in Africa. The falls lie around halfway along the river's 2,274 kilometres stretch. The Zambezi River forms Victoria Falls when it drops more than 100m into the famous Batoka Gorge and flows east into the Indian Ocean.

While it might not be easy to ascertain these factors on arrival, there are some that I couldn't miss to prove on my own. Apparently, due to the impressive width and height of the falls, the water produces an immense rumbling sound that



one can hear from a distance of 40km. Additionally, the spray and mist due to the immense volume of falling water rises to a height of more than 400m and can be viewed from a distance of 50km.

Indeed, during my tour, we could hear the rumbling of Victoria Falls about a mile away, long before we even got a glimpse of the actual falls. I was lucky to have a tour guide, who was keen to explain to us even slight things that might have escaped our notice. In fact, the vehicle stopped at one point along the way and the guide asked us whether we could hear anything strange.

Not only could I hear it, I could feel, and even smell, it in the humid air. It is no wonder the local tribes originally referred to the waterfall as Mosi-oa-Tunya in the local Kololo/Lozi dialect, which translates to "the smoke that thunders."

What enjoyments are on offer?

There are a range of crazy and daring things that one can do at Victoria Falls. Upon arriving and booking my stay at the Royal Livingstone Hotel, the adventures started right away. Amazingly, the Zambezi River just raced a few metres from the lawns.

However, even the immediate River view did not prepare me for what was to come next. The list of things we could view ranged from abseiling, bungee jumps, to kayaking, and aerial tours using helicopters, microlights to small planes.

Although I did not have time for all the enjoyments on offer, the few I had are still etched in my memory for life.

On my first tour day, a guide took us to the Victoria Falls Bridge where I had exhilarating 111m freefall headlong bungee jumps towards the amazing Zambia River and the mighty Falls in the background. Subsequently, I did the Bridge Swing, this time facing the right way up and with an amazing view of the Falls.

During the afternoon, we took an air-raising aerial tour of the gorge and Victoria Falls. This was definitely my best part of

the tour. One gets to enjoy an unequalled panoramic view of this natural wonder.

The second day was spent visiting the national park. The tour of the park was a thrilling experience that offered various ground views of the Waterfall. One has to walk next to the thundering falls, while a network of trails led us right to the face of the Falls, and across a narrow bridge that we walked across.

Overall

Although my tour was limited with respect to time, this was definitely my greatest touring experience. One can only appreciate the aweing and spectacular experience of Victoria Falls in the Great Zambezi River.

The following are some more stunning images I managed to bring back from the exciting tour.



ZHAGANA 扎尕那

By Melanie du Toit

I've never seen a more magnificent place in my life. The scenery is just absolutely godly and any photographer's dream world. Zhagana is a hidden Tibetan area in China's Gannan. Kindly note: it's not in Tibet, but is called a Tibetan area, because the citizens of the village are all Tibetan and are living a Tibetan lifestyle.

Located in Diebu County, Gannan, Zhagana is a mountainous region on the north-eastern edge of the Tibetan Plateau. The majestic views of the mountain and hidden village with small wooden houses give you a sensation of that close to being in paradise. When the mist covers the mountains or rolls over the unique village, it makes way for a mystical scenery that you can lose yourself in.

Many travellers are unaware of the hidden beauty of this perfect place created by God himself. Most probably because this area can only be reached by car or bus. Once you enter Zhagana, you'll see many wooden houses next to the road, the main area (where the mountain hike) can be found and it is a bigger space with buses and some curios shops selling rain coats and snacks.

Don't be fooled, the ride to Zhagana can be very long and treacherous. I took a bus from Chengdu to this hidden village. The distance between my home city and the village is about 615km. After a 7-hour bus ride, we covered half of the trip and had to overnight in an Ancient city called "Songpan", which is worth a

stopover when you have to travel a long distance. The next day we departed at 6:00. At about 11am we reached the mountainous areas of Gannan, that's located on the border of Sichuan province and Gannan province. After a roller coaster ride of bendy roads and dangerous turns, we finally reached Zhagana.

For travellers coming from Beijing, it's a 1,850km journey and your best bet is to take an airplane to Xi'an or Chengdu, and then take an 8 or 10-hour bus ride from there.

The long bus ride next to the Bailong River was definitely worth it! The views on the way to paradise are amazing. Open grasslands with blue skies and yellow daisies scattered about. Next to the road

there are many Tibetan prayer houses and colourful prayer flags. Tibetan ladies in traditional clothes stand next to the roads selling dried yak meat, fruit and other snacks for travellers.

Once you reach Zhagana, you can switch off everything and just enjoy the quiet and relaxing atmosphere the villages have to offer. The red roads zig-zag through the small village. Some elders sell milk teas and snacks from their homes, while other citizens continue on with daily chores like chopping fire wood and building on to their houses. I was surprised to see that there were a lot of hotel-like accommodations available between the traditionally built houses. As well as restaurants that serve delicious traditional Tibetan food, mostly consisting of Yak meat, rice and vegetables.

There are several options of things you can do, while staying in Zhagana. You can go trekking up the 3500 metre altitude mountain. When the trek up the pathways get too much, you can ride on one of the horses the locals rent out for a small fee. There are a spacious prairies you can sit and lounge on, while having a picnic, taking photos or just relaxing and enjoying the beautiful view of the sun shining through the clouds onto the village.

You can visit the nearby Tibetan Buddhist Temple and meet some locals. There are a few quaint tea houses, where you can sip on special flower teas or try Tibetan





Butter tea (which is basically melted butter and milk), while reading a book or appreciating the views.

Zhagana is quite a small village and you can walk easily from the village onto the mountain. The village is divided into four smaller neighbourhoods (Daiba, Yeri, Dongwa and Dari), but in comparison to huge cities, like Beijing and Chengdu, it's pretty easy to walk from one to the other. There are no taxis, so once you reach Zhagana by bus, you can do and see everything in about 2 days by walking or catching a ride from locals. Unless you want to experience the quietness of the area for longer and do one-day treks up the mountain, as climbing the mountain can take between 5-7 hours. There are about 4 different routes up the mountain, but all end up with the same view.

Some houses have big bonfire parties after 10pm and they are very welcoming to travellers. One of the locals even invited me into his home and he showed me furniture he made from wood with beautiful Tibetan craftwork on it. More travellers joined us, and we sat around the fire, while drinking some local beers. Two young girls living a few doors down danced around the fire, while they played traditional Tibetan music over speakers. We tried to keep up with the girl's unique traditional dance styles, but we quickly felt tired and watched them in awe, while they skipped and twirled effortlessly around the bonfire.

Experiencing the tranquillity China's Diebu County has to offer is priceless.



我一生中从未见过更加壮丽的地方。风景如画一般，这是任何摄影师的梦想世界。扎尕那是中国甘南藏区的所在之地。请注意：它不在西藏，而是被称为藏区，因为村里的公民都是藏族人，并且过着西藏的生活方式。

扎尕那村，位于甘肃省甘南藏族自治州迭部县益蛙乡，该村海拔3000-3300米，周围最高山峰海拔4500米。隐藏的村庄拥有小木屋的壮丽景色，让您感受到天堂般的感觉。当薄雾覆盖山脉或在村庄上空滚动时，它会为您带来神秘之感。

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