

TIANJIN PLUS

津品生活

2019.06



HAPPY SOHO BAR

PART OF THE TIANJIN EXPERIENCE



InterMediaChina



www.tianjinplus.com

LOW FEES

HIGH

QUALITY EDUCATION

Being a government owned, non-profit school means our fees are purposely kept lower than other similar international school in the area. However, our strong AP program still gives our students access to the very best universities around the world.



SPEAK TO US TODAY
 +86-22-66226158

OR VISIT OUR WEBSITE
www.tedais.org

We are an accredited co-ed international day school for children 2-18



IST offers your children a welcoming, inclusive international school experience, where skilled and committed teachers deliver an outstanding IB education in an environment of quality learning resources and world-class facilities.



No. 22 Weishan South Road, Shuanggang, Jinnan District, Tianjin 300350, P.R.China
 Website: www.istianjin.org
 Email: info@istianjin.net Tel: +86 (22) 2859 2001





海嘉国际双语学校天津校区 2019招生简章

学校简介

BEIJING
INTERNATIONAL
BILINGUAL
ACADEMY
TIANJIN
CAMPUS

海嘉国际双语学校成立于2006年。海嘉校名源于“海纳百川，嘉言懿行”的美好愿景。自创校以来，学校致力于做国际双语教育的典范，迄今汇聚了来自全球26个国家和地区的1500多名学生，形成了多元共融的海嘉大社区。海嘉拥有国际文凭组织(IBO)和美国西部院校联盟(WASC)国际性权威机构认证，是一所高质量、双认证的国际双语学校。学校还是中蒙国际学校联合会(ACAMIS)以及国际学校体育协会(ISAC)的会员资格学校。

天津海嘉于2017年落地中新天津生态城，提供中外籍学生双语教育的12年一贯制学校。坚持“海嘉”在高端国际教育领域的品牌标准，与北京总校保持理念一致、管理统一、师资共享的优势，是一所双语教育特色突出的国际双语学校。学校拥有完善的设施设备，全新的学习空间、现代IT实验室、综合科学实验室、多功能礼堂、温馨的宿舍等。

学校特色

学校秉承“根深中华、心怀天下”和“让孩子因为我们而幸福”的教育理念，利用丰富的办学经验及教学资源，学校采用小班授课制(师生比1:3)的办学模式，中外籍双班主任架构，沉浸式、探究式的教学模式，将世界带入课堂，课堂与生活联接，为更多中外籍学生提供最优质的国际双语教育，帮助更多的孩子拥有杰出的双语能力和广阔的国际视野。

海嘉学校在小学阶段，课程以中国国家标准课程为基础，融合美国核心公共标准课程，设有自然拼读课程、英文读写工作坊、校本课程和特色活动课程。在中学阶段以国家义务教育课程为基础，融合特色国际中学课程，课程体系包含学术教育、幸福教育、户外教育项目和音乐、体育等的课外活动。海嘉教学注重学生均衡、全面的基础能力发展，包括知识、思维、价值观、态度及技能，特别是读写能力的发展会通过阅读、写作工作坊得到强化训练。标准、课程和教学是有机关联的，以确保所有学生都有机会达到高水准，成为优秀的学生。



RESPECT
RESPONSIBILITY
RIGOR
RELATIONSHIPS

报名地点

天津市海嘉国际学校招生办
地址：天津生态城明盛路226号天津市海嘉国际学校招生办公室
电话：022-6713 9298 185 2609 1709

学费信息：

小学部 55,000/学期； 100,000/学年；
初中部 66,000/学期； 120,000/学年；

招生说明

小学阶段招生范围

以面向本区招生为主；
学校可提供住宿，寄宿制学生可跨区报名。

中学阶段招生范围

生态城小学应届毕业生。
本市非生态城小学毕业，但具有生态城户籍(含蓝印)的六年级应届毕业生。适龄儿童户籍的户主、合法固定居所(已交付使用的现房)的产权所有人，必须是适龄儿童的父母、祖父母或外祖父母，户籍房产须为生态城内的独立产权住宅。

招生计划：

一年级：2个班，20人/班；二-六年级接受转学生；
七年级：1个班，20人/班。

招生方式：

学校通过面谈，重点考察学生的认知能力、心理发展、人文常识以及逻辑思维等能力，确定最终录取名单。

报名时间：(秋季入学集中报名)

一年级：2019年5月25-26日 8:00—11:30, 13:00—16:00。
七年级：2019年6月14日 9:00—16:00。

面谈时间另行通知。

联系我们：

联系电话：022-6713 9298 185 2609 1709
校区地址：天津生态城明盛路226号天津市海嘉国际学校招生办公室

报名材料

- ① 填写入学申请表，需由父母陪同并签字(在校区招办或办事处填写)；
- ② 原校成绩单(如有)；
- ③ 学生户口本首页和本页，或护照和有效签证复印件(如需要)；
- ④ 父母双方/监护人的身份证(正反面)或护照和有效签证(如需要)；
- ⑤ 健康记录表；
- ⑥ 1寸近期蓝底照片3张；
- ⑦ 学籍卡(全国电子学籍库中打印学生页并盖章)；
- ⑧ 户籍是外省市的学生申请入学需提供：
 - A. 本市公安机关签发的滨海新区居住证；
 - B. 居住证持有人及随迁子女的户口(户籍地)簿及随迁子女与居住证持有人关系的相关证明；
 - C. 居住证持有人及随迁子女在本市合法居住的证明，包括房地产权证、商品房买卖合同(二手房买卖协议)及契税发票、房管部门开具的房屋租赁登记证明；
 - D. 居住证持有人在本市有合法稳定职业的证明，包括工商营业执照、税务登记证件、依法签订的劳动合同或确立劳动关系存在的有效证明等；
 - E. 居住证持有人在本市缴纳社会保险的缴费证明。



校园公众号



官方微信咨询



DREI KRONEN 1308 BROUHOUS



Enjoy Fresh German Home Brewed Beer
Experience traditional Bavarian Culture

We offer a wide range of different Services

- Business Banquets
- Private Events
- Family gathering
- Wedding Services
- Year-end Party Service



Call us to book now
TEL: 022-23219199

1st Floor in Block 5 at Jinwan Plaza,
Jiefang Bei Road

FyLA Golf

International Golf Academy



JUNIOR & ADULT PROGRAMS



INTERNATIONAL PGA CERTIFIED COACHES



BOOK A FREE TRIAL LESSON NOW!



FYLA GOLF
International Golf Academy
飞乐国际高尔夫学院
Address: Senao Golf Driving Range,
Aoti Road, Nankai District, Tianjin
天津市南开区奥体道森奥高尔夫练习场
Tel: 18526437988



Enjoy Great Wines, Hand-Crafted Cocktails
& Whiskys From Around The World

THE CORNER•ACADEMY

考恩预约品鉴店

86 Harbin Rd., Heping District, Tianjin
和平区哈尔滨道86号
T: +86 22 27119871



Memorable And Personalized
Dinning Experience

THE CORNER•CHANCE

考恩餐饮&文化空间

101-102 Harbin Rd., Heping District, Tianjin
和平区哈尔滨道102增101号
T: +86 22 83219717



Restaurant

Steak 羽
S 深
Wine 肉
铺

Habuka the Butcher

Steak & Wine

Habuka the Butcher

羽深肉铺



Address: No.187, Chengdu Road, Heping District, Tianjin
地址: 和平区成都道187号
Tel: +86 22 8338 5251 / +86 157 2205 2242
Lunch / 午餐时间: 11:30 - 14:30
Dinner / 晚餐时间: 17:30 - 23:00 (22:00 L.O.)





AN EXQUISITE ITALIAN DINING EXPERIENCE

Italian Restaurant & Café



www.bellavitaconcept.com



BELLA VITA
CUCINA ITALIANA

Florentia Village Outlet Mall
North Qianjin Road
Wuqing District, 301700 Tianjin
武清区前进道北侧佛罗伦萨小镇Food-5

Telephone: 022 59698238

TIANJIN PLUS
津品生活

Managing Editor
Sandy Moore
managingeditor@tianjinplus.com

Advertising Agency
InterMediaChina
advertising@tianjinplus.com

Publishing Date
June 2019

Tianjin Plus is a Lifestyle Magazine.
For Members ONLY
www.tianjinplus.com

ISSN 2076-3743



Hi Friends,

There are many ways to describe the absolute attraction of Tianjin Happy SOHO Bar and why it has remained to be both tourists' and local's choice for partying, good music and nightlife in Tianjin for the past 13 years. Happy SOHO Bar situated in TEDA could very well pack a great performance every night. This June 14th, Happy SOHO Bar will host another highly successful Anniversary Party to celebrate its 13th year.

So, as a way of looking back and stepping forward into many more years of its vibrancy and growth, Tianjin Plus Magazine interviewed Happy SOHO Bar management and staff who made it all possible.

One of the most important morals, which is very necessary and should be taught to every student in his/her school life, is kindness. In today's time, where there is so much of a chaos all around, fast lifestyle is dominant - kindness is one thing which can keep us grounded and happy in the long run, and we dedicated our education column to this topic.

China has many international residents who have brought their culinary ideas and adapted them to China's style. Nowadays, you can find a wide range of festivals, where many international categories of food are available to the public. Look inside and keep reading and learn about International Food Festivals you can't miss in China.

Don't miss as well in this issue some of the biggest fashion trends to look out for this Summer 2019, and I am sure you will also find very interesting all the other articles published this month.

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

Best wishes,
Sandy Moore
Managing Editor | Tianjin Plus Magazine



Address:
Olympic Tower
No.104, Chengdu Road
Heping District, Tianjin
和平区成都道126号
奥林匹克大厦1楼104
Tel: +86 22 2334 5716
Opening: 7:00 - 22:00



GANG GANG
Bread & Wine
网网葡萄酒 & 面包店

DELIVERY
It's Free over 100RMB!
点餐超过100元免配送费!
Delivery can be made everyday
Order one day earlier until 14:00am
We accept orders by e-mail or Wechat
E-mail: delivery@gangxgang.com
Wechat: yushengsensen



BEST GIFT TO YOURSELF AND YOUR FRIENDS

SUBSCRIBE

TIANJIN PLUS
津品生活

TO TIANJIN PLUS MAGAZINE



SUBSCRIBE

by taken photo of your business card (or your friend) and send to us by Wechat scanning this QR Code.
Or send an email to subscribe@tianjinplus.com

Subscription Price for Tianjin Plus

3 issues = 75rmb
6 issues = 135rmb (10% discount)
12 issues = 240rmb (20% discount)

SPECIAL JOIN SUBSCRIPTION

Business Tianjin Magazine + Tianjin Plus Magazine
ADDITIONAL discount of 30% discount

3 issues = 108 RMB
6 issues = 195 RMB + GIFT: POWER BANK for Mobile Phone
12 issues = 348 RMB + GIFT: MEMORY STICK, USB 3.0



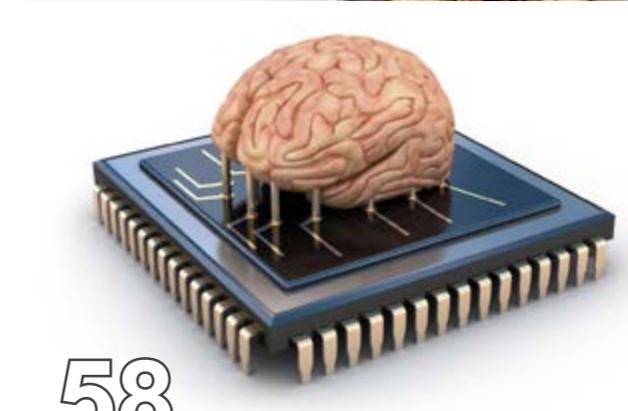
CONTENTS ²⁰¹⁹ 06

Calendar	12
Partner Promotion	16
Restaurant	17
Le Qiao Bar and Restaurant, TEDA	
Art & Culture	18
Facts About Chinese Kids' Culture	
Beijing Beat	20
Day Trip to The Lakes	
Cover Story	24
Happy SOHO Bar	
Feature Story	30
International Food Festivals in China	
Top	32
Things that China Invented	
Slang bang	36
Like Father, Like Son	
Book Review	37
The One Hour China	
Fashion	38
Summer Fashion Trends 2019	
Beauty	40
The top 8 products celebs swear by	
Photo Exhibition	43
'The Road to Shangri-La' by Bruce Connolly	



CONTENTS ²⁰¹⁹ 06

Education		
Kidness in school		44
International School of Tianjin		46
TEDA International School		47
Wellington College Tianjin		48
Past events		49
Nutrition		54
Best Foods to Improve Digestion		
Health Watch		56
Antibiotics. Why less is more.		
Future		58
Brain Chip Implant Technology		
Entertainment		60
Interior design		62
Get Your House Summer-ready		
Tianjin Listing Index		66
TEDA Listing Index		77
China Travel		80
Zhalong Wetlands		
Global Travel		83
Natural Paradise of Ecuador -The Galapagos		



06 Thu

THE NUTCRACKER BY CHILDREN'S BALLET OF KIEV, UKRAINE
乌克兰基辅儿童芭蕾舞团
《胡桃夹子》

Date: Thu, Jun 6th
Time: 19:30
Price: 100,180,280,380,480
Venue: Tianjin No.2 Workers Cultural Palace
天津市第二工人文化宫剧场



Featuring a timeless score from this gifted composer, The Nutcracker is a renowned Russian classic presenting, as it does, evocative music and exquisite dance.

This ballet, with its mystery and romance, has captured the imagination of many generations over the years and continues to attract large audiences worldwide.

As snowflakes fall outside, the warm glow of the open fire sends flickering shadows across the boughs of the Christmas tree and all the presents beneath.

When midnight strikes, we have swept away to a fairy tale world where nothing is quite as it seems, toy dolls spring to life, the Mouse King and his mouse army battle with the Nutcracker Prince and we travel through the Land of Snow to an enchanted place the magic really begins...

07 Fri

ANNE SOFIE VON OTTER & BROOKLYN RIDER STRING QUARTET
瑞典女中音安妮·索菲·冯·奥特
与美国布鲁克林四重奏音乐会

Date: Fri, Jun 7th
Time: 19:30
Price: 280,380,580,680
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅



If there's any classical vocalist today who can pull off a program of songs by Björk, Elvis Costello, Kate Bush, and Nico Muhly as arranged for string quartet, it's the Swedish mezzo-soprano, a lauded veteran still exploring new boundaries. Von Otter and her dynamic young partners offer these selections and others—Caroline Shaw's "Cant Voil/Aube," Colin Jacobsen's "For Sixty Cents," and the aria "Am I in Your Light?," from John Adams's "Doctor Atomic"—from their new album, "So Many Things."

08 Sat

MIKE STERN, DAVE WECKL BAND FEATURING TOM KENNEDY AND YE HUANG
鼓神戴夫·维克与格莱美吉他大师迈克·斯特恩爵士音乐会

Date: Sat, Jun 8th
Time: 19:30
Price: 180,280,480,680
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅

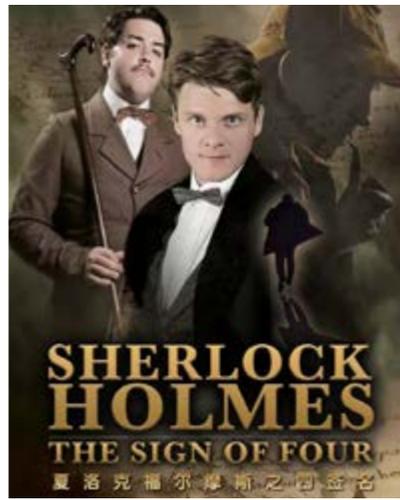


One of the most esteemed electric guitarists of his generation, Mike Stern has distinguished himself over a four-decade career that has encompassed musical partnerships with Blood, Sweat & Tears, Billy Cobham, Miles Davis, Jaco Pastorius, the Brecker Brothers and Joe Henderson, as well as 16 recordings as a leader (six of which were nominated for GRAMMY® Awards).

12 Wed

SHERLOCK HOLMES - THE SIGN OF FOUR TOUR BY BLACKEYED THEATRE
英国黑瞳剧院悬疑话剧
《福尔摩斯-四签名》

Date: Wed, June 12th
Time: 19:30
Price: 80,180,280,380,480
Venue: Jinwan Grand Theatre
天津津湾大剧院



"When you have eliminated the impossible, whatever remains, however improbable, must be the truth."

Crammed full of adventure, romance, comedy and of course one or two rather brilliant deductions, The Sign of Four is Sir Arthur Conan Doyle's epic second Sherlock Holmes' tale, a breath-taking yarn brought to life in this spectacular new stage adaptation.

When Mary Morstan arrives at 221B, Baker Street to request help with the mystery of her missing father, Holmes takes the case and together with his companion, Dr Watson, enters a murky world of deception and trickery, unravelling a complex plot involving murder, corruption and stolen jewels.

Don't miss Blackeyed Theatre's stunning world premiere of Sherlock Holmes: The Sign of Four. Original live music, stylish theatricality and magical story-telling combined for an unforgettable theatrical experience. The game's afoot!

14-15 Fri-Sat

ALICE IN WONDERLAND BY THÉÂTRE TOUT À TRAC
奇幻木偶剧《爱丽丝梦游仙境》

Date: Fri-Sat, Jun 14-15th
Time: 19:30,15:30
Price: 180, 280, 380, 480(280x2), 650(380x2), 680(280x3), 910(380x3)
Venue: Opera House, Tianjin Grand Theatre
天津大剧院歌剧院

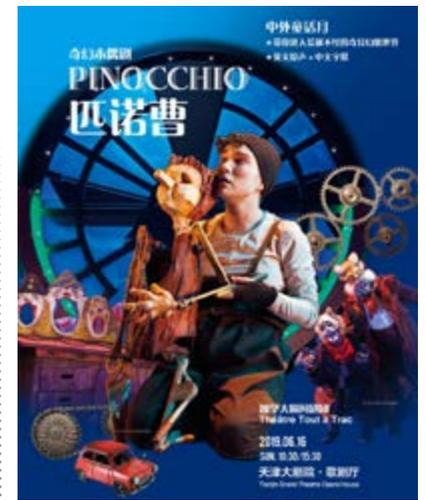


Faithful to the madness and the lively humour of the original piece, this re-visit of the famous Lewis Carroll's classic tale has a unique twist: The setting is no longer a garden, but a library full of pop-up books! Each book is then a discovery and a door to the next adventure.

16 Sun

PINOCCHIO BY THÉÂTRE TOUT À TRAC
奇幻木偶剧《匹诺曹》

Date: Sun, Jun 16th
Time: 19:30
Price: 80,180, 280, 380, 480(280x2), 650(380x2),680(280x3),910(380x3)
Venue: Opera House, Tianjin Grand Theatre
天津大剧院歌剧院



Born from a talking piece of wood carved by the old Geppetto, the rebellious, cheeky and careless Pinocchio discovers the meaning of growing up through a thousand trials. To become a real boy, he will have to face Mangiafuoco, the terrible Puppet Master, suffer the malice of the Fox and his sidekick, the Cat, and escape from Toyland and save his father from the belly of the giant fish!

June SPECIAL DAYS

01 CHILDREN'S DAY

07 DRAGON BOAT FESTIVAL

16 FATHER'S DAY

18 INTERNATIONAL PICNIC DAY

29 CAMERA DAY



1. SCAN QR CODE TO BUY TICKET!
扫描下面二维码购票



2. SCAN QR CODE and send to us your information:
扫描下面二维码发送您的信息

- Type of tickets 票档位:
- Number of Tickets 张数:
- Your name 您的姓名:
- Phone number 联系电话:
- Address 邮寄地址:



21 Fri

THE ROAD TO SHANGRI-LA CHARITY PHOTO EXHIBITION BY BRUCE CONNOLLY

通往香格里拉之路慈善摄影展

Date: Fri, June 21
Venue: 1F, Lobby Lounge, Shangri-La Hotel, Tianjin
天津香格里拉大酒店 1F大堂酒廊



28 Fri

YUNDI · SONATA 2019 PIANO RECITAL WORLD TOUR IN TIANJIN

李云迪 奏鸣曲 2019世界巡回钢琴独奏音乐会天津站

Date: Fri, Jun 28th
Time: 19:30
Price: 180, 280, 480, 680, 880, 1080
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅



Internationally acclaimed pianist YUNDI was propelled onto the international stage when he won the first prize at the XIV Chopin International Piano Competition at the age of 18, becoming the youngest and the first Chinese winner in the history of the renowned competition.

Since then, he has been regarded as an international piano star, also a leading exponent of Chopin's music. In autumn 2014, the Fryderyk Chopin Institute, as the organizer of The International Fryderyk Chopin Piano Competition has invited Yundi to be one of the juries of The 17th International Fryderyk Chopin Piano Competition in 2015, who is also the youngest juror of the competition.

On his regular recital tours, YUNDI has performed in such venues as Carnegie Hall (New York), Royal Festival Hall (London), Musikverein Vienna, Alte Opera Frankfurt, etc.

30 Sun

LES EAUX ET FORÊTS (WATER AND FOREST)

法国戏剧展·《水与森林》

Date: Sun, Jun 30th
Time: 19:30
Price: 120,240,360,420
Venue: Opera House, Tianjin Grand Theatre
天津大剧院歌剧厅



On a pavement, a man is bitten by a woman's little dog. The man, enraged, attacks the owner of the pug. Another woman gets involved, and a slippery slope of misunderstandings results in this innocuous event becoming a "national disaster". In Duras' hands, the banal becomes the extraordinary. Wilfully facetious, she likes to appear where she is least expected. Humour is probably the most original and least known aspect of her work as a playwright. In Waters and Forests, an absurdist work written in Paris in 1965, we see the beginnings of Duras' "theatre of anger" (théâtre de l'empotement). Nonsense and melancholy, cruelty, bursts of laughter and delirium appear as the expression of her longsought "joyful despair". In electing to show these characters in all of their depth, Michel Didym brings to the stage a "theatre of the present" that privileges spontaneity, simplicity and playfulness.

7 Sun

DRESDEN KREUZCHOR CONCERT

德累斯顿男童合唱团音乐会

Date: Sun, July 7th
Time: 19:30
Price: 180,280,380,480,520(280x2), 700(380x2),760(280x3),880(480x2), 1030(380x3),1300(480x3)
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅



The Dresden Kreuzchor is one of the world's oldest and most famous boys' choirs. Its history dates back to the first mention of the city of Dresden in the early 13th century. More than 800 years later, its most important task is still the musical accompaniment of the vespers and services at Dresden's Kreuzkirche. Here, the Dresden Kreuzchor performs in Vespers and services and regularly gives concerts with outstanding works of sacred music. They form the core of the repertoire and are an expression of the Christian-humanistic character of the choir. Alongside famous soloists, the Dresden Philharmonic and the Saxon State Chapel Dresden are major artistic partners. The Dresden Kreuzchor also collaborates with ensembles of early music, such as the Freiburg Baroque Orchestra and the Academy for Early Music of Berlin. The repertoire of the Dresden Kreuzchor ranges from the Renaissance to premieres of contemporary works. His extensive artistic work has been documented in numerous recordings.

12 Fri

JAPANESE PIANIST YUKI FUTAMI CONCERT

久石让宫崎骏作品·日本钢琴家二见勇气音乐会《千与千寻》

Date: Fri, July 12th
Time: 19:30
Price: 100,180,280,380
Venue: Tianjin Grand Hall
天津大礼堂



Yuki Futami is an award-winning jazz pianist from Japan, whose sensitive touch and warm tone reflect that of his musical idol, the legendary Canadian jazz pianist Oscar Peterson. After winning the 1st place in competitions, such as the Yokohama Jazz Competition and Asakusa Jazz Contest in Japan with his energetic performances, Futami decided to relocate to New York City in 2013 in order to further his knowledge of jazz. He now lives in Boston as a student of Jerry Bergonzi at the New England Conservatory, refining his musical sense of excitement, agility and hard-hitting swing.

30 FRIENDSHIP DAY

14 Sun

RUSSIAN ICE BALLET

俄罗斯莫斯科芭蕾舞剧院全球首创冰舞芭蕾《天鹅湖》

Date: Sun, July 14th
Time: 19:30
Price: 180, 280, 380, 580, 480(280x2),680(380x2), 980(580x2)
Venue: Jinwan Grand Theatre
天津津湾大剧院



This production of Tchaikovsky's masterpiece will feature contemporary ice dancing manoeuvres artfully combined with ballet to retell the timeless story of Prince Siegfried and swan queen Odette.

This full-scale production, set to the music of Tchaikovsky and based on Russian folklore and German legend, follows a heroic young prince, as he works to free the beautiful swan maiden from an evil spell.

Swan Lake is a tale of two young women, Odette and Odilie, who resemble each other so closely one can easily be mistaken for the other.

July SPECIAL DAYS

5 WORKAHOLICS DAY

21 JUNK FOOD DAY

FOUR SEASONS HOTEL TIANJIN

Extraordinary Flavours and Exquisite Craftsmanship

Jin House Chinese restaurant of Four Seasons Hotel Tianjin, known for its craftsmanship and kung fu dishes, introduced new signature dishes and Cantonese dim sum on May 15th, 2019. The menu was developed by Jin House head chef, Cai, over several months, supervised by famous Jin House consultant chef, Tony Lu. It features amazing delicacies, including crispy sea cucumber filled with cuttlefish mousse in abalone sauce; crispy-fried pigeon served with marinated pear; barbecued Australian wagyu beef ribs, and enticing Cantonese dim sum, like steamed pork dumpling filled with black truffle paste; steamed dumpling filled with fish maw in supreme broth; steamed seafood dumplings with crab meat and greens, and more.

Date: A la carte menu is valid from May 15th, 2019 onwards.
Price: Dim Sum Lunch set menu from CNY 416+15%/person.

As the only Cantonese restaurant in Tianjin to receive the 2019 Dianping Black Pearl award, Jin House is always prepared to provide guests with an extraordinary Chinese fine-dining experience.

For enquiries or reservations at Jin House of Four Seasons Hotel Tianjin: +86 22 2716 6262/6688



SHANGRI-LA HOTEL, TIANJIN

Engage in Japanese Culinary Artistry with Master Chef Yoshi

Japanese food fans will not want to miss a feast of Japanese Cuisine prepared by Master Chef, Yoshinori Mizutani, in Shangri-La Hotel, Tianjin, from the 14th till 23rd of June, 2019. Chef Yoshi's creations are in high demand, as Maki is his culinary trump card. During the food festival, diners will enjoy an array of authentic Japanese dishes, including tempura, tuna sushi maki, katsuo bonito flamed sashimi salad and more. Using only the authentic ingredients, the natural flavours are brought out.

Moreover, Café Yun's cold buffet and live food stations will be brimming with typical Japanese decorations for the food festival. Chef Yoshi and Chef Yvan, executive chef of Shangri-La Hotel, Tianjin, will hold a four hand gala dinner at Horizon Lounge on the 22nd of June, 2019.

For reservations and enquiries, please dial +86 22 8418 8111 or e-mail fbreservation.sltj@shangri-la.com.



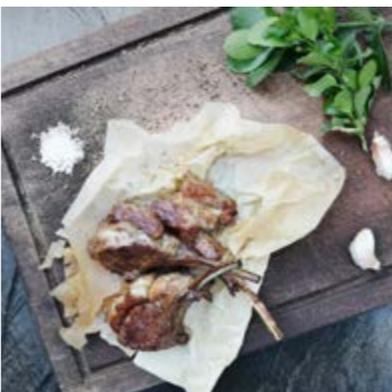
THE RIVER LOUNGE OF THE ST. REGIS TIANJIN

BBQ Experience

The River Lounge is giving you a delicious summer to remember with the BBQ experience. Chef, Edison Liu, has prepared the BBQ menu and offers a dining experience of grilled seafood and tender meat at the outdoor River Lounge, while enjoying the picturesque Haihe River. Cool off from the summer heat with a crisp beer, and have a good time.

Price: Starts from RMB68 per set
Time: 10am - 1am
Venue: River Lounge of The St. Regis Tianjin

For more details, please call +86 22 5830 9958



LE QIAO

BAR AND RESTAURANT, TEDA

By Dorothy Fourie

As an expat here in TEDA, I have often experienced the longing for some good food shared with great company, in a place that reminds me of home.

One evening, not long ago, I was walking along the street in Teda, right underneath the Line 9 overhead close to Tai Hu Road Station. I was surrounded by the usual amount of people on their way home or on their way to do shopping.

Then I noticed it: a warm glow from a window, close to a well-known bicycle shop. I followed this light, as if it was a glow-worm in a dark forest. I peered inside and saw it: there was a real restaurant within! This was a place where I could find Western Style food, as the advertisement informed me overhead.

I had to believe it: magic still happens! Upon entering Le Qiao Bar, you are met by a friendly and welcoming lady, Judy, and her husband Tiger. There are soft and comfortable chairs and lovely music. An ambience with soft light and music bounces off the interesting pictures throughout the area.

Judy spoils all her guests with a friendly chat and some fresh lemon water, while you peruse the menu, in which all the mouth-watering dishes are inviting you to choose them.

Upon my first visit to this delightful restaurant, I ordered the Chicken Schnitzel with fresh garden vegetables steamed just to perfection. Since then, I have tried many of the other healthy and MSG-free dishes.

Sometimes, when I am not too hungry, I order some hearty, nutritious soup and each time I receive a generous portion at a very fair price.

"Oh, I love this restaurant," a friend

says happily. "I especially like the bangers and mash; it makes me miss the UK less. And the portions are quite generous and well-priced."

"Sometimes I enjoy just sitting there at the window, enjoying a foamy cappuccino. No-one disturbs me and I can relax," another regular customer says.

I spoke with a few regulars and they all agreed: Judy and her husband have something special going with this small, cosy restaurant of theirs. They are always accommodating, trying to make your eating experience with them unique.

Paying RMB16 for a home-made hamburger (even the buns are home-made!) with anything from a beef to a chicken patty, egg and bacon and some tasty sauces to go, is a gift. Apart from the fact that it tastes delicious, it will remind you of hamburger evenings at home, where family and friends' laughter fills the room.

There are many more dishes, appetizers, main dishes and snacks, but I have to mention the pizzas with their perfect, thin bases topped with lots of cheese and tomato paste. You could also choose extra toppings like olives, chicken, salami and extra cheese.

Sometimes when I look out of the window, I don't see cars and people anymore, but the soft glow of a sunrise over many beautiful orange trees with big, round and fresh fruit. I see the amazing view of a farm, where people are picking these oranges and squeezing them into glasses, which are then served to the guests, so fresh, so real. Judy gets these oranges from a family farm in the countryside, adding flavour to the unique menu.



Different drinks are served, like beer, wine and many more. You will certainly find something you enjoy.

All too soon, after good, fresh homemade food with friends, lots of laughter and fun, it becomes time to go back home.

Thank you, Judy and Tiger, for a lovely place to come home to for a meal. Le Qiao delivers in this area.

Le Qiao Bar
乐桥西餐厅

A: Tianbo Gold Coast Hua Yu Xuan,
No. 61 Hongda Street, TEDA
天津滨海新区开发区宏达街61号1-2

T: 022-66616898
15022507541 (Judy)

WeChat ID: judy_enjoy



Facts About CHINESE KIDS' CULTURE

题目：关于中国儿童文化的一些事实

By Rose Salas

In a culture where having only one or two children is strictly imposed, particularly in urban areas, a married couple preciously treasures a child. The way they raise them shows an influence of the culture and traditions that have been passed on from the old generation. However, modern parenting styles are now mixed with the old ways. Despite the mix, there are still notable things about the Chinese kids' culture that remain steadfast. How many of these facts do you still practice at home?

中国的绝大多数家庭，尤其是城市家庭，只养育一到两个孩子，并将之视为珍宝。中国家庭教育孩子的方式拥有悠久的历史积淀。即便在当今时代，随着现代化的教育方式不断渗透，依然有部分传统的教育方式经久不衰，并在社会中代代相传。例如：

中国父母鼓励孩子不断进取。父母们坚信教育是通往成功之路，因此他们努力工作，将孩子送往负担得起的最好的学校接受教育，并安排参加更多的课外活动。中国父母教育孩子以适宜的礼仪用餐。孩子们从小被告知要珍惜粮食，保持优雅姿态用餐，并在餐桌上礼貌谦让长辈和弟弟妹妹。

中国父母教育孩子不要与劣于自己的人比较，即“人往高处走，水往低处流。”父母们告诫孩子，在保持公正的同时，要保持努力向上的进取意识。

中国长辈在春节会赠与孩子们红包，而非包装好的礼物。这样，随着孩子们的成长，他们会逐渐学会风险和保持感恩的心态。在金钱方面，他们被长辈教育要勤俭节约，而不是挥霍享乐。

在中国，孩子们更多由祖父母来照顾。忙于工作的中国父母会将孩子放心托付给祖父母，因此孩子和祖父母的感情会非常亲密，在祖父母年迈后，孩子会照顾祖父母以表达感恩之心。

Children are motivated for excellence

Kids are always encouraged to excel, even at a very young age. Education is a top priority of parents to their child or children. While it is common that there is only one child in most families, parents who have two (or more) are still meticulous and strict when choosing a school to send their kids. The belief that education is a gateway to success and prosperity make parents work very hard so they can afford to have them enrolled in the best schools. Aside from proper education, the children are encouraged by most parents to join after-school activities, so they can hone their talents and develop additional skills. Children are mostly taking extra classes in music, language or art school.

Children are taught proper dining etiquette

Kids are reminded to eat whatever is served on the table. Even if some kids grow up to be picky when it comes to food, parents teach them to respect and cherish the food on the table. At an early age, they are trained to eat without making annoying noise or crunching food. In the Chinese' tradition, elders go first in eating, followed by the younger siblings. So, the teens would need to give way to their grandparents, parents and younger siblings before they take their turns. Lastly, food must be eaten while it's hot.

Children are reminded not to compare themselves with others

One of the famous sayings that parents do not forget to explain to their children is "Man struggles upwards; Water flows downwards." It is essential to learn how to not compare themselves mainly to those who are inferior or lousy. As they go and strive to reach their goals, they must remember to do things right, without harming other people and avoid looking down at others, while trying to go up. They must be fair, while being competitive.

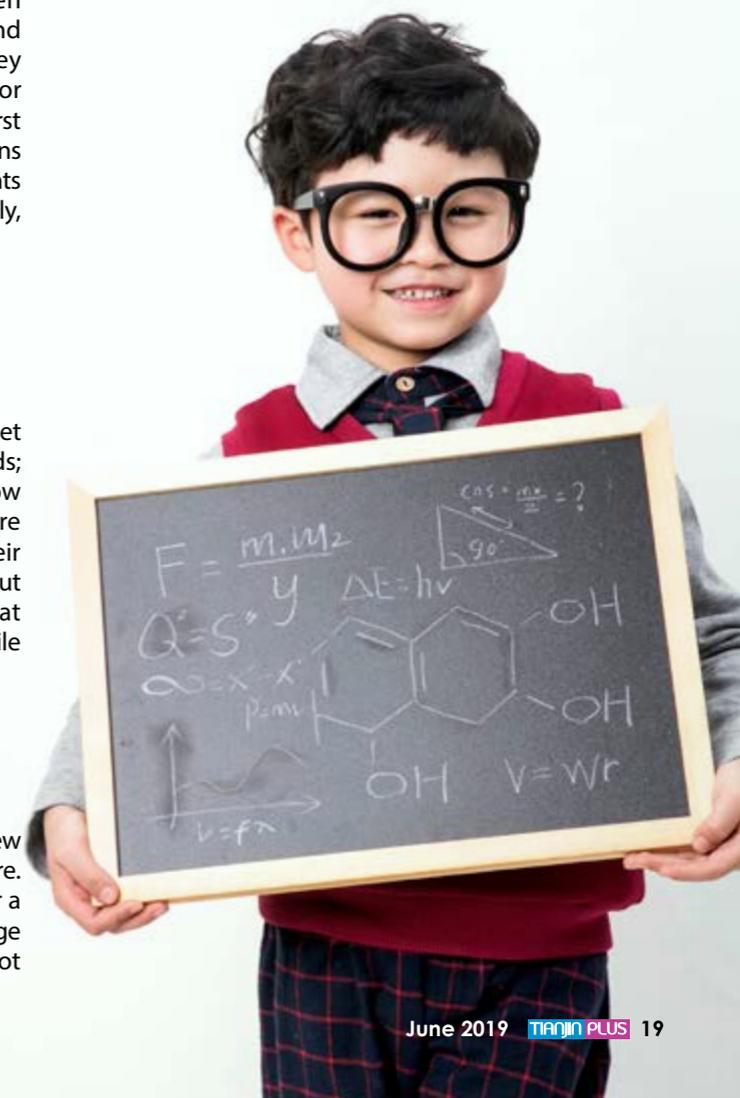
Children receive red envelopes rather than wrapped gifts

Though the kids receive money during the Chinese New Year, the money is spent wisely for the child's welfare. They are not expecting wrapped gifts nor request for a specific present. The amount given depends on the age and the relationship of the giver, and kids should not

open it in front of the one who gave it. As they grow up, they learn the importance of giving and appreciating what has been shared or given to them. When it comes to money, they are taught to earn and save, instead of spending for enjoyment. Most kids, even though how well-off their parents are, do not receive or get when they ask for money from them.

Children are entrusted to grandparents than a baby-sitter or day care

Parents, who go to work, do not entrust their kids to anyone, except the grandparents. This is the reason why they are adequately trained and grow up with respect. The influence of grandparents to the kids is evident as they age. They become attached to grandparents; thus they return the favour by taking care of them in their old age. Peace of mind is something that money can't buy for those parents who are busy with their careers. Their parents help them very well in this area.



DAY TRIPS

TO THE LAKES

By Jordan Snyder

Beijing is unusual in that it does not have a major river running through it. For this reason, you might want to consider the following ideas for places to go away from the heat of the city or just have a good time on a day trip to the lakes that surround Beijing.

前往北京周边湖泊景点的旅游



SHIDU

Getting there

Getting there is easy, take the 917 bus from Tianqiao Bus Terminal. When you are traveling back from Shidu, the stop is across the road from the dodgems, the last bus leaves at 4.30pm. The cost is 21RMB each way.

Shidu, located at the point where Beijing borders Hebei, is a centre of extreme water sports with several activities to keep you entertained. The activities on offer here range from the tranquil to terrifying. Bungee jumping costs 260RMB, zip lining and a cable car cost 150RMB, while a trip on a gondolier guided bamboo raft will cost 120RMB for an hour. Thrills continue with dodgem boats costing 30RMB for ten minutes, speedboats the same price or pedal boats 50 RMB for 30 minutes. The zip line looks terrifying, while the bungee jumping brings plenty of screaming.

If you have a head for heights, you may want to visit the Tall Mountain Glass Walkway. It costs 50RMB and includes a 200m section over glass with clear views of the drop below. You may also want to try out the Giant Glass Slide at 20RMB per person.



BAIYANGDIAN

Baiyangdian is a sprawling wetland and home to a diversity of nature. It is claimed to be China's largest freshwater lake, when it is in reality 143 smaller lakes that are connected by a network of waterways. It is also the source of nine rivers. In spring the area comes to life, when the reeds burst into colour with lotus flowers and pads covering most of the surface of the lake. It is a peaceful and serene scene, which is sometimes disturbed by powerboats racing across the surface.

There are eight different attractions that are only accessible by boat. The attractions range from gardens, a culture park and a water park, and those attractions that charge an entrance fee each cost 40-50RMB. The boat options are motorized, sail and rowing boats (boat fees range from 100RMB up to 980RMB). With lots of wildfowl in the area, duck eggs are plentiful and six ready to eat eggs cost 10RMB.

Getting there

The quickest way to get there is a high-speed train from Beijing West Station to Baoding East. The cost is 64RMB and there are three trains every hour from 6.30am until 9.30pm. The last train back departs Baoding East at 10pm. From Baoding take a car to the front gate of Baiyangdian, its 45km and should cost no more than 150RMB each way.



JINHAI LAKE

Jinhai Lake is one of three reservoirs that supply Beijing with its water. The lake is surrounded by mountains and sits in a beautiful tranquil setting. One of the highlights of the lake is its massive dam. On the lake you can rent a pedal for 80RMB an hour or a two person kayak for 100RMB an hour. There is jet-skiing available, but at 25RMB a minute is not a cheap option. Officially, you are not permitted to swim in the lake, although lots of people head for the secluded areas of the lake for a swim. Speed boats are another costly option at 20RMB per minute. A cheaper and slower option is to take a 30-minute tour of the lake for 30RMB.

Getting there

Head to Dongzhimen and take the 852 bus to Pinggu bus station. Then you need to take the number 45 bus to Jinhai Lake station.



HANSHIQIAO

Hanshiqiao is Beijing's premier spot for bird watching enthusiasts. It is located at the north east of the city, past the Capital Airport, in the largest wetland area found in Beijing. It is an area of marshland and lakes teeming with wildlife and only a few kilometres from the city of Beijing. You can hire a boat and cruise around the lake or head to the bird watching pavilion for the best views. The pavilion costs 15RMB and is a huge air conditioned room with four telescopes set behind the floor to ceiling windows. There is even a display of dead and stuffed birds, including buzzards, pheasants, owls and an eagle in the building, if you are not fortunate enough to spot any birds outside. One downside is that there are no guides to assist you with identifying the species of birds you can see from here.

Getting there

From Dongzhimen bus station take bus number 918 to Yangzhen. The buses operate from 5.40am until 7.30pm. From Yangzhen it is about 10 minutes by the taxi.



北京的地理位置较特殊，周边没有河流经过。为了躲避城市的炎热，享受轻松的旅行，您可以选择前往北京城周边的湖泊，例如：

十渡：位于北京和河北的交界处，有宁静的风景及刺激的极限体育活动，例如高空滑索、缆车、快艇、高山玻璃步行街等。可从天桥乘坐公交往返。
白洋淀：幅员宽阔，颇具自然多样性，拥有八处不同的景点，包括花园、文化公园和水上公园，可乘坐不同船只前往。可从北京西站乘坐开往保定东站的高速列车到达。

青龙湖：水域辽阔，拥有诸多宁静而僻静的景点。可欣赏山峦，选择沙滩露营，或享受别墅生活。可从六里桥转乘公交到达。

金海湖：被群山环绕，湖水美丽而安详，拥有巨型水坝。可选择踏板、皮划艇或水上摩托环游湖面，也可步行环湖。可从东直门换乘公交到达。

汉石桥：北京观鸟爱好者的首选之地，拥有沼泽和湖泊，遍布野生动物。可租船环游湖面，或在展馆欣赏各种鸟类的陈列。可从东直门汽车站换乘公交到达。

龙庆峡：龙庆峡拥有炫目的自然岩石，以及悠久的神庙。可乘坐飞龙扶梯欣赏湖面，或乘船游览。可从德胜门汽车站乘巴士和出租车到达。



QINGLONGHU

Getting there

Take metro line 6 to Liuliqiao station. From there take bus numbers 983, 339 or 458 to Nangong. Then take bus 978 to Qinglonghu. The entrance fee for the lake is 20RMB.

Qinglonghu may not be the most famous lake in the Beijing area, but it is larger than the Kunming Lake, Houhai, Beihai and Zhongnanhai combined. The shores of the lake are lined with dense forests and meadows with campsites and boat rentals, so you can have a day of water based fun.

Away from the busiest spots of the lake, there are plenty of quiet and secluded areas. You can admire the mountains that surround the lake or see their reflection in the clear water. Other options include a barbecue on one of the sandy beaches. If you wish to make an overnight stop, in addition to the campsites, there are rooms for hire in the lakeside villas from 300RMB per night.

LONGQING GORGE

Longqing Gorge, while not exactly a lake, is full of jaw dropping natural formations of rocks and stunning scenery. It is difficult to leave this location off this list. It costs 40RMB to enter the park and once inside, you can travel on the Flying Dragon Escalator, a 258m long dragon, which contains 6 escalators inside its belly. You can also take a cruise along the river at a cost of 100RMB for 15 minutes. The boat takes you to another area full of attractions, such as bungee jumping for 200RMB or taking a zip-line across the gorge for 50RMB. If you want some peaceful reflection you may find it in the Diamond Temple, which dates from 1065.

Getting there

Take the express bus number 919 from Deshengmen bus station to Yanqing Dongguan. The bus operates from 5.45am until 7pm. Once you get off the bus, take a taxi to Longqingxia.





Happy SOHO Bar

Part of the Tianjin experience

By Max Anthony

There are many ways to describe the absolute attraction of Tianjin Happy SOHO Bar and why it has remained to be both tourists' and local's choice for partying, good music and nightlife in Tianjin for the past 13 years.

Happy SOHO Bar situated in Binhai New Area TEDA Development Zone could very well pack a great performance every night. This June 14th, Happy SOHO Bar will host another highly successful Anniversary Party to celebrate its 13th year.

Among its many milestones was receiving the Best Music Bar award in 2006; winning the 2012 Tianjin Advanced Cultural Prize and being recognized in many regional cultural cooperation awards and literary civilization units in Binhai New district.

So, as a way of looking back and stepping forward into many more years of its vibrancy and growth, Tianjin Plus Magazine interviewed Happy SOHO Bar management and staff who made it all possible.



欢乐苏荷酒吧

来自天津的生活体验

天津滨海欢乐苏荷酒吧有着奇妙的吸引力，一直是海内外游客和当地居民聚会、享受音乐和夜生活的场所。今年是欢乐苏荷酒吧成立第13周年，酒吧将于6月14日举办一场盛大的、令人期待的周年庆典。你准备好了吗？

酒吧曾于2006年被外籍协会评选为最受欢迎音乐酒吧，2012年荣获天津先进文化奖，并多次荣获滨海新区多个区域文化合作奖和文明奖。为了回顾过往，进一步展望未来，Tianjin Plus《津品生活》特约专访了欢乐苏荷酒吧的管理人员和演职人员。

欢乐苏荷HAPPY SOHO酒吧是天津生活体验的一部分

来自菲律宾的Milkshake乐队完美演绎了欢乐苏荷酒吧如何成为海内外游客天津之行的亮点。Milkshake乐队由7人组成，乔恩(吉他和乐队领袖)，卡尔(歌手)，乔安(歌手)，米娅(歌手)，Boyet(低音)，杰逊(键盘)和费德兹(鼓手)，专长是提供独具力量的和磁性的流行摇滚表演，曲目从一个300首歌曲的歌单中进行精选并不断增加和完善。另外，当被问到乐队在HAPPY SOHO酒吧举办的最难忘的活动时，他们提到了中国新年、万圣节，以及欢乐SOHO酒吧的周年纪念日。每年酒吧纪念日，Milkshake乐队都以完美的音乐、特制的服装和主题表演打动到场的每一个客人。

幸福触手可及-每个人都感觉像一家人

欢乐苏荷酒吧的舞蹈表演团队从早在2006年的6人成长为一支18人的队伍，他们开始表演一些充满活力的单人或团队动作，以及一些特殊的表演，比如高空蕾丝舞蹈，俄罗斯和乌克兰演员的环与杆动作。他们认为每个表演之夜都是独一无二的，并且尤其喜欢龙舌兰和耶格尔的派对，美味的饮

品与舞蹈的渴望相融，令所有人都感到愉悦。除了令人惊叹的表演，欢乐苏荷酒吧舞蹈团队的特别之处还在于他们认真态度，他们不断提高自己的技艺，注意保持个人身材、定期练习、不断提高英文水平以便能够与观众交谈。如果您是一个热衷于派对的人，欢乐苏荷酒吧一定是一个你最想去的地方。

同样的传统，更为精巧的表演

与调酒师David谈话像是回顾了欢乐苏荷酒吧的发展历程。David自从2006年酒吧开业就在这里工作，他回忆起酒吧是如何在开发区逐渐声名鹊起的。调酒对David来说是一种娱乐形式，David脑回忆他曾将精美的饮品层层叠加并点燃火焰，客人要在火苗刚熄灭时一饮而尽。David非常擅长这项工作，并经常受各大酒店邀请做调酒表演，在欢乐苏荷酒吧的多年工作中，David结识了无数好友。

将其它国家的经验带回家

欢乐苏荷酒吧是由澳籍华侨Angela在2006年创办的，希望为旅居天津的外国人提供夜晚休闲放松的场所。在Angela定居海外后，交于妹妹Isabella Wang管理。欢乐苏荷酒吧令人联想到伦敦市中心著名的深夜酒吧、鸡尾酒会酒吧和家庭聚会酒吧。

Isabella和经理Peter分享了酒吧如何保持与时俱进，他们的乐队不断发展，为观众展示真正喜欢的现场音乐。他们聘请了外国演员，以紧跟流行的钢管舞的发展趋势。Isabella表示希望在这里将电子音乐与现场乐队和舞蹈的选择结合起来，以满足观众的不同品味。令人骄傲的是，欢乐苏荷酒吧的DJ Kevin曾多次参加著名的国际音乐节，并将最新的音乐潮流和异域氛围带回天津。

欢乐苏荷酒吧的美好记忆...初心未改

Isabella和经理Peter并未感到管理100名国际工作人员和无数的新颖演出有多么麻烦，她认为将不同国籍的工作人员联系在一起非常有趣，并总是确保在例会上与每个人取得联系，及时听取建议。许多演员虽然会回到自己的国家或城市，但总是设法重返欢乐苏荷酒吧，“因为他们觉得欢乐苏荷酒吧是属于他们的地方”。

欢乐苏荷酒吧代表了快乐的回忆，并设法将这种快乐也延伸到社区。Isabella和她的工作人员经常参与马拉松、为特殊儿童做慈善项目和其他政府项目，这已经成为了欢乐苏荷酒吧的一个传统。

只要人们能够快乐，这个酒吧就是属于您的，欢乐苏荷酒吧给您家的感觉。





Happy SOHO Bar

Part of the Tianjin experience



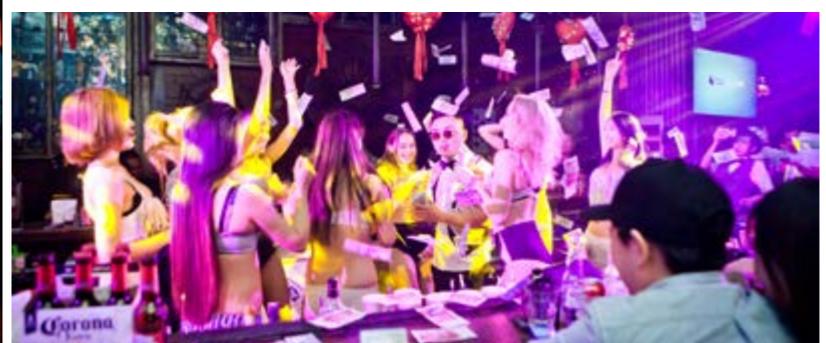
In an interview with Happy SOHO Bar's Milkshake band, whose members hail from the Philippines, they explained how the guests praise Happy SOHO Bar as a highlight of their Tianjin trip. And so for the past four years, this 7-member band makes sure that every night is worth the visit.

memorable events at Happy SOHO Bar, they mentioned the Chinese New Year, Halloween and of course Happy SOHO Bar's yearly anniversary. During CNY, patrons bring their family members to celebrate and have fun. On the other hand, Halloween is most popular among foreign guests, who are just as excited for a night of partying in their costumes. Of course, the much prepared for event is Happy SOHO Bar's anniversary every June, where the band is just as excited to astound the audience once again with their seamless music, specially made costumes, and thematic acts.

The band's specialty is delivering powerful and magnetizing Pop Rock performances, culling from a wide 300-song repertoire, which they have perfected and continue to add on over the years. "We acquired techniques and styles from the different countries we have been to," Jon says, which allowed them to cater to the audience preference and elevate the mood for the night. When they are not performing, they go out of their way to strike a conversation with the guests and make them feel at ease.

All components of Milkshake Band are waiting for you, Jon (Guitar & Band Leader), Carl (Singer), Jhoanne (Singer), Miah (Singer), Boyet (Bass), Jayson (Keyboard) and Ferdz (Drummer). Don't hesitate to talk with them and ask any of your favourite song. They will try their best to please you.

When asked about their top



Happiness is palpable

Everyone feels like family

Every Thursday afternoon, Happy SOHO Bar's dancers practice for the weekend show. What started as 6 dancers back in 2006 have grown to a troop of 18, who get to stage some feisty solo or team sets, as well as exceptional acts, such as the high-altitude silk lace dance, and the hoop and pole act by Russian and Ukraine dancers.

While they consider every performance night as unique, they enjoy the Tequila and Jaeger parties the most as there are flowing drinks and everybody is raving to dance and just have a good time. What makes the Happy SOHO Bar dancers special aside from their amazing presence is how they take their craft seriously, starting with their personal fitness, the regular practices and sharpening up their English to be able to converse with the crowd.

"I've worked with other bars before, but the work environment at Happy SOHO Bar is friendlier, everyone feels like family and this is felt by the guests, too", as Ksenia would happily share during our interview. In fact, even the security guard notes that in his stay, he did not encounter any serious brawls, and all the girls feel secure.

If you're an active person who loves to party, you'll probably be most thinking about coming to Happy SOHO Bar, and meet the attractive and sensual dancers Dasha, Alina, Alla, Olya, Alina, Elena and Ksenia from Ukraine, and Irina and Sofia from Russia. We specially enjoy the exciting Pole Dance show of Ksenia and the high-attitude lace dance performs by Sofia.





Same traditions but finer execution

Talking to fancy bartender David this time is like getting a glimpse from the bar's past. He has joined Happy SOHO Bar since its opening in 2006 and recalled how it grew to be very famous in the development zone. Of course, bartending is a form of entertainment and one specific memory that comes to mind is how David executed the flaming shots with expertly crafted drinks piled one over the other and guests would have to take a shot immediately once the flames end. He's so good in what he does that he is often invited by major hotels to showcase his wine-blending performances.

In his many years of working for Happy SOHO Bar, he has made countless good friends. "SOHO connects people... we're like their friendly neighbour", he says. In the years that will follow, David set it upon himself to continue many of the traditions, while improving on the finer details of execution and service.

Bringing the experience from other countries back home

Remembering when it first started, Happy SOHO Bar General Manager, Isabella Wang, recalled how her elder sister, Angela had this idea to open the bar in 2006. The bar was originally named Angela's.

Angela, being a global traveller, saw the opportunity to open a bar in Teda, since at that time she saw how locals, but especially foreigners, don't have a good place to go at night when they want to chill and relax after a hard day's work.

When Angela decided to move permanently overseas, it was her sister Isabella who took over the bar's

management in 2011, when it was already called Happy SOHO Bar, reminiscent of Central London's famous district of late-night, cocktail and house party bars.

Isabella shared how they have managed to keep up with the times. For instance, their choice of bands has changed for the past 10 years, as they aim to feature the kind of live music which their audience would really enjoy. They also hired foreign dancers when they saw how their stunning pole dancing routine is becoming a trend.

"We want to mix it up, electronic music with live band sessions and choices

of dance routines. We want people to find something different to like here", she muses.

As electronic house music is a must in every music bar, Happy SOHO Bar prides itself with its resident, DJ Kevin, who has participated in several well-known international music festivals, including the Tomorrowland Electronic music festival in Belgium in 2009, the BaiWei Music storm in 2016 and have recently served as the main DJ in the 2018 Coastal Marathon Electric sound stage. DJ Kevin aims to bring the latest music trends and the Ibiza atmosphere to Tianjin.



Happy SOHO Bar brings happy memories ... our hearts didn't change

Does Isabella find it challenging to manage an international staff of 100 people and countless new performances every night? Isabella says that while they all differ in nationality, it is good entertaining that ties them together. She makes sure to keep everyone in the loop during regular meetings and be open to hearing suggestions on how they can improve further.

Many of their performers go back to own countries or cities for some time, but they always want to find their way back to Happy SOHO Bar.

"They come back, because they feel that Happy SOHO Bar is their place", and Isabella wants to keep it that way.

Happy SOHO Bar represents happy memories and true enough, they want to extend this happiness also to the community. It is a regular tradition for Isabella and her staff to participate in marathons, do charity projects for special children and other government projects.

"That's why we became a top destination, because even taxi drivers and hotels recommend Happy SOHO Bar to their guests", she happily mentions.

As long as people are happy, this bar is for you. Happy SOHO Bar is part of your family.



Happy Soho Live Music & Dance Bar 欢乐苏荷酒吧

Live Filipino band with hot Russian dance girls.
Open: 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





International Food Festivals in China 中国国际美食节

By Angel Logan

China is one of the world's largest countries. This means it has many international residents who have brought their culinary ideas and adapted them to China's style. Nowadays, you can find a wide range of festivals, where many international categories of food are available to the public.

If you are currently living in China or you are going on a visit, you should definitely stop by some of the international food and drink festivals that are held in this city. Keep reading and learn about International Food Festivals you can't miss.

中国作为世界最大的国家之一，拥有来自各地的丰富的烹饪理念。中国举办各式各样的节日，可供公众享受种类繁多的美食。这里介绍几个不容错过的中国国际美食节。

1. **成都国际美食节**：通常于十二月在中国西南部四川成都的国际非物质文化遗产公园举办，体现着传承和包容的美食理念。游客会品尝到来自印尼、泰国、土耳其、意大利等国的美食。
2. **广州国际美食节**：每年十一月在广州雄峰国际美食城举办。3万余平方米，275个展位的美味佳肴为游客提供来自欧洲和亚洲的美食体验。同时举办一些精彩刺激的抽奖活动。
3. **中国北京国际咖啡展**：将于2019年9月4日至6日在朝阳区国际展览中心举办。北京咖啡展旨在发展咖啡业务，同时促进咖啡文化交流。展览同时举办一些有趣的比赛。
4. **国际茶文化节**：于2019年5月9日至12日在上海世博会展览中心举行，吸引全球800多家参展商，以及国际烹饪学校、创新公司等前来亮相。

1. International Food Festival of CHENGDU

Enjoy the cultural exchange with the international food festival of Chengdu. According to its sponsor, the Chengdu Municipal People's Government, the event allows gastronomic innovation among the 50 representatives. The event is celebrated in Chengdu, which is the capital of south-western China's Sichuan province.

Visitors will be able to taste meals from U.S., Indonesia, Thailand, Turkey, Italy, Colombia and much more!

Inheritance and inclusiveness are the words that describe this festival of culinary cultures, so prepare to experience authentic world's culture within China's.

When?

It is usually celebrated in December. Date to be announced.

Venue

Western Chengdu
International Intangible Cultural Heritage Park

2. THE GUANGZHOU International Food Festival

Visitors will be able to enjoy more than 30,000 square metres of delicious food at the Guangzhou Xiongfeng International Food Festival. The entry to the festival is free and it is celebrated in Panyu district, the capital of Guangdong province in southern China. This is a great option for those who are looking for new and interesting delights. For instance, 275 booths will bring you great tasting experiences from Europe and Asia's culture. Enjoy with your family novel food specialties on food trucks and trailers.

Moreover, everything you eat is going to be live cooked in front of you! The festival includes activities, such as the photo contest of a 3,000 years award and "the lucky draw", where you might be able to win a brand-new Trumpchi car.

When?

It is celebrated in November every year. Date to be announced.

Venue

Panyu district
Xiongfeng International Food and Culture City
More information on WeChat account "gzgjms"

4. International TEA CULTURE FESTIVAL

Tea is the essence of China. In fact, it is indispensable for many people, so what if there was an entire international festival that focuses on the best tea? That's the International Tea Culture Festival.

The event is held in Shanghai and it welcomes more than 800 exhibitors around the world. Prepare to feel delighted by the taste and variety of many different cultures and cities in China. It is usually celebrated in May or April every year.

You will learn about new tea products. Moreover, international culinary schools, innovative companies and other modern exhibitions will be present at the fair, but now, what about you? Be part of it!

When?

May 9 - May 12, 2019

Venue

Shanghai World Expo Exhibition and Convention Centre
Zhabei District, Shanghai



3. China International CAFE SHOW BEIJING

China International Cafe Show is coming to Beijing this year! It is also known as "the cup of the World", because it works as a platform for developing new coffee businesses that want to promote their coffee culture.

After at least a decade of successful history in the coffee world, Seoul Int'l Café show shares its brand with this festival in China. You want to have new kinds of coffee or you want to launch your own brand, this festival gives you the opportunity to participate in seminars about how the franchise of coffee works.

There will be interesting competitions, such as coffee boys' latte art competition, as well as the National Barista Championship. Prepare to find the most incredible coffee machines, coffee powder, coffee beans and much more!

When?

04-06 September, 2019

Venue

China International Exhibition Centre
Chaoyang District, Beijing



Top Things that China Invented

来自中国的发明



全世界的很多东西，从机械到医药、航天工程，都是位于东方的中国所发明创造的。中国创新领域具有全球性的竞争力。有些发明出乎您的想象。

- 1. 番茄酱** 17世纪由越南商人带到中国东南部的一种发酵鱼酱汁中提炼而成。随后由英国人用番茄和其他配料发展而成。
- 2. 冰淇淋** 公元前200年的中国人将牛奶和小米混合在雪中形成冷冻的牛奶产品。后传至欧洲并被重新开发。
- 3. 指甲油** 明代开始使用，最早由蛋白、蜂蜡、树脂等制成。后传至印度、中东和非洲南部。
- 4. 足球** 起源于汉代盛行的蹴鞠，比赛规则也与现代足球有所不同。
- 5. 火箭** 来源于宋代发明的火药，当时的人们对火药点燃后的推进运动的研究启发了火箭的诞生。
- 6. 菜单** 起源于宋代，服务于欧洲和其他邻国在中国做生意的商人点菜。
- 7. 牙刷** 起源于秦代的咀嚼棒，并在唐代演变为猪鬃牙刷，并一直延续至1938年。
- 8. 嫦娥四号探测器** 中国天文学的最新突破。是第一个降落在月球背面或“暗面”的探测器。
- 9. 青蒿素 - 治疗疟疾的方法** 屠呦呦在1972年发现和创造青蒿素衍生物而获得2015年诺贝尔医学奖。
- 10. 漂浮式太阳能电站** 2015年5月建于中国安徽省，为可再生能源方案做出了贡献。
- 11. 载人无人机EHang184** 由中国科技公司亿航于2018年制造，由自动发行系统操作，预计用于救援或旅游。
- 12. 仅10美元的防病菌扩散设备** - 由17岁的少年雷蒙德·王所发明，在飞机上为每个乘客提供自身的呼吸区域，减少致病细菌传播的风险。

By Mary Lewis

People would think that the things we use today came from the western side of the world. But what you probably don't know is that many have originated in Asia, particularly the Eastern side (as old Europeans would call China). Since China has been involved in trading and merchandise, they needed to invent things to make their lives more convenient, while innovating some products to create a niche in the market.

Aside from China's four great inventions (gunpowder, compass, paper making and printing), a lot of materials that we use every day were invented in China. It's not surprising why China is globally competitive in terms of innovations; from new machineries to medicines, aeronautics and even astronautical engineering.

Get ready and be amazed with the things you'd never knew were invented in China.



1. KETCHUP

One would guess that ketchup hailed from Europe, where tomato sauce is fairly used. Or, you might even think it came from the Americas, where this popular condiment is often used in hotdogs, sandwiches, barbecues, etc. In US, 97% percent of household has a bottle of ketchup in their table.

Who would have thought that ketchup originated in China? Ketchup or ke-chiap (in the Amok dialect) was invented in China in the 17th century. It was derived from the sauce of a fermented fish that traders from Vietnam brought to South-eastern China. It was then replicated and developed by the British using tomatoes and other ingredients.

2. ICE CREAM

One of the world's most beloved desserts, ice cream, is another surprising invention that China made and was redeveloped by Europeans. Way back in 200 BC in China, they packed a milk and rice mixture in snow until it freezes, thus creating a frozen milk product. Eating this form of desert was recorded in China during the 618-97AD when King Tang of Shang had 94 men made an ice-cream like food from buffalo milk, flour and camphor. It was then believed that Marco Polo have copied the recipe (together with the recipe for noodles) and introduced this to Europe. Since then, ice cream has been reinvented to include different textures and flavours and enjoyed by the rest of the world.



3. NAIL POLISH

Nail Polish was used during the Ming Dynasty, as early as 3000 BC. This cosmetic product was originally made from egg whites, beeswax, dyes, gum arabic and gelatine. The ruling class used to paint their nails to distinguish themselves from the general population. Eventually, the nail polish was adopted by India, Middle East and Southern Africa, and even the European aristocrats during the Renaissance period.

With the advancement of technology and chemical research, this product has been developed with different colours, designs and some may even be fortified with vitamins to make your nails stronger and longer.

Did you know that the popular nail polish colours in the ancient times were silver and gold? They symbolized power and wealth.



4. FOOTBALL



Football is usually associated with England or the European region, as this is the national sport of most of these countries. You would know too that there are different types of football - the American football, Canadian football and rugby league. Popular football athletes, like Cristiano Ronaldo and David Beckham, are Portuguese and British, respectively. But, did you

know that football originated in China? It came from the Ancient Chinese game called Cuju, which was played during the Han Dynasty. Truly, this game has a lot of interesting facts.

Almost like the football today, a small leather ball is kicked into a net as the goal. In the Ancient Cuju, there are 16 persons in a team. However, the winner is not just based on the number of goals, but also how you played respectfully having the least number of fouls. What makes the ancient cuju more exciting is that the goal is hung 30 feet from the ground. It will take a lot of Ronaldo's or Beckham's to score that game!



5. ROCKET

One would assume that rockets were invented by NASA, since it is where aeronautics studies and experiments on the space program are conducted. But did you know that rockets were first invented by China during the Song Dynasty?

Since China has invented the gunpowder, they also explored the amazing features of this component. By filling gunpowder in tubes and attaching these into arrows and launching them with bows, they discovered how these arrows can propel further after the tubes are ignited.

This simple experiment inspired the creation of arrows of flying fire, which

was used during the Battle of Kai-Keng against the Mongols. It was believed that the Mongols reproduced the same technology and later spread the powerful weapon to Europe. Since then, rockets have evolved into the space rockets that we have today.

And did you know also that there is an old Chinese legend which describes how rockets were first used as a mean of transportation? A Chinese official known as Wan-Hu tied up 47 fire-arrow rockets into a chair together with 2 large kites, and with the help of his assistants, fired up the arrows. Only tremendous roars were heard, and clouds of smoke were seen. Nobody saw what happened to the Wan-Hu, but many believed he flew in the air and was blown into pieces.



6. RESTAURANT MENU

Although the word menu is French in origin, the idea of creating a list of food being served originated in China. Discovered way back from the Song Dynasty, restaurant menus were used by food caterers in serving traders from Europe and other neighbouring countries, which flock to China to conduct their business. Given the many varieties of Chinese cuisine, food caterers found it more convenient to create a food list, so the traders can simply point at their order even without having to speak the language.

7. TOOTHBRUSH

In the field of dental health, the most significant invention is the toothbrush. But, before the bristle toothbrush was invented, ancient people used chew sticks to clean their teeth. Chew sticks were first recorded back in Qin Dynasty and it evolved into the bristle toothbrush during the Tang Dynasty.

In Siberia and North China, the bristles were taken from the hair of a hog's neck and attached to a bamboo stick, which somehow resembles the modern toothbrush. This ancient bristle toothbrush was used until 1938, before the nylon bristles were invented.

Thanks to the creation of bristle toothbrush, we don't have to scrub our teeth with chew sticks anymore!



8. CHANG'E-4 DISCOVERY PROBE

One of China's latest breakthrough in astronomical science is the invention of its discovery probe named, Chang'e-4 Probe, which was the first probe to land on the far side of the moon or the "dark side" (the moon that never faces the earth).

It undertook numerous recordings using its advanced reporting equipment and a spectrometer for low frequency observation, which allows scientists to conduct experiments while reducing the noise coming from earth.

The discovery probe was launched last December 8, 2018 and landed on the moon just last January 2, 2019.

9. ARTEMISININ - A CURE FOR MALARIA

According to WHO (World Health Organization), millions of people die due to Malaria. This life-threatening disease is transmitted by the anopheles mosquito, whose bite can invade the host's red blood cells. Luckily, antimalarial drugs are already available thanks to a Chinese scientist, Tu Youyou, who discovered and created artemisinin derivative, which can cure malaria.

Tu Youyou was awarded 2015 Nobel Prize in Medicine for discovering and creating the artemisinin derivative in 1972.



10. FLOATING SOLAR POWER PLANT

Driven to contribute to renewable energy solutions, China has built the largest Floating Solar Power Plant last May, 2015. It has 166,000 panels and a total capacity of 40 megawatts, enough to power up 15,000 homes. The floating Solar Power Plant can be found in the Anhui Province. Building the solar power plant on top of a lake prevents it from interfering with terrestrial ecosystem, wildlife and local vegetation.

11. PASSENGER DRONE, EHang 184

In line with China's goal of leading innovation, the world's first passenger drone was launched last year, 2018. Made by the Chinese tech company, EHang Inc., this drone can carry a single passenger with a maximum weight of 100kg for a 23-minute ride and with a speed of 100 km per hour. EHang 184, the passenger drone, is operated by an automated flight system. Passengers need not drive the vehicle.

EHang Inc. envisions the passenger drone to serve as an emergency rescue vehicle or to be used for tourism, allowing people to fly from one island to another.



12. \$10 GLOBAL INLET DIRECTOR

About 8 million people travel by plane every day. As they travel, bacteria and diseases naturally travel along with them and contamination can easily spread, especially when you are in an enclosed area, such as the airplane.

Would you believe that a 17-year-old teen, Raymond Wang, created a miniature fan system called the Global Inlet Director? Canadian by citizenship, but Chinese by

blood, Wang may be considered as one of the youngest Chinese inventors. His fanning system provides each passenger their own breathing zone. Contaminated air from a sick passenger is pushed down and away from other passengers. Thus, reducing the risk of spreading disease-causing germs.

The best part of this is that the Global Inlet Director costs only \$10 given all its benefits.

LIKE FATHER, LIKE SON

By May Clay

Carter is thrifty and practical. He worked part time in fast food restaurants after school to save up for his dream. Now that he has finished high school, he is taking a year off to travel around the world before starting university.

His first stop is Hong Kong, where his Uncle Jason lives. He will be staying with him for a few days before his itinerary brings him to China. Uncle Jason works during the day, so Carter has to go around the city by himself.

That night, in the dim sum restaurant, Carter asks, "Why do the malls and the restaurants turn their air conditioning on full blast? It feels like winter indoors! The weather here is lovely and yet, once I enter somewhere inside, winter is here!"

His uncle chuckles and answers, "It is humid in Hong Kong and becomes especially unpleasant when people have to commute with the crowd on trains and buses. Locals enjoy AC indoors for comfort and hygiene."

"But it's such a waste to use so much energy. Too much, I'd say!"

有其父必有其子

卡特是个勤俭节约的男孩。高中毕业后，他用平时兼职攒下的钱环游世界。

他第一站来到香港，去见住在香港的叔叔杰森。在餐厅吃饭的时候，卡特发现室内的冷气开得很足，感觉像冬天一样冷，叔叔杰森回答说，香港天气潮湿，考虑到舒适和卫生，当地人喜欢在室内开足空调。卡特认为这是对能源的一种浪费。杰森叔叔笑着表示，有其父必有其子！在小的时候，卡特的爸爸经常批评杰森开窗户的同时还开空调浪费电，仿佛“看见钱从窗户飞走了”。

因此，“有其父必有其子”的意思是，父子二人有时在外表和行为表现方面惊人的相似。这句中国谚语完美地符合了英语的同意表达。

Uncle Jason laughs out louder this time. "Like father, like son! You really do take after my brother! Your dad used to scold me when we were young. He would get panicky when he catches me open the window, while the AC is still on. He'd school me about electricity wastage, and—oh my, it still cracks me up when he freaks out saying 'I see dollars flying out the window'. Carter, you resemble your father in so many ways!"

"My mother says the same, 'Like father, like Carter!'"

As you have probably guessed, the phrase "like father, like son" simply means that the son is very similar to his father, could be in terms of appearance, behaviour, or even conduct. Sometimes, we find some Chinese idioms that perfectly match a saying in English. The Chinese equivalent of "like father, like son" is exactly so. 有其父必有其子 Yǒu qí fù bì yǒu qí zǐ. It's almost like a translation of the phrase!



THE 1 HOUR CHINA

Two Peking University Professors Explain All of China Business in

Six Short Stories

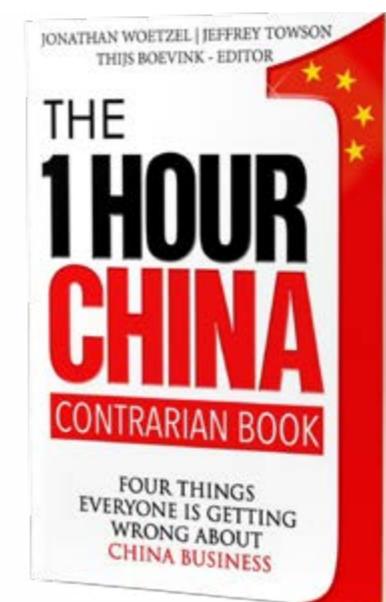
By Jeffrey Towson and Jonathan Woetzel, 2017

Towson and Woetzel provide a book for all readers that not only captures the lifestyle of Chinese nationals, but also allows any reader to indulge in understanding the region through a simplified and quick read. With the growth of business in China and the complexity of this development, it is transparent that a book, which focuses solely on setting up and operating a business in the nation, is highly valuable. Besides, the writing captures information on the influence of China on the rest of the world through the developing business processes, giving a reader a chance to understand why the information is crucial. The simplification of the content and the idea of a book that one can read in an hour make the writing popular, as well as essential for any traveller or native in China. Towson and Woetzel attract both professional book lovers, as well as individuals not interested in reading a wide array of content, as the information is precise and therefore, individuals can learn within a limited timeline.

An in-depth look at the book reflects the authors' focus on the growth of urban areas and the expected projection, which suggest that there will be over a billion population in the Chinese cities. The emphasis is that many of the urban dwellers will settle in the new developing regions and this will allow opportunities for manufacturing, business and wealth generation for locals and investors. Besides, the issue of development in the manufacturing industry is well captured, with the authors bent on encouraging investment, since higher rates of production culminate in innovation and reduced costs. Towson and Woetzel recommend that any individual willing to traverse China for business should consider the rising local consumers, who are in the middle class bracket, and produce entities that favour their consumption.

The book also captures the aspects of "word of mouth" and the power of tabloid journalists in China and the distrust of locals towards government based news

writers and publications. The book recommends the hiring of professionals in the region, due to the rise in number of trained locals in tertiary education platforms and the consideration of the increasing internet usage in the region.



SUMMER FASHION

Trends 2019

By Barbara Ross

The Spring and Summer collections of all major high fashion brands have been revealed. The runways have spoken and so have the streets. All that's left for us to do is embrace the styles that we are going to see more of this season, and let go of the ones that we are done with.

Suffice it to say, it is time for our regular and seasonal wardrobe update. Putting away our knits and trench coats, replacing our thigh high boots with sandals and making room for new and colourful pieces; the fun is just getting started.

So, here are some of the biggest fashion trends to look out for this Spring and Summer 2019

2019夏季时尚流行趋势

2019春夏季节的主要高级时装品牌已上市，又到了我们季节性定期更新衣柜的时节了。这充满着乐趣！下面是2019春夏季节时装界值得关注的一些趋势：

薰衣草(Lavender)：夏季是属于清淡柔和色彩的季节。薰衣草时装将占据高级时尚和街头时尚爱好者的内心。

动物印花：动物印花永不过时，每个人都会为之疯狂。但请注意不要太过分。

紧身单车运动裤：随着自行车运动的火热，单车运动裤也逐渐变得流行。今夏一同流行的还有自行车夹克。

新时代哥特式：这一季的时尚界新时代大胆推崇黑色和深色的时装款式，以彰显阴暗而多变的情绪。

发饰：这种流行趋势不受规则的约束，可尽情选择任何款式的发饰。

渔夫帽：90年代的流行潮流正在回归，各种形状和大小渔夫帽正成为今夏时尚的最佳选择。



Lavender

If violet was the pantone colour of the year in 2018, the lighter shade caught up as a seasonal favourite this Spring/Summer. Well, we all already know that summer is the time for pastel shades. Hence, lavender has stolen the hearts of high fashion and street fashion enthusiasts and we'll be seeing the colour in all sorts of silhouettes, including dresses, pants, tops and what not.

Cycling shorts

We owe this trend to the whole athleisure trend and concept that we grew in to over the past few years. Cycling shorts have apparently graduated from being just "cycling" shorts. The surprising combination this season is with blazers! That's right; cycling shorts and blazers. And we must admit they are not as weird as we expected them to be. Celebrities can get you thinking for real!

Animal prints

Animal prints never really go out of fashion for the record. But, they did seem to fade in popularity a few seasons back. Well, guess what, they're back again. Everyone's going crazy over bold and wild animal prints, leopard prints in particular. And with colours; they're going all wild too. The thing to remember though is not to overdo it. For example, it's best not to have leopard prints all over your outfit and your accessories too.



Hair accessories

You can go all out on this trend for sure. Pick and choose any and all colours you like when it comes to hair accessories, including hair bands, scrunchies or even hair clips and hair scarves. Tie up your hair with the hair bands and scarves, or add a hint of colour with a few hair clips on the side. There really are no rules with this trend and we are all excited about it.



New-age gothic

The all dark and black look has found its way back in fashion. You guessed it right, it is the street style stars that love this trend. According to new age rules in fashion, you can go for all black pieces or use bold and dark colours, as well. The idea is to keep the overall mood dark and moody. Well, looks like we have a little more room this season for our creativity.

Bucket hats

A 90's trend that is being welcomed back this year; bucket hats in all new shapes and sizes. From plain ones to printed and dramatic ones, bucket hats are excellent for summers, both in terms of fashion and protection. Their brims give you just the right amount of sun protection and style for you to pair with your gorgeous sun dresses and miniskirts.

THE TOP 8 PRODUCTS CELEBS SWEAR BY

By Rachel Patterson

Being a celebrity means having just about all the best things that life has to offer. With that being said, these A-list celebs have found a few of the best beauty and skincare products that they can't live without. Here are a few of the must-have items that you'll find on these mega-stars' shelves.

JENNIFER LOPEZ

GLYCOLIC ACID

The 49-year-old singer/actress looks way too good for her age and here's why.

In an interview with People magazine, the singing sensation mentioned that she uses glycolic acid frequently. She spoke about how it's helped her maintain her natural glow and even complexion.

Glycolic acid is great to use, because it resurfaces the skin by removing dead skin cells. It's ideal to use on older skin and on sun-damaged skin. If you're looking for a product that can help illuminate dark spots or acne marks, then glycolic acid might be what you're looking for.

MARGOT ROBBIE

111SKIN BIO CELLULOSE FACIAL TREATMENT MASK

The Australian beauty, Margot Robbie, always has immaculately clear and glowy skin all year round.

Her secret product that has been a favourite is 111Skin Bio Cellulose Facial Treatment Mask. She makes certain to use it no matter where she goes - even when she's traveling. She states, "One brand I'm obsessed with right now is 111Skin, which my makeup artist Patti Dubroff got me hooked on. They have these sheet masks, they're made of a jelly sort of stuff and the serum they're soaked in is so good. So, when we're getting ready for an event she'll put one of those on, while she's doing my hair".



身为名人，总能轻松拥有高质量的生活用品。时尚界的明星们在这里推荐一些生活中必备的美容和化妆品：

来自詹妮弗·洛佩兹的推荐：甘醇酸。甘醇酸能去除死皮细胞，使得皮肤清新透亮。

来自布莱克·莱弗利的推荐：古驰高端香水Première。包含香柠檬、皮革、木料和柑橘等成分，散发的气味令人着迷。

来自卡拉·迪瓦恩的推荐：芮谜“如此塑眉”造型胶。卡拉用芮谜的造型胶保持眉毛的柔顺和定性，并建议眉毛卷曲或杂乱的人们随身携带该款产品。

来自玛格特·罗比的推荐：111Skin生物纤维素护肤面膜。该款面膜是面部护理的重要秘密武器。面膜轻薄，凝胶物质舒适地融入血清中，保持皮肤的洁白明亮。

来自阿什利·格雷厄姆的推荐：汤姆·福特口红。

来自克莉丝·泰根的推荐：OLAPLEX护发剂。拥有标志性完美金发的诀窍在于使用OLAPLEX护发剂对头发进行温柔护理，保持头发的健康。

来自吉吉·哈迪德的推荐：美宝莲古铜色修容粉饼。业界头号模特吉吉最重要的美容品之一，金黄的肤色衬托其美丽的容貌。

来自妮可·基德曼的推荐：露得清皱纹快速修复乳。该修复乳清新温和，效果一周可见。

ASHLEY GRAHAM

TOM FORD LIPSTICK

Body activist and model, Ashley Graham, always knows how to bring it to the red carpet. From her hair to her makeup, she always looks well put together.

Ashley is a person who loves experimenting and trying out different styles, but when it comes to lipsticks, she has a favourite. She mentioned that the lipstick that she always has in her handbag is Spanish Pink by Tom Ford.



CHRISSEY TEIGEN

OLAPLEX BOND PERFECTOR

Chrissy Teigen is one of those celebs who basically always has amazing hair. Her signature blonde locks look beautiful, but they come with a price. Her solution is to give her hair all the extra TLC that it needs.

Colouring and highlighting the hair often isn't healthy, because it gets overly-processed. The hair gets brittle, damaged, and weak, which can be a nightmare. Chrissy's solution is simple; she uses Olaplex Bond Protector to help keep her hair healthy.

This product is a great buy, especially for those who colour their hair often.



BLAKE LIVELY

GUCCI PREMIÈRE

Blake Lively is known for being one of the biggest fashion icons in Hollywood. The star always looks amazing and her secret weapon to feeling good has everything to do with her favourite scent. Gucci Première has a bunch of different ingredients that include bergamot, leather, wood, and citrus; which Blake loves!



NICOLE KIDMAN

NEUTROGENA'S RAPID WRINKLE REPAIR CREAM

There's no doubt that Nicole Kidman looks amazing for her age. She follows a strict exercise routine, eats healthy and takes great care of her sensitive skin.

Her go-to product has been Neutrogena's Rapid Wrinkle Repair Cream, because it is so gentle on the skin. She uses it on a daily basis and boasts that results can be seen within a week.



GIGI HADID

MAYBELLINE FIT ME BRONZER

Gigi is currently one of the biggest models in the industry, and rightfully so. There's just something sensational about her almost golden complexion that brings out her best features. She swears by Maybelline Fit Me Bronzer and uses it on a daily basis. It's one of the beauty staples that she cannot live without.



CARA DELEVINGNE

RIMMEL BROW THIS WAY STYLING GEL

Model/Actress, Cara Delevingne, is loved by fans worldwide, because of her wit and bubbly personality.

Cara is also well known for her perfectly shaped brows that just work insanely well on her face. It's safe to say that her brow game is probably the best in the industry. She keeps her brows tame and shaped by using Rimmel's Brow Gel, which honestly is a lifesaver.

If you have frizzy or busy eyebrows, this product should definitely be in your handbag at all times.



The Road to Shangri-La

By Bruce Connolly

The concept of Shangri-la, discovering a sense of personal contentment and peace are at its heart. It may be found anywhere and indeed for many reasons I can find it here in Tianjin. 'Shangri-la' has long been associated with James Hilton's 1933 novel, 'Lost Horizon'. A mythical Himalayan valley surrounded by snow mountains, a place that remains in people's hearts for which there exists a deep desire to return. 'Lost Horizon' went on to be an award winning Hollywood masterpiece in 1937 that captivated audiences with its timely and inspirational story. It culminated in the lead character fulfilling his desire to leave the modern world, within which he had been destined for high success. He instead returns to a remote, timeless, place where he had earlier encountered more of life's true meanings. The catchline of 'Lost Horizon' that "there is a wish for Shangri-la in everyone's heart" is probably even more pertinent today. Serenity, harmony and inherent beauty are cornerstones of experiencing Shangri-la.

My earlier China travels took me through areas that today are marketed as Shangri-la, where I had found tranquility and a desire to photo-document scenes long before they became mass-tourism destinations.

My travel inspiration came from an early 1990's British television production, 'Beyond the Clouds', filmed in what was then remote northwestern Yunnan. It centered around Lijiang, beautifully portraying the everyday lives of the Nakhi people.

THigh on a plateau beyond the river lay the small town of Zhongdian and nearby Songzanlin Monas-tery where monks invited me in for butter tea. Outside, Tibetan herders tended yaks, cattle and sheep. In 1995, its then remote settings felt timeless and indeed oozing with tranquil harmony. Indeed in Tibetan Buddhist tradition, 'Shambala', suggesting a mythical land surrounded by a chain of snow mountains, maybe the etymological origin of 'Shangri-la'.

The Potala Palace rising in splendor above Tibet's Lhasa, was my ultimate dream, an ambition accomplished in 2000.

Photography, all shot in the pre-digital age, illustrates a very different period from today. Indeed it was an era when a real sense of adventure was a pre-requisite for such journeying. For me, it will always remain a high point from my life of travel. It was before modern transportation opened up the area. Indeed for travellers such as myself it formed a personal 'Shangri-la' within remote, al-most idyllic mountain valleys far removed from China's bustling, rapidly developing cities.

'The Road to Shangri-la' can be followed at Tianjin's Shangri-La Hotel where approximately 150 images shot at many locations along the route from Kunming to Lhasa will be displayed from **June 21**.

'Welcome to the Shangri-la Experience at the Shangri-La'



Photo Exhibition at Shangri-La Tianjin 21st June

Healing Young Hearts

Shangri-La hotel Tianjin has supported Healing Young Hearts to design activity packs that make hospital stays a less stressful experience and provide children with a positive image of themselves and their medical journey, acknowledging them as the brave and determined fighters that they are.

100% of proceeds from photographs sold will be donated to Cathay Future Foundation Healing Young Hearts program.

WHY STUDENTS MUST BE TAUGHT KINDNESS IN SCHOOLS

By Nina Mitchell

School is the institution where every individual learns the most elementary ethics of his/her life, which in turn creates the base of his/her character and a bright future, as well. Thus, obtaining the right kind of ethics and morals is one of the major things one learns during his/her school life or elementary education.



One of the most important morals, which is very necessary and should be taught to every student in his/her school life, is kindness. In today's time, where there is so much of a chaos all around, fast lifestyle is dominant - kindness is one thing which can keep us grounded and happy in the long run.

Doing well to anyone or being kind to one another can make this world a better place to live in.

学校为什么教育学生成为善良的人

学校承担为每个孩子构建最初伦理道德的责任，从而为塑造孩子的性格和未来的发展打下基础。学校教给孩子非常重要的一项道德就是保持善良。在现代化的快餐社会，善良能够让我们保持踏实和幸福的心态，使得这个世界变得更加美好。

善良会使孩子学会感恩，从而珍惜现在拥有的一切，并更加努力创造更好的生活。

帮助他人会使自身分泌大量的内啡肽，从而提高自豪感和归属感，逐步实现自我价值。

孩子们在学生时代逐渐学会善良。在生命之初学会保持善良的品格，人的个性会逐渐向善发展。关于青少年的社会学研究表明，善良的孩子拥有更加良好的社交圈。

孩子们体会到集体的重要性。人是社会动物，需要支持和归属感。善待他人，与他们合作，使得我们度过生命中一个个困难或幸福的时刻。这最终教会他们生活的价值和目的。

保持善良会促进健康。研究表明，利他行为会触发体内释放催产素，增加幸福感，降低压力水平。同时控制血压，保护心脏健康。

TEACHING KINDNESS LESSONS TO STUDENTS IN SCHOOL IS OF PRIME IMPORTANCE. IT ALWAYS HELPS THEM TO BE A BETTER PERSON AND CITIZEN IN LIFE.

Well, following are some of the reasons as to why teaching kindness in school is of extreme importance:

KINDNESS HELPS TO ENHANCE THE FEELING OF GRATITUDE IN STUDENTS

For example, when children get to be a part of activities where they have to help poor people, who are less fortunate than them, then they surely get some perception towards life. They learn to respect what they have got in life and they try to work hard to have a decent life ahead. They learn to appreciate what they have, which the others might not.

DOING GOOD TO ANYONE, IN ANY SENSE, GIVES YOU THAT RUSH OF ENDORPHINS

This rush gives them a sense of pride and a sense of belongingness also. Even small acts of kindness, which children often are exposed to and learn in their school life, help them to realize their self-worth and ultimately increase their happiness quotient, as well.

STUDENTS LEARN TO BE KIND RIGHT FROM THE SCHOOL YEARS

When you learn to be kind during your school years or from the very initial stage of life, then your personality gets shaped up in that direction only. Recent study on pro-social behaviour among adolescents showed that children, who are kind by nature, become popular in their friend-circle and even among others. Doing good deeds leads to greater peer acceptance and a good social circle during your school life and in future also.

STUDENTS LEARN THE IMPORTANCE OF COMMUNITY

Being human, we all need support and sense of belongingness during our tough and happy times. Being supportive and kind to each other helps children/students to understand the importance of community. They learn how to cooperate with one another, so that no one is at loss in areas like studies, group activities, competition, etc., conducted in school.

This ultimately teaches them the real value and purpose of life.

KINDNESS HAS ITS OWN HEALTH BENEFITS

One of the greatest benefits of teaching kindness lessons to students at school is its health benefits. In a study, it was observed that altruistic actions trigger the release of a hormone in body, known as oxytocin. This hormone is known to increase the happiness, and above all reduces the stress level. Oxytocin is also known to keep our blood pressure under control, thus protects heart.

STUDENTS "GET IN THE GAME" FOR IST ELEMENTARY SPORTS DAY!

On Wednesday, May 15th, IST students in Nursery to Grade 5 participated in the annual IST Elementary Sports Day. Students competed in a variety of activities, including cooperative games, team ball games, obstacle courses, evasion games, relay races, target games, wall climbing, vortex throws, long jump, tug-of-war and sprints. Parents and teachers added cheers of encouragement to create a fun and exciting atmosphere for our competitors!

The morning commenced with a dance performance from the IST Elementary Aerobics team. Students then travelled to various stations with their peers from mixed grade levels. This provided students an opportunity to interact with peers from other grade levels and nationalities. Team colours and cheers added positive energy throughout the event!

The event concluded with a celebration of thanks to students, staff and the IST community for their dedication to Physical Education and Sport at IST. It was wonderful to see everyone so engaged and supportive of one another in honour of active living at IST. Congratulations to all participants!



IST M.A.D NIGHT - WHEN CIRCUS CAME TO TOWN TO HONOUR THE ARTS!



The evening of Thursday, April 26th, was yet another feather in the cap for International School of Tianjin (IST) Arts, when M.A.D. (Music Art Drama) Night was celebrated. Every year members and friends of the IST community are treated to a whirlwind tour of a wide range of Art forms and this year was no different.

This year had a circus theme with students dressed up as ringmasters, clowns, circus animals and all manner of exotic and colourful creations.

The evening began with a breathtaking rendition of "Pure Imagination". But you didn't need imagination to see the pure talent of the students. The audience was treated to top class singing, instrumental playing and spectacular dramatic performances, as well as the opportunity to try their hands at juggling and balloon making.

There were also students operating food and drink stalls for the audiences to munch and sip, while enjoying the shows. The evening came to an explosive end with the service circus group, dance crew, jazz choir and orchestra closing the night with a bang.



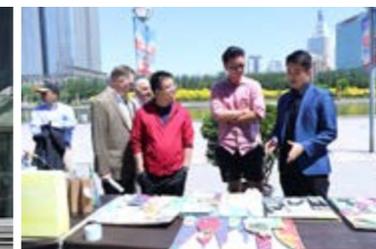
EXHILARATING EXPLORATION OF THE LEXICAL

For students, learning new words can come in many forms. But, once a year, at Teda International School, during the primary school's annual vocabulary parade, the students actually take on the form of the words themselves. This year was no different, our annual celebration of all that is lexical saw around one hundred students dressed-up as words they had chosen from the book "Miss Alaineus, A Vocabulary Disaster" by Debra Frasier, which they had read in library class. One teacher even remarked, "The students were really secretive about it and really put some thought into it". During the parade, while the words were announced by members of the Leadership Club, a wonderful array of colourful costume-clad children rotated around the group of parents, family and friends, who had gathered at the centre of the school's playing field to watch, much to their delight.



TEDA INTERNATIONAL SCHOOL SMASH TREC

Gathering as many recyclable materials together as possible for the Recycling Collection Drive was the first stage of the American Chamber of Commerce's Tianjin Recycling Educational Challenge, or TREC for short. This year was Teda's first foray into the contest and saw the whole school involved in the initial stages. The remaining two stages of the competition were then split between middle school art, which created imaginative sculptures exploring what a sustainable city might look like, and the school's Roots and Shoots Club, which compiled a video in which they explained all the environmental initiatives and activities they had developed throughout the year. While in the competition the school only took the 4th place, we were given a special mention of honour: "New record for best performance by the 1st year Participant", and six of our students won different categories in the art competition. All our students put in a great deal of effort, and overall we are happy just to be involved in the wider conversation of raising awareness of environmental issues. We are now looking forward to being involved next year.



WELLINGTON COLLEGE TIANJIN CHARITY SUMMER FAIR 2019



Wellington College Tianjin's Summer Fair has long been a key fixture on the school's calendar, and this year was no exception. Glorious weather greeted more than 1600 visitors, as they were entertained by a stunning series of musical performances on the main stage. This year's music was provided almost exclusively by pupils from the College, although there was time in the four-hour programme to squeeze in two guest appearances. Our friends from No. 45 Middle School once again enchanted the audience with their Xinjiang-themed performances, lighting up the stage with their grace and skill. In addition, the strong links forged with the professional musicians from the Tianjin Symphony Orchestra during our West Side Story show in March were once again in evidence, with Professor Chen conducting his ensemble of brass students in a rousing performance.

The Fair also hosted a huge range of activities for children too, from the inflatable castle and slide for the younger ones, to lessons in golf, judo, baseball, as well as face painting and arts and crafts. For those in need of refreshment, parents and vendors alike combined to offer a huge range of home-cooked food and dishes from across the globe. As an international community, we are proud of the variety of food and culture on show at the Fair each year.

The main purpose of the Summer Fair, aside from giving the community a chance to celebrate together, is to support local charities. This year, once again, we chose our long-standing partners at the Ru Hui autism rehabilitation centre, because they have done so much to work with our pupils to educate them on the nature of autism and how we can best offer our help to children with that affliction. Wellington is committed to fostering a culture of service to others among its pupils, and the support we give to Ru Hui and other groups across the year is an important part of the learning here at the College. Our very great thanks go out to all the staff and families who supported the day, as well as those from around Tianjin, who gave their time and energy to support the event.



"Tropical Beach" Themed River Lounge Opening Party @ The St. Regis Tianjin



On April 26th, The St. Regis Tianjin invited guests to escape the urban jungle environment for a day and immerse themselves at a "Tropical Beach," as they transformed their River Lounge into a golden beach area.

The opening party was a unique experience, offering attendees a quick getaway from the busy and bustling city for the night, complete with freshly prepared authentic tropical-themed delicacies and dancing, as well as live performances and a jazz band keeping the party going.



Boasting exceptional experiences at over 40 of their luxurious locations around the globe, The St. Regis brand is committed to flawlessly meeting the needs of all of their patrons and exceeding expectations. And this night did not disappoint. With views of the gleaming Haihe River, it was a memorable evening celebrating what The St. Regis Tianjin does the best: combining classic sophistication with modern and innovative ideas.

Fifth Anniversary @ Hyatt Regency Tianjin East

Hyatt Regency Tianjin East celebrated its fifth anniversary on May 20th, 2019 with a series of events across a number of days welcoming guests, old and new. As the site of the first Hyatt hotel in mainland China, Tianjin's history with Hyatt goes back a long way. And that legacy continued with the opening of Hyatt Regency Tianjin East five years ago, with the property going from strength to strength since then. Unparalleled dining experiences, luxurious accommodation and genuine, enthusiastic service converge at Hyatt Regency Tianjin East, where guests have delighted in top-level treatment for the past five years. Guests shared their moving stories and treasured memories of Hyatt Regency Tianjin East on the hotel's official WeChat account, underlining its place of significance in the city - joyful weddings, important meetings and informal gatherings made all more special by happening at the Hyatt.



"We are extremely grateful for the great support of all our guests, corporate partners, suppliers, associates and the media over the past five years. We will continue to provide authentic hospitality and fulfil all of your needs for the next 5, 15 and even 50 years!" Hyatt Regency Tianjin East General Manager, Mr Mariano Silvestri, said.

In 1986, the first Hyatt hotel in mainland China opened in Tianjin. Hyatt Regency Tianjin was the first international hotel in Tianjin, which later on became a prestigious city landmark. On May 20th, 2014, Hyatt made a triumphant return to Tianjin with the opening of an exciting new contemporary icon - Hyatt Regency Tianjin East.



Hallmarked by contemporary style and convenience, Hyatt Regency Tianjin East is the premier address for dining, meeting, celebrating and relaxing in Tianjin.

Global Day of Discovery @ Renaissance Tianjin Lakeview Hotel

Renaissance Tianjin Lakeview Hotel celebrated the eighth annual Global Day of Discovery event on May 16, 2019, with more than 160 Renaissance hotels in 35 different countries. Nearly 100 guests, partners and media guests were invited to attend the unexpected event at hotel's garden patio and to experience grand new initiative "Discover This Way"



At the beginning of the event, the General Manager, Mr Hugo Zhang, gave greetings and special thanks to our guests. As the twilight merged into darkness, a famous bartender had showed four cocktails representing Bali, Beijing, Hong Kong and Shanghai – destinations that have fuelled Tanya Chua's music. The inspired cocktail show, fascinating live band and attractive dance performance dressed up the garden patio in an exotic atmosphere.



The Navigator's Table – a signature program of Renaissance hotel was the highlight of the event. In Renaissance hotel, the "Navigators" will encourage guests to discover unexpected moments during "5 to 9" and bring an unusual taste of the local scene to life. All the guests were impressed by the extraordinary dinner, especially the creative dessert called Breath, which was developed by Tanya and demonstrated how she believes that inspiration is natural and an essential part of life, just like breathing.

At the end of the event, more than 10 guests won lucky draw prizes, including Tanya's themed gift box, imported red wine and room vouchers of countrywide Renaissance hotels. All the guests enjoyed an inspired and wonderful night.

In Renaissance hotel, your life will be a journey of discoveries, always faced with fascinating experiences. Renaissance Tianjin Lakeview Hotel is looking forward to seeing you and leading you to another discovery journey.

Renaissance Tianjin Lakeview Hotel: 16 Binshui Road, Hexi District, Tianjin China, 022-5822 3388



2019 Wellington Football Tournament

On the 1st of May, a bright sunny Wednesday morning, began the screams of the youthful football enthusiastic players filling the Wellington football fields with excitement, they were ready in teams to play the sport they love. Around 300 youngsters from Beijing, Binhai, local district's Football Associations, several clubs and other schools in Tianjin were determined to take a win home. The cheering screams of over 200 supportive parents, coaches and the football lovers were just remarkable.

Wellington College, being the hosting school for the third consecutive time with the intention of cultivating sportsmanship, organized the 2019 Wellington Football tournament along with the support of Momentum Sports and other sponsors, including Kelme providing balls, bibs and staff uniforms, Chartwells being the food and beverage supplier, CPIC 太平洋 being the insurance provider and Business Tianjin and Tianjin Plus Magazines being the Media sponsor, which altogether made the impossible a possible task. Extra sport activities of baseball and golf were held by the Tianjin D-Bat Baseball Academy on the tennis courts and Fyla Golf on the basketball courts, as free trial sessions especially for the curious youth.

The commencement of the tournament was at 9.00 am. The matches were played under three different age categories (under 8, 10, and 12). Each match lasted for 15 minutes with 4 simultaneous matches played. A total of 95 successful matches were played among 34 teams. Once the finals were played, all the players looked forward to was the prize distribution. Tired, but happy faces were all ready, the winners to receive the awards and the others to cheer the winners with true sportsman ship. The prizes were distributed by the head master of Wellington College Tianjin, Mr Julian Jeffrey. And this marked the end of a fun filled day with energy and happiness, as the sun was slowly going to rest.

32 teams in one field ready and trained as ever and 95 matches to be played in one day, not an easy task, but was accomplished successfully due to the contribution of many.

The results were as follows:

Boys under 8

- 1st Place:** Wellington Tianjin
- 2nd Place:** Binhai Normal University Affiliated Primary School
- 3rd Place:** Tianjin Primary School

Boys under 10

- 1st Place:** Boyue
- 2nd Place:** Binhai Normal University Affiliated Primary School
- 3rd Place:** Curvers

Boys under 12

- 1st Place:** Dongxing Primary School
- 2nd Place:** Xianyang Road Primary School
- 3rd Place:** Curvers

Girls under 12

- 1st Place:** Wellington Tianjin
- 2nd Place:** Binhai Normal University Affiliated Primary School



Aranya 10 Miles OPEN

2019 Aranya 10 MILES OPEN

On the 3rd of May 2019, Friday, runners from across the globe participated in the Aranya 10 MILES OPEN, that was held in Beidaihe New District, a pilgrimage to the runners and a spring ceremony by the sea.

The sun was shining over the 2019 Aranya 10 MILES OPEN, as hundreds of participants came out to run and enjoy the great atmosphere. The race top honours went to Meng Guanghui for the women's division, while the men's went to Guo Jiulin, both from China.

MEN'S RESULTS

- 1st Place: Guo Jiulin, 58:03
- 2nd Place: Chen Zhipeng, 59:36
- 3rd Place: Luo Guangyin, 59:46
- 4th Place: Sun Chenchun, 1:00:54
- 5th Place: Xue Hongyun, 1:01:18
- 6th Place: Zhang Xiuyang, 1:02:44

WOMEN'S RESULTS

- 1st Place: Meng Guanghui, 1:21:02
- 2nd Place: Shao Chen, 1:21:04
- 3rd Place: Sun Aichen, 1:25:42
- 4th Place: Yang Xiaohong, 1:25:54
- 5th Place: Nie Hongyu, 1:28:03
- 6th Place: Zhang Zhenzhen, 1:30:02



Below, we rounded up some of the best moments of the race, from all of the funny faces that participants did in to the first place winners Guanghui and Jiulin in the stage on their medals. Not to mention, seeing the colours of Aranya (Golden Coast - Beidaihe) during the Spring season is worth taking a look on its own merit.



BEST FOODS TO IMPROVE

digestion

促进消化的最佳饮食

By Barbara Ross

A bloated stomach, gas issues, constipation, diarrhoea, abdominal pain and cramps; these are some of the most common digestive ailments that affect a major portion of the population in the whole world.

Then, there are a few more serious issues like Irritable Bowel Syndrome (IBS), Gastroesophageal Reflux Disease (GERD) and Crohn's Disease that have also been affecting many people. In fact, 15% of people in the Western countries have been found to be suffering from IBS.

Suffice it to say that digestive problems are increasingly becoming a serious concern in different parts of the world. Yet, people simply ignore symptoms like heartburn and bloating and move ahead with their unhealthy food habits.

A lack of fibre or probiotic-rich foods in the diet is one of the main reasons for such stomach ailments. Hence, for a healthy gut and smooth functioning digestive system, you absolutely need to consume stomach friendly foods.

Here are 5 best foods that can naturally improve your digestion.

胃胀、便秘、肠易综合征等是影响全世界大部分人口的常见消化系统疾病。消化系统问题正日益称为全世界关注的健康问题。饮食中缺乏纤维或富含益生菌的食物，是导致消化系统疾病的主要原因。这里推荐5种最佳饮食，以纯天然的方式改善您的消化能力：

全谷物是最好的纤维来源之一，同时富含欧米伽-3脂肪酸等其他营养物质。富含纤维的全谷物包括燕麦、全麦制品、法罗及藜麦等。

生姜具有改善消化、缓解反胃等作用。生姜促进食物在消化道中的蠕动，从而减轻与消化缓慢相关的症状。

绿叶蔬菜是一种很好的纤维来源，含有不溶性纤维，促进食物在消化道中的蠕动；富含镁，有助于缓解便秘；富含某种糖分成分，有利于维持肠道健康细菌的生存。

酸奶酪含有益生菌，有助于改善消化和肠道健康，从而缓解腹胀和便秘等问题。

德国酸菜用乳酸从卷心菜中发酵而来，是一种很好的益生菌来源，有助于维持有益于肠道健康的细菌的生存；富含天然酶，从而进一步促进消化。

WHOLE GRAINS

According to experts, your body requires a minimum of 25 grams of fibre on a daily basis in order for your colon to function smoothly. Whole grains are one of the best sources of fibre, when compared to other refined carbohydrates. Moreover, they also contain other nutrients like omega-3 fatty acids.

Some of the most popular fibre-rich whole grains include oats, whole wheat products, faro and quinoa.

GINGER

Ginger has always been a popular ingredient in health concoctions and medicines in the Eastern countries. It is known to improve digestion and provide relief from nausea, as well. In fact, it is often prescribed for pregnant women to help with morning sickness.

It eases the movement of food through the digestive tract and, hence, reduces issues associated with slow digestion, such as heartburn and other forms of discomfort.



LEAFY GREENS

We all know that green leafy vegetables are an excellent source of fibre, more so in case of dark green ones. They contain insoluble fibre, which helps ease the movement of food through the digestive tract. Moreover, green vegetables also contain magnesium, which helps in reducing constipation. And as per a study conducted in 2016, they also contain an unusual kind of sugar, which further helps feed good bacteria for gut health.

Some common leafy greens that you can consume are broccoli, spinach and Brussels sprouts.

YOGURT

Yogurt is essentially a dairy product that is made by fermenting milk with lactic acid bacteria. It contains good bacteria known as probiotics that helps in improving digestion and gut health in general. These probiotics can provide relief from issues like bloating and constipation.



SAUERKRAUT

Sauerkraut is a popular ingredient in hot dogs or hamburgers. What a lot of people don't know is that it is an excellent source of probiotics, as it is fermented from cabbage using lactic acid. Almost all fermented foods help in feeding the good bacteria to improve gut health.

Additionally, sauerkraut also contains natural enzymes that help in breaking down nutrients into smaller molecules which further promote easier digestion.



Why less is more

By Kate Stone

抗生素 为何物以稀为贵

抗生素并不是万能的，无法包治百病。抗生素通常可对抗细菌感染，但对病毒引发的疾病没有积极作用。因此在疾病诊断中，区分病毒和细菌感染是非常关键的。临床医生会仔细检查患者的病史，并对患者进行相关检查和化验，针对感染类型选择最适合的抗生素种类。

抗生素若使用不当，会导致并发症的出现。细菌会适应抗生素并产生耐药性，使抗生素失去作用，加重治疗的困难程度。因此，需要明智地选择抗生素并按规定剂量使用，并做好细菌培养和敏感性检查。在有些情况下，即使抗生素使用得当，也会引起并发症，例如过敏反应。此时应立即停止服药，并联系临床医生。

另外，由于抗生素无法区分良性细菌和致病细菌，可能会由此引发正常人身体平衡紊乱。因此在使用抗生素时，必须遵照临床医生或药剂师的指示服用，讨论任何可能的副作用，并仔细阅读药瓶上的标签和警告。最后，注意不要与他人共用抗生素，以及服用过期抗生素。



Unfortunately, antibiotics can't be used to treat every disease. They are typically effective against bacterial infections and have no positive effect on viruses. Therefore, antibiotics are useless against illnesses caused by viruses, such as mononucleosis, the flu, and colds. In some age groups, like college-age patients, most illnesses are viral infections, instead of bacterial. It is important during diagnosis of a disease to differentiate between viral and bacterial infections.

In order to assess whether an infection is viral or bacterial, a clinician will look at the patient's history, as well as use findings during their exam and laboratory tests. Bacterial infections tend to cause illness more acutely and the patient will have shaking, chills, a high fever, and their white blood cell counts will be high. Additionally, they will use cultures from the throat, sputum, urine, blood, and/or wound, in order to identify the specific bacteria, as well as its antibiotic sensitivity. This provides the clinician with a guide as to which antibiotic is the most appropriate for the type of infection. This also helps promote antibiotic stewardship and reduce the overuse of antibiotics, especially in patients that don't need them.



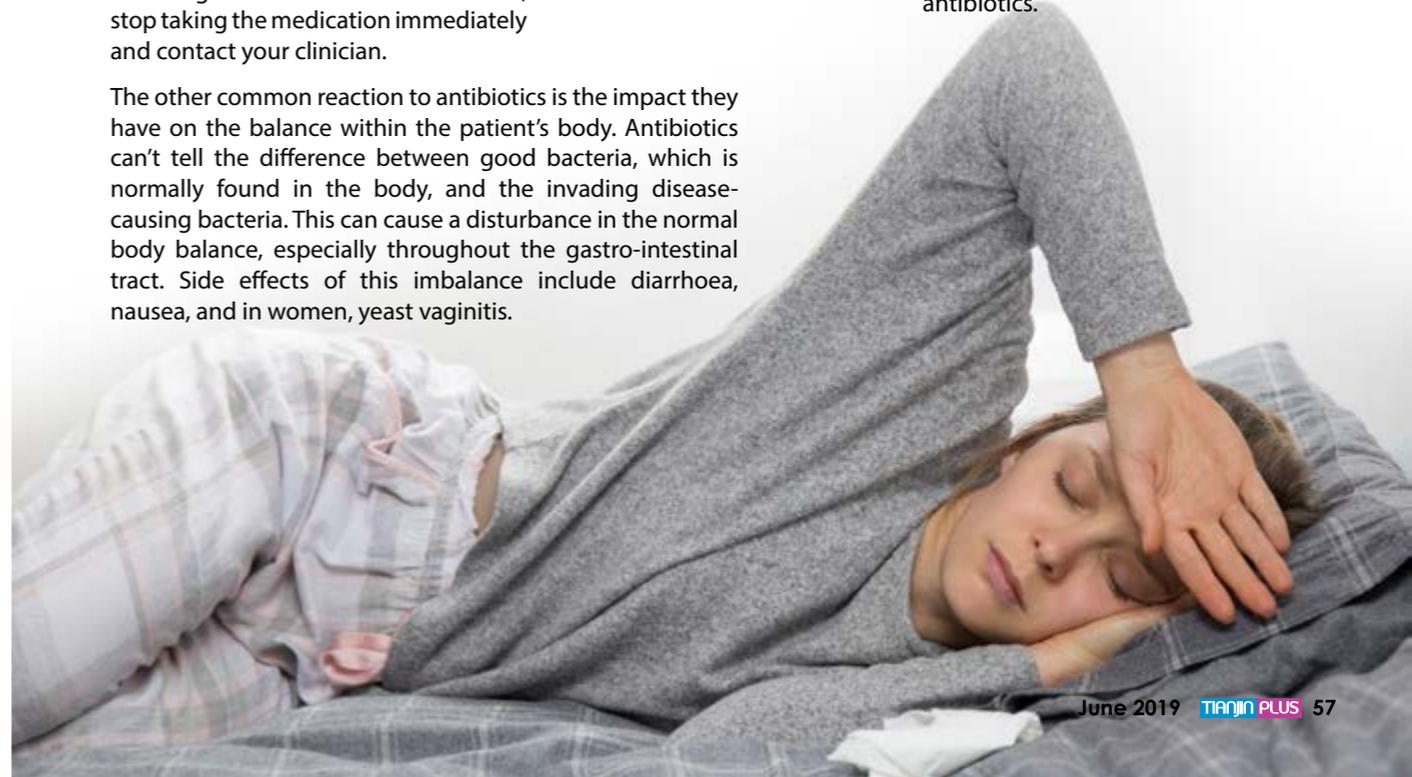
Both health care providers and public health officials have seen unfortunate complications due to inappropriate antibiotic use. Bacteria can adapt to antibiotics and develop a resistance in which the antibiotic is no longer effective in destroying the bacteria. Some bacteria can develop resistance to more than one antibiotic, and some have developed resistance to all known antibiotics. This is very dangerous, because there are limited treatments for people who have an infection that is, what clinicians call, multi-drug resistant bacteria. One of the most common multi-drug resistant bacterial infections is Tuberculosis, which affects millions of people around the world. When a bacterium is highly infectious, like Tuberculosis, and it has developed multi-drug resistance, it is very challenging to treat and can cause epidemics and pandemics. Therefore, it is important to use antibiotics wisely, finish the prescribed dose, and to have cultures and sensitivity done.

Even when used appropriately, antibiotics can cause complications in patients. One of the most common complications are allergic reactions. An allergy can be developed at any time, even if a patient has used the antibiotic before in the past. Thankfully, most reactions to antibiotics surface as a relatively minor skin reaction. However, on occasion, reactions have been known to cause severe swelling of the throat, making it difficult to breathe and become life threatening. If you or a loved one feel like they may be having an allergic reaction to a medication, stop taking the medication immediately and contact your clinician.

The other common reaction to antibiotics is the impact they have on the balance within the patient's body. Antibiotics can't tell the difference between good bacteria, which is normally found in the body, and the invading disease-causing bacteria. This can cause a disturbance in the normal body balance, especially throughout the gastro-intestinal tract. Side effects of this imbalance include diarrhoea, nausea, and in women, yeast vaginitis.

When using antibiotics, it is important for the patient to take the antibiotic as instructed by the clinician or pharmacist

When using antibiotics, it is important for the patient to take the antibiotic as instructed by the clinician or pharmacist. Take the antibiotics until the medication is gone and only for the condition in which it is prescribed. Some antibiotics may interact with other medications or food, so it is important to read the label and warnings on your prescription bottle. Also be aware that some antibiotics will create a sensitivity to sunlight or cause dizziness. Make sure to consult with your clinician or pharmacist to discuss any possible side-effects. If any side-effects do occur, or new medical conditions arise while taking antibiotics, again contact your clinician or pharmacist to make sure you should continue taking them. Lastly, never share antibiotics with other people and do not take expired antibiotics.



Brain Chip

Implant Technology



By Stella Law

Pretty soon - and by pretty soon, we mean within most of our lifetime - people will likely be able to delete unwanted memories, buy new ones, and possibly even transcend the optimal intellect the human mind can muster up, just by inserting a microchip in their brain.

This is not a mere pipe dream. Researchers from across the world are relentlessly working to biohack the body's most intriguing and complex tool using what is commonly referred to as brain or neural implants. And, at least some of these research works have the backing of corporate heavyweights. For example, Elon Musk's Neuralink.

Musk, a celebrity entrepreneur and the man behind multiple successful ventures, such as SpaceX and Tesla,

launched Neuralink in 2016 with the vision of using technology to artificially enhance the human intellect. He argues that digital intelligence is the next logical step of our evolution, if humanity is to survive what he views as an otherwise-inevitable dominance of artificial intelligence post-singularity.

Neuralink's primary objective is to develop a science fiction-like hard drive to be implanted inside the human brain. Musk claims once the technology is available, this microchip inside the brain will give humans a digital intelligence, which will be on par with superior machine intelligence of the future.

Worth noting here is that Elon Musk is not the only corporate giant to be backing research on brain

implant technology. Facebook founder and CEO, Mark Zuckerberg, is another prominent name in the race.

While not much is known about Zuckerberg's plans, he has previously gone on record saying that he wants to build a technology that will allow people to communicate using only their minds. He even hired Regina Dugan, ex-director of the Defence Advanced Research Projects Agency (DARPA), to head Facebook's secretive division overseeing experimental technology, such as neural implants.

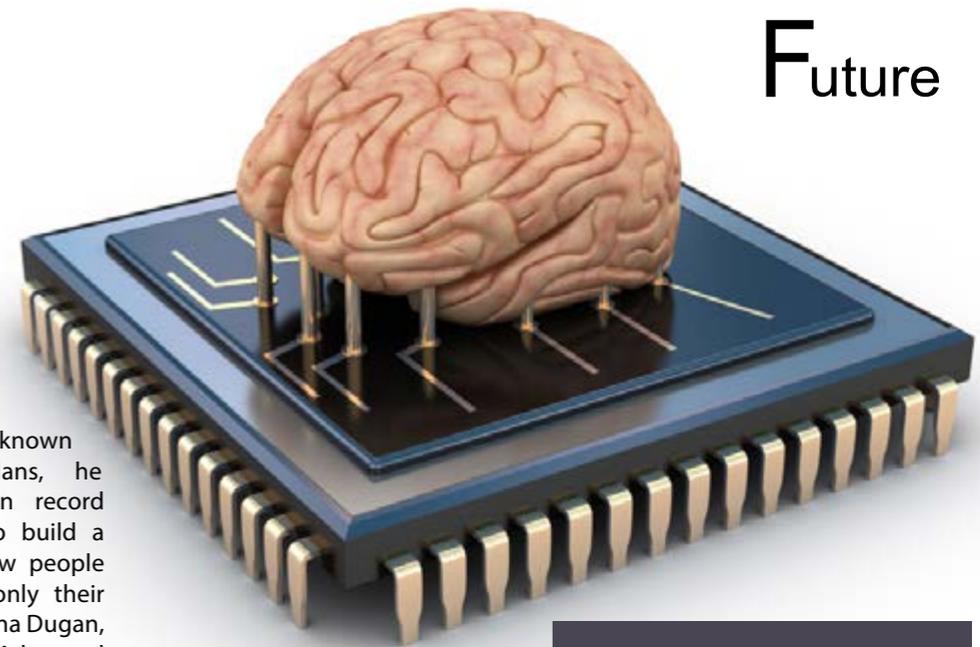
Meanwhile, DARPA itself is toying around with their new closed-loop mood control chips, which, when ready, can be implanted inside the brains of soldiers and veterans suffering from mood or other psychiatric disorders.

So what would it be like if all these efforts of turning humans into cyborgs with neural implants succeeded as planned?

Well, for one thing, it will be immensely beneficial in the treatment of mental disorders and psychological issues. Additionally, it will also boost our cognitive abilities like never before.

For example, neural implants can do a world of wonders to improve our memory. The average human brain keeps on shifting between poor and good memory states throughout the day. A neural implant can interfere in that process by continuously monitoring the state of the brain and delivering stimulation as soon as it detects a bad memory state.

That's just one of the many ways a neural implant can add to our so-called "brain power."



Now, the big questions associated with this new technology come from the realm of ethics and morality. Should we really fundamentally mess around with our brain, which is the very basis of our consciousness and our identity as humans?

There are lots of unanswered questions here. What if the technology is accessible to only a few selected? Will it create yet another class difference in our society -- this time on an intellectual level, rather than on the financial front?

Will governments have strict regulations in place to prevent potential misuse of this technology?

If neural implants enter the commercial phase, they are likely to be pretty expensive -- at least initially. Wouldn't that give the financially more abled population a distinctive edge over the poorer sections of the society?

Considering that the groundwork has already been laid for neural implant technology to evolve at a steady pace, it is likely that we will have to face those questions sooner rather than later. Sure, it is not going to happen overnight, but that surely doesn't mean that we shouldn't be preparing for it.

脑芯片植入技术

在人类大脑中植入芯片，将不再只是一个梦想。来自世界各地的研究人员正在不断努力，使用大脑或神经植入技术探索人体最神奇和复杂的系统。这些研究工作正在得到一些企业巨头的支持。

埃伦·马斯克于2016年创办了Neuralink公司，旨在利用最新技术人为地提高人类的智商。Neuralink公司的主要目标是研发一种充满科幻风情的硬盘驱动装置，用以植入人类大脑中。马斯克宣称，这种大脑微芯片将为人类提供数字智能，将与未来卓越的机器智能并驾齐驱。

Facebook创始人兼首席执行官马克·扎克伯格是支持大脑植入技术研究的另一个知名企业巨头。他甚至曾聘请国防高级研究计划局领导秘密研究神经植入等实验技术，以实现仅用意志就完成交流的目的。

如果用神经植入技术实现人脑数字智能化的研究得以成功，首先，会对精神障碍和心理问题的治疗大有益处，此外，还会以前所未有的方式提高人类的认知能力。

与神经植入技术相关的重大问题来自伦理和道德领域。这里有很多悬而未决的问题，例如该项技术的受益人群如何选取，政府如何制定严格法规来限制技术的滥用，商业化阶段其昂贵的价格会令人望而却步等等。我们需要尽早面对这些问题。

Pokémon Detective Pikachu

When ace detective, Harry Goodman, mysteriously goes missing, his 21-year-old son decides to go find out what happened. Aiding him is his father's former Pokémon partner, Pikachu, who is somehow able to communicate with him and only him. The two join forces on an adventure through the neon-lit streets of Ryme City, where both humans and Pokémon peacefully co-exist. But the duo soon uncovers a plot that plans to destroy this peaceful co-existence between the two species and threaten the Pokémon universe.



Date: 2019.05.10 – 2019.06.10.

Godzilla: King of the Monsters

If monsters are your thing, then there's quite a few in this upcoming sequel to 2014's Godzilla reboot. A crypto-zoological agency, called Monarch, faces off with creatures of titanic proportions, including the mighty Godzilla and other similar monsters like Mohtra, Rodan and now his ultimate nemesis, a three-headed beast, called King Ghidorah. When these ancient supersized monsters, previously thought to be myths, start vying for supremacy, humanity's very existence is put under threat.



Date: 2019.05.31 – 2019.06.30

Louise Bourgeois: The Eternal Thread

Louise Bourgeois is a French-American artist known worldwide for her large-scale sculptures and installations. Her incredible work has been exhibited at renowned galleries since 1947, including Tate Modern, New York's Guggenheim and the Met. Her first large-scale exhibition in China, The Eternal Thread, showcases many pieces of her work, symbolically linked through an uncut thread. See major works from the entirety of Bourgeois' illustrious career, including the monumental spider sculpture, Maman.



Date: 2019.03.24 – 2019.06.23. **Venue:** Song Art Museum, Gelasi Lu, Tianzhu Zhen, Shunyi district Beijing

松美术馆, 顺义区天竺镇 格拉斯路, 北京

Mando Diao

Maybe you've never heard of them, but Mando Diao, who hail from Borlänge in Sweden, are pretty well-known in their homeland. Their 2013 album, Infruset, went four times platinum, topped the Swedish album charts for 17 weeks and produced an eponymous single that lingered on the charts for 167 weeks, 86 of those at number one. Their sound borrows from classic rock acts, such as The Kinks, Beatles and Rolling Stones, so if that sounds like your jam, make sure you check them out this June.



Date: 2019.06.02. **Venue:** Tango, 79 Hepingli Xijie, Dongcheng district, Beijing

城区和平里西街79号糖果三层, 北京

Sherlock Holmes: The Sign of Four

Crammed full of adventure, romance, comedy and, of course, one or two rather brilliant deductions, The Sign of Four is Sir Arthur Conan Doyle's epic second Sherlock Holmes tale, a breath-taking yarn brought to life in this spectacular new stage adaptation.

When Mary Morstan arrives at 221B, Baker Street to request help with the mystery of her missing father, Holmes takes the case and together with his companion Dr Watson enters a murky world of deception and trickery, unravelling a complex plot involving murder, corruption and stolen jewels.

Don't miss Blackeyed Theatre's stunning world premiere of Sherlock Holmes: The Sign of Four. Original live music, stylish theatricality and magical story-telling combined for an unforgettable theatrical experience. The game's afoot!



Date: 2019.06.12.

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

The Wizard of Oz

Celebrating the beloved 1930's film that saw a generation of young girls want sparkly red shoes (just us?), The Wizard of Oz musical heads to the Beijing stage with a cacophony of timeless songs, bright sets and much heel-clicking. Take a trip back down the yellow brick lane with Dorothy and all her friends in need.



Date: 2019.06.13 - 2019.06.23. (Every day, except Monday) 2019.06.15 - 2019.06.23. (Every weekend)

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

天桥艺术中心, 西城区天桥南大街9号楼, 北京

The Rotterdam Philharmonic Orchestra

The youngest chief conductor in the orchestra's illustrious history, Lahav Shani, leads the Rotterdam Philharmonic Orchestra in a programme of Tchaikovsky's Violin Concerto in D, Op.35 and Shostakovich's Symphony No.5 for one night only in Beijing. With French violinist Renaud Capuçon.



Date: 2019.06.15.

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

国家大剧院, 西城区长安街2号, 北京

GET YOUR HOUSE SUMMER-READY

With These Easy Home Improvement Tips

应用这些简单的家庭小贴士，让您的房屋度过夏季

By Anastasia Chapman

The warmer months are already upon us teasing with balmy temps and longer days! While you might be ready for the summertime madness, your home may not be in the best of shape to take on the sunny days ahead. Swapping the flannelette sheets or giving your garden a new look is a great starting point. But you need to step up your plan, if you want to have a refreshing home for the summer season.

So throw on your ball cap and slather on some sunblock, because it's time to foray in some sweat equity to ramp up your humble abode's curb appeal. Although, the scorching months are not ideal for tackling a full-blown outdoor overhaul or repainting your garage door, snag these top tips to crank up a new look for your home this summer.

夏天即将到来，但您的房屋可能尚未达到最好的状态来迎接阳光灿烂的盛夏。如果您想在夏天拥有一个清新的家，请加快您的计划！

升级您的家具内饰。巧妙地选择您的家居装潢，可将夏季室内装饰从单调提升至富丽堂皇，适应夏季灿烂的阳光。

更新照明设备和风扇配件。更新房屋周围的照明设备、灯泡和风扇配件，无论是吊灯、台灯、墙灯或古老的吊扇，打开家具灯具会立即让夏季房屋气氛焕然一新。

为房屋空间增加绿色植物。植物会给夏季的房屋增加新鲜感和生命力，让您的家变成一个植物的天堂。

用夏季主题的墙纸装饰您生活空间的墙壁，会令您的房间阳光明媚，充满活力。

粉刷墙壁。选择您喜爱的颜色来衬托夏季的绚丽色彩，让您的房间焕然一新。

更新厨房橱柜。以夏日色调带给厨房全新的外观，或直接更换旧的厨房用具。

RENEW YOUR KITCHEN CABINETS

Tired of your old kitchen cabinets, but don't feel like spending an arm and a leg to replace them? We say, grab a paintbrush and paint them in your favourite summer hues. It is the most cost-effective way to give your kitchen a whole new look. If you have money to spare, transform the space by swapping out the old hardware too.

REFRESH ALL THE LIGHT FIXTURES AND FAN ACCESSORIES

Cut out the gloom of the winter months by getting in enough light and air in your home. You can achieve that easily by taking off the blinders and switching out the home fixtures. Updating the lighting fixtures, bulbs and fan accessories around your house offers a quick way to refresh the living space. Be it a chandelier, table lamp, pendant light, a fixture on a wall or the age-old ceiling fan model, switching up the home fixtures can really bring an instant zing to the ambience of any room. So, if you still have not tossed those dull, dusty builder-grade light and fan fixtures out of your home and out of your life forever, now is the time! Simply replace them with sleek and modern-looking alternatives or something that is more suited to your interior and individual style. Doing so will make your interior feel equal parts polished and personal and super-ready for the summer months.



UPGRADE YOUR FURNITURE UPHOLSTERY

The warmer months are the best time to let loose your home designing inhibitions! Upholstery for the spring and summer season represents a time to run the risk going against the conventional rules. You may be more accustomed to switching accents or home décor or playing up with different colour schemes. So why not up the ante by upgrading your upholstery for the sunny season? You can go from being whimsical to subtle in choosing your furniture upholstery ranging from vivid florals, elaborate patterns, pop culture, vintage and more that will instantly elevate your summer interiors from drab to fab. Here are some specimens that go well with the mood of the season.



FAÇADE FACELIFT

Want to give your house a whole new look this summer? Get your outdoor space in order. It's not as hard as you think. Adding a simple table top, a bench seating, lovely plants to decorate the patio are few things to get started. Painting the exterior of your home is also a good idea when it comes to spring refresh! In our books too, there are very few homes that would not benefit from a nice power-wash. Love of colour? Dip your hands in a coat of crisp white, mint or lemon yellow paint, or feeling bold? How about some soft baby blue hue or teal green to match up to the season's splendour?

ADD GREENERY TO YOUR LIVING SPACE

Plants are definitely a sight for sore eyes, and adding some is definitely going to add some vibrancy to your home space. Especially after the prolonged gloom of the freezing months. Plus, this is probably the best way to usher in the sunny days. Besides, there are actually a lot of other benefits to keeping plants inside your home, apart from making everything look fresh instantly. There are endless ways to showcase plant life within the four walls, right from hanging ceiling pots in the patio, installing a lush corner in your living room or placing a mini herb garden in the kitchen, your home will turn into a plant paradise before you know it. So wait no longer, bring in these inexpensive beauties to add instant glamour and colour to your home decor this summer.



ADD SUMMER-THEMED WALLPAPERS FOR THAT BREATHE OF FRESH AIR

Each of the seasons has its pros and cons, but summer is the most cheerful of all and is synonymous with all things lively. It's bright, sunny and full of energy. Imagine transferring these attributes onto your home's interior design! Consider adorning the walls of your living space with summer-themed wallpapers this season. It's exactly what your interior needs, if you want it to be inviting and fresh. If you have apprehensions about taking on this leap, start small by covering an unused or a lesser visible space in your home. Our top picks - the laundry room, closet interiors, or that occasionally-used powder room in the basement. Recreate the magic by picking a tiny spot first to plaster some lovely printed wallpaper and once you are convinced, go for the living room or the bedroom.

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 董事儿涮肉**
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

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
和平区吴家窑二马路迎春里24号楼底商(靠近西康路)
T: 15602172289, 17526573687



Japanese

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

HX **Seitaro 清太郎日本料理**
One of Tianjin's best Japanese Restaurants which features a wide selection of regional specialties for lunch and dinner including a teppan and sushi counter.
11:30-14:30; 17:00-22:30.
A: 2F, Tianjin Yan 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

Thai

HP Kudos Thai Restaurant & Lounge Bar 泰蓬泰国餐厅
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

QH 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

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

Western

PH 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



PH 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层
T: +86 22 5809 5109

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



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

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

HX Terrace Café 燕园咖啡厅
A great location to have a very relaxed meal, in front of a wonderful garden.
06:00-23:00.
A: 1F, 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

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

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

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



PH La Semana 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马路迎春里25门底商
T: +86 22 2335 6748
+86 138 2048 8636

PH 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

PH 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, 1F Street, Joy City, Nanmen Wai Dajie, Heping District
南门外大街大悦城如果街1F-J02
T: +86 22 27358751

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

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

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

Coffee Shops



HP THE CORNER-CHANCE 考恩餐饮&文化空间
A: No.101-102 Harbin Rd, Heping District, Tianjin
和平区哈尔滨道102增101号
T: +86 22 8321 9717

HP The CORNER-ACADEMY 考恩预约品鉴店
A: No.86 Harbin Rd · Heping District, Tianjin
和平区哈尔滨道86号
T: +86 22 2711 9871



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
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交口
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 澜庭聚

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

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

NK Violet Lounge 紫

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

HB Mama Mia 妈妈咪呀音乐酒吧

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

HD Churchill Wine & Cigar Bar

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

NK GAL Whiskey & Cocktail

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

HP Gusto Bar 9吧

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

KTVs**HP** Eastern Pearl 东方明珠KTV

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

HX Holiday KTV 好乐迪

One of the most popular KTVs in Tianjin entertainment that offers the most elegant decoration and conditions. 24 hours.
A: 3F, Shuiying Lanting Building, Pingshan Dao, Hexi District 河西区平山道水映兰庭商业3层
T: +86 22 2355 2888

Beauty Salons**HP** CHINA ROAD 重道造型

A Chic salon adjoins to one of the busiest CBD areas. Fashion is the word that best describes the decorated hairdressers.
A: 16-201, Jinde Block, the junction of Kunming Lu & Lanzhou Dao, Heping District. 和平区昆明路与兰州道交口金德园16-201.
T: +86 138 0308 8908
A: No. 23 Binyou Dao, Hexi District. 河西区宾友道23号
T: +86 2836 9769

HX AY Hair Salon

The owner Andy, who speaks fluent English, is the best hairdresser in town for foreigners. 09:00-20:00.
A: 08-01, Wutong apartment, the junction of Zhujiang Dao and Jiulian Shan, Hexi District 河西区珠江道与九连山交口梧桐底商8号楼1门
T: +86 22 2374 1333

NK OPI Nail Salon OPI 美甲

Which girl doesn't like OPI? This salon is a right place to take care of your nails.
A: 3F, Joy city, Nanmen Wai Da Jie, Nankai District 南开区南门外大街大悦城北区3楼
T: +86 22 5810 0179

Spa & Massage**HD** Yue spa "悦" 水疗中心

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

NK ThaiFe Spa 泰菲SPA

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

NK Shan Ru SPA 善如美容SPA

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

Tattoo Studios**HP** Ink Tattoo 墨颜刺青

Owned by artist Zhang, the store is tiny but inviting and the workroom is fully equipped. 11:00-21:00.
A: No. 111, the junction of Shanxi Lu and Jinzhou Dao, Heping District 和平区山西路与锦州道交口111号
T: +86 22 2730 6615

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

A: Rm 302, Tianjin International Building, No. 75 Nanjing Rd, Heping District 和平区南京路75号天津国际大厦302室
T: +86 22 2331 6219/10/67
24Hr Emergency Line: +86 150 0221 9613
W: arrail-dental.com

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

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

RafflesMedical**HX** Raffles Medical Tianjin Clinic

A: 1F Apartment Building, 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



FYLA GOLF
International Golf Academy
飞乐国际高尔夫学院
A: Senao Golf Driving Range, Aoti Road, Nankai District, Tianjin
天津市南开区奥体道森奥高尔夫练习场
T: 18526437988



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

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



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

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

I Fitness Fuli Jinmenhu
爱动力健身游泳俱乐部 (open in June)
A: West area of Jiangwan Plaza, Fuli Jimenhu, Xiqing District
T: +86 22 2628 9999,
+86 22 8836 7567
天津市梅江富力津门湖江湾广场西区底商



Catering Solutions

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

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

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

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

Hotels



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



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



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



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



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



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

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



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



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



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

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



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



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

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

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



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



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



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

Hyatt Regency Jing Jin City Resort & Spa
天津新城凯悦酒店
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

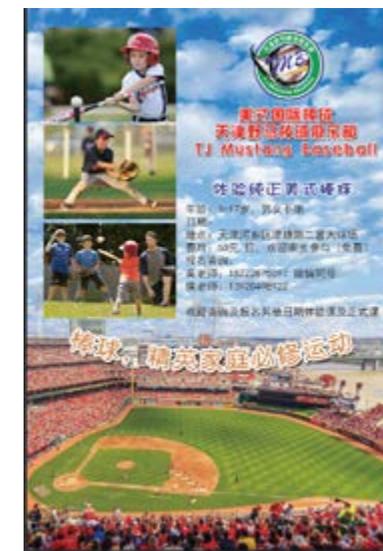
QX **KIDS'R'KIDS Learning Academy, Tianjin No.1**

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



HD **T. J Mustang Baseball Club 天津野马棒球俱乐部**

天津首家纯正美式棒球培训, 招生年龄 3-17岁青少年儿童, 男女不限, 同时举办棒球公司团建活动。教练员均为职业棒球运动员及专业教练。欢迎咨询体验课及正式课。棒球, 精英家庭必修运动!
A: Ergong Park, Jin Tang Road, Hedong District
天津河东区津塘路二宫大球场
T: +86 15222875097 吴老师
+86 13920498922 侯老师





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



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



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



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

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

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

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

Exhibition Centres

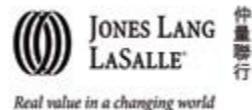
HX Tianjin International Exhibition Centre
天津国际会展中心
Located near Tianjin museum, this two-storey building is suitable for holding large-scale international and domestic exhibitions.
O: 09:00-17:00.
A: No. 32, Youyi Lu, Hexi District 河西区友谊路32号
T: +86 22 2801 2988

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



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



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



Bakeries



LE CROBAG - Teda Store
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街2-01
 (智选假日酒店北侧, 近迪卡侬)
T: +86 22 5999 9191, 189 2021 8583

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商舖
 (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 开发区发发街
T: +86 22 6621 6367

Hotels

★★★★★

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



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



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



Tianjin Goldin Metropolitan Polo Club
天津环亚国际马球会
 A luxury resort destination hotel with a prestigious members-only polo club, two international standard polo fields, a column-free Grand Ballroom and 10 restaurants and bars.
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

Binhai New Area Library
天津滨海新区文化中心图书馆
 Monday: 14:00-21:00; Tue-Sun: 10:00-21:00
A: No. 347 Xusheng Road, Binhai Central
 Business District
 滨海新区中心商务区旭升路347号
T: +86 22 6554 5678

TEDA Library 泰达图书馆
 09:00-21:00. Tue-Sun
A: No. 21, Hongda Jie, TEDA
 开发区宏达街21号
T: +86 22 2520 3100

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



Beijing International Bilingual School
Tianjin Campus
海嘉国际双语学校天津校区
A: No. 226, Mingsheng Rd.,
 Sino-Singapore Tianjin Eco-City, Tianjin
 天津市滨海新区中新生态城明盛路226号
T: +86 22 6713 9298
 185 2609 1709



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

Tianjin TEDA Maple Leaf International School
天津泰达枫叶国际学校
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

Exhibition Centres

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

Department Stores & Shopping Malls

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

Golf Clubs

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

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

Outdoor Clubs

Tianjin Freetrek Outdoor Sports Club
天津自由户外俱乐部
A: No. 1038, Jintang Gong Lu, Tanggu
 District
 塘沽区津塘公路1038号
T: +86 22 2582 9366



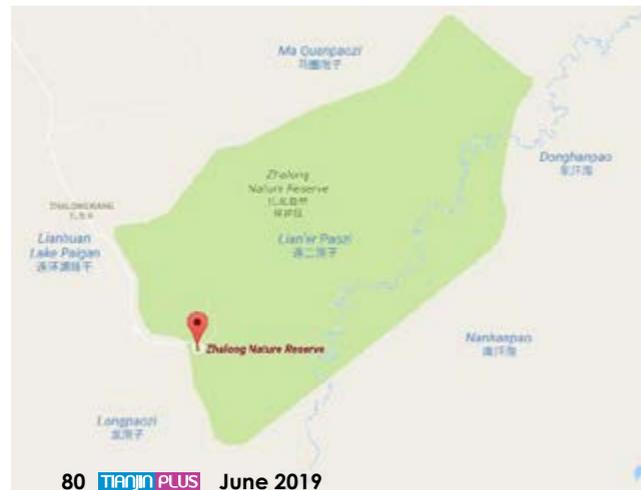
扎龙湿地 – 隐藏的景点

ZHALONG WETLANDS

THE HIDDEN SPOTS

By Nikita Jaeger

Zhalong National nature reserve covers around 2100 square kilometres, with tons of tourism options available, even during the cold winter seasons. Located in Northeastern China, this wetland is a haven for different endangered animals to breed. With such a vast increase in terms of biodiversity value, bird watching is the most auspicious tourism option one can enjoy at Zhalong Wetlands. There are many different hidden tourist spots, festivals and things to do around the Zhalong Wetlands; the following are very few of them.



CRANE WATCHING FESTIVAL

One of the relatively low profile celebratory events that happen every year in Zhalong National reserve is the crane watching festival. With snowy weather on board, the local people never hesitated to take part in this particular festival. The annual crane festival is known to be the largest of all the public activities that happen in and around Qihiharer in Northeast China. It starts precisely before the New Year's Eve and lasts till the end of the winter season.

THE CRANE RELEASE SHOW

The most highlighted part of this festival is the crane release show, which conducts during the morning session of every day. The reserve is well known for breeding and domesticating. Nearly three hundred cranes will be there for the crane release show. The cranes are entirely set free during the festival days, and they shall eventually return towards their nests in the upcoming days.

The weather stays stable around minus twenty degrees Celsius, and the release show happens in the icy lake area. The staff members are only allowed to open up the bird cages. Red-crowned cranes shall come out of these cages at the same time, and take off slowly. These and a half meter tall birds shall fly above, while the spectators cheer them up. Witnessing the birds flying out for the very first time shall be a memorable event to watch.

Cranes do come under a wary bird section, and watching them under the wild shall indeed be a fleeting moment. Only during these festive days, the visitors shall get a chance to have a closer look at the bird and their caretaking.



THE Natural Paradise GALAPAGOS

By Nikita Jaeger

自然天堂 加拉帕戈斯群岛

You might wonder the reason why the island is often synonymously called "the paradise on earth". Though a private island vacation may seem like a distant dream, it is really worth to add it to your bucket list destination. The Galapagos Islands are such a pick that might seem an expensive proposition, but it isn't. From vast landscapes to rare wildlife and Galapagos has everything to bring in that adrenaline rush.

Located in the Pacific Ocean, just about 600 miles off the coast of Ecuador, The Galapagos remained a virgin island for millions of years, as a wide range of wildlife found their way and thrived there. The estimated formation of the islands was approximately

around 5 million years ago following volcanic eruptions, which lead to the creation of a cluster of islands and several islets. In the late 1800s, humans started arriving on the islands, including explorers and pirates.

The most renowned among them was Charles Darwin, who spent around 19 days on the island to study flora and fauna, way back in 1835. The scenery of the Galapagos is quite rich with lush forests highlands, turquoise lagoons and some of the most beautiful beaches in the world. Let's explore the island in detail.

加拉帕戈斯群岛位于太平洋，被称为“地球上的天堂”，拥有辽阔壮美的风景和稀有的野生动物种群。查尔斯·达尔文曾于1835年在该岛上研究生物种群。

如何前往：
飞机价格较昂贵。大多航班从厄瓜多尔的基多或瓜亚基尔出发。

群岛上的景点：游客可在加拉帕戈斯群岛充分接近自然和享受野生动物。这里值得探索陆地和海洋生物，以及一些令人兴奋不已的岛上隐藏景点。

洛斯图内莱斯：伊莎贝拉岛的重要景点，以熔岩而闻名，外观类似隧道。

塞拉内格拉火山：南美洲最重要的地质构造和世界第二大火山口。

眼泪之墙：位于伊莎贝拉岛，是二战后关押囚犯的历史遗迹。

海狮岛：小巧而平坦的隐秘岛屿，适合浮潜和探索海洋生物。以海狮数量而闻名。

达尔文湾：位于热亚那岛，是鸟类爱好者的家园。

群岛的住宿和设施：请务必提前预定住宿，在机场附近有很多住宿选择。可根据预算和旅行需求，选择各种类型的酒店。岛上有很好的设施满足游客的需求。大部分酒店提供卫星网络和Wifi服务。



As these red-crowned cranes are known to be a symbol of positivity, luck, and fidelity to the local people, you being one, must never miss taking part in the festival.

ICE AND SNOW FESTIVAL

After seeing the gorgeous cranes flying around, you can stay nearby and get ready to witness yet another exciting festival, known as the Ice And Snow Festival. As the name says, the festival conducts during the winter season of every year. What makes this particular snow festival a unique one is the ice show that features more than hundreds of snow sculptures participation. These snow works are handmade, and it shall definitely amaze you. Also, never miss having fun at the castles and snow houses that are solely built for the spectators to enjoy their time around.

WORTH VISITING LAKES

Zhalong Nature Reserve has many lakes one can explore around. These lakes are mostly shallow, and you can watch large numbers of swans, storks, grebes, herons and other kinds of rare species. The lakes have been maintained

properly, and only a few visitors used to visit these lakes. Being a local, one must definitely explore the lake and observe the idle wandering of birds around the area. These lakes can further be explored extensively by taking a boat to ride.

HOW TO REACH

The Zhalong Nature Reserve is just a drive away from Qiqihar city. It's located thirty kilometres from Qiqihar city and has excellent road connectivities.

By private bus:

Regular bus services are available to Zhalong Nature Reserve from Qiqihar city. The buses usually depart from Zhanqian Dajie and Longsha Lu. They do wait around the parking lot in these two places, and it costs about ¥20 for a single person, and it takes nearly forty minutes to reach Zhalong Nature Reserve.

By public bus:

Taking the public bus is yet another way to reach the reserve. Bus number 306 starts its way towards Zhalong once in a while, and anyone can make a ride through them from RT Mart. After reaching Zhalong, you need to hire a local

taxi to enter the reserve area. If you are on a tight budget, then taking the public bus and then the local taxi shall be the best option.

CONCLUSION

With much being said, being a local, you must definitely spend some quality time to explore in and around the Zhalong Wetlands, as there are infinite options that you can opt to discover, any part of the year.

扎龙自然保护区位于中国东北，是各种濒危动物的聚集地。在全年的任何时段，扎龙湿地周围都会举行不同的节日活动，吸引着本地人和外地游客前来参观。

观鹤节：观鹤节是东北齐齐哈尔及周边城市一年一度规模盛大的公共活动。从新年前夜持续到冬季的尾声。

放生鹤：扎龙保护区以繁育和驯养鹤群而闻名。鹤在当地是一种积极、吉祥和忠诚的象征。在节日中，近300只鹤得到自由，回归巢穴，得到观众们热情的欢呼和祝福。

冰雪节：另一个令人期盼的节日是冰雪节。冰雪节举办数百个雪雕的独特冰展，均为手工制作而成，令人赞叹。城堡和雪屋也独具乐趣。

湖泊：扎龙保护区有大量湖泊，供当地人进行广泛的探险。湖泊得到妥善保护，大量的天鹅、鹤、苍鹭和其它珍稀动物栖息于此。

您可通过乘坐班车和巴士，由齐齐哈尔市抵达扎龙自然保护区。



HOW TO REACH THE ISLAND?

Once you decide to visit the Galapagos Islands, the next crucial question will be how to reach there. A trip to the Galapagos is pricey if you choose to fly, but a land-based journey can be less expensive. There are no direct international flights to the Galapagos islands. Most flights to the island depart from Quito or Guayaquil, Ecuador, and the journey is 1 hour 45 minutes and 1 hour respectively. Currently, 3 airlines, LAN, Tame and Avianca serve Galapagos. Flight services from the mainland serve two major airports, Cristobal and Isla Baltra in Santa Cruz. Tickets from the mainland to the island can cost around \$600.

Furthermore, it would be ideal to arrive in Ecuador at least 48 hours before your flight, as most of the flights are scheduled for early morning or late evening departure. The best way to reach Galapagos is by taking a flight service to Baltra Island and then have a ferry ride or a bus journey to Puerto Ayora, the most famous tourist hub on Santa Cruz island.

If you book a tour to the Galapagos, most don't include flight their packages, but we recommend you to book flights through the cruise company you consider choosing. Some companies might charge a fee for booking those internal flights, even if you book on your own, and they might have to pre-arrange group flight bookings.



INTERESTING PLACES TO VISIT

Galapagos Islands are where you can get close to nature and enjoy wildlife. Considered as one of the leading destinations in the world to view wildlife, the Galapagos is stunning and worth exploring both land and marine life. Here are some of the most exciting places and hidden destinations on the island you shouldn't miss.

Los Tuneles

Los Tuneles is one among the significant points of interest on the island of Isla Isabela. The area is famous for its lava formations, which appear like tunnels, and visitor enjoy viewing the local wildlife, taking a boat ride, snorkel and swim. You can reach Los Tuneles through a boat ride and view turtles, sea horses, Mata rays and even white-tipped sharks.

Sierra Negra Volcano

One of South America's most active geological formations and the world's second largest crater caldera, Sierra Negra Volcano, is a must-see place. Often draped in mist and fog, the south side of the volcano is abundant with vegetation. The north side features the path of the new lava flow. Access to this location is only possible through an overnight stay at Sierra Negra Volcano and a trekking programme to the ethereal lava landscape.



Wall of Tears

Situated on Isabela island, the Wall of Tears is a popular historical site created by the prisoner held in the penal colony of the island after World War II. To keep the prisoners busy, the US military guards build a 65-foot high wall, which now stands tall as a testament for those who hauled and sculpted volcanic rocks in the hot climate. While traversing the main road, keep an eye open for the giant tortoises.

Isla Lobos

If snorkelling is your area of interest, never miss this small flat hidden island, called Isla Lobos. The white sand beaches, calm blue waters, and rocky shore make it ideal for exploring marine life. While it is popular for its sea lion population, the islands are also home to brown pelicans, blue-footed boobies and Darwin finches.

Darwin Bay

Darwin bay at Genovese Island is a bird lover delight, as these places are where you can view the most iconic and different coloured birds. From unique hued boobies to magnificent Frigate birds and sharp beak grounded finches, they are an exciting experience to watch here.

Where to stay?

Finding suitable accommodation at Galapagos will be a tricky issue, if you don't make a booking. The islands face acute shortage of accommodation due to the strict environmental policies. No hotels can have more than 35 rooms and those hotels, which won't comply with the environmental, tourism and social standards, will have a tough time to operate their business. Therefore, if you are planning a trip to the Galapagos Islands, make a booking. You can find many decent accommodations near and around the airport.



How to select the best accommodation?

You can find a large variety of hotels to select, depending on your budget and travel requirements. Since Galapagos is a cluster of islands, it would be better to choose the hotel near the place which you are planning to visit. You can also find many free travel advisory services, which offer the best accommodations depending on your tour plans.

Facilities

Though Galapagos is far away from the mainland, the island has an excellent infrastructure to meet the requirements of tourists. You can find air-conditioned hotels and also cheap accommodation with electric fans. Most upscale hotels are far from the town and offer transport services for the hotel guests.

Conclusion

The slow ambling Giant Tortoise, the grunting sea lions, and swift marine iguanas call the Galapagos their home. The island was so remote that the animals evolved without fear of human intervention. Active volcanos, idyllic beaches, remote wildlife, and unique marine life make the Galapagos strikingly different. Whatever pursuits pique your curiosity, just make sure to explore the unspoiled landscape, picturesque scenery and magnificent wildlife to its fullest.





Alan Ray
Fenghuang Riverview at night

June 1st
Prize
一等奖



Ornato Antunes
Colorful Glass

2nd Prize
二等奖



Terry Morrow
Road to Tianmen Mountain

3rd Prize
三等奖

BEST PHOTOS of 2019 2019 最佳照片

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



Follow us



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



NASCA LINIEN 纳斯喀餐厅

"Tomahawk steak is so delicious that I fall in love with it."

—The evaluation from the diners of Nasca Private Space



Nasca Private Space, 113 Chongqing Road, Heping District, Tianjin

Gas

Everyone should have a safe haven of their own. Many people have chosen the gas music pub for himself. It's not like a noisy bar, but you can disco dance when you're happy. It's not like a silence bar, but it will cheer up you when you're sad. For many people, it is more like a home.

Gas Music Pub



Gas Music Pub, 7F of M-plaza, Binjiang Road, Heping District, Tianjin





R
RENAISSANCE®
TIANJIN LAKEVIEW HOTEL
万丽天津宾馆

MOUNTAIN'S GIFT -- A STEP INTO FRESH

Summer begins, all kinds of mushroom just break through the ground. The freshest smell of mushrooms spreaded around the air.

15 May – 25 July, New Dynasty presents seasonal limited a la carte menu, taste the earthy flavors of the mountain in every bite of mushroom.

Scan the QR code for more information
16 Binshui Road, Hexi District, Tianjin China 300061
Tel: 022 5822 3110/3111

