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SWATCHES



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周五及周六
17:00-21:00
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Prize
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Daniel Sharp
Guangxi Landscape



2nd Prize
二等奖

Rene Gilbert
Snow in Hangzhou



Ornato Antunes
Tianjin Bridge

3rd Prize
三等奖

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- 1st Prize Winner: One hour class of Golf with Foreign Coach
- 2nd Prize Winner: Restaurant Voucher
- 3rd Prize Winner: Bakery Store Voucher





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Hi Friends,

Most of the roads in Tianjin have a cycle lane, some form part of the highway, others are separated from the motor vehicles. Bicycling is certainly a great way to see the attractions of this city. You can cycle past the canals of Tianjin, pedal your way across the bridges that cross the rivers or push your cycle through the markets or while visiting the Italian styled area of the city. This month issue of Tianjin Plus, you can find some advices and routes of how you could spend a day or weekend visiting Tianjin and exploring the city by bicycle.

Visiting Tianjin from Beijing is like a completely different change of scenery, where Tianjin's historical past as a former foreign concessions port has left behind several styles of European architecture, some delicious styles of food, all in a relaxing atmosphere, much different to its near neighbour, in the bustling nation's capital city of Beijing.

If you are on the hunt for hotels that pierce the white bottom of clouds, hotels that stand at incredible heights, we recommend you to read our feature story and get to know the hotels that allow you to have a bird's eye view of beautiful cities and water bodies, even if it is just for a fleeting moment.

Beijing Roast Duck is the signature dish of Shang Palace Chinese Restaurant, which is not only popular, but a gratifyingly top-hole menu for diners. In the Peking Duck Gala Dinner held on June 8th at Shangri-La Hotel, Tianjin, Peking Duck Maestro Chef, Yuan Chao Ying, graced the event with his best-mastered skill of preparing the roast duck. This dinner of six-course and five wines set made the gala a spectacular event.

Pan Pacific Tianjin hotel brings authentic regional flavours at its best, and we introduce in this issue the experience of their renowned chefs, **Chef Narong Kuakoon** and **Chef Wong Chong Foo**, who are busy cooking your favourite dishes from Thai foods to Malaysian cuisine.

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

Best wishes,
Sandy Moore

Managing Editor | Tianjin Plus Magazine



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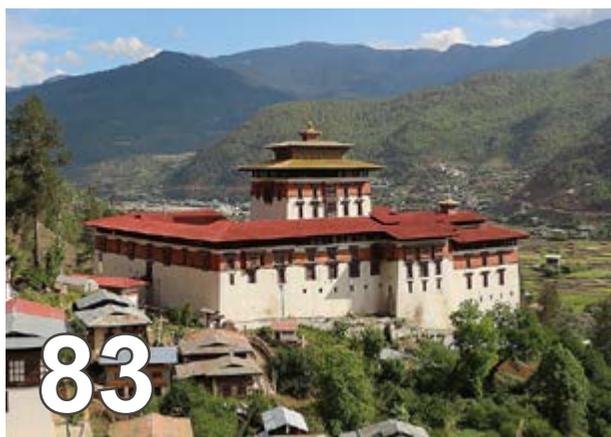
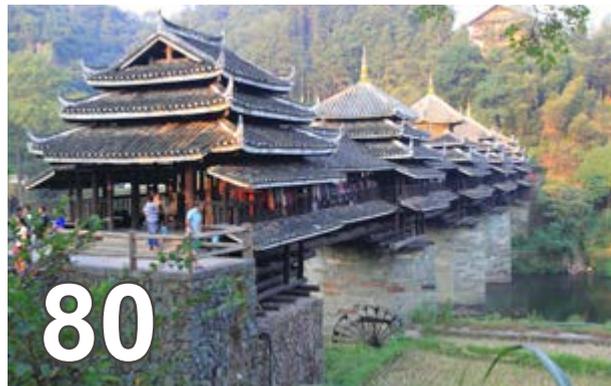
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02 Tue

BBC SYMPHONY ORCHESTRA
英国BBC交响乐团音乐会

Date: Tue, July 2nd
Time: 19:30
Price: 580,780,980,1180
Venue: Concert Hall,
Tianjin Grand Theatre
天津大剧院音乐厅



At the heart of British music for over 80 years, the BBC Symphony Orchestra performs an exciting, distinctive and wide-ranging season of concerts at the Barbican in its role as Associate Orchestra, offering everything from works at the heart of classical music to world premieres from today's finest composers.

03 Wed

CINDERELLA BY RUSSIAN FAR EASTERN NATIONAL CHILDREN'S BALLET
**俄罗斯远东少儿芭蕾舞团
经典芭蕾舞剧《灰姑娘》**

Date: Wed, July 3rd
Time: 19:30
Price: 80,120,180,280,380,
300(180x2),400(280x2),600(380x2)
Venue: Jinwan Grand Theatre
天津津湾大剧院



05 Fri

MÈLA GUITAR QUARTET
英国梅拉吉他四重奏音乐会

Date: Fri, July 5th
Time: 19:30
Price: 280,380,580,680
Venue: Concert Hall,
Tianjin Grand Theatre
天津大剧院音乐厅



The Mèla guitar quartet brings together four exceptional guitarists who play with an "exalted level of perfection".

Since being International Guitar Foundation young artists in 2015, they have gone on to release a CD of the guitar chamber works of Stephen Dodgson with NAXOS in 2017 and are Park Lane Group young artists for the 2018/19 season.

Known for their "benchmark performances", the Mèla guitar quartet's "musicianship makes you forget that you are listening to four guitars and carries you to a different sound world", their playing "shines, shimmers with sparkling clarity, what's more, they play from memory and make pieces their own; wonderful music making!"

They have performed in venues such as St. James' Church, Piccadilly; Kings Place, Hall one; Milton Court, Barbican; International Anthony Burgess Foundation, Manchester and Jimi Hendrix's bedroom, at Handel and Hendrix in London.

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07 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. Its 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《干与干寻》

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.



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》

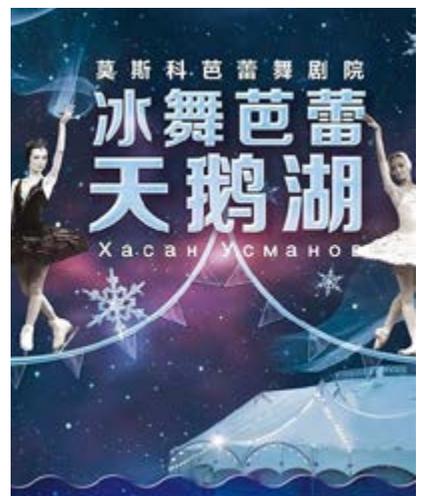
Date: Sun, July 14th

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.

It is the compelling legend of a tragic romance in which a princess, Odette, is turned into a swan by an evil curse. Prince Siegfried chances upon a flock of swans while out hunting. When one of the swans turns into a beautiful young woman he is instantly captivated – will his love prove strong enough to break the evil spell that she is under?

Calendar 2019 July-August

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

20-21 Sut-Sun

BRAZILIAN PUPPET CHILDREN'S DRAMA: JOURNEY TO THE CENTRE OF THE EARTH
巴西木偶儿童剧《地心历险记》

Date: Sat, Sun, July 20-21st
Time: 10:30, 16:30
Price: 80/120/150/180
Venue: Multifunctional Hall,
Tianjin Grand Theatre
天津大剧院 多功能厅



An eccentric professor, a faithful nephew and their fearless guide embark upon a fantastic journey of peril and wonder, through the mouth of an Icelandic volcano and down into the unexplored regions deep below our feet... Encountering mysteries, monsters and even giant mushrooms along the way, these explorers will need all their strength and ingenuity to find a way home again and into the history books!

Journey to the Centre of the Earth is a fantastic adventure story with a human heart, which teaches us to never lose sight of our child-like curiosity, to always look to the future and that at the end of the day, we are all who we are because of the journeys we have taken.

26 Fri

A. BEDENKO & ALMA QUARTET
单簧管家贝登科与艾尔玛
弦乐四重奏音乐会

Date: Fri, July 26th
Time: 19:30
Price: 80/120/150/180
Venue: Concert Hall,
Tianjin Grand Theatre
天津大剧院音乐厅



Alma Quartet was formed in 2014 and quickly gained reputation as one of the most thrilling ensembles in Holland. Their debut album: Schulhoff Complete String Quartets has received stellar international praise. The Gramophone claimed "this set shoots straight to the top" and also admired the quartet for being "capable of the most seductive playing". The album was chosen for the 2017 Preis der deutschen Schallplattenkritik 'Bestenliste' and was also featured on several German national radio stations including Deutschlandfunk and SWR2, the latter hailing Alma's Schulhoff cycle as the "new reference recording".

02-04 Fri-Sun

MUSICALS: ONMYOJI
音乐剧《阴阳师》
大江山之章天津站

Date: Fri-Sun, Aug 2-4th
Time: 19:30
Price: 180,380,580,780,980,1280
Venue: Opera House,
Tianjin Grand Theatre
天津大剧院 歌剧厅



July SPECIAL DAYS

5

WORKAHOLICS DAY

15

WORLD YOUTH SKILLS DAY

21

JUNK FOOD DAY

30

INTERNATIONAL DAY OF FRIENDSHIP

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

09 Fri

THE BRITISH CHORAL GROUP VOCES8 CONCERT 英伦天籁八人组合—VOCES8

Date: Fri, Aug 9th
Time: 19:30
Price: 80/120/150/180
Venue: Concert Hall,
Tianjin Grand Theatre
天津大剧院音乐厅



Formed by former Westminster Abbey choristers, the British octet performs works ranging from Renaissance polyphony to modern jazz and pop arrangements.

Touring extensively throughout Europe, North America and Asia, VOCES8 has performed at prominent venues, such as London's Wigmore Hall, St. Petersburg's Mariinsky Theatre Concert Hall, Tel Aviv Opera House, and Shanghai Concert Hall. The ensemble has also appeared with the Philharmonia and London Philharmonic orchestras. Formed in 2005, VOCES8 has a diverse repertoire ranging from early English and European Renaissance choral works to their own arrangements. They came up with the name on route to a competition.

10-11 Sat-Sun

2019 INTERNATIONAL CLOWN CARNIVAL

“2019国际滑稽大师疯狂小丑嘉年华”全新升级版-天津

Date: Sat, Sun, Aug 10-11th
Time: 19:30; 10:30
Price: 80,120,180, 280, 380, 200 (120x2), 300(120x3), 300(180x2), 450(180x3), 400(280x2), 600(280x3), 600(380x2), 900(380x3)
Venue: Jinwan Grand Theatre
天津津湾大剧院



August

SPECIAL DAYS



CHINESE VALENTINE'S DAY OR QIXI FESTIVAL



INTERNATIONAL YOUTH DAY



WOMEN'S EQUALITY DAY



13 Tue

ASIAN YOUTH ORCHESTRA CONCERT 亚洲青年管弦乐团音乐会

Date: Tue, Aug 13th
Time: 19:30
Price: 80/120/150/180
Venue: Concert Hall,
Tianjin Grand Theatre
天津大剧院音乐厅



The 110 members of the Asian Youth Orchestra (AYO) are among the finest young musicians in China, Indonesia, Japan, Korea, Malaysia, the Philippines, Singapore, Thailand and Vietnam. Chosen through highly competitive auditions held throughout the region, they are together for six weeks each summer, initially for a three-week Rehearsal Camp in Hong Kong, then for a three-week international concert tour with celebrated conductors and solo artists.

Since its inaugural performances in 1990, the award-winning Orchestra has played some 395 concerts in Asia, Europe, the U.S. and Australia to more than one million concertgoers. Millions more have seen and heard the orchestra around the world on CNN, CNBC, NHK and Radio and Television Hong Kong.

SHANGRI-LA HOTEL, TIANJIN

Pizza Acrobatics World Champion Pasqualino Barbasso

Cafe Yun welcomes Chef Pasqualino Barbasso, two-time World Champion of Pizza Acrobatics, to delight diners during lunch and dinner from 26 to 31 July, 2019. A skillful artisan of acrobatic pizza-making, Pasqualino Barbasso's goal is to create delicious freshly-made pizza. He will wow diners with a fun gourmet experience combining his dough-spinning acrobatics and authentic Italian traditions. Pasqualino began his career in his family's Pizzeria, Il Falco Azzuro, in Cammarata, in the Sicilian province of Agrigento, where he still works when he's not travelling. He underwent formal pizza-making training only at a later stage, because, as he puts it, "the profession of high quality Italian pizza-making is something that one cannot learn only in an empirical way." In 1998 he won the Sicily's Acrobatic Pizza championship. By 2001 he was World Champion, a title that he won in 2002 for a second time. Since then he has made dozens of appearances in Italian restaurants and pizzerias around the world.



Date: From 26th to 31st July, 2019



Time: During lunch and dinner time

Venue: Cafe Yun, Shangri-La Hotel, Tianjin



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

FOUR SEASONS HOTEL TIANJIN

South of France Themed Afternoon Tea

With bright sunshine and beautiful natural scenery in summer, lavender fields in Provence and plenty of lesser-known towns that offer a slower pace of life than their jet-set neighbours, there are many charms beyond the clichés in the South of France. Four Seasons Hotel Tianjin introduces the new "South of France" Themed Afternoon Tea at La Sala Lobby Lounge.

Designed by the Hotel's talented Executive Pastry Chef, Christy Tse, the refreshing and delectable "South of France" Afternoon Tea features an exquisite set of sweet and savoury desserts, including Almond Bavaois, Hazelnut Lemon Éclair, Honey Nuts Lavender Mousse, Choux au Salmon and more pairing with handmade coffee or tea.



At the same time, La Sala presents four kinds of similar themed special cold drinks, including Rose or Osmanthus Ice Milk Tea, Peach or Grape Soda Ice Coffee, to make the hot summer more bearable for guest.



Price: RMB 378+15% for two

Date: Valid from 1st of June until 28th of July, 2019



Price: RMB 55+15% per glass

Date: Valid from 1st of June until 28th of July, 2019



For more details of the above news, you can contact Four Seasons Hotel in Tianjin at + 86 22 2716 6261 / 6187.

HYATT REGENCY TIANJIN EAST

Healthy Menu at Fitness Centre

Treat yourself to a delectable and nutritious light bite accompanied by a revitalizing fresh juice prepared by our executive chef and professional fitness coach. Enjoy the lighter side of life at Hyatt Regency to fill you with energy and healthy positivity.



Price: RMB88 net/ Healthy Salads, RMB88 net/ Healthy Sandwiches, RMB48 net/ Healthy Drinks
Venue: Club at the Hyatt and Fitness Centre offer applies

RMB128 net/ Discount Package (Choose one healthy drink and any healthy salad or sandwich)



For more information or reservations, please call +86 22 2466 7251.



THE ST. REGIS TIANJIN

Enjoy exclusive TWG TEA afternoon tea experience

Marriott international group, a luxury hotel brand (St. Regis Hotels & Resorts) in greater China launched exclusive custom St Regis Blended Tea by the world famous tea brand TWG TEA, inspired by afternoon tea ritual and interprets the deep interpretation of The St. Regis tradition, aim to providing elegant afternoon tea experience for guests.

In order to create the unique taste of St. Regis blended tea, St. Regis hotels in various cities combined with local ingredients and created afternoon tea reflecting the unique local flavour by dessert masters. The St. Regis Tianjin combines the local cuisine recipe with the creation of dessert master to create a brand new afternoon tea full of unique flavour of Tianjin. The creative pastry team selects a series of colourful and refreshing elements in summer, including strawberry, blueberry, raspberry, mint, etc., which cleverly combines the special delicacies of Tianjin -- chestnut and fried dough twist. Together, you are invited to enjoy a pleasant afternoon by the beautiful Haihe River.



Price: RMB468 per set

Time: 2:30pm-5pm

Date: Until August 31st

Venue: The St. Regis Bar of the St. Regis Tianjin



For more details, please call +86 22 5830 9958.

RENAISSANCE TIANJIN LAKEVIEW HOTEL

Brazilian Gourmet Festival

Cross the distance of more than 18000 kilometres, Renaissance Tianjin Lakeview Hotel brings you the authentic Brazilian flavour, which is presented by the guest chef from Brazil-- Sousa!

You will enjoy an excellent culinary experience featuring carving station, samba dance and football show and countless choices of fiery dishes, such as Churrasco, shrimp stew with coconut and stewed black beans with pork.



Price: Brazilian Gourmet Festival is RMB 498/person

Special offer: buy 2 get 1 for free, buy 5 get 3 for free, buy 10 get 8 for free!

Date: From June 28th to July 12th

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



For more details, please call +86 22 5822 3160/3161.

CHINA WORLD SUMMIT WING, BEIJING

New Dishes at The Red Chamber

The Red Chamber at China World Summit Wing, Beijing, has launched an updated menu featuring a tempting array of dishes from across China, including Sichuan cuisine, Huaiyang cuisine, and Cantonese cuisine. Head chef, Zhou Xuyu, has drawn on his more than 20 years of experience to bring together techniques, flavours, and ingredients from all over the country. For example, his Three Cups Cod brings together a traditional Cantonese-style sauce with tender, boneless fish. The dish served in a clay pot, has a heady, savoury fragrance that will enchant the whole table when served. Equally complex in flavour is the Huaiyang-style Red-braised Pork with Quail's Eggs. After long, slow cooking in the soy-based sauce, the protein-rich quail's eggs take on a delightfully springy texture.



Venue: the 4th floor, China World Summit Wing, Beijing, 1 JianguomenWaidajie, Chaoyang District, Beijing



For enquiries and reservations, call +86 10 8571 6459 or email fbreservations.csw@shangri-la.com. Follow the hotel's WeChat account at "bjcsw" for the latest offers and promotions.





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久负盛名的北京烤鸭

烤鸭自从明代开始引入北京。今天，鲜嫩、香脆的烤鸭卷在薄饼中，成为一道久负盛名的名菜。

传统的北京烤鸭，以北京白毛填鸭为佳。香宫烤鸭选用优品填鸭，保证鸭肉的品质。烤鸭在入烤炉之前要经过充气、掏膛、洗膛、支撑、挂钩、烫皮、打糖、控水、入库冷冻排酸、晾皮、再打糖、灌汤等十几道工序。进烤炉后还有烤刀口、燎裆、转体等技术动作，每个步骤都不允许有闪失。

袁超英是天津香格里拉大酒店的“烤鸭总教练”，凭借炉火纯青的烤鸭烹饪技艺广受赞誉，在保持中餐精髓的同时推陈出新，曾多次前往日本、德国、菲律宾和香港等地进行餐饮文化交流。在6月8日天津香格里拉大酒店的晚宴上，袁大厨以其精湛的烤鸭制作作为此次晚宴增光添彩。

北京烤鸭需配备黄瓜条、甜豆酱等配料一同享用。品尝北京烤鸭会带给您独一无二的皇室感觉！北京烤鸭是光荣的，被载入史册的历史遗产。

By Audrey Wang

Back in the Yuan dynasty, the recipe of a royal dietary physician named Hu Shui was recorded in a cookbook, where the duck is put inside the sheep's stomach while being roasted. When the imperial court of the first capital moved to Beijing in the Ming dynasty, this recipe was brought along and became a fundamental dish of the royalties. This tender, roasted to perfection duck meat with crispy skin wrapped in a crepe is a mouthwatering, palatable, and flavoursome dish no one can ever resist!

Today, Peking duck remains to be a certified great dish of all time. The extensive and lengthy preparation is enough to describe

why choosing only the best ducks is important. It goes through the whole process of raising the duck from a free-range environment, and once it reached 65 days, it is ready for slaughter. The cleaning process includes plucking, gutting, washing, and boiling before pumping the air under the skin and hung to dry. Then it will be seasoned and put with a malted syrup coating, which makes the extra skin crispy and gives its skin a vibrant colour. In Beijing, the famous **Bianyifang Restaurant** cooks the duck by the closed oven method where it gets roasted by the heat radiating from the walls of the oven. On the other hand, the prestigious **Quanjude Restaurant** hangs



the duck from a hook attached to the ceiling and gets roasted over burning wood.

Beijing Roast Duck is the signature dish of Shang Palace Chinese Restaurant, which is not only popular, but a gratifyingly top-hole menu for diners. In the Peking Duck Gala Dinner held on June 8th at Shangri-La Hotel, Tianjin, Peking Duck Maestro Chef, Yuan Chao Ying, graced the event with his best-mastered skill of preparing the roast duck. This dinner of six-course and five wines set made the gala a spectacular event.

Chef Yuan specializes in traditional Peking duck roasting. The two notable ways of cooking it are "**Men lu 焖炉**" (cooked in the close oven), and "**Gua Lu 挂炉**" (cooked in open oven or hanging furnace). Men lu has been going on for 603 years to date, while Gua lu is now on its 155th year. The Peking duck that he serves in Shangri-La Hotel Tianjin is premium, since they only choose special ducks that weigh around 4.5 to 5 kilograms. The meticulous process of preparing it is fault-free. Otherwise, the duck will not taste perfect. If it gets over roasted or still bleeding, even the best cutting skill won't cover up the flaw.

In his desire to carry forward the Peking roast duck tradition, Chef Yuan innovates, while keeping the essence of traditional Chinese cuisine. In fact, he is renowned as the Peking Duck Master. In 2015, when he visited Shangri-La Manila in the Philippines, the Filipinos were amazed and agreed that he is certainly not called a Peking Duck Maestro for nothing. His decades of training have proven he knows his Peking duck very well! His contribution in the world of fine dining has been highly recognized even in other countries, such as Japan and Germany.

The Peking Duck serving will not be complete without the side dishes like chūn bǐng, spring onions, cucumber sticks, and sweet bean sauce. While you savour the goodness of the meat, you will surely feel how it's like to be royalty! No wonder the imperial families of the old eras have embraced it with enthusiasm and warmth. Up to now, this menu is still as unique as it has become known for. Its glory has created a legacy that can never go out of mind and will never be forgotten in history.

International SPORTS CLUBS

By Jordan Snyder

THE ELITE SQUASH ACADEMY

If you are looking for a new activity to fill some of your free time each weekend, then you might want to pop along to the Elite Squash Academy. They meet up every Sunday at 10am for three hours and welcome new members anytime. Squash is a sport that is slowly gaining in popularity in China. However, a lack of Squash courts makes the sports expansion a slow and somewhat difficult task. You can join the recreational classes, network with others and have fun learning a new hobby. Weekly meetings and games take place at the Hilton Beijing, 1 Dongfang Lu, Dongsanhuan Beilu, Chaoyang District

朝阳区东三环北路东方路1号

Each session costs just 75 yuan per person.



北京拥有多个国际体育俱乐部，提供室内外广泛的运动和活
动，欢迎居住在北京的来自世界各地的人们参加，以丰富生
活和促进健康。下面介绍几个您可能感兴趣的北京国际体育
俱乐部：

精英壁球学院：壁球在中国正逐渐变得流行。您可以参加每
周日上午10时开始持续3小时的休闲课程，并与同伴进行交
流，享受学习一项新运动的乐趣。

紫禁城足球俱乐部：您可加入紫禁城足球俱乐部的训练课
程，参加北京业余足球联赛或5人制足球比赛。训练时间为
每周三晚8点至10点。在非训练时间也可与同伴享受社交生
活的乐趣。

Beijing has a number of International Sports Clubs located across the city, a wide range of sports and activities to keep you fit and active, both indoor and outdoor. Most of these sports clubs welcome new members or visitors from across the world and now living in Beijing. With one or two exceptions, any level of ability is accepted, where participating and having fun are more important than winning. Here is a list of some of the international sports clubs in Beijing that you might want to pay a visit to.

北京国际羽毛球俱乐部：您需要支付一定费用用以租用
羽毛球场和使用相关运动器材。预约须提前24小时。每
次训练大约有十余名成员参加。您需要购买保险，并保
持良好的体能状况。

北京拳击馆：每周五晚8点在三里屯SOHO举办免费公开
拳击和训练课程，您可免费参加。健身拳击类包括通过拳击
方式来锻炼身体和保持身材；技术拳击课程着重于提高拳击
比赛所应用的技巧。

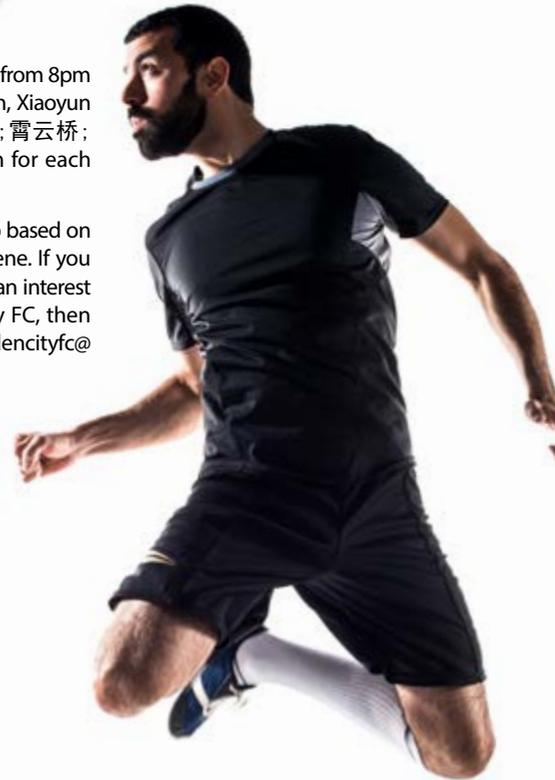
PartyFit舞蹈训练：每周三晚7点或周六上午10点举行一
小时的舞蹈锻炼课程，设计目的是让参加的人们享受乐趣、参
与社交并开怀大笑。您将参与拉丁舞、健身操、蹲起和弓箭
步等训练。

Forbidden City Football Club - Training

If you want to play football (soccer) during your time in Beijing, then you should go along to one of the training sessions held at the Forbidden City FC. They have two teams that play in the 11 a-side IFFC, the top amateur league in Beijing. They also have a 5 a-side team that plays in the CIFL 5's league, if you prefer the faster paced game played on a smaller pitch. Each of the teams that represent Forbidden City FC play football to a good level and are regularly seen as one of the leading challengers for trophies within the divisions they participate in.

Training is held every Wednesday, from 8pm until 10pm at Lido Sidé Gōngyuán, Xiaoyun Qiao, Fāngyuán Xilù 四德公园; 霄云桥; 芳园西路6号 and costs 30 yuan for each training session.

When not training, they are a club based on having fun with a lively social scene. If you would like to go training or have an interest in playing for the Forbidden City FC, then you can contact them at: forbiddencityfc@yahoo.com



Beijing International Badminton Club

The Beijing International Badminton Club or BIBC is a non-profit organization that requires its members to contribute towards the expense of playing and enjoying badminton. The fee for each session is 80 yuan per person. This fee is purely to cover the cost of renting the number of badminton courts required and the use of shuttlecocks. Anyone wishing to attend is required to book their space at least 24 hours in advance. BIBC organizes four badminton sessions each week on Monday and Sunday evenings, in addition to Wednesday and Friday mornings.

The BIBC meets at the Xiaoweji Recreation Centre, which is located close to the 4th East Ring Road. This centre is not within walking distance of a subway station, so transport is available from Dawanglu Station, exit E on Line 14. Contact WeChat ID: 18301069591 for more details. You can also contact club

organizers through:

<https://www.meetup.com/beijingIntelbadmintonclub/>

There are about a dozen regular members that turn up for every session with others attending periodically. You will need to provide your own insurance against injury and play at your own risk. You are required to be in a good physical condition as badminton can be an intense demanding sport. Before each session we undertake an intense session of warm up exercises prior to beginning a game.





BOXING AND SPARRING

On Friday evenings from 8pm, Champion Boxing hosts free open sparring and training classes. These one hour sessions are free to anyone who wishes to attend. You are invited to come along to the boxing gym in Sanlitun SOHO, step into the ring for some sparring practice or to hit some heavy punch bags or just to use the gym for an hour's personal training. For more information add on WeChat: championboxing or go to www.championboxingbeijing.com

The membership rates are very reasonable; a free trial class costs you nothing, but your time. A Drop-in class costs 150 yuan and a block of ten classes costs 1200 yuan.

There are a number of classes available:

- Fitness Boxing is working out and getting into shape through the use of the tried and tested methods of boxing. You will be punching bags, punching hand pads and take exercise sessions, including push ups, squats and ab work.
- The technical boxing classes are focused on sharpening your techniques required when boxing. You will learn how to hone your defensive and offensive techniques in a safe and controlled environment, fully supervised by an expert coach. Sparring classes are where students practice full contact boxing under the guidance of a coach.



THE ULTIMATE DANCE WORKOUT

PartyFit is the ultimate hour long dance workout session that is designed to be fun, social and make you laugh. It is designed to bring people together to enjoy the choreography of Latin dance, aerobics, and squats and lunges, so you will be sweating while every muscle in your body is fully engaged along with your pumping heart. During one of our sessions you can forget all your worries, sing along and you need no dance experience to feel right at home here. The benefits of a total workout combine cardio with

muscle conditioning, while improving your balance and flexibility, all completed with a smile on your face.

These sessions take place on Wednesday evenings at 7pm or Saturday mornings from 10.30am on the 4th floor of Destination Club, located at 7 Gongti West Road and cost 100 yuan.

Contact WeChat: AJSONG520 (Please Note PartyFit when you add) or Email: ajsong1987@gmail.com for more information about these dance classes.



KILL TWO BIRDS WITH ONE STONE

一箭双雕

By May Clay

"Alright, class. As you know, our library has a new program to attract more young readers in our school. We welcome all volunteers to help and we have something exciting especially planned for you, eighth graders. Those who are interested, please approach our librarian, Ms Davis, after class."

"Mikey, do you want to join me volunteer at the library?"

"You are out of your mind, Max! Why would you spend your time helping in some enrichment programs? Don't you want to hang out and play basketball instead?"

Mikey and Max have been the best friends since they were five, nonetheless, they are total opposites of each other. Max is studious and hardworking, while Mikey is artistic and easy going.

"You know I love basketball more than anything! And you know that you are my best bud, Mikey! But...you also know how my parents have been putting pressure on me to build up my university application."

"What are you talking about? Your grades are twice higher than mine!"

"A little extra work never hurts—besides, I heard the new girl also volunteered—"

"Do you mean Alexis? Oh, you are brilliant, Max! Killing two birds with one stone!"

Of course, Max is not a brutal boy! He didn't really kill birds, nor did he throw stones. We use the phrase "kill two birds with one stone" when someone achieves two things with one action. As Max does, he not only gets to earn extracurricular points by volunteering, but he is also going to grab this chance to talk to the new student whom he is interested in.

Do you kill two birds with one stone? Say when you work out and listen to audiobooks at the same time? Or if you replace your office chair with a yoga ball, you can get rid of any back pain and focus better at work! There are a few idioms in Chinese that mean the same: 一石二鸟 yīshí'èrniǎo, 一举两得 yījǔliǎngdé, and 一箭双雕 yījiànshuāngdiāo.



CYCLING

In and Around

TIANJIN

骑行在天津

Visiting Tianjin from Beijing is like a completely different change of scenery, where Tianjin's historical past as a former foreign concessions port has left behind several styles of European architecture, some delicious styles of food, all in a relaxing atmosphere, much different to its near neighbour, in the bustling nation's capital city of Beijing.

Our coastal city of Tianjin with a population of over 15.6 million is within easy reach of Beijing. There are almost 200 trains from Beijing to Tianjin every day with the quickest journeys taking just 30 minutes and costing 54.5 RMB for a second class ticket. Once you arrive in the city, it is an ideal location due to it being relatively flat for cycling.

Most of the roads in this modern city have a cycle lane, some form part of the highway, others are separated from the motor vehicles. Bicycling is certainly a great way to see the attractions of this city. You can cycle past the canals of Tianjin, pedal your way across the bridges that cross the rivers or push your cycle through the markets or while visiting the Italian styled area of the city. You can even get your photo taken in front of the statue of Marco Polo.

Here are some advices and routes of how you could spend a day or weekend visiting Tianjin and exploring the city by bicycle.

COMING TO RIDE TO TIANJIN

The fast express trains start departing every morning from 6am from Beijing Railway Station and later from the Beijing South Station. Most trains go directly to the city centre station of Tianjin, although some go to Tianjin West Station and others to Tianjin South Station. The city centre station is better option.

Thirty minutes after departing from Beijing you will find yourself exiting the station and in the Bund Park. It is surrounded by towering skyscrapers and old fashioned buildings styled with European architecture. Across the river you may also want to visit the French Concession area, and just 10 minutes-walk beside train station main exit you will find the Italian Concession area.

CHECKING INTO YOUR HOTEL

If you are staying over-night, you will want to leave your bag at your hotel before you collect your bicycle. There are several hotels to choose from in this area to suit all budgets. Shangri-La Hotel, Tianjin is one of the most convenient and elegant hotels, located at the riverside with an impressive view of the city, and a double room will cost in excess of 1000 RMB per night.

BICYCLE CLUBS IN TIANJIN

BTAC (Biking Tianjin Adventurer Club) is a group of biking fans in Tianjin, who enjoy exploring Tianjin and surrounds during weekends (usually start on Saturday 6:30am). They choose every time a different route and destination, and they discover new places and get new amazing experiences.

You can see below some pictures of their recent routes. They were running around the whole municipality of Tianjin, and some of them are very far from the city centre.



Biking Tianjin Adventurer Club

📍 • Tianjin, Tianjin • Invite-Only

Biking Tianjin Adventurer Club (BTAC), Weekend social road biking group who enjoy exploring Tianjin and surrounds. Send us a note and join us for a ride in Tianjin!



BTAC Biking Club [Photos courtesy of Jason Stinson]



BTAC Biking Club Photos [Photos courtesy of Jason Stinson]



BTAC Biking Club Routes done recently around Tianjin along the river Haihe, Binhai and Baodi [Photos courtesy of Jason Stinson]

Cover Story

Giant, Trek and Specialized all have rider groups in Tianjin, but mainly Chinese speaking only.

BICYCLE SHOPS IN TIANJIN

There are many good and professional bicycle shops in Tianjin.

GIANT has a very good shop near Binjiang Dao, beside St. Joseph Cathedral, Tianjin, Old Xikai Catholic Church. 捷安特贵阳路 Giant, Guiyang Road, T: 022-27838468. They have many options of bicycles, road professional bikes, mountain bikes, touring bikes, city bikes, and a wide range of children bikes.

GIANT Official Shops in Tianjin:

捷安特荣业大街 Giant, Rongye street,

CYCLING WORLD, T: 022-27219940

捷安特大沽路 Giant, Dagu Road,

CYCLING WORLD, T: 022-23263587

捷安特静海专卖店 Giant Jinghai Shop,

T: 022-68637112

TREK has one shop in Tianjin:

TREK自行车专卖店

南开区红旗南路奥体中心游泳跳水馆一楼东侧

A: Olympic Stadium East Gate, Hongqi Nan Lu

T: 022-23820572

SPECIALIZED also has one shop in Tianjin:

天津市 SPECIALIZED 红旗南路概念店 (CS)

天津市南开区红旗南路408号 (三号底商)

A: 408 Hong Qi Nan Lu

T: 022-87936909

Decathlon offers also a great variety of bicycles.



SOME OF THE GOOD CYCLING ROUTES IN TIANJIN

YANG LIUQING: 3.5 HOURS

Estimated kilometres: 70 Kms

Cycling time: around 3.5h

Average speed: 20 Kms/h



RECOMMENDED REASON:

1. Many local people had been riding bicycles when they were young, and they can renew their memory.
2. Suitable for people who are riding for the first time.
3. Walking, flying kites, fishing, there are many things that can be done here.

Out the Wai Huan road from Xiqing Road is in good condition. The road is wide and flat, no ups and downs, and there are not many vehicles, you can take a rest at any place of this road. The scenery along the way is very good.



CYCLING ATTENTION:

Along Xi qing road to Yang liuqing the overall road conditions are not bad, after the Wai Huan road take care of the big cars, and sometimes there is much small glass on the road, when you turn to Yang liuqing town, you should pay more attention.

AUTUMN TOUR SCENERY:

The Shi jia Courtyard, Yang liuqing Commercial Street, and Da liutan Woods are all places to visit. The Royal River in front of the Shi jia Courtyard is also worth to take a look.



TIANJIN BACKYARD GARDEN - JI ZHOU DISTRICT: 19.5 HOURS

- **Estimated kilometres:** 370 Kms
- **Cycling time:** 19.5 h
- **Average speed:** 19 Kms/h



RECOMMENDED REASON:

1. If you want to ride long distances, you can choose this route. Most of them are mountain roads. Cyclists will have difficulty in challenging and have a sense of accomplishment.
2. Ji Zhou district is the backyard garden of Tianjin. There are many places worth seeing. The environment is good, the waters and airs in here are very clear, all of which gives people a feeling of relax.



CYCLING ATTENTION:

The full journey can be separated to 4 days, from Tianjin to Ji Zhou district (Chengguan) on the first day, if you are worried that long-distance cycling would exhaust, you can take a rest every 40KM.

AUTUMN TOUR SCENERY:

There are many scenic spots in this route, such as Huang Yaguan, Jiu long Ding, Ba Xian Mountain and Li Mu Tai. The Hei Long Pool and Jiu longtan in Xing long are also famous scenic spots. It will also pass through the artificial reservoir – Yang Zhuang (Long feng) Reservoir, which can be used for boating, fishing, eating and drinking, and experiencing the life of the fisherman.



HAN GU AIRCRAFT CARRIER PARK CS: 6.5 HOURS



Recommended reason:

The road conditions of Jin Han Highway are very good; you can go to Han Gu to see the aircraft carrier Kiev. There is also a CS field base near the Kiev. It is very pleasant if you go together with friends.



Cycling attention:

You can go from the Jin Han Highway – Hai Fang Road - Aircraft Theme Park, and then choose the Yang Bei Highway return. There are many small shops and restaurants along the way. The road conditions are good, in some places pay attention to small pieces of glass, the tire repair tools are necessary for you, meanwhile, pay more attention to the cars, whose speed is fast.

Autumn tour scenery:

The Bin Hai Aircraft Theme Park can be used as a destination, and the scenery along the road is also beautiful. If you choose the Hai Fang Road, you can blow the sea breeze. If you have many people, go together, you can go to the nearest field base to have a live CS game.



DA GANG COLLEGE TOWN: 6 HOURS

- **Estimated kilometres:** 140 Kms
- **Cycling time:** around 6 h. (round trip)
- **Average speed:** 20 Kms/h



RECOMMENDED REASON:

The distance is suitable for cycling, the view is very good, like College town, Xi Qing Development Zone. If you want to rest, you can take a break at the intersection of Jie Fang South Road and the Wai Huan road. The roadside is very large. There are many small bridges along the Wai Huan of the Tianjin-Hong Kong Highway, which is also a good place to rest.



CYCLING ATTENTION:

The main concern is that large trucks are very fast; you must be paying more attention to this.

AUTUMN TOUR SCENERY:

When you arrive in Da Gang, you can also see the landmark buildings of the university town, you can try to eat seafood in Da Gang. The seafood in here maybe not the best, but when you ride more than 70 kilometres, you will feel that it is very delicious.

VISIT BIN HAI NEW AREA:

2 HOURS

- **Estimated kilometres:** 40 Kms +
- **Cycling time:** around 2 h
- **Average speed:** 20 Kms/h



RECOMMENDED REASON:

1. The route from city to Tang Gu is about 45KM one-way, whose distance is suitable for one day round trip.

2. Tang Gu has a lot of places for fun, such as the Bund, foreign goods, Bin Hai New Area, etc., you can also taste seafood. After arriving in Tang Gu, you can find Bund Park along the map marking, and then along the coastal defence road about 20KM to reach the Lv Ju River.



CYCLING ATTENTION:

Helmets must be worn. In addition, there are a lot of trucks transporting stones in Jin tang Highway. There is a lot of dust in Dong Li to Jun Liang city. It is recommended that you do a good job in sandstorm protection, wearing a mask or riding a special headscarf. There will be several abandoned rails crossing the road in Tang Gu District.

AUTUMN TOUR SCENERY:

The Tang Gu Bund is a good choice, where the sea breeze, the sun, the visit to the Oriental Princess Cruise, and the seafood and foreign goods market are good places for fun. The road conditions in the development zone are very good and they are very suitable for cycling.





TUAN BO GUI FISHING: 5 HOURS

- **Estimated number of kilometres:** 100 Kms (round trip)
- **Cycling time:** around 5 h.
- **Average speed:** 20 Kms/h

CYCLING ATTENTION:

There are many restaurants in the vicinity of Tuan bo Village. The fish heads are delicious. If you bring a fishing tackle, you can also fish in the reservoir and then barbecue on the land next to it.

AUTUMN TOUR SCENERY:

If you leave in the morning, you can use Yang Liuqing as an early supply station. There are many rural roads and trees along the group. At Tuan bo Reservoir eat lunch. If you have enough time, you can go to Da Qiuzhuang Town for visit.

DONG LI LAKE WARMS UP: 3.5 HOURS

- **Estimated number of kilometres:** 60 Kms (round trip)
- **Cycling time:** around 3.5 h.
- **Average speed:** 22 Kms/h

AUTUMN TOUR SCENERY:

The scenery of Dongli Lake is beautiful; along the route you have many choices for play, such as golf, fishing and other projects. You will find that the passing place is more beautiful than your image.

YAO WANG TEMPLE: 1 HOUR

- **Estimated kilometres:** 35 Kms/h (round trip)
- **Cycling time:** around 1 h
- **Average speed:** 27 Kms/h

⚠️ CYCLING ATTENTION:

The road conditions in the city are more complicated. There are many people and many cars. The road is not very good and the traffic is not smooth. This route is very simple, but you must be paying more attention to the vehicles, whose speed is very fast.

AUTUMN TOUR SCENERY:

Tian Ta, Ti Yuan North and Xi Qing Development Zone are worth to take a look. Yao Wang Temple is also good, maybe is not popular, but the environment inside is very beautiful, which is mainly memory of the ancient medicine king and Sun Simiao. There are also some stone monuments on the outside, which are engraved with some prescriptions for common diseases, which are very interesting.

从北京到天津是一个完全不同的风景变化，天津过去作为外国特许经营的港口，历史悠久，欧式建筑林立，与它的近邻，繁华的首都北京大不相同。

这个现代化城市的大多数道路都有自行车道，有些是高速公路的一部分，有些则与机动车分开。骑自行车无疑是观赏这个城市景点的绝佳方式。您可以骑自行车穿过天津的海河，穿过河流的桥梁，或者穿过市场或者游览城市的意大利风格区域。您甚至可以在马可波罗雕像前拍照。

选择您在天津的骑行路线

杨柳青故里重游3.5小时

预计公里数：70KM
骑行时间：3.5H左右
平均速度：20KM/H

推荐理由：

1. 很多人小时候都骑车去过的地方，可以故地重游。
2. 适合于初次骑行的人。
3. 踏青、放风筝、垂钓，可以在这里干的事情很多。

从西青道出外环线路况良好，路宽且平直，两边绿化不错，一路道路笔直，无上下坡道，车辆也不是很多。因为路况较好，所以可休息的点不少，看看花、赏景，1个多小时的骑行正好合适。

骑行注意：

从西青道去杨柳青的话，整体路况还不错，一般出了外环线之后都要注意来往的大车，而且拐到杨柳青镇上时路面经常有小玻璃出现，要多加留意。

秋游风景：

石家大院、杨柳青商业街、大

柳滩树林都是可以逛逛的景点，石家大院门前的御河也值得一看。

天津后花园——蓟县19.5小时

预计公里数：370KM
骑行时间：19.5H
平均速度：19KM/H

推荐理由：

1. 长途骑行的话，可以选择这条线路，大多是山路，骑行者会有挑战难度，而且很有成就感。
2. 蓟县身为天津的后花园，有很多值得一看的地方，环境好，空气好，污染比较少，而且有山有水，让人有一种回归自然的感觉。

骑行注意：

全程一共用了4天的时间，第一天从天津到蓟县(城关)，担心长途骑行会导致体力不支，所以每40KM就休息调整一次。

秋游风景：

骑行蓟县路过不少风景区，黄崖关、九山顶、八仙山、梨木台，兴隆境内的黑龙潭、九龙潭也是有名的风景区。还会路过人造水库——杨庄(龙凤)水库，可以划划船、钓钓鱼，吃吃渔家饭，体验渔家生活。

汉沽航母公园CS开战6.5小时

推荐理由：

津汉公路的路况比较不错，比杨北好，还可以去汉沽看看基辅号。基辅号附近还有一个CS野战基地，如果呼朋唤友一同出发，甚是惬意。

骑行注意：

从津汉公路—海防路—航母主题公园，回来的时候可以选择走杨北公路。沿途有很多小商店和饭馆，路况还好，车不是很多，路面





也还不错，但有些地方有碎玻璃要注意。一定带补胎工具，还有注意来往的汽车，一般它们的车速较快。

秋游风景：

滨海航母主题公园可以作为目的地，路上沿途的风景也值得一看。若是走海防路的话，可以吹吹海风。如果同去的人多的话，可以到就近的野战基地来一场真人的CS比赛。

大港大学城6小时

预计公里数：140KM
骑行时间：6H左右(往返)
平均速度：20KM/H

推荐理由：

距离比较适合。沿途有很多风景，大学城、西青开发区。如果想休息的话，解放南路和外环线接口的地方可以休息一下，路边空地很大。过了外环津港公路旁边有很多小桥，那里也是休息的好地方。

骑行注意：

主要注意的就是大货车，津港公路上车比较多，而且车速一般很快，所以安全是首要的。

秋游风景：

大港两旁有田地、有鱼池，边骑车运动边感受大自然，到了大港还可以看到大学城的标志性建筑，到了大港当然要吃海鲜了，那里的海鲜虽然算不上是极品，但是当你骑行了70多公里以后就会觉得那是无比的美味了。

游览滨海新区2小时

预计公里数：40KM+
骑行时间：2H左右
平均速度：20KM/H
天津至塘沽骑行路线推荐

推荐理由：

1、距离适中，市区—塘沽线路单程

45KM左右，适合一天往返；

2、塘沽可以游玩的景点比较多，外滩、洋货、滨海新区等等，还可以品尝海鲜。到达塘沽以后沿地图标识路线到达外滩公园，再沿海防公路前行20KM左右即可到达传说中的驴驹河。

骑行注意：

外出骑行交通安全应放在第一位，务必戴头盔。另外津塘公路有很多运输石料的卡车经过，东丽到军粮城一段尘土比较多，建议大家做好风沙防护，戴口罩或者骑行专用头巾。进入塘沽区会有几条废弃铁轨斜穿马路，骑车穿铁轨是有技巧的，一定要与铁轨成直角穿越，否则会有摔车危险。骑在这条路线上遇见骑友的概率很高，尤其在周末或者节假日，

秋游风景：

塘沽外滩是个不错的选择，在那里吹吹海风，晒晒太阳，参观东方公主号邮轮，吃过海鲜遛遛洋货市场，很是惬意。

团泊洼钓鱼5小时

预计公里数：100KM(往返)
骑行时间：5H左右
平均速度：20KM/H

秋游风景：

团泊洼附近有很多饭馆做的鱼头很好吃，如果带上钓具出发，还可以在水库里钓鱼，然后就地烧烤。

骑行注意：

早上出发的话，可以把杨柳青作为早点补给站，独流减河堤比公路不差，团泊洼沿途土路、野趣、树木较多，团泊水库吃中饭，时间允许还可去大邱庄镇里转一圈。

东丽湖热身3.5小时

预计公里数：60KM(往返)
骑行时间：3.5H左右
平均速度：22KM/H

秋游风景：

东丽湖的风景还不错，还有高尔夫、钓鱼等项目可以玩，一路走过来，你会发觉路过的地方与想象中的郊区有很大区别。

药王庙1小时

预计公里数：35KM(往返)
骑行时间：1H左右
平均速度：27KM/H

秋游风景：

天塔、体院北、西青开发区都值得看看。药王庙也不错，别看知名度不高，但里面的环境还可以，跟庙里的人一起聊聊，觉得这里建得挺不错的，里面主要是供奉着远古药王和孙思邈。外面还立着一些石碑，上面刻着一些对于常见病的药方，比较有意思。

骑行注意：

市里的路况比较复杂一些，特别是卫津路的天大南大附近，人多车多，交通比较不畅的时候路不太好走。这条路线比较简单，但国道上的运输车辆较多，要注意安全，临到西青立交桥附近的车也比较多。





Sleeping in the Clouds

THE TALLEST HOTELS IN THE WORLD

By Andy Marsh

If you are on the hunt for hotels that pierce the white bottom of clouds, hotels that stand at incredible heights, we recommend you travel to Asia or the Middle East. These hotels allow you to have a bird's eye view of beautiful cities and water bodies, even if it is just for a fleeting moment.

While some of us will never see the inside of these buildings, we have rounded up some of the hotels for a small taste of the high-life.

But, what makes a high hotel?

Seeing as all of the highest hotels are in mixed-use skyscrapers, we have used the highest occupied floors in our ranking. Therefore, don't expect the Burj Khalifa, as its Armani hotel only occupies up to the 39th floor.

您可以在亚洲找到一些直入云端、高度令人难以置信的酒店。在此俯瞰美丽的城市和湖泊。

1. 香港丽思卡尔顿酒店：香港环球贸易广场是香港的第一高楼，位于九龙半岛，共118层490米高。香港丽思卡尔顿酒店位于大楼顶部102层至118层，是目前全球楼层最高的酒店，提供312间房间。环球贸易广场内的100楼设有公众观景层，游客可在此360度环观维多利亚港的景色。酒店拥有世界最高的游泳池和酒吧，以及室外按摩池。

2. 上海柏悦酒店：上海柏悦酒店位于上海环球金融中心79至93楼，是一座精致的摩登中国式住宅酒店。酒店可欣赏上海的天际线和黄浦江的独特景色。

3. 深圳瑞吉酒店：深圳瑞吉酒店位于中国最蓬勃发展的城市之一——深圳，这座精美的地标性建筑矗立于著名的金融区内，可俯瞰城市的壮观美景。位于深圳最高建筑京基大厦75-100层。可欣赏横跨酒店的宏伟中庭和深圳优雅的自然美景。

4. 广州四季酒店：广州四季酒店是一家豪华酒店，位于全球十大超高摩天大厦之列的广州国际金融中心。酒店视野极佳，透过客房外的幕墙玻璃，可将珠江及日新月异的城市景观尽收眼底。

5. 上海金茂君悦大酒店：位于上海市中心金茂大厦53至87层。上海最著名的景点如外滩、东方明珠电视塔等，都与酒店咫尺相邻。

If you are in a hurry, here is a quick overview of the tallest hotels.

1. Ritz Carlton Hong Kong

Topping our list is the Ritz Carlton hotel in Hong Kong. It is housed in the 490m tall International Commerce Centre, and it occupies the top 17 floors of the 118-floor building. The hotel offers unique views of the Victoria harbour and the superb skyline of the Hong Kong Island.

Its best features, though, are that it has the highest pool and bar in the world. Located on the 118th floor, the pool feels like a blue oasis in the sky. There are plenty of lounge chairs around the pool with some in the shallow section near the windows, so guests can sit down and peer into the world.

Another exciting feature is the outdoor Jacuzzi. However, it has one shortcoming in, that it is in a remote location and you have to take a taxi to and from.



2. Park Hyatt Shanghai

If you are on the hunt for a hotel that is conveniently located, we recommend the Park Hyatt in Shanghai. It is the second tallest hotel located from the 79th to the 93th floors of the “The Vertical Complex City” or the Shanghai World Financial Centre. The Park Hyatt is only 15 minutes away from the Lujiazui metro station and some of Shanghai’s attractions.

You will also appreciate that you will be staying in a landmark of sorts, as the building itself is renowned for the trapezoid aperture at the peak. Finally, it boasts unique views of the Shanghai Skyline and the Huangpu river. We recommend it for business travellers thanks to its convenient location.



3. The St. Regis Shenzhen

Located from the 75th floor through to the 100th, of Shenzhen' tallest building, the KK100, the St. Regis is one of the most spectacular hotels in the world. The hotel is nestled within the Luohu district financial centre, and we recommend it for corporate travellers. Even the rooms are designed to accommodate people travelling for work, as they include a work station.

You will also appreciate the ab grand atrium spanning the hotel and the spectacular natural beauty of Shenzhen.



4. Four Seasons Hotel Guangzhou

The Four Seasons occupies the top third of the 439m tall Guangzhou International Finance Center. The rooms are from the 74th floor to the 98th floor and have floor to ceiling windows for a fantastic view of the city or the pearl river.

The hotel's design is inspired by nature and has lush landscapes around the entrance. Natural light fills every space thanks to the all window façade and the 30-floor atrium.

The race for the tallest hotels doesn't stop here. These might be some of the highest hotels, but there are more under construction. One that is likely to generate a lot of buzz is the Shanghai J-Hotel in the Shanghai Tower.

The Shanghai Tower joins the Jin Mao Tower, and SWFC creating the world's first adjacent grouping of three supertall buildings. The 258-room J-Hotel will occupy floors 84th through 110th, and at the time of completion it will be the highest in the world. The tower will also incorporate a museum and its sub level parking will provide parking for 1,800 vehicles.

5. Grand Hyatt Shanghai

If you are in Shanghai and interested in great views, you should consider the Grand Hyatt. The hotel occupies the floors 53-87 of the Jinmao Tower. It is in the central of Shanghai and easily accessible. It is also close to tourist attractions, such as the Shanghai Ocean Aquarium and the 100th floor observation deck at the Shanghai World Financial Centre.

One exciting feature of the hotel is the longest laundry shoot; about a quarter mile long that it requires air buffers to slow sheets down.



CHINA IN THE 21ST CENTURY

What Everyone Needs to Know

By Jeffrey N. Wasserstrom
and Maura Cunningham, 2018

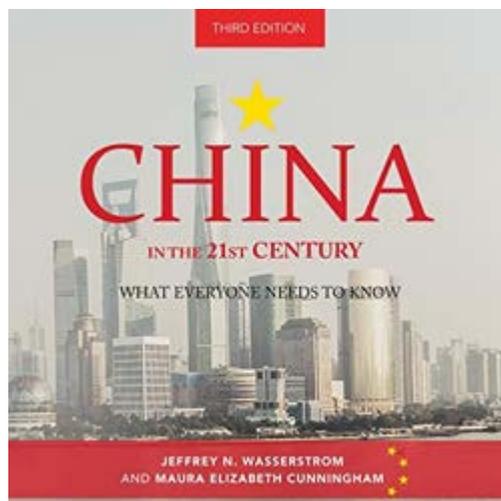
The growth of China from a developing nation to a super-power can be considered a drastic shift since the rise of other nations has been slow and calculative over the years, and this book captures this swift progress. As the third edition book, Jeffrey Wasserstrom and Maura Cunningham are able to go in-depth and capture historical and modern details of China that have propelled the region to the current developed state. One of the major elements captured in the book is the foundation of the Chinese development in Confucian principles and the influence these philosophies have had in the rapid growth of China. Besides, the consideration of the contributions of Japanese imperialism, as well as influences from America, are able to enlighten the reader on the combination that has pushed China to the current position. On a different level, the book does not leave out Maoism, which is a central era in the growth of China and the contributions of

the Tiananmen Square massacre to different thinking structures.

Shanghai has expanded significantly over the years and the book captures the developments in the region and how this has affected the economy and is continuing to impact urbanization in the Chinese region. Besides, the urbanization era and the inability to easily control the developments in the Chinese region have culminated in adverse effects on

the environment that has raised the concern of global leaders, according to Wasserstrom and Cunningham.

The authors prove understanding of China as they explore the one-child policy and the effect it has on the locals, the relations between the Chinese and westerners and how the current American president, Trump, has affected the associations. Besides, a comparison of the developments with other countries, like Russia and India, is crucial for readers as it allows the understanding of what makes the Chinese development unique. The book also explores the projections for China and other regions, like U.S. and India, in the future in terms of business and industrialization. The comparisons allow any reader to have a feel of the attitudes of the Chinese community towards development and business, as well as the expected effect on the relations with competing neighbours.



Top

AMAZING THINGS YOU DIDN'T KNOW ABOUT CHINA

By Nina Mitchell

Every country has fun facts, which make it unique in its own ways. Some facts leave you appalled; some of them fascinate you, while some urge you to visit the country. Here are some of the amazing things we bet you didn't know about China. Let's have a look at them.



1. NO USE OF DIAPERS

This is something really fascinating. Children usually don't wear diapers. They have these special pants with a big hole in bottom which allow them to just sit down where they are when they feel like pooping or peeing with so restrictions. A little weird, isn't it?

2. LOST VIRGINITY REGAINED

That's actually a thing in China. Lost virginity can be restored in China through a plastic surgery called hymenorrhaphy. Chinese women can easily regain their hymens before the wedding night.

3. LONGEST CIVILIZATION

China is the longest continuous surviving civilization. It dates back to about 6000BC old. It has the highest population in the world, which is why every one in five people alive today are the Chinese.

本文介绍一些你可能不了解的，关于中国的令人着迷的事情。

1. 不用尿布：孩子们通常不穿尿布，而穿特殊的底部有大洞的裤子。

2. 找回童贞：通过处女膜修复技术的整形手术可以恢复失去的童贞。

3. 交通堵塞救援：专门的救援人员会在交通拥堵时帮助你脱离并快速到达要去的地点。

4. 晚起仍赶上日出：中国有5个时区，在一些地区，太阳在上午10点才升起。

5. 春节假期：中国的春节假期大约有15天这么长。

6. 冰激淋和意面的发明国：中国发

明了冰激淋，以及意大利面食，比意大利早很多。

7. 使用筷子：中国每年处理大约450亿双筷子，相当于砍伐2500万棵树木！

8. 最悠久文明：中国历史文明持续时间最长，可追溯至公元前6000年左右。

9. 最伟大的建筑：中国的长城是世界最长的人造建筑，紫禁城有9000多个房间。

10. 老年人权利：子女不赡养60岁以上的父母是违法的。

11. 现役军人：中国现役军人比美国多出近100万人。

4. SAVE YOU FROM TRAFFIC JAM

This one is indeed interesting. Traffic jams are a common phenomenon in China because of large population. In order to prevent yourself from getting late for an urgent meeting, while you are stuck in traffic jam, there are rescuers for you. Two people on motorbike will reach you; one will safely drop you to your destination, while the other takes your car to the place.



5. WAKEUP LATE, BUT STILL RIGHT ON SUNRISE

This one is indeed interesting. Traffic jams are a common phenomenon in China because of large population. In order to prevent yourself from getting late for an urgent meeting, while you are stuck in traffic jam, there are rescuers for you. Two people on motorbike will reach you; one will safely drop you to your destination, while the other takes your car to the place.

6. ICE CREAM AND PASTA INVENTORS

If you want to thank the inventors of ice cream, thank China. Yes, it is because of them you are able to eat delicious desserts. Also, they invented pasta much before Italy.



7. CHOPSTICKS USAGE

Chinese dispose about 45 billion pairs of chopsticks every year, which makes up about deforestation of 25 million fully grown trees every year. Now, that's a bit depressing!



8. NEW YEAR HOLIDAYS

China celebrates New Year for about 15 days and the whole country is on a holiday for such a long period. Woah! Go find yourself a job in China now

9. ARCHITECTURAL FACTS

The Great Wall of China is the world's longest man made structure. The forbidden city of China has more than 9000 rooms. This, in itself, explains the greatness of the Chinese architecture.



10. ELDERLY RIGHTS

In China, it is illegal for the children to not visit their parents who are above 60 years old regularly. While in some countries, they are just forgotten and put in old age homes, the Chinese are better in taking care of their parents, indeed.

11. LARGEST STANDING ARMY

Actually no, United States doesn't own the largest standing army, but China does. It has nearly 1 million more active army personnel than US.

SUMMER HANDBAG

Essentials



By Barbara Ross

Summers are all about lovely pastel colours and skinny dipping in the pool. And let's not forget the beautiful bronzy glow that we all get from the sun!

But, at the same time, summers bring with them a number of hassles; like sweaty underarms, sun burn, clogged pores and oily faces.

While it is all fun and games for the most part, summers can turn worrisome and uncool, if you don't take proper care of yourself. For instance, the summer winds can be quite merciless. So how many #badhairdays have you had just because you stepped out without a scarf?

In the same way, there are a number of small things that you absolutely need to pay attention to during summers.

So here are a few handbag essentials that can many embarrassing moments that a sunny day ca

夏季手提包必备物品

我们从夏天灿烂的阳光中收获古铜色的肤色，有些麻烦。有许多小事情在夏天特别值得注意。中的必备物品。

防晒霜：防晒霜是夏季最重要的必备品。有许多于放在提包中，方便随时取出快速涂抹。

太阳镜。太阳镜不仅仅是时尚和魅力的标志睛，并减轻晒伤。

吸油纸：阳光明媚的夏天可能会给油性皮肤的备好吸油纸，随时擦掉脸部多余的光泽。

迷你体香剂：夏季腋下的异味是无法避免的。体香剂，随时使用，中和身体的异味。

一瓶水：随时准备一瓶水在手提包中，以防止疲倦感。

围巾：请在手提包中备一条围巾，不仅作为时也可保护头发和脸部受到阳光和风的侵害，以时遮盖腿或肩膀。



Sunscreen

A sunscreen would perhaps be the most obvious and the most important essential to have in your bag at all times. You, of course, need to apply sunscreen before you step out, but most people are done with that. It is always forgotten that sunscreen needs to be reapplied every 2 to 3 hours in order for it to be effective. There are many brands that have come up with very handy and easy-to-carry packages of sunscreens, such as in the form of sticks. You can easily carry one of these in your bag and quickly reapply every now and then to keep the harmful rays of the sun at bay.



Mini deodorant

We all know that sunny days mean sweaty days, as well. And you know what's more embarrassing than an oily face? Smelly underarms! But it is inevitable during the summers. Hence, what you can do is carry a mini-deodorant at all times in your handbag. Keep applying it every now and then, so that you can try and neutralize the bad smell that is caused by the bacteria in sweat.

Blotting papers

One of the biggest problems associated with bright and sunny days is an oily face. This is especially true in case of oily-skin beauties. You can step out looking beautiful and fresh, but end up looking like you just took a shower in oil by the time you reach your destination. Imagine the embarrassment when you show up looking like that at a party? This is precisely why you need blotting papers. If you find yourself in a sticky situation, all you have to do is pull out a paper and blot away all the excessive shine to reveal a matte face.



A bottle of water

It goes without saying that summers can leave you feeling super dehydrated and tired. You absolutely need to drink lots of water. Hence, when you're going out, you always need a bottle of water in your handbag, because God forbid, you can never tell whether you'll end up in a place where there's no drinking water available.

Scarf

You also need a pretty scarf in your bag. You can use it for a number of purposes. For example, you can protect your hair and face from the sun and the wind when you're outside. You can also use it to cover up your legs or shoulders in case you're wearing something revealing, like a bikini. Additionally, you can make it an effortless fashion accessory, as well.



Sunglasses

The next important thing that you absolutely need to have also has to do with sun protection. Sunglasses are more than just about fashion and glamour. They help protect your eyes and the large ones also protect the area around the eyes. It can provide relief from sun burn to a great extent.



This Year's Biggest Beauty Trends

A REEFRESHING Look

By Anastasia Chapman

We are halfway into 2019 already, but keeping calm to see what the beauty and skincare industry has on its beauty radar for all beauty enthusiasts. There's no denying that 2018 was a prominent year for beauty and skincare.

From CBD-infused moisturisers, plant-derived retinol to wearable trackers, beauty products in 2019 have finally taken skincare from being the typical 'niche and mainstream' type to medical-grade and sustainable ingredients meant to

address specific skin concerns. Which means beauty, makeup and skin care brands are focusing more on personalised skin care regimes.

Here's breaking down the beauty trends that the experts have predicted throughout 2019, regarding skincare formulas and approaches. This master beauty trend report covers everything you need to know about the top beauty brands to help you take each trend for a test-drive. Keep scrolling!

SKINCARE BRANDS WILL USE MORE NATURAL INGREDIENTS

Organic beauty product lovers have all the more reasons to rejoice this year too! To level up your beauty and skincare game, expect to see eco-friendlier, cruelty-free and environmentally responsible products inspired by nature. Since last year, after some of the prominent beauty brands took the 'natural skin care' route using plant-based ingredients, like CBD and broccoli seed oils, it looks like this trend is here to stay.

These products are usually based on plant extracts combining the best of high tech skincare along with the best natural ingredients. Look out for brands like Discipline Skincare, MGC Derma and Kiki Health that offer authentic organic products dedicated to natural beauty.



DERMATOLOGIST-STRENGTH SKINCARE PRODUCTS

As per a recent report by The Future Lab, 2019 until now has shown a massive rise among shoppers looking for expert formulations in skincare that aim to mimic professional procedures. Another 2018 report by the lifestyle e-commerce portal Net-a-Porter shows a 157% rise in the demand for skin care products with medical-grade ingredients. And this trend is set to rise!

These formulations are designed to give consumers instant results for specific skin issues like dark spots, melasma, fine lines and pigmentation. Key ingredients to look out for? Go for supercharged antioxidants and acids, such as bromelain, which is a fruit enzyme derived from pineapples that help digest dead skin cells. The derma brands to try out include Dr Dennis Gross, Dr Barbara Sturm and Dr Sebagh among others.

3-D PRINTED SKIN-CARE PRODUCTS

Here's a super-relatable situation: You rip open a sheet mask, struggling your way to put it on your face. Alas! Your worst fear comes true when you realise that the saturated cotton mask doesn't actually fit your face. To make our lives easier, beauty giant Neutrogena has taken personalised skincare a step further. The brand has come up with a brand-new innovation to address this issue in the form of Neutrogena MaskiD, which is a micro 3D-printed face mask customised to fit both your face shape and other relevant skin concerns. The cosmetic brand has created an iOS app that works by capturing an image of the user's face, while analysing it to provide different types of treatments for six different facial zones. Revolutionary, right?

今年最流行的美容趋势 令人耳目一新

在2019年，美容产品将从典型的护肤主流逐步向医疗保健和可持续性转变，旨在解决特殊的皮肤问题。这意味着美容、化妆和护肤品牌会更加注重个性化的护肤作用。

护肤品牌将包含更多天然成分

一些知名美容品牌采取天然护肤路线，产品通常基于植物提取物，将高科技护肤与最佳天然成分相结合。

皮肤科强力护肤品

随着市场对医疗级成分的护肤产品的需要大幅提升，这些配方旨在解决消费者特殊的皮肤问题，如黑斑、细纹和色素沉积等。

3D打印护肤产品

露得清推出微型3D打印面膜定制和相关iOS应用，以适应消费者脸型和其他个性化皮肤问题。

金缕梅

金缕梅重新回归潮流，其包含镇定成分和抗氧化剂，在治疗痤疮、皮疹、蚊虫叮咬、油性皮肤方面及晒伤具有神奇的疗效。

液态去角质

富含芦荟、保湿甘油和镇静烟酰胺，轻松剥落坏死的皮肤，无毛孔堵塞。



WITCH HAZEL

Witch hazel is quite the blast from the past to hit the list of top beauty trends this year! This long-lost beauty product is very much back in 2019 and is the new favourite among beauty enthusiasts. With its calming components and antioxidants, witch hazel is a magic elixir to treat acne and rashes from bug stings to poison ivy or oak. It's also an effective aid for oily skin, puffy eyes, and sunburn. Try out Dr Hauschka Facial Toner, a feather light mist made of a combination of witch hazel and Anthyllis to refine the appearance of pores and overall skin wellbeing.



LIQUID EXFOLIATORS

Liquid exfoliators are having its moment as the 'It' product in the skincare industry. Unlike your usual, gritty scrubs that you use, these trendy exfoliants have a water-like texture that gently lifts dead skin from the surface, so there's nothing left to clog pores through chemical exfoliation. But, hey, don't let the sound of 'chemical exfoliation' fools you! These are packed with soothing aloe, hydrating glycerine and calming niacinamide. Plus, they give you the brightest and the smoothest skin with consistent use over time.



THE BEST OUTDOOR FURNITURE

最佳户外家具 与今夏亲密接触

to Lay your Hands on this Summer

By Anastasia Chapman

Yes, the lazy summer months are back again and in full swing guys, which means it's time to be outdoors and for good! From alfresco dining and poolside parties to enjoying late-evening outdoor barbeques, summertime is the best time to sit outside on the patio, while soaking in some balmy goodness.

把您家的户外变成享受夏天的场所并非想象中那么难，选择正确的户外家具可以创造您完美的夏季休闲天堂。为了有助于您挑选心仪的家具装饰您家的户外空间，我们提供了一份简单的指南。

家庭小酒馆风情

在户外空间设置全尺寸手工打造的纤维桌椅，将立即提升您的庭院档次。纤维桌椅坚固耐用，配以精美的柳条餐具，给人以身临英国村舍的感觉。

独特的躺椅提升您后院的档次

用现代户外躺椅风格的终极灵感来装扮您的后院。您可以考虑传统编织吊床，或绿松石塑料编织摇椅，以及帕帕桑椅子为您的户外景观增加质朴的魅力。

夏季日光浴床

夏季日光浴床需要对水、太阳和其他夏季元素具有抵抗力。因此购买前要注意日光浴床的材料。推荐柳条帆布床，活泼的设计带来了热带微风的感觉。

举办户外派对

后院举办派对所需要的各种手推车，诸如滚动、储存及轻便手推车，由不同材料所制，每一种都具备多功能以服务于您的家庭派对。



But, without the right kind of furniture, seating and weather-proof arrangements, unfortunately, you would not be able to much lounging outside. Creating a space on your front porch or in your backyard in the form of an outdoor oasis is the best way to make the most of the spring and summer months at home.

Turning your outdoor space into a summer retreat isn't as hard as you think, as there is no need to go for a comprehensive overhaul. Whether you want to give your backyard a quick new look or trick out the patio with small tweaks here and there, the right kind of outdoor furniture can create the perfect lounge heaven for you within your living space.

From relaxing in-lounge chaises to umbrella-covered dining tables and chairs, look for the ideal outdoor furniture sets to make your midsummer night's dream a reality. Once you have made up your mind on the kind of furniture you want to add to your backyard, go ahead to choose the right kind of styles depending on your preferences and suitability.

You will find a variety of styles ranging from colourful and quirky, bohemian, traditional, to contemporary. There's a little something for everyone when it comes to outdoor furniture picks, depending on what you want to use your space for. But, evaluating outdoor furniture is a bit tricky in the way that you will look for many of the same characteristics that you value in indoor furniture sets, like durability and comfort, apart from style.

To help you breeze through the selection process, we have rounded up a simplified guide to choosing the best outdoor furniture picks to deck up your outdoor space so that you can savour every moment under the glorious sunshine.



CREATE THAT BISTRO-LIKE AMBIENCE AT HOME

If you have always dreamt of having an alfresco arrangement at home, wait no longer to turn your outdoor space into a lounging heaven! With the barometer rising and the sunny weather in full swing, having a breezy area to sit and relax becomes a must for all. Enjoy every second of the warm weather sitting, eating and drinking outdoors by setting up full-scale, handwoven, all-weather fibre tables and chairs that will instantly elevate your patio look. While wood is prone to decaying and metal susceptible to corrosion, synthetic fibre tables and chairs are the best bets to set up an alfresco dining area. Durable and aesthetically pleasing, check out these all-weather wicker dining sets, which when added to your patio, are bound to capture the look and feel of an English cottage. If you plan to host outdoor brunches and dinners throughout the summers, make sure to get an outdoor dining set like one of these.

UNIQUE LOUNGING CHAIR TO ELEVATE YOUR BACKYARD

It's understandable if you don't want to add yet another couch to your backyard. Outdoor seating has come a long way since the wooden bench and rocking chairs! Check out these modern outdoor chair styles for the ultimate inspiration to deck up your backyard. Take a cue from the ancient Mayans to settle for your outdoor chair design. How about these traditionally woven hammocks that make for stylish chairs and yes, their powder-coated iron frames come with a non-rust guarantee. Or how about these turquoise, plastic string weave rocking chairs that have all the benefits of their predecessors, with a little sway added in! For minimalists, here's a Papasan chair on a metal frame, adding a round of rustic charm to your outdoor view.



SUNBEDS FOR THE PERFECT SUMMER HIDEOUT

Transform your backyard into a permanent vacation spot by adding a stylish sunbed this summer. Not just a quirky addition to your collection of outdoor furniture, sunbeds make for comfortable spots whether you like to recline in the sun or looking for that ideal escape on a hot summer afternoon. Sunbeds are different from the ones we have in our bedrooms. They need to be resistant to water, sun and other elements. So, make sure you pay heed to the material of the sunbed before buying. Your first priority should be to buy something that can withstand harsh weather conditions. Check out these wicker daybeds that impart a breezy, tropical appeal with its enlivening dimension and design.

ROLL THE PARTY OUTSIDE

This is exactly what every backyard party needs! A rolling cart that makes outdoor parties so convenient and easy to host. Get an outdoor rolling cart and bring all your summer parties to your patio. You can serve all your food and drinks in a patio rolling cart, while greeting your guests and let them have the convenience to grab whatever they want to. The benefits of owning a rolling cart? Well, wheels make manoeuvring easy. Storage carts give you space to stash multiple items at the same time. Plus these serving carts are also perfect for chopping foods, pouring drinks, and delivering munchies and other goodies to your guests, while they relax outside. These handy carts are specially designed to withstand all elements of nature. So you can easily carry everything at once, without having to make several trips to the kitchen. Available in different materials and styles, whether you choose a serving cart made of wood, wrought iron or wicker, each one of them works as a multi-functional piece for your household.



WHY LAPTOPS

SHOULD NOT BE BANNED

IN CLASSROOM

By Nina Mitchell

In such a digital age, it is impossible to stay away from its perks. Whether it is a simple android mobile or an iPad or MacBook, literally no one is naive to this digital age. People are using gadgets for quite some time now; either to stay connected to their loved ones, to study or for doing work. Humans have become so much dependent on gadgets, that their entire world is limited to it.

But, there has always been a debate about - should laptop be allowed or banned in classrooms. There is no denial to the fact that students get exposed to all kinds of gadgets, like a laptop, at a very tender age, but is allowing them even in the classrooms worth?

为什么在课堂上不应禁止使用电脑

在当今的数字时代，人们更习惯于通过电子设备进行社交、学习及工作。然而，关于是否值得在课堂上使用笔记本电脑这一问题一直存在着争议。学校允许学生使用电脑有以下几点积极的意义：



Well, if the school authorities make sure of the fact that students use it for all kinds of positive and progressive work, then there is no harm in allowing laptops to the classroom. There are so many advantages of allowing laptop to schools and some of them are mentioned here:

Laptops can be used by students to take notes while studying

There are so many apps, either built-in or which can be easily downloaded from the app store, which can be used to take down notes, with a single touch. Students can also record, while the teachers are teaching and then make extensive notes at home or in their spare time that they get in school.

Some students find it easier to type on laptop rather than making physical notes on a notebook. Thus, electronic note making is more flexible and easier.

Editing, re-writing and all is very convenient on laptops

It is a lot easier and convenient to edit or make other changes on the notes present on your laptop. You can edit them anytime, and make sure that their grammar and spellings are correct. WPS office or MS office enables you with various tools, like spell check and the likes, which can be used effectively to make the notes error free.

Digital notes allow students to organize their study materials with a single click, which they are unable to do with hand written notes, because the teachers can be fast while dictating notes.

学生们可以在学习时用笔记本电脑做笔记。电脑提供许多的应用程序，并方便学生下载。学生可以在课堂教授或课余时间随时记笔记。很多学生表示电脑打字要比用笔写字方便和灵活。

在电脑上进行编辑非常方便。在电脑上进行注释编辑或更改非常容易。有许多软件提供拼写检查等工具保证注释的正确性。电子笔记同时方便学生组织学习材料。

使用笔记本电脑对有生理缺陷学生大有益处。当课堂上老师无法顾及所有学生时，电子笔记可以方便这些学生做注释，阅读并理解老师的课程。

数字图书和互联网的应用使每个学生都能接触到知识，并享受学习！



Allowing laptops in classrooms proves to be beneficial for all the physically-challenged students

One of the greatest perks of allowing laptops in classrooms is that they are capable of assisting physically challenged students pretty well. It is easier for them to not only write notes, but read and understand the lessons when the teacher is unable to pay special attention to individual student. They won't need anyone else to their work, it empowers them by letting them be self-dependent.

The use of digital books and the Internet expose each student to world class knowledge

At times, Internet and digital books available online can teach students better as compared to physical books. Students can have access to world class knowledge, while being in the four walls of their classroom. Just few clicks and they will have the best of everything.

Happy learning!

THE GRADUATION CEREMONY OF THE IST CLASS OF 2019

The Graduation ceremony of the IST Class of 2019 was held on Friday, May 31st, 2019, at IST's well-appointed theatre. It was a very beautiful and moving event not just for the graduates and their families, but for all that attended. As always, it was a meticulously well planned and executed ceremony of a standard that befitted the momentous occasion - a very proud moment for the 39 graduates and their families, friends and teachers.

Congratulations to the graduates who have earned acceptances to some of the world's top universities and specialized programs of study around the world. The accompanying infographic gives a snapshot view of the acceptances this year. A detailed list of university acceptances is available at

<https://www.istianjin.org/our-programs/secondary-education/university-acceptances-profile-2018-2019>

We will continue to update this list as acceptances roll in, especially those in S. Korea and Australia as admissions season approaches.

Some points of special mention are:

- The 39 students of IST Graduating Class of 2019 have already received acceptances from **93 universities** from 11 different countries and achieved a global acceptance rate of 72%.
- 2018-19 IST student's acceptance rate at Hong Kong Universities exceeded 92%.
- 2018-19 IST students were offered nearly **RMB 7 million in scholarships**.
- 2018-2019 saw a large growth in applications to Canada (16), The Netherlands (15) Germany (9), and Japan (6) reflecting a more global-minded cohort of IST students.
- Graduating IST students plan on attending Universities in Hong Kong (27%), UK (19%), USA (17%) and Other Countries (37%) which include Korea, Japan, the Netherlands, Canada, Germany, Australia etc.
- The **IST College Counselling Program** has created a huge number of **opportunities** for face-to-face contact between the students and over **670 separate universities**, representing over **42 countries** in 2018-2019.

We wish the Class of 2019 all possible success and happiness in their higher education and careers in the future.



A FAMILY AFFAIR: SPRING FAMILY DAY AND BADMINTON TOURNAMENT

The Spring Family Day and the European Chamber Tianjin Chapter 2019 "WAGO CUP" Badminton Tournament on 25th of May, 2019, at TEDA International School (Soon to be known as TEDA Global Academy) were a huge success. It was great to see families from various companies around Tianjin coming together for a time of food, fun, and games. Both events drew a whopping 600 participants!

The day began with the badminton tournament that had 3 categories with 12 teams from 12 different member companies. This time, Team Airbus had pulled off a three-peat, taking home the most coveted trophy. WAGO, Continental Automotive and Volkswagen Transmission settled for the 2nd, 3rd and 4th places respectively.

In the afternoon, one of the most exciting parts of the event took place – the treasure hunt. More than 60 participants within 10 minutes signed up for the competition. The Blue team with 3 girls bested 20 other teams to earn the top prize – 3 complimentary round-trip flight tickets to Europe sponsored by Turkish Airlines. How exciting!



TODAY GRADUATION, TOMORROW THE WORLD!

We are extremely proud of our graduating students here at TEDA International School (Soon to be known as TEDA Global Academy). Over the past few years they have all put in an incredible amount of hard work. They have not only excelled in their AP exams, but also received placement offers from a plethora of world class universities from across the globe. We would like to take this opportunity to wish them all the best and good luck in their future endeavours and in all the exciting things that come to you when the world is at your feet.

Auburn University
 Boston University
 California College of the Arts with scholarship
 Carleton University
 Clark University with scholarship
 Colorado State University
 Community college in NY
 Embry Riddle Aeronautical University
 Hanyang University
 Korea University
 Mount Holyoke College
 Penn State University

Savannah College of Art and Design
 Sung Kyun Kwan University
 Syracuse University
 Tecnologico de Monterrey En Laguna
 The City University of Hong Kong
 University of Minnesota Twin Cities with scholarship
 University of South Carolina
 University of Toronto
 University of Western Ontario
 University of Wisconsin-Madison
 Yonsei University



GRADUATION SUCCESS, CONGRATULATIONS CLASS OF 2019!



This year has been one of the strongest in our history in terms of UK university offers with our graduates successfully applying for challenging undergraduate courses at prestigious institutions, which include University College London, Kings College London, the University of Edinburgh, the University of Exeter, the University of Warwick and Durham University. Our graduates had applications for the US and were offered places at Pennsylvania State University, University of North Carolina at Chapel Hill, University of Illinois at Urbana Champaign and UC Santa Barbara. Offers range through Anthropology, Artificial Intelligence, Biochemistry, Mathematics, Management, Psychology, Politics, Economics, Chemistry and Marketing.

A notable mention must go to our arts graduates, who once again travel to many of the world's leading art, design and music institutions. Our US bound artists will be heading for Parsons School of Design (NY), The School of Visual Arts (NY), OTIS School of Design (LA) and our UK contingent will add to growing numbers of Wellington Tianjin graduates at the University of the Arts London as they commence courses at Central St Martins and London College of Communication. Our US art school applicants were also happy to receive nearly 1 Million RMB in scholarships and additional offers for Top 25 ranked art schools, which included Pratt Institute (NY) California College of Art & the School of the Art Institute of Chicago.

The breadth and depth of university support and expertise is highlighted by success in our Australian applications with offers from the Universities of Sydney and Melbourne and from Canada's number one ranked university, the University of Toronto. As always, we have great confidence that our Korean applications later in the year will be just as successful as ever.

UNIVERSITY GUIDANCE AT WELLINGTON

With a highly experienced team fully focused on the whole university application process, pupils at Wellington College Tianjin are guaranteed personalised support at every stage from research to realization. The holistic opportunities available to our students in art, drama, music and sport all contribute to the sort of well-rounded character which is attractive to major universities. Academic competitions and charitable opportunities continue to grow year-on-year.

Wellington College Tianjin has become an important stop for admissions counsellors, as they travel around China and this year saw notable first visits from University College London, Dartmouth College, Johns Hopkins and the University of British Columbia, as well as around 30 other visits from a range of UK, US, HK and Korean universities. When combined with our annual university fair, opportunities to meet admissions counsellors from nearly 100 universities have been available right here in school. This year our University team travelled widely across the UK, Korea, Thailand, Hong Kong and Canada to stay up to date with the most recent admissions and applications information right from the source.

All graduates from Wellington College Tianjin have the opportunity to join Wellington Connect, the social network stretching around the world and approaching 28,000 members meaning that the support of Wellington alumni, many of whom work for the world's most prestigious companies, is always just a message away. A graduate of Wellington College Tianjin is truly part of a supportive global network and we look forward to hearing about the successes of the class of 2019, as they start the next stage of their journey.

A school's graduation ceremony is always a bittersweet moment. It is hard for a school and its students to say goodbye to one another, but at the same time it offers the school community a chance to recognise the achievements of the graduating class and to celebrate with them for one last time their contributions to school life over the years. Wellington College in Tianjin's class of 2019 enjoyed their ceremonial departure from the school on Friday, 24th of May, with an event that mixed emotional farewells, rousing speeches and memorable performances by the student body.

The Master, Mr Julian Jeffrey, commented afterwards that, "graduation can be a frightening step, given the certainties students get from their school, but I know that these young people have the tools to cope with such a change. They have grown up in a school

which has supported them, challenged them, encouraged them and fostered in them a spirit of adventure that makes them ready to meet their new worlds head on."

The evening was led by the Head of the Sixth Form and university admissions, Mrs Jayne Sabio. In her address to the graduates, she told the story of the cracked pot, which leaked and never felt as adequate for the task of carrying water as its unbroken counterpart. The moral of the story was that, unlike the pot, our graduating class should not always seek to compare themselves to others, but rather understand their unique qualities and use these to build a great future for themselves. Her advice was supported by our guest of honour for the evening, Mrs Echo Jin, the CFO for Microsoft China. Mrs Jin's passed on some thoughtful insights about the challenges of the next steps into university life, but also offered some broader points on how to lead a life that is rich in itself and that could give fulfilment and purpose to the individual.

The theme of all the major speeches revolved around a very Wellingtonian concept of being true to yourself. Mr Jeffrey, in his address, reminded the graduates that the way they conducted themselves was important in itself; they had been educated with Wellington values at the heart of their learning, and that, "things that are timeless, like hard work, an active engagement in the subject, building mutually respectful relationships and having clear goals will never fall out of fashion. Values remain central to the development of an individual. They matter because they give substance and meaning to life."

The ceremony was focused on celebrating the achievements of the graduating class, and each of the 30 new Old Wellingtonians was greeted in turn by a short speech of tribute from the teacher who knew them best - their Housemaster or mistress. The speeches were heartfelt tributes, offering a warmth and insight that suggested the speakers really knew their charges and wanted to express their admiration for all they had done in their time with us. The rousing cheers and applause from the audience of parents, friends and pupils from the Senior School for each graduate was a further sign of the affection these young people have bred in the hearts of our community. The three most senior pupils in the school, the Head and Deputy Heads of the College, rounded off the formal part of the ceremony with a wonderfully moving address on behalf of their peers.

As is now customary, the evening was completed with a buffet meal for the

graduates, their families and teachers. Accompanying the meal were a series of musical performances, which once again served to emphasise the enviable talent in performing arts in the school and represented a fitting end to their time at Wellington. Our graduates all move on to fresh and exciting challenges at some of the world's leading universities, but they will remain Wellingtonians throughout their lives and the whole school community wishes them every success for the future.



| Top UK offers 英国名校大学 | Number of Offers 录取数量 | Rank (QS) 世界排名 |
|---|--------------------------|-------------------|
| University of the Arts London 伦敦艺术大学 | 4 | 2 nd |
| University College London 伦敦大学学院 | 1 | 3 rd |
| The University of Edinburgh 爱丁堡大学 | 3 | 18 th |
| University of Manchester 曼彻斯特大学 | 2 | 29 th |
| King's College London 伦敦国王学院 | 2 | 31 st |
| University of Bristol 布里斯托尔大学 | 1 | 51 st |
| The University of Warwick 华威大学 | 1 | 54 th |
| University of Glasgow 格拉斯哥大学 | 2 | 69 th |
| Loughborough University 利兹大学 | 1 | 93 rd |

| Top US offers 美国名校大学 | Number of Offers 录取数量 | Rank (QS) 世界排名 |
|---|--------------------------|-------------------|
| Parsons School of Design 帕森斯设计学院 | 1 | 2 nd |
| The School of the Art Institute of Chicago 芝加哥艺术学院 | 1 | 9 th |
| Pratt Institute 普拉特艺术学院 | 2 | 30 th |
| Berklee College of Music 伯克利音乐学院 | 1 | 31 st |
| California College of the Arts and Crafts 加州艺术学院 | 1 | 22 nd |
| School of Visual Arts 视觉艺术学院 | 1 | 24 th |
| Savannah College of Art and Design 萨凡纳艺术学院 | 1 | 47 th |
| University of North Carolina at Chapel Hill 北卡罗来纳大学教堂山分校 | 1 | 83 rd |
| The Pennsylvania State University 宾夕法尼亚州立大学 | 2 | 95 th |

| Top other offers 其他名校大学 | Number of Offers 录取数量 | Rank (QS) 世界排名 |
|---|--------------------------|-------------------|
| University of Toronto 多伦多大学 | 1 | 28 th |
| University of Melbourne 墨尔本大学 | 1 | 39 th |
| University of Sydney 悉尼大学 | 2 | 42 nd |
| University of New South Wales 新南威尔士大学 | 1 | 45 th |
| University of British Columbia 不列颠哥伦比亚大学 | 1 | 47 th |
| University of Queensland 昆士兰大学 | 1 | 48 th |
| Monash University 莫纳什大学 | 1 | 59 th |
| Nanjing Technological University 南京理工大学 | 1 | 51 st |

'Road to Shangri-La' Charity Photo Exhibition @ Shangri-La Hotel, Tianjin

Following the success of last year's Charity Photo Exhibition, Shangri-La Hotel, Tianjin invites Scottish photo-journalist Bruce Connolly back for a unique exhibition launching 21 June at the Lobby Lounge. This year, the long-time China journalist takes the legendary tale of Shangri-La as inspiration, displaying more than 100 images shot along the Tea Horse Trail from Kunming to Lhasa. His journeys to the region known as Shangri-La in China date back to 1994, capturing scenes of mystical splendour long before these destinations were touched by mass tourism.

"There is a wish for Shangri-La in everyone's heart... this line from James Hilton's 1933 novel Lost Heaven is probably even more pertinent today. Serenity, harmony and inherent beauty are cornerstones of experiencing Shangri-La," says photographer Bruce Connolly. "I found that during my early adventures in Yunnan and Lhasa, and for many personal reasons I also find it here in Tianjin."

All proceeds from the photo exhibition go to Healing Young Hearts, helping to create and distribute hospital activity packs for children undergoing hospital treatment for life-threatening diseases. Designed to make hospital stays less stressful, each pack contains an activity booklet, crayons, scissors, glue, stickers and a bag. The story themes help provide children with a positive image of themselves and their medical journey, acknowledging them as the brave and determined fighters that they are.

Shangri-La Hotel, Tianjin established its Embrace project in 2015, working with the Healing Young Hearts (HYH) volunteer project. Hotel volunteers visit the local hospital twice a month to distribute the free activity packs, read stories, play games and make handicrafts with the children. Please help this wonderful initiative and enjoy an afternoon of unique Shangri-La photography and community.

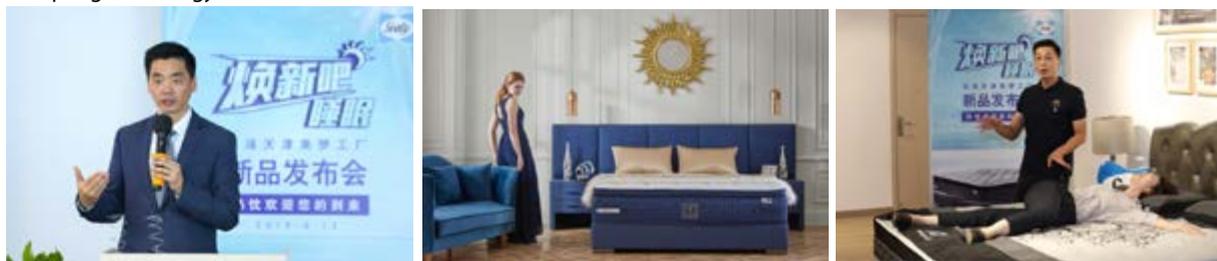


Exploring the Secret of "Dream Factory" @ SEALY

June 13, 2019, the world-renowned mattress brand SEALY officially announced 2019 new living museum full range of products were up to date. This time, with "renew it, sleep" as the theme of the press conference, SEALY comprehensively demonstrates the three core advantages of "support, comfort and durability" of its brand, and shows the comfortable sleep experience brought about by the comprehensive upgrading of the SEALY mattress. As a leading brand in the global mattress industry, SEALY hopes to release a full range of upgraded new products to bring consumers sleep products that really meet the concept of modern health.

SEALY 2019 new living museum full range of products closely follow the its core technical advantages. Taking ergonomics into consideration, SEALY has made innovation and upgrade of its products on the fabrics of the mattress. Moreover, the appearance of mattresses has also been improved to meet the needs of modern consumers for a high quality of fashion life.

Through the life museum product upgrade and the media factory exploration trip, SEALY with its excellent new products, provide beautifully 'bright new' meaning to the daily life, and let sleep become a kind of enjoyment. In the future, SEALY will continue to develop more ergonomic sleep products, bringing Chinese consumers more high quality sleep experience led by its spring technology.



The St. Regis Tianjin partners with PAPINEE to create lifelong Family memories

The St. Regis Tianjin has launched collaboration with PAPINEE, the storytelling company that empowers adults, educators and storytellers to take children on educational and inspiring magical adventures all around the world.

Through this collaboration, The St. Regis Tianjin hopes to further engage its younger guests with a new range of tailored activities, adding to the hotel's child-friendly offerings under the Family Traditions at St. Regis program.

As part of the partnership, a charming new PAPINEE character inspired by the history of St. Regis, Jak the Deer, is the focal point of the PAPINEE partnership at The St. Regis Tianjin. Jak – full name JakOdocoileus V – is a friendly four-legged Deer brought up in New York City, and has been surrounded by the glamorous people at his family's headquarters at The St. Regis Hotel in New York. Jak is said to be named after John Jacob Astor IV, the wealthy New York real estate visionary, who opened the original St. Regis Hotel in 1904.

The PAPINEE Storytelling Kit sees Jak brought to life through the charming plush toy, a delightful storytelling and activity book. Keepsakes that feature Jak include a children's backpack, a coin pouch, a NYC bandana and hang tag.

To celebrate Jak and the partnership with PAPINEE, The St. Regis Tianjin has created a number of exclusive experiences and promotions for families, including a special 'Jak-inspired' Gourmet Tour Buffet with PAPINEE at the hotel's signature restaurant, Promenade, "PAPINEE Theme Room" accommodation package, and PAPINEE Gift Store.



"Love in the Air" press conference to announce the New Wedding Venue for 2019 @ China World Summit Wing, Beijing

On 20th of May, 2019, China World Summit Wing, Beijing joined hands with China World Mall to hold the "Love in the Air" press conference to announce the official launch of Atmosphere Bar as a wedding venue.

Perched more than 300 metres above Beijing on the 80th floor of the hotel, Atmosphere has always been a beacon of style and sophistication and one of the city's hottest nightspots. Now, it is also set to become one of Beijing's most sought after wedding venues, offering couples a uniquely romantic setting for their big day high above the clouds.

For enquiries and reservations, call (86 10) 6505 2299 ext 6325 or email events.csw@shangri-la.com. Follow the hotel's WeChat account at "bjcsw" for the latest offers and promotions.



Is It Better to EXERCISE

in The Morning or Evening?

By Barbara Ross

It is common knowledge that the early bird catches the worm. But, is it also true in fitness, as it is in every other aspect of life?

Well, opinions have been swaying back and forth on that subject. Along with a few other questions lies this question too up for debate; is it better to exercise early in the morning or in the evening?

So what's the answer?

There is no right or wrong answer actually. It depends on an individual's personal preferences and fitness goals.

If you feel you tend to push yourself and achieve more in the morning, then a morning routine is probably the best for you. However, if you think you need to lose weight quickly, but do not have time for it in the morning, then you can split your sessions for morning and evening.

Let's go through the pros and cons of both methods for clarity.

PROS AND CONS

Now, there are some obvious benefits of exercising in the morning. Before we get into the technical details, let's go through the simple advantages.

You get it out of the way early on during the day

Once you spend that 45 minutes to 1 hour early in the morning, you don't have to worry about making time for it in your busy schedule. And we all know how a lot of things can come up during the course of the day that may make you skip your quality time with good health practices.

You get better quality sleep during the night

A regular exercise routine as it is helps with better sleep. Now, sleep experts have actually found that a morning routine specifically improves the quality of sleep.

You tend to be more consistent

There are lesser chances of you skipping your regime when you have it first thing in the morning. As mentioned before, you've scheduled it at a time when all your distractions are shut down, like your office or any other place that may be important. Hence, it will soon become a way of life for you.

With an evening routine, you'll have the following benefits.

You can have a more intense workout

Now that you're done with the day, you can concentrate on your exercise wholly and use up all your energy without worrying about having enough for other activities. Hence, you get to work harder and improve faster.

It helps blow off steam

You're spending time at the gym improving your health and yourself in general. It involves physical activity that will help you a great deal in blowing off steam after having a long day.

早上锻炼还是晚上锻炼更好？

人们在这个备受争议的问题上意见并不统一。其实关于这个问题，并没有正确答案。早上锻炼还是晚上锻炼效果更好，主要取决于个人喜好和健身目的。如果你希望在早上花些时间进行锻炼，那么晨练就是适合你的；反之，如果你希望快速减肥但没有时间晨练，那么可以把锻炼时间多安排在晚上。

早晚锻炼的优劣比较。

早上的明显优势在于能够早早地完成一日的锻炼任务，早间锻炼更有助于良好的睡眠，以及早上完成锻炼可以为当日其它事情安排时间。晚上的优势在于可以投入精力进行较高强度的锻炼，并且尽情释放压力，从而对整体的健康起到改善作用。

早晚锻炼对于减肥的作用。

早上空腹锻炼可以燃烧更多的脂肪，具有新陈代谢的优势，但从长远来看不会对体重产生明显的影响；但同时倾向在晚上高强度锻炼的人们，也会消耗大量的脂肪，导致体重的减轻。因此，早上锻炼更能减肥的说法缺乏充足而合理的理论依据。早上锻炼还是晚上锻炼更好，取决于你自己的选择。

WEIGHT LOSS?

Nowadays a lot of people believe that a morning routine helps you lose weight faster. Here's the thing.

If you're working out on an empty stomach in the morning, chances are that you will burn more fat. After having dinner last night, you have fasted throughout the night. Hence, there is nothing else for your body to rely on for energy other than the stored fat. This ensures that you burn more fat when you exercise before having any breakfast in the morning. It also has a metabolic advantage.

However, exercising before or after breakfast does not show much of an effect on overall weight in the long run.

Coming to morning and evening routines, researches revealed that those who had morning routines apparently tended to eat lesser throughout the day. This caused them to lose more weight eventually.

But, several researches also suggested that people tend to work harder during an evening routine. This eventually leads to spending more energy during evenings, in turn leading to greater weight loss, as well.

Hence, the theory of losing more weight with morning exercise is not entirely substantiated with proper evidence.

Clearly it is up to you to decide which one works for you. And whichever does, it is the right way for you to go.

DETOX DIETS & CLEANSSES DO THEY REALLY WORK?

By Barbara Ross

It's the age of "clean beauty" and "clean health". People are more concerned than ever about what they put on their faces and what is included in the food they consume. And it is not just with people who already have health issues. A clean diet is in fact more of a trend among the youth.

For the same reason, a very popular diet concept that is catching up both among the millennials, as well as the baby boomers all over the world, is a detox diet. There are a number of people who swear by this method to remove toxins and cleanse their body, to reveal a fresh and healthy digestive system.

But does it really work?

Is it an authenticated way of cleaning the system?

What does a detox diet technically involve?

排毒饮食及其清洁作用； 它们真的有效吗？

现今人们对饮食非常关注。排毒饮食变得非常流行，人们声称排毒饮食能够去除体内毒素，从而清洁身体，带来清新和健康的消化系统。

何为排毒饮食？

短期排毒饮食规定短期内摄取特定食物，并完全屏蔽其他某些食物。典型的排毒饮食通常为禁食一段时间，之后只严格食用水果和蔬菜。高级排毒饮食还涉及草药及补充剂的摄入。

排毒饮食如何起作用？

禁食期间允许消化器官休息。水果和蔬菜会进一步刺激肝脏通过排泄汗液和粪便排出毒素。未加工食物中的营养物质也有助于改善血液循环，从而提升整体健康。

排毒饮食是否有效？

几乎没有科学证据证明排毒饮食有助于清除任何毒素。肝脏和肾脏具有一定清除体内有害毒素的天然能力，而一些更有毒的化合物无法经过该系统有效去除。另一方面，排毒饮食本身通常为未加工食品，避免高热量，从而有益于身体的许多方面。



WHAT EXACTLY IS A DETOX DIET?

Detox diets essentially claim to eliminate harmful toxins from your body and clean your blood. However, there is no scientific evidence to prove how they do this or whether they even do this.

These diets are usually short term plans that prescribe the intake of certain foods and the complete elimination of certain other foods.

A typical detox diet usually involves fasting for a period of time, followed by a stringent diet of fruits and vegetables only. Fruit juices and water are also allowed. Advanced detox diets may also involve intake of herbs, herbal teas and supplements. Sometimes, prescribed colon cleanses and enemas are also consumed, which makes help in emptying out the intestines.

HOW DOES A DETOX DIET WORK?

Detox diets are known to target the body in different ways. The fasting period allows the digestive organs to rest. The fruits and vegetables further stimulate the liver to eliminate toxins through excretory means like sweat and faeces. The nutrients from the unprocessed foods also help improve blood circulation and also improve overall health.

Such detox diets are often advised for people with digestive problems or other health issues like obesity, bloating, auto-immune diseases and inflammation. Sometimes they are also recommended just to eliminate toxins absorbed by the body from the environment or from processed foods, such as pollutants, harmful metals and synthetic chemicals.

However, as mentioned before, there is no scientific evidence to support the fact that a detox diet helps in the process.

ARE DETOX DIETS EFFECTIVE?

Many people are reported to have felt more energetic and focused after their detox diet. However, truth be told, there is little evidence to prove the

fact that the diet actually helps in removing any of the toxins. The liver and the kidneys do possess a natural ability to remove harmful toxins from the body to a certain extent. Hence, the human body is capable of cleansing itself naturally through sweat, urine, etc.

There are however certain other more harmful chemical compounds that cannot be effectively removed naturally by the system, such as persistent organic pollutants (POP) and phthalates.

Detox diets generally involve completely elimination of highly processed foods and foods that contain added sugar or solid fats. Avoiding these types of high-calorie foods for a few days will benefit the body in many ways. This probably explains why people feel healthier after their detox diet. For the same reason, you could follow only the elimination part, as well, if you wish to improve your digestion.

Suffice it to say, that detox diets are not proven to be effective in the elimination of toxins. However, they do have obvious benefits of avoiding processed foods and consuming natural fruits and vegetables. Hence, rather than eating healthy just for a few days, you could adopt healthy food habits and improve your lifestyle from a general perspective.





What is HPV and why should you vaccinate

HPV (人乳头状瘤病毒) 以及接种该疫苗必要性

人乳头瘤病毒 (HPV) 是世界上最常见的病毒之一。全世界每年大约有620万新的HPV感染病例, 据估计其中大概7.4%到12.3%发生在中国。

任何人与未经检测或已知有HPV感染的伴侣发生任何类型的性行为, 都有感染HPV的风险。许多HPV感染者没有任何迹象或病症, 但仍可以传播HPV病毒。任何性行为活跃的人都有可能感染HPV。由于症状可能在性行为多年后才出现, 所以很难判断感染时间。HPV有许多不同的类型, 有些会导致生殖器官和其他健康问题, 也有一些类型可以导致癌症, 如女性子宫颈癌、阴道癌和外阴癌, 男性阴茎癌等。

HPV疫苗可以预防癌症的发展。HPV疫苗接种应与其他儿童疫苗一起进行。所有11至12岁的男孩和女孩都推荐接种HPV疫苗。对于年轻女性建议接种疫苗至26岁, 年轻男性建议接种到21岁。接种疫苗是预防HPV的最好方法, 但妇女也应同时接受常规宫颈癌筛查。另外, 在每次性行为时应正确使用避孕套, 防止其他性传播感染。

By Kate Stone

HPV stands for the Human Papillomavirus infection, which is one of the most common viruses in the world. There are approximately 6.2 million new cases of HPV infections reported worldwide each year. It is hard to decipher exactly what percentage of the population is affected by HPV across China, but some estimates based on province-based studies range from 7.4% to 12.3%.

Any individual who has any type of sex with a partner who hasn't been tested, or is known to have HPV, is at risk of getting it. Most HPV infections, about 9 out of 10, will go away by themselves within two years. Many people with HPV never develop symptoms or health problems. Even if an infected person has no signs or symptoms, they can still spread HPV. In some cases, HPV infections will last longer, and they can also cause other diseases, as well as certain cancers.

Anyone who is sexually active can get HPV, even if you only have sex with one person. You can also develop symptoms years after you have sex with someone who is infected, which makes it hard to know when you first became infected. There are different types of HPV, some cause genital warts and other health problems, but there are types that can cause cancer in both men and women.

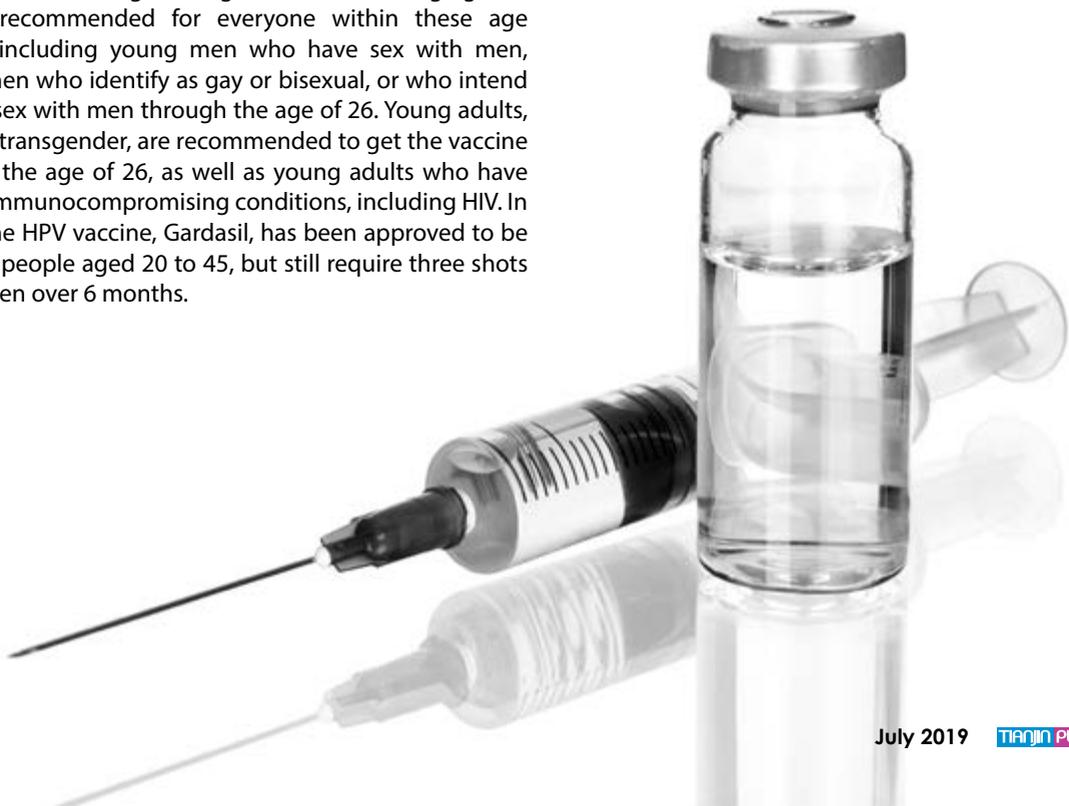
HPV infections can cause cancers of the cervix, vagina, and vulva in women and can cause cancers of the penis in men. Both men and women can develop cancers of the anus, the back of the throat, and the base of the tongue, as well as the tonsils. Certain types of HPV, such as types 16 and 18, cause cervical cancer. In fact, they account for over 70 percent of all cervical cancers. The good news is that the HPV vaccination can prevent cancer from ever developing. In China, there is a very high incidence and death rate of those who die from cervical cancer. In 2015, about 98,900 new cases were reported and 30,500 deaths of cervical cancer.

Vaccinating for HPV should be done alongside other childhood vaccines. All kids who are 11 to 12 years old should get a series of two vaccines, six to twelve months apart. In some cases, if the adolescent receives the two vaccines less than five months apart, the third vaccine will be required. For teens, children who are older than 14 years of age, a series of three vaccines will need to be given over 6 months.

The vaccine is recommended for both boys and girls. For young women, the vaccination is recommended all the way through the age of 26, and for young men, it is recommended through the age of 21. Vaccinating against HPV is recommended for everyone within these age groups, including young men who have sex with men, young men who identify as gay or bisexual, or who intend to have sex with men through the age of 26. Young adults, who are transgender, are recommended to get the vaccine through the age of 26, as well as young adults who have certain immunocompromising conditions, including HIV. In China, the HPV vaccine, Gardasil, has been approved to be given to people aged 20 to 45, but still require three shots to be given over 6 months.

Vaccination is the best way to prevent HPV, but it does not mean that women should stop getting routinely screened for cervical cancer

Vaccination is the best way to prevent HPV, but it does not mean that women should stop getting routinely screened for cervical cancer. In addition, it is important to continue to use condoms the right way every time you have sex to prevent other sexually transmitted infections. If you are unvaccinated, proper condom use can help prevent the transmission of HPV, but HPV can infect areas not covered by a condom. To reduce the risk of HPV and other sexually transmitted infections, it is ideal to be in a mutually monogamous relationship, by only having sex with someone who is only having sex with you.



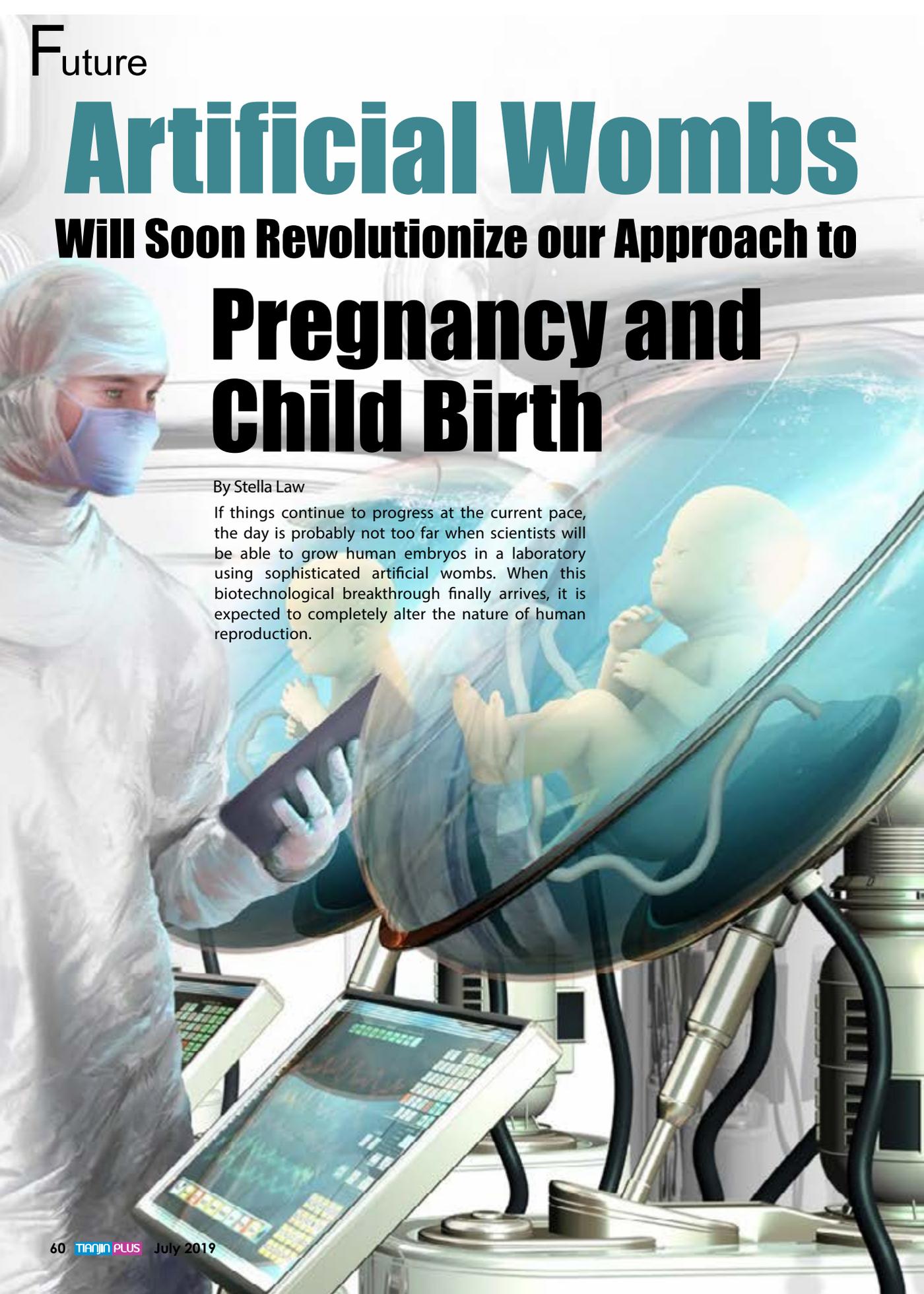
Artificial Wombs

Will Soon Revolutionize our Approach to

Pregnancy and Child Birth

By Stella Law

If things continue to progress at the current pace, the day is probably not too far when scientists will be able to grow human embryos in a laboratory using sophisticated artificial wombs. When this biotechnological breakthrough finally arrives, it is expected to completely alter the nature of human reproduction.



Work is already in progress on several fronts across the world. For example, it's been about three years since a team at the Children's Hospital of Philadelphia confirmed a breakthrough in their pursuit for the technology. The team then announced that they had successfully developed a "biobag" that helps improve the survival rate of premature babies.

It was indeed a big achievement -- one that was widely acclaimed to be a significant leap forward from the conventional incubators that have been in use for decades now. The team behind this accomplishment demonstrated the technology by keeping lambs alive in the biobag. The subjects used in the project were equivalent in nature to the premature human foetus of 22 to 24 weeks.

Meanwhile, another research team at Cambridge University made it to the headlines by keeping an embryo alive for 13 days. The team accomplished this feat by creating a certain composition of vital nutrients that simulates the exact conditions that keep unborn babies alive in the womb. Theoretically, these scientists could have further extended the 13-day milestone had it not been for the legal factors that prevented an embryo from being kept at a lab for more than 14 days.

The impact will potentially be far reaching when these technologies mature enough to be deployed medically. They could introduce a much safer alternative to the conventional approach of handling pregnancy and childbirth.

However, as always, there are a few ethical dilemmas that require close attention from the scientific community, as well from governments and the civil society at large. One such bone of contention is where exactly one draws the thin line between aiming for healthy development and only wanting children who are medically considered the "healthiest."

Moreover, in the wake of such a technological breakthrough, who gets the final call on the ever-persistent question of what type of pregnancy is the best? Does the mother get to have the final say? The biological father? Or will it be doctors calling the shot? Will religious leaders have a major issue with any such technology just like they have with abortion?

人造子宫将彻底改变怀孕和分娩的方式

应用人造子宫培育人类胚胎的研究在世界各地取得进展。费城儿童医院已成功研发“生命之袋”，有助于提高早产儿存活率。该研究成果被誉为大幅超越了传统孵化器。与此同时，剑桥大学完成通过创造重要营养成分以确保胚胎在子宫存活13天的壮举。这些技术达到成熟时，将会产生深远的影响，以一种更安全的方式来替代传统的怀孕和分娩。

然而，人造子宫的道德难题得到科学界和社会的密切关注，焦点在于生命的自然成长以及医学承认的“健康”之间的分界线。以及怀孕方式的决定权将存在重大争议。

人类从人造子宫中获得收益似乎会超过随之带来的道德和伦理困境。人造子宫免受母亲生活方式的影响，为婴儿提供理想的孕育环境，另外会使不育、同性恋、老年夫妇等容易生育亲生子女。

However, on a closer look, the gains humanity can harvest from artificial wombs seem to far outweigh the moral and ethical dilemmas that come along. For example, artificial wombs in the lab could provide an unborn child with an ideal combination of temperature, nutrients, movement, and other stimulants. They are immune from any adverse impact resulting from the mother's lifestyle (e.g. free of risks from substance abuse, unhealthy diet, or physical/mental stress).

Also, any such technology will allow infertile, gay/trans, and older couples a much easier option to give birth to biological children.





LOVE FOR FOOD AND COOKING



PAN PACIFIC
TIANJIN
天津泛太平洋大酒店

Pan Pacific Tianjin is a 5-star hotel that brings unmatched comfort and convenience.

It has a diverse culinary experience with their award-winning restaurants in China and all over the world. The grandiose ambience of this hotel enthralls everyone to experience luxury stay and at the same time, to discover authentic local and regional flavours at its best.

Since they only hire top calibre chefs with great experience and love for cooking, let us know the humble beginnings of Pan Pacific Tianjin's renowned chefs, Chef Narong Kuakoon and Chef Wong Chong Foo, who are busy cooking your favourite dishes from Thai foods to Malaysian cuisine.

Both chefs started their journey in early 1990's at Parkway Restaurant in Tianjin. While Chef Narong's inspiration to cooking was his passion and love for it, Chef Wong pursued this dream to give him roof over his head, because he thought that when you work at a restaurant, food and accommodation is already served.

What keeps them passionate about their work is their love for food and cooking. Chef Narong believes that food uses 101 percent of the heart to make a 99-point taste, while the two percent is left to every chef to learn and explore and to give more enticing food to his customers. Chef Wong, on the other hand, believes that the more knowledge you earn, the more experience you can obtain. He also loves trying other foods at different restaurants to get inspiration and infuse what he already has.

Chef Narong specializes in Thai food and his signature dishes are Thai-style curry seafood, Thai-style Tom Yum Goong, Thai Red Curry Chicken and Hainanese Chicken Rice. While Chef Wong is a traditional Malay, he has more than 20 years of experience cooking Malaysian cuisines and he was able to create and infuse new taste out of his work.



While both have been for more than a decade at Tianjin, their craft has never changed. Through the years, they were able to hone their expertise and provide quality food and comfort to everyone coming at the restaurant. The main dishes that are offered at Pan Pacific Hotel were Thai Curry Seafood, Malaysia Bak-Kut-Teh, Singapore Laksa, Thai Tom Yum Kung, Malay Chicken Satay, and Hainanese Chicken Rice. Using only the fresh and special ingredients, these top menu choices can ignite one's senses because of its fine dining qualifications that would satisfy one's higher expectation!

When both were asked about how the Southeast Asian food tastes like, they both agreed to sweet, sour, and spicy delicacy. The reason is that these flavours will create a unique taste after these three merged. As the world evolves, these chefs also compete with other restaurants in the area. New dishes are being created to surprise their guests with what their talent can give. Guests can look forward to festivities every year, as they celebrate their anniversary.

Here's the sneak peak of the new menu we've been waiting for:

- Thai Yellow Curry Seafood
- Singapore Black Pepper Seafood

- Malaysian Pandan Leaf Rice
- Singapore Fried Noodle-Char Kuey Teow

What we can learn from Chef Narong and Chef Wong is that cooking is also a never-ending process. Learning new things, exploring different cuisines, inventing new flavours to fit with every generation. Even if you are a Chef, you should not be afraid to do something you haven't done before. You must work hard and learn as much as possible.

So, if you want to become like Chef Narong or Chef Wong, you must not stop learning. Explore every city and learn about their culture. Know their values. Experience their food and infuse something from your own city to give in something new. Have fun and enjoy every journey while you're still young and able. Creating something wonderful for everyone will let them appreciate you even more, as a chef.

Pacifica Restaurant

帕西菲嘉西餐厅

A: 1F, Pan Pacific Tianjin

No. 1 Zhang Zi Zhong Road,
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集历史与现代于一身的天津泛太平洋大酒店吸引着人们去体验奢华的住宿，并发现正宗的当地风味。该酒店雇佣经验丰富和热爱烹饪的厨师，泰国厨师那龙克昆，东南亚厨师黄忠福就是其中的佼佼者。他们对工作充满激情，对饮食和烹饪保持着持续的热情与探索，并不断丰富着自身的经验，为来饭店就餐的人们提供了优质的食物和舒适的环境。

现今已经50岁的泰国师傅那龙克昆于2018年加入天津泛太平洋大酒店。在其20多年的职业生涯中，他一直保持着对厨师这份职业的敬畏之心，用心雕琢每一道菜品，挑战食客的味蕾。

黄忠福，一个拥有超过20年马来西亚菜制作经验的传统马来人，独具匠心的他，很少说话，好像总是喜欢沉浸在自己的世界里，但他说，他并不孤独，他享受与食材的沟通和交流，喜欢用味道征服每一个食客。黄师傅担任东南亚厨师，用最纯正的东南亚风味，引领舌尖上的泛太盛宴。

Spider-Man: Far From Home

Marvel fans in China have something to celebrate, with their favourite neighbourhood superhero swinging into Chinese theatres, truly far from home, four days earlier than in its home country. Following the events of Avengers: Endgame, Spider-Man is still mourning the death of his mentor, Iron Man, while also trying to live a normal non-superhero life with his friends, despite disappearing for five years. When Nick Fury calls him up to assign him a mission, he tries to avoid him, goes on a holiday with his friends hoping for some normalcy, but still ends up needing to go help save the world.



Date: 2019.06.28 – 2019.07.28

Bowie by Mick Rock

Bowie by Mick Rock, a special exhibition co-sponsored by the Seattle Museum of Popular Culture (MOPOP) and Modern Sky will be unveiled at Beijing 798 Art Factory on May 29. Between 1972 and 1973, as David Bowie was redefining glam rock as the androgynous alien rock star Ziggy Stardust, fellow Londoner Mick Rock was the musician's official photographer. Catch snapshots of 65 rare Bowie moments, from the extra-terrestrial fashion outfits on album covers to intimate dressing moments and private performances.



Date:
2019.05.29 - 2019.08.04.

Venue: 798 Art District, 4 Jiuxianqiao Lu,
Chaoyang district, Beijing

北京 朝阳区
酒仙桥路甲4号 798艺术工厂

Picasso Birth of a Genius

The exhibition, which offers a comprehensive overview of the first three decades of Picasso's career, is drawn from the Musée National Picasso-Paris's collection of nearly 5,000 works and 200,000 archival objects, the largest of its kind in the world. The exhibition has been conceived and organized specifically for this presentation at UCCA and in China. Included are 103 works from paintings to sculptures tracing Picasso's development from childhood to middle age. Taken together, these works, realised between 1893 and 1921, tell the story of the creative formation and evolution of the most daring, original, and prolific talent in the history of modern art.



Date:
2019.06.15 - 2019.09.01.

Venue: Ullens Centre for Contemporary Art,
4 Jiuxianqiao Lu, Chaoyang district, Beijing

尤伦斯当代艺术中心, 北京 朝阳区
酒仙桥路甲4号

Mark Gardener (Ride) China Tour 2019

Ride are an English rock band formed in Oxford in 1988. The band consists of Andy Bell, Mark Gardener, Laurence "Loz" Colbert, and Steve Queralt. The band was initially part of the "shoegazing" scene that emerged in England during the early 1990s. Following the break-up of the band in 1996, members moved on to various other projects, most notably Bell, who became the bassist for Oasis. In 2001, the band briefly reunited for a one-off performance for a television show. Ride announced their second reunion in November 2014. Their debut album "Nowhere" has been named as one of the important albums of the shoegazing genre.



Date: 2019.07.10.

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

疆进酒
北京 西城区 天桥南大街9号B103

Cats

One of the longest-running shows on both Broadway and the West End is coming to Beijing this summer after doing so well last year. Since its premiere in 1983, Cats has received seven Tony Awards, including Best Musical, and has been performed in 30 countries. Based on T.S. Eliot's Old Possum's Book of Practical Cats, the musical tells the story of a tribe of cats called the Jellicles. Set against the backdrop of a junkyard, the musical is centred around the night 'Jellicle choice', which decides which cat will come back in the next life. The over-the-top set, hit songs and eye-catching choreography make it a musical not to be missed.



Date:
2019.07.02 - 2019.07.14

Venue: Beijing Century Theatre. 40 Liangmaqiao Lu, Chaoyang district, Beijing

世纪剧院
北京 朝阳区 亮马桥路40号

Sir Andrew Davis and BBC Symphony Orchestra

The BBC Symphony Orchestra is a British orchestra based in London. Founded in 1930, it was the first permanent salaried orchestra in London, and is the only one of the city's five major symphony orchestras not to be self-governing. The BBC SO is the principal broadcast orchestra of the British Broadcasting Corporation.



Date: 2019.07.02.

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

天津大剧院, 河西区, 平江道58-1号, 天津

Bakeries & Desserts



PH **Gang Gang Bread & Wine**
冈网葡萄酒 & 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**
Le Crobag 德国面包房
A: Room 109, Buliding A2, Binshui West road, Nankai District, Tianjin
南开区奥城商业广场A2商9
T: +86 22 23741921



Chinese

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

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



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

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

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

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

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

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

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



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

NK Fu Quan Pavilion
赛象中餐厅福泉阁

Fu Quan Pavilion offers cozy dining atmosphere, and characterised by Hangzhou dishes.

A: Saixiang Hotel, No. 8, Meiyuan Lu, Huayuan High-tech Industrial Park, Nankai District

南开区新技术产业园区
华苑产业区梅苑路8号赛象酒店内
T: +86 22 2376 8888

French**HB** La Seine 赛纳河法国餐厅

A very good French restaurant. Gourmet dishes and a great wine cellar. 11:30-14:30; 17:30-21:30.

A: No.50, Ziyou Dao, Hebei District. (Italian Style Town)

河北区自由道50号(意大利风情街)
T: +86 22 2446 0388

**HB** Brasserie Flo Tianjin
福楼

Brasserie Flo is a real Parisian Brasserie serving authentic French cuisine. From seasonal recommendations to French oysters, Brasserie Flo provides an authentic Parisian dining experience. Wine cellar, imported seafood and private VIP room available.

A: No.37, Guangfu Dao, Italian Style Town, Hebei District

河北区意大利风情区光复道37号
T: +86 22 2662 6688
F: +86 22 2445 2625

HP Le Loft 院

Good place to meet friends. French cuisine, wine and great atmosphere.

A: Cross of Nanjin Lu and Jinzhou Dao, Heping district

和平区南京路与锦州道交口
T: +86 22 2723 9363, +86 18702200612

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)
小蕃茄意大利餐厅(国际商场)

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^{Pizza & Steak}**HP** Le Rosso Pizza & Steak
Le Rosso 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** SôU 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 Meijiang Convention Centre)

河西区友谊南路大岛商业广场2楼(梅江会展中心对面)

T: +86 22 5889 7478

HP Bowbow Sushi Japanese Restaurant
宝寿司

A: Xiannong Area, Intersection 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 泰莲泰国餐厅**
 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号大悦城北区4楼39号(南马路口)
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



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

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



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

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

RIVIERA
 蔚蓝海

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



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

HX **Café BLD 餐廊**
 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
 南开开区塔道56号水上公园正门斜对过
T: +86 22 2351 7625

H X Fire House
浓会

An international Steakhouse featuring a wood burning grill as the centerpiece of the restaurant.

11:30-14:00; 17:00-22:00.

A: 1F, Renaissance Tianjin Lakeview Hotel 16 Binshui Road, Hexi District
河西区宾水道16号万丽天津宾馆1层
T: +86 22 5822 3388

H X Terrace Café
燕园咖啡厅

A great location to have a very relaxed meal, in front of a wonderful garden.

06:00-23:00.

A: 1F, 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

H X Mug German Restaurant Beer House
麦谷德餐啤酒坊

The menu offers a collection of four authentic German beers, specially imported from Germany, to provide the ultimate German experience!

A: No. 1-115, Zonglv Garden, Zhujiang Dao, Hexi District
(Face to the Fuli Bus Station)
河西区珠江道富力津门湖棕榈花园底商1-115号
T: +86 22 8815 8577

H B PAULANER Tianjin
普拉那啤酒坊

Paulaner's only flagship store in Tianjin authorized by the headquarters in Munich, Germany. 10:30-24:00, Sun-Thu

10:30-02:00; Fri, Sat & Holidays
A: Venice Square, Italian Territory, No. 429-431, Shengli Lu, Hebei District
河北区胜利路429-431号
意大利风情区威尼斯广场
T: +86 22 2446 8192

H D Café Vista
美食汇全日餐厅

Café Vista redefines the standard of all-day dining service at international hotels.

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

**H P** 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

H P 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

H P 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

N K 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

N K 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

H P 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

H D Brownie Bistro Bar
布朗尼西餐酒吧

A: No.55, Music Street, Bawei Lu, Hedong District
河东区八纬路音乐街55号
T: +86 22 6089 3448 or 137 5202 0168

Coffee Shops

**H P** 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

H P 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

**H P** 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

N K 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

H P 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叉口
T: +86 22 5836 5608

HP SITONG Bar 昔唐音乐酒吧

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

HPX 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

HPB 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

HPD 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



Heping



Nankai



Hexi



Hebei



Hedong



Hongqiao

KTVs

HP Eastern Pearl 东方之珠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 善如美容美体SPA

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

Tattoo Studios

HP InkTattoo 墨颜刺青

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

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

Hospitals

HP Arrail Dental Tianjin International Building Clinic 瑞尔齿科

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



和睦家医疗
United Family Healthcare

HX Tianjin United Family Hospital 天津和睦家医院

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

A: No.22 Tianxiao Yuan, Tanjiang Dao,
Hexi District
河西区潭江道天潇园22号
T: (Reception) +86 22 5856 8500
24 Hour Emergency:
+86 22 5856 8555
W: ufh.com.cn

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



NZ 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

HP Moai GYM
摩艾健身

A: 7th Floor, @ City, M Plaza, the cross of Binjiang Road and Shanxi Road. Heping District, Tianjin
和平区滨江道与山西路交口Mplaza7层
T: +86 22 2712 1314



NZ I Fitness GYM CLUB / Indoor Badminton Court
爱动力健身俱乐部/羽毛球馆

A: No. 3 Jingming Road, Jinnan District, Tianjin
天津市津南区景茗道3号体育中心
T: +86 22 2628 9999

HX I Fitness Meijiang
爱动力健身工作室

A: Area C, Jindian Times Square, Meijiang Area, Hexi District
天津市河西区梅江津典时代广场C区
T: +86 22 8836 7567

XQ 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

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

Decorations

XQ IKEA Tianjin Zhongbei
宜家天津中北商场
A: No.7 Wanhui Rd, Xiqing District
西青区万卉路7号
(地铁2号线曹庄站旁)
Opening Hours:
Apr. - Oct. Mall: 10:00-22:00,
Restaurant: 9:00-21:30
Nov. - Mar. Mall: 10:00-21:30,
Restaurant: 9:00-21:00

DL IKEA Tianjin Dongli
宜家天津东丽商场
A: No. 433 Jintang Rd, Dongli District
天津市东丽区津塘公路433号
(地铁9号线东丽开发区站旁)
Opening Hours: Mall: 10:00-21:00
Restaurant: 9:00-20:30

Hotels



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

Hotels



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



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



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



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



HP **The St. Regis Tianjin**
天津瑞吉金融街酒店

Most luxurious hotel in Tianjin, located by the river next to the train station.
A: No. 158, Zhang Zizhong Road, Heping District 和平区张自忠路158号 (津塔旁, 哈密道正对面)
T: +86 22 5830 9999
W: stregis.com/tianjin

HP **The Westin Tianjin**
天津君隆威斯汀酒店

5 star hotel offering luxury, class and comfort featuring charming city views and the latest in technology.
A: No. 101, Nanjing Lu, Heping District 和平区南京路101号
T: +86 22 2389 0088



HP **The Astor Hotel, Tianjin**
天津利顺德大饭店

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



HP **The Ritz-Carlton, Tianjin**
天津丽思卡尔顿酒店

A landmark hotel located in the heart of the city offering unparalleled and memorable experiences.
A: No. 167 Dagubei Road, Heping District 和平区大沽北路167号
T: +86 22 5857 8888



HX **Renaissance Tianjin Lakeview Hotel**
万丽天津宾馆

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

HX **Hotel Indigo Tianjin Haihe**
天津海河英迪格酒店

It is the only hotel in China that offers villa-style accommodation in a city centre locale.
A: No. 314 Jiefang South Road, Hexi District 河西区解放南路314号
T: +86 22 8832 8888



BANYAN TREE
TIANJIN RIVERSIDE
天津海河悦榕庄

HB **Banyan Tree Tianjin Riverside**
天津海河悦榕庄

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



HB **Holiday Inn Tianjin Riverside**
天津海河假日酒店

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

HQ **Holiday Inn Tianjin Aqua City**
天津水游城假日酒店

A: No.6 Jieyuan Road, Hongqiao District 天津市红桥区芥园道6号
T: +86 22 5877 6666
F: +86 22 5877 6688
W: holidayinn.com/tjaquacity

HX **Tianjin Yan Yuan International Hotel**
天津燕园国际大酒店

A: Zi Jin Shan Lu, Hexi District 天津市河西区紫金山路31号
T: +86 22 2731 3388



TIANJIN

HD **Shangri-La Hotel, Tianjin**
天津香格里拉大酒店

A: No.328 Haihe East Road, Hedong District Tianjin, 300019 China 河东区海河东路328号
T: +86 22 8418 8801



HD **Wanda Vista Tianjin**
天津万达文华酒店

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



HD **HYATT REGENCY TIANJIN EAST**
天津东凯悦酒店

A: 126 Weiguo Road, Hedong District, Tianjin, 300161 河东区卫国道126号
T: +86 22 2457 1234
F: +86 22 2434 5666
W: tianjin.regency.hyatt.com

BD **Hyatt Regency Jing Jin City Resort & Spa 京津新城凯悦酒店**

The resort resembles an ancient, mythical royal palace surrounded by a labyrinth of pathways, archways and waterways; creating a unique oasis that commands and dominates the surrounding skyline.
A: No. 8, Zhujiang Da Dao, Zhouliang Zhuang, Baodi District 宝坻区周良庄珠江大道8号
T: +86 22 5921 1234

Serviced Apartments



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

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

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



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

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

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



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



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

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



HX **The Lakeview, Tianjin-Marriott Executive Apartments**
天津万豪行政公寓
 Offers furnished apartments with amenities and 24-hour staff of an upscale hotel.
A: No. 16, Binshui Dao, Hexi District
 河西区宾水道16号
T: +86 22 5822 3322



NK **FRASER PLACE TIANJIN**
天津招商辉盛坊国际公寓
A: No. 34 Xing Cheng Towers Ao Ti Street, West Weijin South Road, Nankai District
 南开区卫津南路西侧奥体道星城34号楼
T: +86 22 5892 0888
E: sales.tianjin@frasershospitality.com

Antiques & Souvenirs Streets

NK **Drum Tower 鼓楼**
 Also known as Gulou, this is the ancient centre of Tianjin and one of the city's three treasures. Perfect for a stroll through Tianjin's old history.
 09:00-17:00.

A: Drum Tower, Nankai District
 南开区鼓楼

XQ **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叉口
T: +86 22 8300 3000
W: tjwg.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

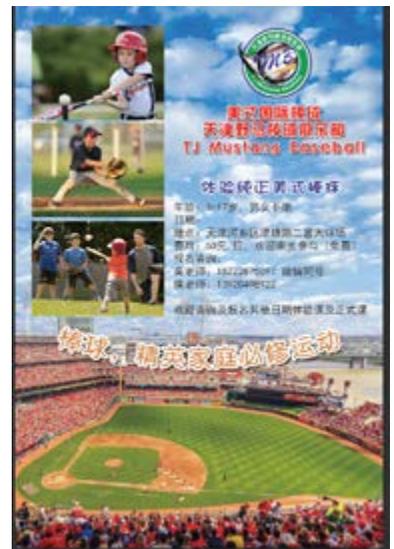
TICC (Tianjin International Community Centre)
Association and meeting place for foreign passport holders and their families in Tianjin. Organises monthly coffee mornings, luncheons and social/fundraising events, supporting local charities.
E: ticc_09@hotmail.com
W: tianjin.weebly.com

Education

HXQ **KIDS'R'KIDS Learning Academy, Tianjin No.1**
凯斯幼儿园, 天津雲锦幼儿园
A: Yunjin Shijia Community, No.65, Ziyang Rd, Zhongbei Zhen, Xiqing Dist, Tianjin
西青区中北镇紫阳道65号雲锦世家内
T: +86 22 5871-6901
+86 22 5871-6900
O: 8:00-17:00
Wechat: KidsRKidsTianjin
W: www.kidsrkids.com
www.kidsrkidschina.com
E: contact-tianjin@kidsrkidschina.cn



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

HX 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

NK 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

HX 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

NK 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

**HP** Heping**NK** Nankai**HX** Hexi**HB** Hebei**HD** Hedong**HQ** Hongqiao

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 徳川日本料理

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

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

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

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

Drycleaning & Laundries

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

Hotels

★★★★★



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



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



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



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

Holiday Inn Tianjin Binhai 天津滨海假日酒店

Located in the very heart of the business district makes it an ideal choice for modern business travellers.

A: No. 86, 1st Avenue, TEDA

开发区第一大街86号

T: +86 22 6628 3388

W: HolidayInn.com



THE WESTIN
CHANGBAISHAN
RESORT

长白山万达威斯汀度假酒店

Sheraton
CHANGBAISHAN RESORT

长白山万达喜来登度假酒店

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



EXECUTIVE APARTMENTS
TEDA - TIANJIN

天津泰达万豪行政公寓

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
BILINGUAL APARTMENTS

天津招泰美伦辉盛坊国际公寓

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@](mailto:reservations.binhai-tianjin@frasershospitality.com)

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 67288999

W: www.binhaiPark.cn

Education



BEIJING INTERNATIONAL
BILINGUAL ACADEMY
海嘉国际双语学校

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

泰达友谊大厦

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

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W: warnergolfclub.com

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天津自由户外俱乐部

A: No. 1038, Jintang Gong Lu, Tanggu

District

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T: +86 22 2582 9366



三江 - 隐藏的珍宝

三江位于中国南部，又被称作侗族自治县，拥有诸多著名的旅游景点。除此之外，三江及其周边还有许多隐藏的风光。

呼吸丹州镇的新鲜空气。丹州靠近三江，是柳江上一个小岛，其壮丽的古民居和历史遗迹令人赞叹。这个隐藏的小镇拥有宁静的环境和新鲜的空气，是亲近自然的完美之地。

走过民族村落。三江市内和周边遍布着许多民族村落。人们会被当地少数民族村庄的建筑才华和独特的着装特色所吸引。

当地市场隐藏的珍宝。三江市场提供着各种新鲜的蔬菜，以及美味而诱人的特色小吃。

如何到达民族村镇：三江拥有良好的公路和铁路网络，可从桂林乘火车或巴士到达。

结论：三江拥有无数的宝藏值得发掘，会带给人们永恒的回憶。

By Nikita Jaeger

Sanjiang is known as a Dong Autonomous County, located in the Southern part of China. Having a subtropical climate throughout the year, many tourists do randomly go to Sanjiang to visit the famous tourist destinations, like Mapang Drum Tower and the Chengyang Wind and Rain Bridge. Other than these tourist destinations, there are many different hidden locations in and around Sanjiang, that being a local Chinese, you must try to witness them once in your lifetime.



Breathe fresh air in Danzhou town

Danzhou, located very nearby to Sanjiang, is a small islet (holm) on Liujiang River. It has multiple hidden spots you can explore around, and we got amazed while seeing the magnificent ancient residential houses and other historical relics at Danzhou. It takes only an hour to reach this town from Sanjiang, and the access routes are excellent.

Being a local, many of you might not have noticed the beauty of this small town. Taking a pit stop here shall completely change your perspective about the town. The peaceful environment and the fresh air shall blow out the stress away from your body and make it a perfect spot to relax and get close to nature.

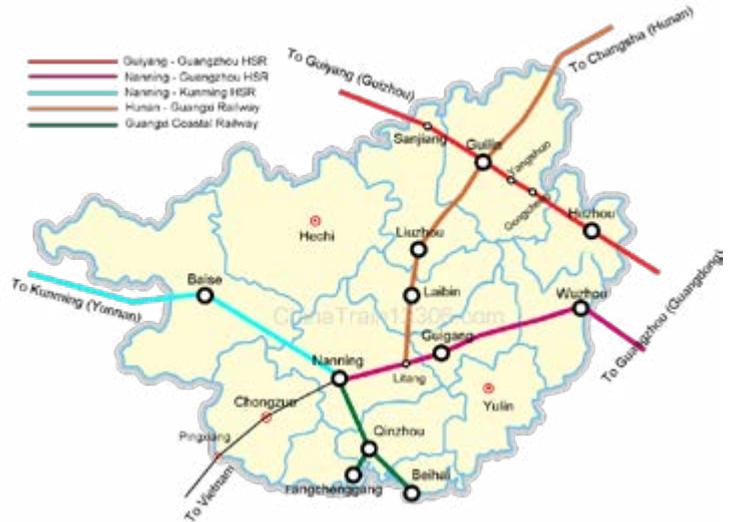
Even if you are not a photographer, you will be tempted to capture the mesmerizing landscapes spread all across the area. Go for a brisk walk around the town and get to know more about the local people and their four hundred years of history and relentless efforts in developing the holm into a township.

Walk through the Ethnic villages

There are many ethnic villages to explore in and around Sanjiang. The tourists less explore these ethnic villages, as many people are not aware of their existence. Once we got to know about the historical importance of these minority villages, we had a visit to the ethnic village and were blown entirely by their architectural brilliance. The Dong people are known for wearing white, blue, purple, green and black colored clothes, along with silver jewelry as daily wear. Their dressing sense naturally raises the curiosity of any visitors. It is one of the unique characters that would attract visitors to the ethnic village.

The locals of these ethnic villages are known for building their houses on the slopes of the valleys, carved beautifully with wooden materials. Watching these houses lying around the mountains is itself a bliss.





Hidden treasures in the local market

Travelling is not only about visiting famous attractions and taking pictures of landscapes, but also getting to know about the local life and their cultural practices. One such place, where you can learn the culture and business of Sanjiang, is the local market, where the dusty streets shall teach you more about the richness the local people hold.

Sanjiang markets are fresh in terms of sightseeing and offer a great smell that shall indeed touch your inner soul. We decided to take a walk around the market, and it was quite interesting to watch the trading of fresh vegetables, chickens, live decks and many more. Tempting snacks are another attraction, which you will never want to avoid.

The vegetables are not only fresh, but are neatly arranged, colorful and shall make you purchase them, even if you are a hardcore non-vegetarian.

One more thing that you should never miss to try out at the local market are the tasty and mouth-watering snacks being sold on every corner. These “take away” treats not only teased my taste buds, but also gave me the energy to walk around the busy market. The snacks are set up in a small table and served with small bags. You can keep walking around, while munching the tasty snacks at the same time.

How to reach the ethnic villages

Sanjiang has excellent road and rail network connectivity.

Train:

From Guilin, it is easy to reach to Sanjiang by train, as well as bus. Many high-speed trains are operating from Guilin to Sanjiang on a daily basis. The high-speed train journey will take about less than an hour to reach Sanjiang from Guilin. The nearest transit point for passengers from Beijing and other northern cities of China is Guilin. Four trains are operating through Sanjiang from Zhanjiang, Liuzhou, Xiangfan, and Huaihua.

Bus:

You can find direct bus services to Guilin and Liuzhou to Sanjiang with two bus stations at the north and south Sanjiang. The distance from Guilin to Sanjiang is 160 kilometres. The best possible way to reach these ethnic villages is by taking a bus from the Sanjiang Drum Tower. Alternatively, you can even board a bus from the Guilin Bus Station (located nearby the Guilin Railway station) to these ethnic villages any day. The bus departs from these places, starting from 6 AM to 4 PM. It takes about four hours to reach the villages.

Conclusion

The bustling atmosphere and pleasing aroma of the market gave me a lovely welcome to the daily life of locals in Sanjiang. Still, there are many things that I could have missed capturing during my visit to the local markets. There are tons of hidden treasures to explore around, and you will never regret visiting these local markets, the ethnic villages and other places in Sanjiang town. Visit any of these hidden locations at least once in your lifetime, and get immersed in everlasting memories.

BHUTAN 不丹

By Nikita Jaeger

The Land of Happiness on Earth

Rimmed by the Himalayas, Bhutan's high altitude and limited tourism make it as an intoxicated country. Though it follows Tibetan Buddhism, it is known to be one of the happiest countries in the world. As a tourist, you will relish the serenity with ancient monasteries, captivating architecture, and the customs of the people.

It is much interesting to note that the word Bhutan rephrase to the 'Land of the Thunder Dragon', thereby earned the nickname because of the tumultuous storms that often whirl from the great Himalayan Mountains. If you are planning for a trip to Bhutan, here are a few hotshots that you must visit at least once in your lifetime.

地球上的幸福之地

不丹位于喜马拉雅山脉的环绕中，高海拔和旅游业使其成为一个令人迷醉的国家。不丹被认为是世界上最幸福的国家之一。

到达：

许多国际城市提供抵达不丹的直航服务，还可从印度的陆地入境点通过公路交通进入不丹。

文化堡垒：

圣礼场所：寺院反映了佛教作为不丹人的精神信仰，在人们的生活方方面面起着重要的作用。

祈福传统：不丹人用快乐的传统来庆祝婴儿的诞生，以最简单的方式庆祝婚礼，认为死亡是一种重生。

盛宴款待：盛宴是不丹文化不可缺少的。人们

举行大型社交聚会，集体庆祝宗教节日等。

传统服饰：不丹人在特殊场合身着传统服装。

鲜为人知的旅游景点：

库尔杰·拉康，布姆唐宗：最神圣的佛教圣地之一，由三座不同时代的庙宇组成。

德拉米特·戈恩巴：不丹东部最大的修道院之一，历史悠久。

主要景点：

虎巢寺院：不丹人的精神圣地，著名的朝圣中心。

祖里宗徒步：宁静而景色非凡之地。

日蓬堡：不丹最为知名的寺庙，或许是你见到的不丹建筑里的最好代表。



How to reach Bhutan?

You can reach Bhutan easily by air, train, and road from different countries.

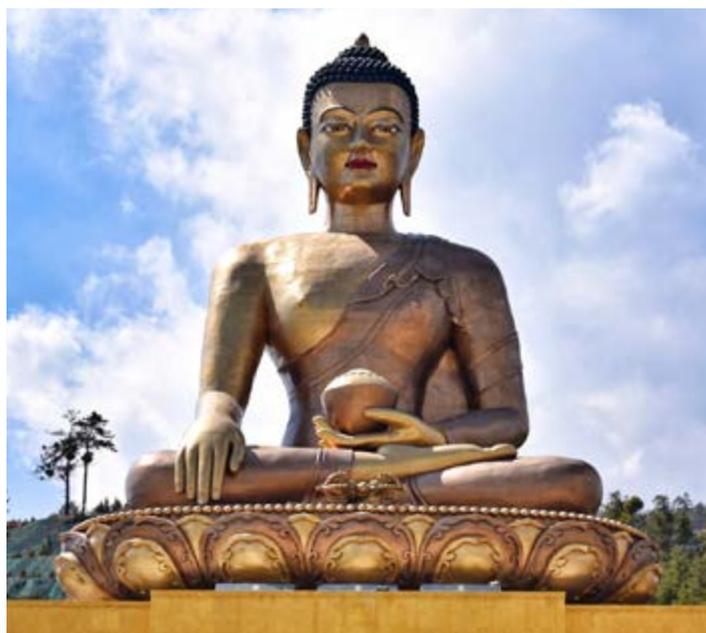
Air travel is the quickest method to reach Bhutan, and there are direct flight services available from New Delhi, Bangkok, Dhaka, Kathmandu, and many other international cities. From these airports, you can board one of the two Bhutanese national airlines fly to Paro International Airport, the only international airport in Bhutan.

Bhutan does not have a railway network service. However, passengers can travel from India up to Hasimara Railway station, a small city of West Bengal under Jalpaiguri district, which is 17 kilometres from the Bhutan border.

Road passengers from India can enter Bhutan through Gelephu and Phuentsholing from the Indian states of Assam and West Bengal. Other than these two land entry points, global travellers can enter to Bhutan through Samdrup Jongkhar, bordering the Assam state of India.

Tourists can have enough options to travel by road, as there are many private taxis, tourist buses and local transport services offering their services for a moderate rate. From Siliguri, you can find regular bus service to Phuentsholing, which you can cover within a four-hour drive. Besides, sharing taxis and bus services are also plying from Siliguri to Jaigon.

CULTURAL FORTS OF BHUTAN



Sacramental place of worship

You can find colourful prayer flags on hillsides, as you enter inside the monasteries, which reflects the spiritual faith of Buddhism. The Buddhist monks' dwell in monasteries constructed on top of the mountains. Their life is very simple. A small morsel is kept on the floor as an offering to God before they eat. Thus, religion takes a very prominent role in the lifestyle of Bhutanese.



A blissful tradition:

Bhutanese culture is quite gleeful since the birth of a child. It is one of the countries in the world which does not discriminate between a boy and a girl. No outsider is allowed to enter inside the house for 3 days after a baby is born. The guests can come only after the purification ritual. Bhutanese celebrate the wedding ceremony in the simplest format. They consider death as a person's rebirth, and they hoist a prayer flag in the memory of the departed soul.

Delectation during Feast time:

The feasts in Bhutan are a spine-twinkling events and also an indispensable part of the culture. Tshechu is the most important religious festival of Bhutan, and the celebration stands for 3-5 days. It falls on the 10th day of every month of the Tibetan Lunar month. Large social gathering is the hallmark of the ceremony, where people from the surrounding places gather together for a mass celebration in full ecstasy. Besides Tshechus, Thimphu Tshechu and Paro Tshechu are the most popular celebrations with mass participation and cultural entertainments. Charm dance is the main attraction during Tshechu, and participants perform with colourful masks and attires.

The unfolding of a silk Thongdrel is an important function during the final day of the Tshechu. Bhutanese have a strong faith in Thongdrel, believing that it can wash away all their sins.

Traditional Wear at Bhutan

Bhutanese wear traditional dresses on special occasions. Men wear 'Gho,' and women wear 'Kira.' As a tradition, they need to carry a scarf during Dzong. Men's scarf is kabney, and women's is rachu.





UNNOTICED TOURIST SPOTS IN BHUTAN

Kurje Lhakhang, Bumthang

It is one of the most sacred Buddhist places in Bhutan, which people rarely visit. It consists of three temples built at different times with brilliant architecture, adorable beautiful statues with lots of greeneries on the background.

How to reach

Located on the bank of Chamkhar River, Kurje Lhakhang is just 5km away from Bumthang. From Bathpalathang Airport it will take only 12 minutes' drive to reach there. It is open for the public from 9 am to 6 pm.



Drametse Goemba

The culturally relevant Drametse Goemba is a place for tourists, who want to get involved with cultural uniqueness of Bhutan. Drametse Goemba holds an unequalled position among Bhutan tourist places. It is also one of the biggest monasteries in Eastern Bhutan. The 5 centuries old Monastery is also an excellent choice for historical lovers. It is home of the famous Naga Cham drum dance. Reaching to the Monastery is a bit time consuming, as it is located 18km off from the main road. But, it is one of the worthiest places to visit because of its sacred relics and images of deities and historical relics.

How to reach

From the main road, it takes 18 kilometres to reach the Monastery that takes you to Trashigang from Mongar.



TOP BHUTAN ATTRACTIONS FOR THE VISITORS:

Tiger's Nest Monastery

It is also known as Paro Takstang, one of the beautiful and exceptional monasteries, a cluster of small construction perched on a cliff 900 metres above sea level. You can take the support of a pony service to climb the hill till the cafeteria. From there, you have to take a steep walk along the narrow stairs towards the Monastery.

The view of the Paro valley from here is breath-taking. Every Bhutanese would like to visit this place once in their lifetime because of spiritual importance. The Monastery is a famous pilgrimage centre, and it is here where Guru Rinpoche used to meditate and preached Buddhism in Bhutan.

Zuri Dzong Hike

The view of the place is really awesome. It is a peaceful place that allows the tourists to immerse in the radiance of happiness by its extraordinary panoramic views. It will take about 30 minutes to reach here if you start from the museum watchtower. It takes an additional one hour to exit towards Uma.

Rinpung Dzong

It is a large Buddhist monastery showcasing the influence of classical Bhutanese architecture. You can see many beautiful paintings on the walls of the Monastery, portraying the life of Buddha. Another critical event that makes Rinpung Dzong famous is the Tshechu cultural celebration, which celebrates annually during March/April or precisely during the 11th to 15th day as per the traditional Bhutanese Lunar Calendar. The Dzong will open from 9 am to 5 pm for the public. Tourist has to pay a tourist tax of \$250 per day, except Indian tourists. The tiny Kingdom is the land of tranquillity and is the heaven for adventure seekers, unforgettable hiking experience and solace finders.

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