

TIANJIN PLUS

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2020.03



Interview with
Ryan Witt
Head of School
Tianjin International School (TIS)

HOME-BASED LEARNING A REMARKABLE EXPERIENCE

家庭网络学习的卓越体验

专访Ryan Witt
天津思锐外籍人员子女学校 (TIS) 总校长



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Hi Friends,

We recently had the pleasure and honour to interact with Ryan Witt, head of the Tianjin International School (TIS) and get to know him as a great education leader and an extraordinary person, and to find out more about the institution that he heads.

TIS is a private international school in Hexi District that provides a well-rounded, high-quality education for the children of foreign passport holders living in the city. The TIS program provides for these children from the age of three through to Grade 12. Its campus has state-of-the-art facilities, but their most important and valuable asset is their exceptionally qualified and friendly staff, led by Ryan Witt, Head of School since 2019.

The principles of TIS are based on providing a strong academic education and system of values. For this emergency period, TIS decided to switch to teaching students remotely, and we got to know what factors played a role in their planning, and the challenges they have encountered in this home-based learning initiative, which was one of the first taken in China.

I would also like to mention a thought regarding the recent coronavirus outbreak, COVID-19, now that the panic is over and the prevention measures have been lifted. During the epidemic, masks, latex gloves, and other protective items were being purchased by anxious individuals and institutions, leading to shortages of medical supplies that are needed for many medical purposes. Now, compassion and cooperation will help to rectify this situation. Propaganda machines are capable of promoting these positive attitudes just as they can promote competition. Maybe the cultivation of such attitudes, not currently very prominent, would be a positive outcome of the COVID-19 crisis.

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

Best wishes and keep safe!

Sandy Moore

Managing Editor | Tianjin Plus Magazine

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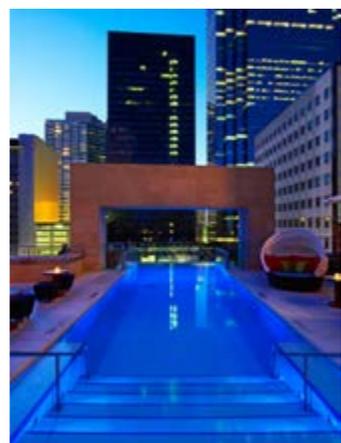
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THE INFINITE GAME

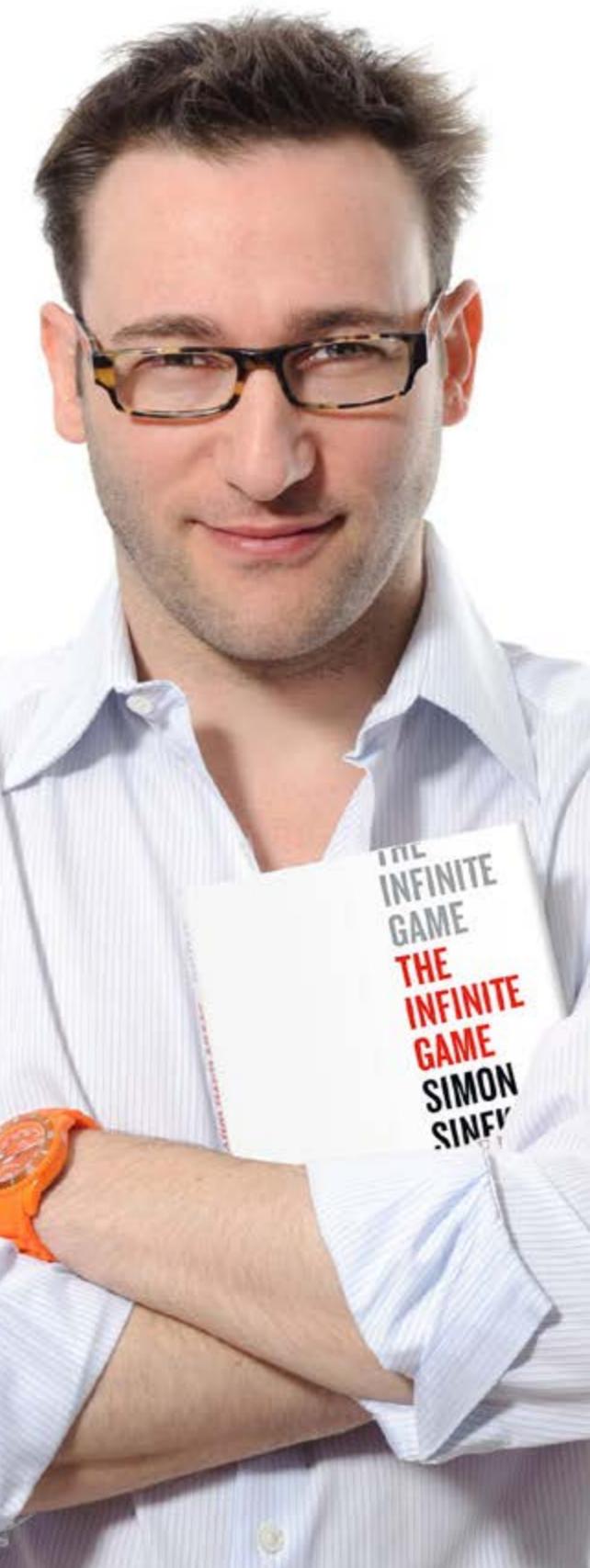
By Simon Sinek
(2019)

Simon Sinek's book focuses on setting up a framework to keep you in the infinite game of life. Its basic concept is that there are two types of games, the finite game, and the infinite game. In the finite games, there are fixed rules, specific players, and a definite endpoint. For example, in Monopoly, the winners and losers are easily identified. The infinite game is more complex, and the players drift in and out. The rules are in a state of flux, and the endpoint is undefined. Most importantly, there are no winners or losers in the infinite games of politics, business, marriage, friendship, career or even life itself.

The emphasis of The Infinite Game is to look beyond the finite games that can be won and instead focus on long-term goals and achievements that will make the world a better place. Organizations with leaders that play the infinite game with a finite mindset tend to lag in innovation, discretionary effort, performance, and productivity. The goal is to keep the game going, and get better along the way.

Conversely, leaders who embrace an infinite mindset build stronger, more innovative, and more inspiring organizations. They thrive in an ever-changing world, while their competitors fall by the wayside. They are the ones who will lead us into the future. The ability to adopt an infinite mindset is a prerequisite for leaders who aspire to leave their organizations in better shape than they found them.

Sinek makes it clear that investing in the people we manage is always a winning strategy, and re-adjusting our focus would make the world a better place. Hence, I thoroughly recommend this book. While it's largely a business book, it should be a requirement for leaders in every sector.



KITE FLYING

A COMPETITIVE SPORT



By Rose Salas

A LITTLE HISTORY

In today's modern living, the childhood hobbies of our grandparents' generation bring so many good memories. The simplicity of life as it was and how they treasured every pastime gives joy when they narrate it to their family. Kite-flying is an exciting activity that has significance in the history of Chinese culture.

During ancient times, kites were made only of wood and cloth, and resembled the shapes of birds. They were invented by Mozi and Lu Ban around 221 B.C. and were used to gather military intelligence during periods of civil unrest and numerous foreign attacks. These kites were used to measure distances and to calculate and record wind movement, all of which was important information in moving

large armies in difficult terrain. Kites were also an important medium of communication for armies.

Later, kites became wonderful sky ornaments on a windy afternoon in many Chinese parks. Children and adults love the mythological characters or other symbolic creatures and legendary figures made up of colourful designs. The brighter the colours and the bigger the kite, the more beautiful it looks when flying! Nowadays, technology is applied to kites with LED lights or noisemakers that are inspiring, astonishing and breathtaking for audiences!

CHINESE KITE FESTIVAL

In Weifang, Shandong, kites have become a historical symbol of Chinese handicrafts. Their popularity has become widespread because of the

beautiful masterpieces of gigantic kites handcrafted with colourful paintings, making them grand and elegant. Weifang, with its kite-making and flying, is recognized as the kite capital of the world. Each year, a kite-flying festival is held here from April 20–25 and brings thousands of participants to the city. In fact, the opening ceremony is comparable to that of the Olympics! The soccer stadium, which can house 80,000, is filled with excited and merry people!

The actual competition lasts for 2–3 days, with international kite flyers coming from around the world.

The closing ceremony is as awe-inspiring as the opening, with an impressive display of fireworks, and entertainment provided by 10,000 dancers, drummers, singers and acrobats who present a world-class performance.

WHAT MAKES KITE FLYING A COMPETITIVE SPORT?

From being a favourite hobby and pastime, kite flying became a popular sport. As in other sports, the competition is based on point standings and creativity criteria that require the kite flyers to work hard before the event. Participants think of it as synchronized swimming in the sky. Timing, dynamics and cooperation are very important. Each movement—from circles, moves called “basket and thread”, to rolls—and each routine must be perfectly executed.

The ability of the kite to withstand the wind pressure allows it to fly higher. As for the pilot, his control of the kite plays the most vital role. He must pull the line with the right amount of tension in a combination of pushing, running

and walking so that he can execute complex tricks and skilful patterns.

Kite flying is a famous sport in many Asian and Western countries. The top five destinations for International Kite Festival are China, Japan, Indonesia, the U.S. and India. Every year, the festival is anticipated by professional kite flyers to showcase their world-class designs and skills to win the title of champion!

Those who find kite flying an engaging hobby also benefit from the health advantages. It is a good way to stretch the physique and reduce body pain such as backache. If you experience pressures and stress in life, this is the best way to drive your worries away! It is a perfect way to reconnect with nature and feel the rush of the wind as it uplifts your spirit!

放风筝 一项竞技的运动

古代的风筝仅由木头和布料制成，类似于鸟的形状。是由墨子和鲁班在公元前221年左右发明的，主要用于战争期间收集军事情报。后来风筝成为了美妙的装饰品。颜色越来越鲜艳，形状越来越大，如今更是发展出带LED灯的风筝或发出声音的风筝，非常具有观赏性！

中国风筝节

山东潍坊，风筝已成为中国手工艺品的历史象征。潍坊被公认为世界风筝之都。每年4月20日至25日在这里举行风筝节，吸引了众多参与者到此。

放风筝如何成为一项竞技运动？

风筝节在许多国家是一项知名运动。举办国际风筝节的前五名是中国，日本，印度尼西亚，美国和印度。专业放风筝选手每年都会期待这个节日，以展示其优秀的设计和技巧！

放风筝也能使人的健康受益。这项伸展运动并减轻身体疼痛（如腰酸）。如果您在生活中遇到压力，这是消除忧虑的最佳方法之一！

By Jordan Snyder



Hutongs Series

NAN LUO GU XIANG

(South Gong and Drum Lane)

By Jordan Snyder

Nan Luo Gu Xiang dates from the year 1267 when it was first built during the Yuan Dynasty, and is known to be among the oldest streets to be found within Beijing.

The road is located to the north of the Forbidden City. It measures 786 metres in length and is just 8 metres wide. The hutong (alley) was particularly affluent during the wealthy times of the Ming and Qing Dynasties. This wealth has been attributed to the princes of those dynasties, officials and celebrities residing there.

One of the attractions of a visit here is to view the former residences of these ancient celebrities, such as the mansion belonging to Prince Seng, the

former residence of Wen Yu (a famous official during the Qing Dynasty) and the former residence of Mao Dun (a famous Chinese writer and critic).

In addition to those residences already mentioned, there are several modern attractions in this hutong, including over 30 bars of various styles, coffee shops, restaurants and dozens of small speciality shops. Among the more famous of these is the Passers-By Bar, known for its selection of pizzas and Nepalese snacks, the Wenyu Cheese Store



with its wide selection of products, and Plastered 8, a T-shirt store famous, among other things, for the 1980s style retro patterns on its t-shirts. The hutong is Beijing's third most popular bar street after the famous bar streets of Sanlitun and Houhai. Among the bars here is the 12 Square Meters bar, the smallest bar in the city, covering an area of just 12 square metres.

LOCATION

The north end of this hutong joins Gulou Dong Dajie, and at its southern point it joins onto Di'anmen Dong Dajie. On each side of the old alley are eight parallel hutongs, and together with Nan Luo Gu Xiang these seventeen hutongs were added to a list of 25 historical and protected areas in November 1990. Located in the downtown or central area, this complex of hutongs is very convenient to reach. Due to its layout it is also known as the Centipede Lane. It was formerly known as the Humpback Lane (Luoguo Xiang) during the Ming Dynasty of 1368-1644, and later Gong and Drum Lane (Luogu Xiang) during the 1644-1911 Qing Dynasty. The alley or hutong remains the most complete of Beijing's historical heritage sites spanning several dynasties.

HOW TO VISIT

You could choose to walk along the entirety of the hutong and take in the experience and local hospitality for yourself. Among the estimated 115 shops and businesses along the route, several have English-speaking staff to assist you if your ability to speak

Mandarin is not up to scratch. There are even a few art studios along the route as this area with its historical charm is sometimes used when historical dramas and movies are being made.

TIPS ON WALKING OR CYCLING HERE

When walking along the tree-lined road, it is advisable to wear flat, comfortable shoes; you can even buy some suitable shoes in one of the shops along the route. Parking is not permitted along the hutong, and if you are not walking the next best way to see the hutong is by bicycle. If you need to, you can hire a bicycle at nearby Houhai or Shichahai.

HOW TO REACH NAN LUO GU XIANG

Subway: You can easily get there by taking subway lines 6 or 8 directly to Nan Luo Gu Xiang station.

Bus: Take bus numbers 3, 13, 42, 60, 118 or 612 to Tong Luo Xiang stop, bus number 701 to Di'anmen Dong stop, or bus numbers 104, 108, 113 or 612 to the Bei Bingmasi stop.

胡同系列之南锣鼓巷

南锣鼓巷的历史可以追溯到公元1267年，始建于元代，是北京地区最古老的街道之一。参观胡同中的古代名人故居是必游景点之一。除此之外，还有30多种风格各异的酒吧，咖啡店，餐厅及数十家小型专卖店也值得一游。

地理位置

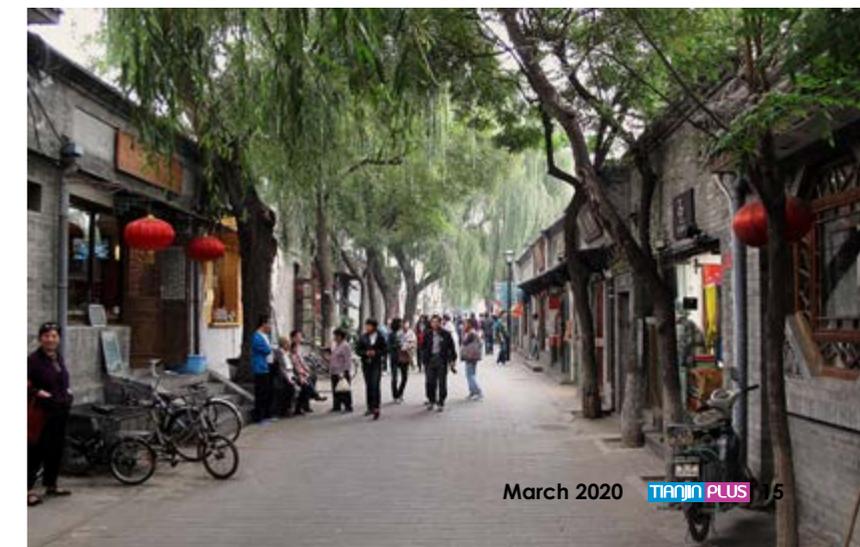
胡同的北端与鼓楼东大街相连，南端与迪安门东大街相连。1990年11月胡同与南锣鼓乡一起被列为历史保护区。在1368-1644年的明朝时期这里曾被称为驼背巷也称为骆驼巷，1644-1911年的清朝改称为锣鼓巷。这里是北京最完整的跨朝代历史遗迹之一。

如何参观

您可以选择沿整个胡同漫步。在这条路线上估计有115家商店，有几家商店的工作人员能用英语为您提供服务。除了步行，骑自行车是游览胡同的第二方法，您可以在前海或什刹海附近租一辆自行车。

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HOME-BASED LEARNING A REMARKABLE EXPERIENCE



Interview with
Ryan Witt
Head of School
Tianjin International School (TIS)

The Tianjin International School is a private international school in Hexi District that provides a well-rounded, high-quality education for the children of foreign passport holders living in the city.

The TIS program provides for these children from the age of three through to Grade 12. Its campus has state-of-the-art facilities, but their most important and valuable asset is their exceptionally qualified and friendly staff, led by Ryan Witt, Head of School since 2019. We had the pleasure and honour to interact with Ryan and get to know him as a great education leader and an extraordinary person.

You state in your welcome letter that "The education is rigorous, but the opportunities and experiences at our school are incredibly rich and give the students that start here the ability to go anywhere." Could you expand on that a little?

The foundations of the American education system are really designed for the purpose of allowing choice in students' education, and so we align all of our education standards to an American system of thought. Students can use the skills that they will develop here to go to any country and do well in any university in whatever field they desire.

We're really proud of the quality of education that we provide our students. We really demand our students do well, and get a lot out of them. It's difficult at times, there's struggle but we build mechanisms to support students with various learning needs, and we've had a lot of success over many years, and I'm really proud of that.

Could you tell us some of the highlights of your experience since you became Head of School in 2019?

The coronavirus certainly took us all by surprise! But there's been some great events that we've held, whether it be Fine Arts performances, International Day that we had this past fall, or China day we had in January. These events celebrate our school's diverse culture, and it is always a great joy seeing students participate and express themselves in a way outside of the classroom. A key for me is always relationships and people, and I think that's a strength that we have here.

What are your goals for the school? What are the future plans that you have in mind after this situation has passed?

I'm continually looking forward to the ability to reach individuals and challenge each individual student to grow in a unique way that they are gifted in.

I would like to continue to see us



Above: Online classroom. **Below left:** Student engagement at home.

Below right: QR Code that links to a sample Home-Based Learning video.



家庭网络学习的卓越体验 给予强有力的学术教育与价值观

专访Ryan Witt
天津思锐外籍人员子女学校 (TIS) 总校长

天津思锐外籍人员子女学校成立于1985年，位于河西区泗水道，学校拥有先进的设施，招收从幼儿园基础班到高中班学生，为居住在天津的外籍人士子女提供全面而高质量的教育，隶属于国际学校联盟 (ISC)。Ryan Witt先生来自美国，于2019年就任TIS总校长。我们很荣幸能采访到Ryan先生并深入了解他对教育的见解。

学校关注的目标是什么？新冠病毒威胁的情况过去之后，您的计划是什么？

我们持续关注每一位学生，并希望每一位学生都能以他们独有的天分成长。我们欢迎来到天津的新家庭，我相信通过与地方政府的合作，我们可以为天津的教育发展做出贡献。

家长们选择TIS的原因是什么？是什么让学校脱颖而出？有什么特别值得骄傲的地方吗？

天津有很多非常好的教育机构，我们与与众不同的地方在于，我们不仅提供了全面而高质量的教育项目，更致力于培养能独立思考的学生个体，关注学生个人的成长，让学生们成为世界公民，让学生们从这里开始将来有能力去往世界任何一个地方。

我们的目标是让学生们成为优秀的领导者和高水平的学习者，同时能够关心周围的事物。我们教导学生们要坚持不懈、持之以恒，要对世界充满好奇。我们拥有一支非常优秀的教师队伍，他们不仅拥有很强的学术和教育实践能力，而且非常关心学生，愿意与学生分享他们的价值观。

家庭网络学习的计划是何时启动的？

当农历新年假期刚过一半的时候，我就开始和团队讨论这个计划，很明显这次的危机不只是几天几周的时间，我们非常重视教育的连贯性和连续性，我们需要进一步提供教育平台，尽管这会和学生在教室里实景教育不一样。

我们花了几天时间思考和沟通如何开始，如何让学生也做好准备，高兴的是在过去10多年时间里，科技技术已经在教育实践中根深蒂固，让这次过渡顺利进行，即使教师们不来教室也能实现网络在线课堂。网络学习还能让学生们在白天学习中集中精力，不会因为紧张和禁闭导致学业落后。

开启家庭网络学习的想法也借鉴了其他的平台，在西方教育中，大学里在线上上课时很常见的，所以学生们终有一天会需要网络在线上课，这也让学生们为未来做好准备。

我也想表扬我们的教师们，我们提出这项计划后教师们很快接受，他们很关心他们的孩子们，基本上停止了假期，立即回到岗位上。我们每天都能看到惊喜的变化，对孩子们来说每一天都是一个新的学习机会。我听到自己的孩子们讨论他们通过家庭网络课堂学到的东西，心里感觉很温暖。这很了不起，这都是教师们的贡献。

reach out to new families arriving in Tianjin. I also believe that by partnering with local authorities we could contribute to Tianjin becoming a destination place for education, and a reason why people want to move to Tianjin.

What challenges have you encountered, and how did you deal with them?

There are always challenges, and that's just the makeup of organizational leadership.

Often these are misunderstandings, but if we are working through it together then we can get through challenges together.

I really believe in teamwork and a family atmosphere, and I try to address every situation that comes up through understanding individuals, and learn from it and do things differently in the future.

Why should parents choose TIS for their children? What makes the school stand out? Is there something you are particularly proud of?

There are good educational institutions in Tianjin. But what makes us special is we don't just provide a strong academic education. We really want to work with individuals to grow as individuals and to be able to think for themselves and to be able to move on and be global citizens someday, so we have a system of values that we try to build in and teach and help students understand and be able to personalize.

We aim for our students to become quality leaders and high level learners, but also to be able to care for the world around them. We teach them to be persistent and to be curious about the world. We have a uniquely qualified group of teachers that

are not only strong in academics and understanding of educational practice but also carry that desire to share those values with their students.

For the past couple of years, we've been working on adopting the AP Capstone Program (Advanced Placement Program). AP Capstone is an innovative program that equips students with the independent research, collaborative teamwork, and communication skills that are increasingly valued by colleges. Students typically take AP Seminar in the 10th or 11th grade, followed by AP Research. Students who earn scores of 3 or higher in AP Seminar and AP Research and on four additional AP Exams of their choosing will receive the AP Capstone Diploma. This signifies their outstanding academic achievement and attainment of college-level academic and research skills.

When did you decide to switch to home-based learning for this emergency period? What factors played a role in your planning?

We were about halfway through our New Year holiday when I started talking and working with our team of leaders on this. It became very apparent that this was going to be longer than just a few days or a week, and as a result, we knew that as we value education, the consistency or continuity of education, we needed to progress and provide an education platform, even though it would not be the same.

It took a few days of working and thinking to figure out what we were going to do and how we were going to be able to communicate it out and get our students prepared for that, but technology has been ingrained into our educational practices

over the last 10 years or more, and it allowed us to make a very smooth transition and be able to offer an education even though we could not come to our building.

It also provides something to allow students to have a focus on what to do during the day, so they're not panicked or feeling that confinement, would lead to their education falling behind.

We came up with the idea of home-based learning that we were able to adopt from other platforms. In western education, taking classes online in university is becoming the norm, so all of these students someday will do this, and so it's also a great component of just preparing students for what the future is going to be.

I want to give credit to the teachers, because we proposed

the idea to them and they stepped up. They care so much for their kids that they all basically stopped their vacation and their holidays, and they went back to work immediately. The things that we are seeing them produce are amazing, and every day is a new learning opportunity for children. Kids are engaged every day, and hearing my own children talk about what they're learning along the way, it warms my heart. It's been remarkable, but it all has to do with the teachers.

What resources are you using for the home-based learning? Are all these resources readily available and accessible?

All our resources are still under

the authority of the teacher in the classroom, and every single day they are working I would say anywhere from 8 to 10 hours producing resources, holding video calls. We're using Zoom as a big tool to bring all of our students into the same platform and be able to talk to them.

Our IT team has been remarkable. They had already set up a place for teachers to create all of these learning opportunities, save them in a component and then bring the links up, so that we don't need to rely on external videos or resources. We really have relied heavily on just the teacher being able to produce it and do it, and this has led to teachers meeting,

even with the young kids, once or twice a week, either in whole groups so that they can see their classmates on the video call, or individual calls so they can work with the teachers one-on-one.

Teachers can use the presentations that they would give students in the classroom. They record and save them, so students who are not able to get onto the live call are able to watch the whole presentation later. An unintended blessing of that has been the value to the language learners because they can go back to the video and they can understand what the words are and they can follow along, and it has added a positive component that we never intended it to add, but it's been powerful. It's been great.

What previous experience do your teachers, students and the parents have with online or home-based learning and teaching?

We've got one or two teachers with previous experience, so the familiarity and the use of technology that's already been in place have allowed them to continue on with a lot of their practices that they were already doing.

But I would say that nobody has done it this fast in this way before. Some teachers have taught for an online school, so they have had some of those unique experiences already and have been able to help others understand what to do and how to grow through it.

It's been a learning process, so we've put out parent surveys to collect data the first couple of weeks, just to compare and understand how is it being received, and what are we doing well, and how can we improve.

What has been the response from parents?

I would say that it has been mostly positive. There's always going to be some challenges along the way. We recognize that it's not something for a long period. It's something that can fill this gap during this emergency time. I'm thankful that they're willing to understand that and work with us and their children.

In the home-based learning, is all teaching done online, or do parents do some of it themselves? Could you explain to us the methodology your school is using?

The teacher is still fully responsible and engaged every single day, and is available all the time. We've found that our middle school, our high school, our secondary, being older, they did not need as much parental involvement or motivation, so the younger the grades go, the more parents are involved.

One adjustment we actually made in the second week was to have all directions verbal as well. For some of the young students where maybe English isn't their first language, understanding and being able to read the directions was sometimes difficult, but we've made changes now; we have now more verbal directions and short videos.

So, we have short videos and then a learning exercise for them to work through and understand and grow. And really, school is always about practice, and getting the students engaged into doing it themselves. So it's a lot of a balance and the level of parents' involvement depends on the age of the kid.



What resources were used to prepare parents?

We communicated the plan, but ultimately all of the resources and all the communication has come out of the individual teacher. We have to find out what resources parents already have in their homes, what technology, and we figured some of that out through a survey. But all of the education resources are coming out each day and are prepared by the teachers.

Is there any local and online assistance for students and/or parents?

Our teachers have office hours online every single day. They set office hours for a certain period of time. And we have some teachers that are back in the U.S. right now, and they're working through the night so that they can support the students here.

What challenges have you encountered so far in this home-based learning initiative?

The biggest challenges have been, although the teachers are still working almost the same amount of hours, the fulfilment of not being able to see their

家庭网络学习教学是由老师在线完成，还是需要家长参与？能否具体解释一下方法？

教师们全天都在全力以赴上课。我们发现，初高中学生年龄较大些，他们并不需要家长过多参与和激励，年龄越小年级越低的学生，越需要家长的参与。

在家庭网络学习课程开通第二周的时候我们做了一些调整，考虑到对于年龄较小的学生，英语不是他们的第一语言，在理解和阅读方面会有些困难，我们制作了短视频，增加了口头提示和练习帮助学生理解。学校很重视教育实践，让学生们参与到实践中来。所以家长的参与程度取决于孩子的年龄大小。

到目前为止您在这项计划中遇到了哪些挑战？

最大的挑战是尽管教师们在线工作与实景工作时间几乎相同，在无法见到学生的情况下无法面对面帮助学生克服困难，在学生取得成功的时刻无法与他们一同庆祝。

您和家人在中国生活感受如何？

我和我的家人很喜欢这里和周围的人们。我们最喜欢是天津的社区和可爱的人们，这得益于领导们高能的管理，为我们提供了一个安全，专业，舒适的生活场所，尽管只是在河西区。我们希望能在这里长期居住。

您有其他愿意和我们读者分享的吗？

非常感谢，能够提供教育机会是一种荣幸和快乐，我们学校从1980年代就开始了，这是一项丰富的文化遗产，我很高兴我们能继续下去并成为其中一部分。

特别感谢市教育局，河西教育局以及其给予我们学校关注的部门。



students; helping them and celebrating with them when they succeed, and working with them when they struggle.

How are levels or assessments standardized? It is a challenge, right?

It varies from age level, but some teachers are using project-based assessments; they can submit a project and they can determine the project based off a rubric. Others are assessing based upon some sort of picture or video, whilst others are having all the students live in the classroom and interacting with them and assessing them in that way on how they are learning. It certainly is a challenge, but we have put some mechanisms to ensure that things are being done and that students are grown.

How will you transition back to normal classes once the emergency is over?

That's the question that everybody wants to know. We continue to follow and work with the local authorities, particularly the Education Bureau, the Municipal Education Bureau, and they have been great support for us; helping us understand the situation and the needs of the students.

We are doing some planning for multiple situations to occur because we don't know which one is going to happen. But one thing we will for sure do is have the two-week quarantine if that's still required, and we'll make sure all our staff and students fulfil that.

Please tell us something about your personal life. What does your family enjoy about living in China?

My family loves the people that we're around. The thing that we've most enjoyed about Tianjin has been the community and the people, and its great institutions.

I think it speaks a lot to the quality leaders that they have provided a safe, professional, comfortable place for us to live and enjoy even just in Hexi District. We'd love to be here for a long time.



Is there anything you would like to add and share with our readers?

I'm just so thankful for the ex-pat community, and the opportunity to be able to provide an education in our community is a privilege and a joy, and our school has been able to do that since the mid-1980s. It is a rich heritage and I'm so glad that we can continue on and be a part of that.

I also just want to just thank the Municipal Education Bureau, the Hexi Education Bureau, and other bureaus that have been able to take care of us and our school.

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10 IMPRESSIVE URBAN SPACES IN CHINA

By Nina Mitchell

China has the highest number of metropolises in the world and its urban spaces are growing constantly. With the advancement in all sectors, the cities are evolving all the time and more and more megacities are coming up.

By definition, a megacity is one that has 10 million or more residents. But one might wonder what makes these megacities such impressive urban spaces. The answer lies not only in its population or how much business the city conducts, but also in its overall development including architecture and tourism (a sector which rakes in huge revenue).

1. CHONGQING

With a population of 30.75 million covering 82,300 square kilometres, Chongqing is the largest urban space in China. It has nine districts. The Yangtze River Cableway runs across the city, from the Chang'a Temple in Yuzhong District to Shangzin Street in the Nan'a District and it is a major attraction. The throbbing city life with more than 30,000 restaurants serving the famous chili pepper hotpot, also attracts tourists from all over the world.



令人印象深刻的中国十大城市

中国城市数量在不断增长，城市一直在发展，拥有超过一千万居民的超大城市越来越多的涌现出来。

近年来大规模发展的中国十大城市。

重庆

拥有3075万人口，占地82,300平方公里，拥有30,000多家餐厅，其著名的麻辣火锅，吸引了来自世界各地的游客。

上海

中国最富有的城市，人口总数2418万，上海的GDP超过3万亿元人民币，其超现代的摩天大楼及历史景点外滩和豫园，吸引了大量游客。

北京

中国的首都，人口2171万，面积超过16808平方公里。是中国的文化、政治和历史中心，拥有七个联合国教科文组织世界遗产的景点，每年吸引大约1700万游客。

成都

因大熊猫而闻名，有1,633万人口，每年接待游客2.1亿，占四川省总收入的34%。

哈尔滨

被称为“冰城”，拥有众多俄罗斯风格的建筑，冬季常举办冰雪节，并开设室内滑雪场。

广州

它的经济成功可以追溯到六世纪，当时广州是一个非常重要的贸易港口。主要的旅游景点，包括八个展览中心和世界上最大的广东科学中心。

天津

中国四直辖市之一，面积超过11,760平方公里，人口1557万。新建立的滨海新区，拥有海滨图书馆，艺术中心，博物馆等。

深圳

三十年时间发展成为一个超大城市中心。1980年被定为全国第一个“经济特区”。现人口为1190万，面积为2050平方公里。

武汉

中国中部地区最大的城市和最重要的交通枢纽。人口1089万，面积8494平方公里，旅游业正不断发展。

石家庄

人口1087万，面积超过15849平方公里，自然资源丰富，是重要的铁路交通枢纽。

2. SHANGHAI

Shanghai is China's richest city. While it does have a population of 24.18 million and spans over 6,340 square kilometres, it is the city's financial superiority that makes it an impressive urban centre. Shanghai's GDP is more than RMB 3 trillion and it is home to the country's most extravagant spenders. The city also attracts its fair share of tourists, especially because of its ultramodern skyscrapers, the Bund and the Yuyuan Garden.



SHANGHAI

3. BEIJING

The expensive capital of China is probably its ultimate megacity. Beijing has a population of 21.71 million and sprawls over 16,808 square kilometres. Being an important centre of growth for many dynasties, it is the cultural, political as well as historical hotspot of the country. It includes seven UNESCO World Heritage Sites and every year, the city attracts approximately 17 million tourists.



BEIJING

4. CHENGDU

One of the growing urban spaces in China, Chengdu is best known for its pandas. While the city does have a population of 16.33 million, its 12,132 square kilometres are also shared by the largest nursery for pandas. The city receives 210 million tourists every year and contributes to 34% of the total income of the Sichuan Province.



CHENGDU

5. HARBIN

Harbin usually has very long and harsh winters, but in true megacity fashion, this urban space has turned that into an advantage. It hosts an impressive Ice and Snow Festival and opens its indoor ski park in Wanda Harbin Mall to residents (population: 16.33 million) and tourists. Known as the Ice City, Harbin houses a huge winter structure and has Russian-inspired architecture (total area: 12,132 square kilometres).



HARBIN

6. GUANGZHOU

Guangzhou (population: 14.49 million, total area: 7,434 square kilometres) is one of the richest cities in the country. Its economic success dates back to the 6th century when it was a very important trading port. Guangzhou's contribution to China's GDP is about RMB 2 trillion. The city also has a few major tourist attractions, which include eight exhibition centres, and the Guangdong Science Centre, which is the largest in the world.



GUANGZHOU

7. TIANJIN

Tianjin is one of the four municipality-level cities in China. Tianjin, spanning over 11,760 square kilometres, with a population of 15.57 million, is one of the rising urban spaces in the country. The city has a GDP of RMP 1.8 trillion and is gradually building up its tourism industry. To expedite this, a Binhai New Area has been built which is home to a seaside library, art centres, museums and other buildings of the most unique and innovative design.



TIANJIN

8. SHENZHEN

Over the last thirty years, Shenzhen has been transformed from a rural village to a very impressive urban centre. In 1980, Shenzhen was made into the first "special economic zone" in the country by then leader Deng Xiaoping. Now, the city has a population of 11.9 million and covers 2,050 square kilometres. Shenzhen is home to the world's 4th tallest building, the Ping An Finance Centre.



SHENZHEN

9. WUHAN

In China's central region, Wuhan is the largest city and the most important transportation hub. With a population of 10.89 million, and covering 8494 square kilometres, Wuhan is one of the fastest-growing cities. Its tourism is evolving, with people visiting its massive lakes, the Tangxun Lake and the East Lake. Other than tourists, Wuhan also attracts young graduates because of its amazing housing policy. Young people can get a 20% discount when they rent or buy an apartment.



WUHAN

10. SHIJIAZHUANG

Shijiazhuang has only recently become an impressive megacity. It was hardly an urban space in the 20th century. Now it has a population of 10.87 million and spans over 15,849 square kilometres. Located between the Taihang Mountains and the North China Plain, the city has large reserves of natural resources. Shijiazhuang is also an important transportation hub with a well-connected railway network.



SHIJIAZHUANG

The cities mentioned above are booming with positive change, be it in terms of resources, finance, tourism or even industrial advancement. Many areas that had been mostly rural have evolved into remarkable megacities, with every sector contributing to the country's economy.

Eyelashes

THE TRUTH ABOUT LASH LIFTS AND LASH EXTENSIONS WHICH IS BETTER?

By Rachel Patterson

What you need to know about lash lifts
A lash lift consists of lifting your eyelashes to give a more natural glam look. This procedure takes around an hour and a half and is effective. The results last from anywhere between 4–6 weeks before you will need to go in again.

With regard to the pricing, lash lifts are much more affordable compared to lash extensions. If you're on a budget, then this could be a great alternative. Besides the fact that lash lifts are budget-friendly, they also are a lot safer than lash extensions.

Lash lifts also do not cause any eyelash hairs to fall out—which is a very important point to be noted. However, you might need to avoid steam and hot showers, because the steam might affect the longevity of the procedure.

HERE'S WHAT HAPPENS DURING A LASH LIFT

1. You will be told to close your eyes.
2. Next, the lash technician will clean the area around the eyes to remove makeup or any other dirt.
3. Once the area has been cleaned, a silicon mould is placed over the top eyelashes, on the eyelid.
4. Each eyelash is lifted and stuck onto the mould with glue.
5. Thereafter, a perming and setting lotion is applied to the eyelashes and left on for about 45 minutes.
6. Once the perming and setting lotion is removed, you can opt to add an eyelash tint. This step is completely optional and is usually done to darken the lashes.

WHAT YOU NEED TO KNOW ABOUT LASH EXTENSIONS

Lash extensions are completely different to lash lifts and give a more dramatic look. The procedure takes roughly 1-2 hours, and the results are beautiful. However, unlike lash lifts, lash extensions require a lot more maintenance.

The procedure is also a lot pricier than a lash lift, and we often question if it's worth the price tag. People who opt for



this method have to go in for refills every 2–3 weeks because the lashes fall out quite easily. Besides that, a massive disadvantage to this procedure is that the natural eyelashes also fall out, which isn't ideal.

HERE'S WHAT HAPPENS DURING THE LASH EXTENSION PROCEDURE

1. The technician discusses with you the different types of look available i.e. dramatic or natural.
2. Next, the area is thoroughly cleaned to maintain hygiene.
3. A silicon patch or a special type of tissue is placed under the eye.
4. Each eyelash is then separated and the lash specialist glues an extension onto the natural eyelash.

LASH LIFT VS LASH EXTENSIONS
Each of these options is completely different and they both come with their own set of pros and cons.

The lash lift is a lot more budget-friendly and lasts a longer time than lash extensions. However, if you plan on going into a steam room you can risk losing the lift. However, you don't have to worry about your natural lashes falling out.

Lash extensions, on the other hand, look a lot better at first because they are a lot more noticeable. However, they are a lot more expensive and require much more maintenance. Lastly, your natural eyelashes can fall out with the extension.

烫睫毛和接睫毛哪种选择更好？

烫睫毛和接长睫毛近几年都变得越来越流行，很多女性都体验过至少其中一种来使睫毛看起来更生动。本文将我们将仔细比较这两种方法，以确定哪种选择更好更安全。

烫睫毛过程大约需要一个半小时，如期间避免蒸汽和热水淋浴，卷烫效果能持续4到6周，之后需要重新操作以维持卷翘。

接睫毛你需要了解的信息

接睫毛和烫睫毛完全不同，相比之下接长的睫毛具有更生动的外观。接种过程大约需要1-2个小时，接睫毛后日常需要更多的维护。接种睫毛之后必须每隔2至3周去补充接种一次，因为睫毛很容易脱落。烫睫毛和接长睫毛两者有各自的优缺点。

总之

我们更建议烫睫毛。如果您打算选择其中之一，请务必寻找专业人员的帮助，并确保您对胶水不过敏。

Conclusion

In conclusion, we would recommend a lash lift over lash extensions. The main reason behind this is because lash extensions have far more cons than a lash lift. Also, you will save a lot more money over time.

If you plan on getting either one of these procedures done, always ensure that you go to a professional who knows what they are doing. It's also vital to ensure that you are not allergic to the glue that is being used. Always seek medical advice before going in for any type of procedure.

BARKING UP THE WRONG TREE

By Karen Wang

Mary was never very good at maths, and she struggled to pass the class over the course of her high school years. As her final examinations were coming up, she was getting increasingly stressed about being able to pass. Her best friend Olivia, on the other hand, was incredibly good at maths, and the two of them were hanging out at their favourite café after school.

"What's wrong? You're looking really solemn," Olivia questioned Mary who was cupping her head with both hands.

"I'm really stressed out about the upcoming maths exam. If I don't pass this exam, I won't be able to get to the next grade," Mary sadly responded.

"You're definitely going to pass the exam, you've been working so hard!" Olivia encouraged.

"I've been practicing with all the test papers, but I don't feel like I've quite got it yet," Mary sighed.

"How about if we studied together? I might be able to dish out some pointers," Olivia smiled.

"Really? That would be great!" Mary exclaimed

After Olivia had pacified Mary's nerves, the two girls continued to chat about other things before calling it a day.

A week later, Mary was over at Olivia's house preparing for the upcoming maths exam.

"Okay, to start off I think you should go ahead and try this exam paper first. It's apparently one of the more difficult ones, and if you can solve the problems here, you should be

able to do all the other papers," Olivia said gently with a smile.

Mary nodded as she proceeded to take out her calculator and other stationery.

Thirty minutes in, however, Mary was still trying to solve her first question.

"I need some help," Mary lamented.

"What's wrong?" Olivia queried.

"I've been solving this maths problem for nearly 30 minutes, but I think I've been barking up the wrong tree."

While there isn't an actual tree in the room, what Mary is trying to say, is that she has not been tackling the maths problem in the right way.

"Barking up the wrong tree" essentially means that she's been approaching the problem wrongly and not making the right choice.

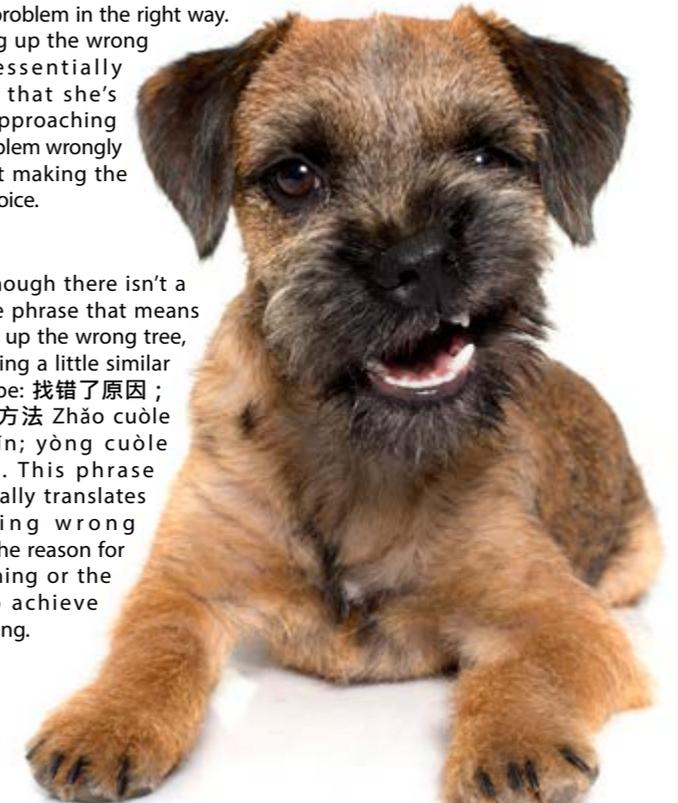
Even though there isn't a Chinese phrase that means barking up the wrong tree, something a little similar would be: 找错了原因; 用错了方法 Zhǎo cuò le yuányin; yòng cuò le fāngfǎ. This phrase essentially translates to being wrong about the reason for something or the way to achieve something.

白费力气；找错对象

玛丽不擅长数学，她一直很努力学习和练习，马上要期末考试，她很担心自己不能通过数学考试，而她最好的朋友奥利维亚很擅长数学，她们两人放学后闲聊有关玛丽学习数学的难处。玛丽难过的说：“我一直很努力练习，但我感觉还是没有进展”。奥利维亚建议她们可以一起学习，这样她可以帮助玛丽。

一周后玛丽来到奥利维亚家中为即将举行的考试做准备，奥利维亚建议玛丽从比较困难的考试题目入手，如果困难的问题能解决，其它的问题都不是问题了。可是三十分钟过去了，玛丽仍然停留在第一个练习题上，她感叹说：“我花了三十分钟希望能解决这道题，可是我发现我始终白费力气。”

“Barking up at the wrong tree” 借喻“精力或目标集中在错误的地方”。





REVOLUTIONIZING LEARNING AND EDUCATION IN THE 21ST CENTURY

EDTECH

By Nina Mitchell

Modern day technology is changing most of the things connected to our life. Among them, education is one of the areas being enormously impacted by the interface with technology. The terms education and technology have even been merged into a single expression –edtech.

Technological evolutions, from virtual reality to online platforms, are changing the way education is imparted worldwide. Classrooms in different parts of the world are being merged, and satellites with the names like “Edusat” have even been launched by some countries.

In this article, we highlight the many ways in which edtechs are revolutionizing the face of the education sector.



21世纪教育技术的革新

教育是受现代技术极大影响的领域之一。从虚拟现实到在线平台的发展正改变全球教育的传播方式。

本文我们重点介绍教育技术革新的多种方式。

教室和学校边界模糊

现代教育技术已使教室的地理位置变得无关紧要。今天，美国的一位教授可以同时为坐在印度，南非和新西兰的学生讲课，传统教室和学校正在发生变化。

访问连接越来越简易

即使在世界偏远地区通过在线访问服务可以到达任何地方，教育技术的初创企业通过数字图书，电子杂志和线上讲座等功能成功实现了这一点。

破除障碍

教育技术的创新意味着，即使是无法前往学校和教室的残疾学生，也可以通过平板电脑和智能手机访问学习。

创新学习

人工智能等先进教育工具，能帮助父母更了解孩子的潜能，从而定制化教学，使学习变得简单有趣。

过去几年数十亿美元的风险投资已进入该行业，为新兴企业提供了绝佳的机会，从而推动了教育行业的革命。

BLURRING CLASSROOM AND SCHOOL BOUNDARIES

Modern education technology has made geography in education almost irrelevant. A classroom is not the same as it was 20 years back. Today, a professor in the United States can deliver lectures to students sitting in India, South Africa, and New Zealand at the same time. Edtechs are thus rapidly revolutionizing the very nature of traditional classrooms and schools by introducing real-time innovations that make geographical limitations almost disappear.

INCREASING ACCESS

One of the main benefits of technology in any sector is that it makes access to services feasible even in remote parts of the world. In the field of education, edtech start-ups have succeeded in doing this through innovative features like digitized books, magazines, and lectures. This makes sure that even a person in Sub Saharan Africa has the same access to sources of knowledge as does a person in New York City. Added to that, the access comes at a very affordable cost, making it even more appealing to modern-day learners.

REMOVING BARRIERS

Digitized content provided through edtechs has been credited with making education not only accessible but also inclusive. Edtech innovations mean that even students with physical disabilities who cannot travel to schools and classrooms get

access to notes and lectures via their tablets, iPads and smart phones.

Similarly, appropriate and customized courses are designed for children who may have mental and behavioral issues such as dyslexia, Alzheimer’s syndrome, etc. This has taken the education industry leaps and bounds ahead in the past few years.

COMBINING INNOVATION AND LEARNING

MODERN edtech start-ups offer advanced knowledge tools, such as artificial intelligence, which enable parents to learn about the hidden potential of their children and consequently work on their abilities and weaknesses. Encrypted content is digitized and distributed on a large scale through the use of block-chain technology. Combined with this are customized syllabi which combine education, innovation, and entertainment to make learning easy, effective and enjoyable.

The influence of edtech on the education industry can be gauged from the fact that over the last few years, billions of dollars of venture funding have been creating a boom in the sector. With a consistent growth of 20% or above in the last few years and thousands of start-ups entering the sector, edtech offers a perfect opportunity for new entrepreneurs to further the revolution that it is creating in the education industry.

ONLINE LEARNING

TEDA Global Academy teachers and students have started online lessons. During these challenging times, our primary and secondary teachers are connecting with students daily in order to support their learning. By using different e-learning platforms, teachers have been working exceptionally hard to make sure that the level of engagement and learning for our students adheres to the highest possible standard. Dedicated leadership, teachers and staff have set a high standard for lessons in a highly unconventional setting and have received positive feedback. The TGA administration and teachers are available to answer any questions that may arise. We wish everyone health and patience as the situation unfolds.

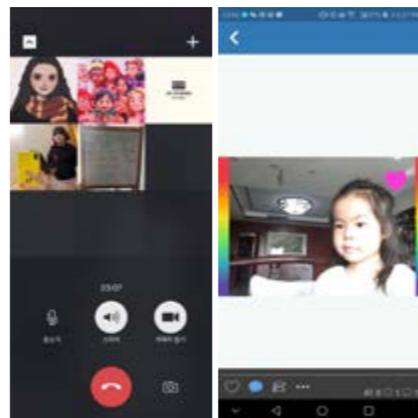


FIRST WEEK OF ONLINE LEARNING

As you are well aware, the spread of the new virus over the Lunar New Year holiday break has meant the postponement of gathering on campus, forcing students to remain at home. For young people, this confinement has been challenging and at times lonely, since they are not spending time with close friends, classmates, and extended social groups. This has left many concerned about the education of our students and what plans our school has in place to meet their needs.

Rather than fall behind, we immediately reconnected with our student community via online platforms. This may well be the largest online teaching and learning initiative China has ever seen, and Teda Global Academy is working diligently to meet this new challenge head-on.

As such, our teachers are learning new skills such as speaking naturally in front of a camera, using new applications, and engaging students via online assignments and feedback. From locations around the globe (e.g. Colombia, India, Cambodia, Philippines, the U.S.), and here in TEDA, teachers and students began online classes this week. Students are now connecting through a variety of online applications such as WeChat groups, Seesaw, Zhumu, Microsoft Teams,



Flipgrid, and a few others. There have, of course, been a few issues with technology and time zones, but for the most part, connections have been smooth and interactions fluid.

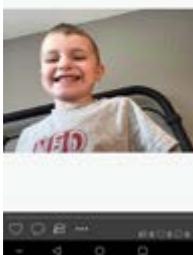
Throughout this first week, students participated enthusiastically. In Environmental Science, Ms. Silva asked her students to submit a very brief video of themselves discussing the topic they are covering, and they had to use applications such as Meitu, B612, or any mobile phone apps with filters. Ms. Silva reported, "Seeing them on video allowed me to connect with them and reassured me they are doing well." The students in middle school Social Studies are intelligently discussing and researching the coronavirus and learning about ways to protect themselves and others.

In English Language Arts Grade 8, students are studying poetry and had to produce a visual audio response to the poem "Annabelle Lee" by E.A. Poe using Flipgrid, while in American Literature, Grade 11 students are using Flipgrid to record their reflections on short stories. Flipgrid allows the teacher and classmates to provide audio or written comments for immediate feedback.

The primary teachers are working extremely hard to ensure that their students experience this strange time period as fun and educational. Students are enjoying face-to-face time with their teachers through Zhumu and accessing classroom assignments through Seesaw. From specials to core subjects, teachers have prepared engaging activities for students to experience nurturing, enjoyable lessons right in their homes, on their phones, tablets, or computers. In Grade 2, students are working on their English grammar, reading, and writing skills. In Grade 4, students are working on their reading skills using selected texts from readingworks.org, and for Social Studies, students are beginning their Countries Research project.

Even though students and teachers are housebound, they are making the best of our current situation and doing a great job adapting. Some students did not have much opportunity to speak English or to speak with their friends over the holidays, so they are happy to have a chance to express themselves in English and be challenged in an academic environment once again.

To ensure their well-being during this period, students also need to schedule time for exercise, interaction with family members, and other activities. They need to get up from their computers throughout the day and have some "brain breaks" at all levels. We have been asking parents to continue supporting their students by encouraging reading, family discussions, and activities away from laptops and phones. We are proud of our students and teachers and are confident that meaningful learning can occur during this challenging time!



ONLINE LEARNING



Given the suddenness of the school closure due to the coronavirus, the college enacted their e-learning programme, and as ever, it was heartening to see a community coming together during these adverse times. In a true testament to the skill and dedication of the teaching staff, many excellent lessons have been delivered over the past few weeks.

For many colleagues, this was their first endeavour at teaching substantial groups of pupils via a computer link. Parents and pupils assisted in the process by offering ideas and advice on how to develop the variety of lessons and activities, and they, too, have played a key role in making the learning online so effective. Children of different ages are offered a variety of teaching techniques to help them take full advantage of their learning, as the technical requirement for, say, a child aged 5 is not the same as it would be for those aged 17.

Through Microsoft Teams, we have initiated live video meetings between teachers and pupils, some of whom are at the other ends of the globe. Our teachers are able to share feedback and educational resources in real time through our OneNote Class Notebook, and can even take control of pupils' screens when they are in need of immediate assistance with a practical task.

One of the positive effects of our dedicated approach to EdTech and our consequent quick transition to e-learning in recent weeks was the many training sessions delivered to our staff and pupils in the previous 14 months. We take Educational Technology very seriously at Wellington College Tianjin because we believe in empowering our teachers and pupils with the best technologies of the 21st century, and this was one of the main reasons why we qualified to become the first international Microsoft Showcase School in China.

We are hoping that the health situation in China will improve very quickly and that our teachers and pupils will meet in their classrooms soon. In the meantime, we are ready for effective eLearning!



HOME-BASED LEARNING



Our teachers are doing a fantastic job delivering world-class education to our students while school is delayed!

Home-Based Learning is our solution to continue giving our students a world-class education during the delay caused by the coronavirus. Through videos, power-points, messages, emails, and other online methods, our teachers are delivering instruction right into students' homes. Thanks to technology, we are able to connect to our students from all across the globe.

For more information on TIS and our Home-Based Learning, contact us at admissions@tiseagles.com



Thinking Abroad
Brenda Liu

March 1st Prize
一等奖

2nd Prize
二等奖

At the Port with Mask
John Zhang

No Crisis at the Supermarket
Barbara Sanders

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



THE 2020 INTERIOR COLOUR TRENDS!

We are already in 2020 and guess what! The home decor experts have published what hues we'll be seeing in the home décor landscape in 2020. Experts say the colours of the new year will all be nature-inspired. Much like trends in food, fashion and interior design, colour trends are influenced by what's happening in the world right now.

At a time when lifestyle disorders are on the rise and environmental concerns like climate change are weighing down the world, add a sense of respite to your living space by embracing calmer, earthy tones, soft greens and warm neutrals. Colour trends in 2020 will, to some extent, reflect what's happening in the world around us.

With a focus on mental health, colour trends next year will be more restrained than in previous years. Brighter tones will be pulled back and influenced by nature. Imagine bright splashes of colour in smaller doses—think feature walls and details—used tonally as a backdrop for statement furniture pieces.

Neutrals will appear soft and sophisticated, with a subtle washed-out feel that speaks of calmness and serenity. Clay, with its warm, earthy appeal, will emerge as a key neutral. To learn more about these influences and how they translate into the current home décor scene, here's a brief story on the colour palettes of 2020 recommended by famous colour experts.



FIRST LIGHT BY BENJAMIN MOORE

Are you looking for a colour to impart radiance into your living space? Try First Light by Benjamin Moore that redefines pink classically and refreshingly. Don't believe that millennial pink is over! The colour expert has picked a paler version of pink in his latest installation, "First Light", to represent the new-favourite colour palette of 2020.

The idea of this colour scheme provides a fresh spin for your interiors. It talks about a shift in mindset among homeowners from focusing on the material to satisfying the core needs in life like community, comfort, security, self-expression, authenticity, and ultimately, optimism. If you are ready to move away from white walls and do not know where to start, First Light is a contemporary and refreshing choice. Want your living room or bedroom to glow? Paint a couple of coats of this soft, rosy hue on the ceiling. The colour will add instant charm to the room and will surprise and delight you every day.



By Anastasia Chapman

TRANQUIL DAWN BY DULUX

Developed to usher in a new decade, Dulux's colour palette of the year for 2020, Tranquil Dawn is all about fresh starts that elicit a picture of the early morning sky. The soft grey-blue-green colour scheme appears to change based on what it is paired with. According to Dulux, this versatile palette can also work with a variety of other colours like neutrals, pinks and greens.





BACK TO NATURE BY BEHR

This earthy green paint palette is revitalising, restorative and fresh! It is among the top 2020 colours of the year and one of the 15 shades that is inspired by natural elements such as plant life, sky, earth and water. The soft meadow green mingles well with the greys and whites you may already have in your home. Green represents positive energy and growth and is also easy on the eye. And because of its de-stressing and calming effects, Back to Nature is a dynamic choice for your bedroom, home office or entrance.



DESERT FORTRESS BY VALSPAR

Neutrals and earthy tones will remain a firm favourite in 2020, but not the same oatmeal or terracotta hues that you have witnessed in the past years. One of Valspar's 12 on-trend paint picks for the New Year Desert Fortress is right on time! The beige palette is gentle, uncluttered and comforting as a blank canvas that creates a sense of relaxation in any living space. When paired with loads of plush textures, layers and touches of luxe like coral or gold, it exudes a warm and earthy appeal.



CHINESE PORCELAIN BY PPG

Modern living rooms with a fresh spin on eco-friendly elements and organic style are going to be big in 2020! Embrace this contemporary and sustainable home decor update by adorning your living space with layered textures, woven pieces, soft and neutral colour palette, along with some greenery to create that ultimate oasis of serenity. After all, your living space is the ideal spot for unwinding after a hectic day, so let it relax you in style!



WHIRLWIND BY GLIDDEN

Don't hold your breath for Glidden 2020 colour of the year! The popular paint brand has announced its decision to opt out of the colour trends game in favour of choosing a colour that DIYers will use. The brand's new palette Whirlwind is a fail-proof cool grey with a touch of lavender in the undertone. Since grey goes well with both traditional and contemporary interiors, you can pretty much use this shade anywhere you like, and get onto the fun stuff like adding accessories and furnishings to enhance your living space.



2020室内装饰色彩流行趋势

2020年的色彩趋势将反映出我们如何应对周围世界的变化，现今环境恶化，世界局势动荡不安，平静的大地色系，柔和的绿色和温暖的中性色调，可以使您在居住空间拥有喘息的机会。

家庭装饰漆品牌更多流行信息推荐如下：

本杰明摩尔的“第一道光”

“第一道光”重新定义经典而清新的粉红色。这种配色为您的室内装饰提供了新鲜感。如果您拒绝白色的墙壁但又不知道如何选择，“第一道光”是一个现代而令人耳目一新的决定。

百色熊的“回归自然”

这款朴实的绿色是2020年最流行的颜色之一，绿色代表着积极的能量并具有舒缓压力和镇静效果。

PPG大师漆的“中国瓷器”

中国瓷器延续了饱和色调趋势回归家居装饰，赋予家居宁静和放松但感受，同时带来了乐观的精神。

威士伯的“沙漠要塞”

中性和泥土色调仍是最受欢迎的选择，米色柔和，整洁，舒适，就像一块空白的帆布，可以在任何生活空间中营造出轻松的感觉。

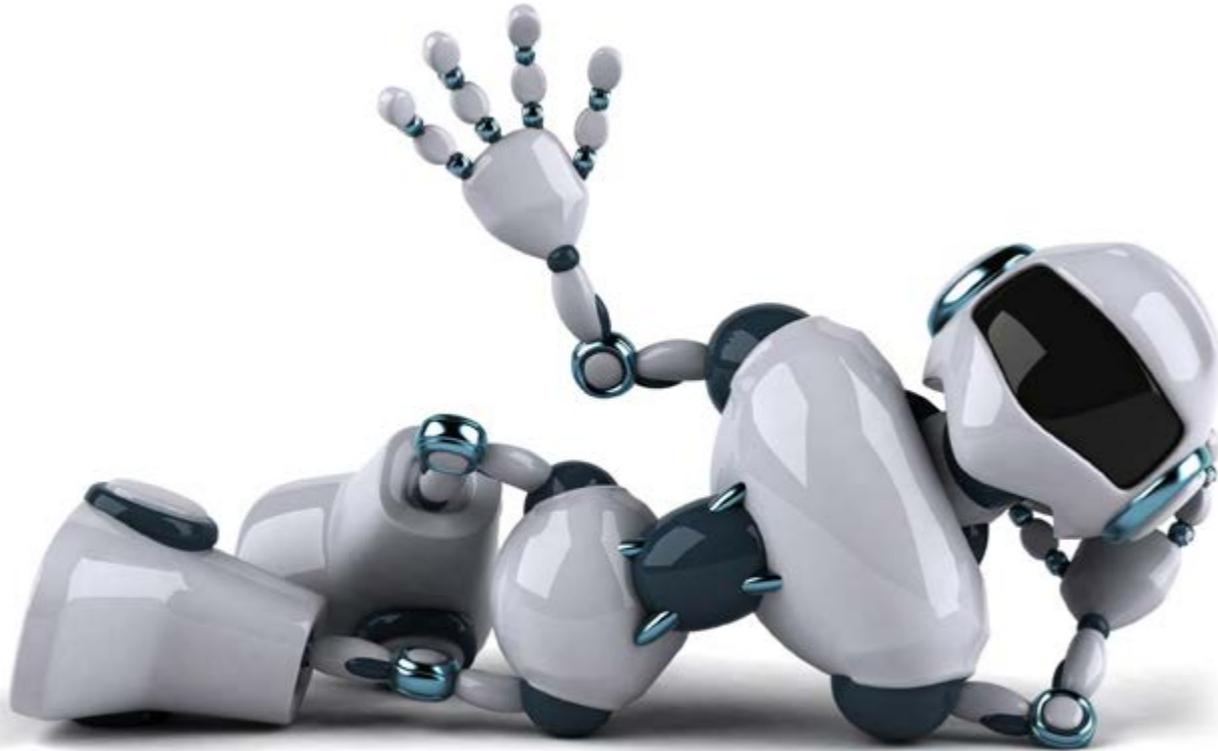
多乐士的“宁静黎明”

2020年多乐士年度最佳配色，灵感来自于一天的开始，勾勒出清晨的天空。

Glidden的“旋风”

旋风是冷灰色，并带有淡淡的薰衣草色调。灰色适合传统和现代的室内装饰，几乎可以在任何喜欢的地方使用。

ROBOTS: boon or bane



By Rita Koch

Up to now, robots have been a helping hand for humans, as they ease human effort. We have seen robots working on the assembly line in industries, while some restaurants utilize robots for serving in restaurants, and some have been used in research and defence.

But the present represents just the beginning of what robots will provide for us in the future. In upcoming years, in not more than a decade, robots will be playing a part in policing, military operations, medical services, space travel, and disaster management.

Since the development of

concepts like machine learning and artificial intelligence, the robotics industry has experienced a boom, and these technologies ensure that robots of the future are going to be far more capable than normal humans in performing any task. And that future is not very far away.

The capability of a robot to live in extreme conditions makes it ideal for space exploration, while the ability to perform programmed work with perfection makes it suitable for many jobs such as surgery, research and manufacturing.

With developments in

machine learning and artificial intelligence, robots will be able to learn from their own mistakes and rectify them. Artificial intelligence will make them able to understand problems and even communicate with humans. In fact, the world has already seen the robot Sofia become the first robot citizen of Saudi Arabia, the first robot to receive citizenship of any country.

Robots capable of communicating and able to learn from their own mistakes can be very handy in performing many tasks which humans are performing now with more accuracy than a human can offer. This will help in improving the

quality and quantity of work, but at the same time, it will snatch many jobs from human hands. Another disadvantage is that these technologies may also fall into the hands of people, such as terrorists, who can misuse them.

Robots can, in the future, become both boon and bane for humans. It depends on how we are going to use them. Considering the above challenges, we need to focus more on preparing for the challenges rather than stopping the manufacture of robots. Robots will take over conventional jobs, but this will also open up possibilities which will require new sets of skills and training.

In developing future robots capable of doing work in various areas, engineers and firms are focusing on dexterity, versatility, and innovation. These criteria are very important in enabling robots to work in the required circumstances.

A few prestigious technology firms and industries have introduced robots of the future and demonstrated what tasks they can perform. Let's discuss them one by one.

Boston Dynamics

Boston Dynamics is an American robotics company that works on the dexterity or athleticism of robots. This company has made both humanoid and animaloid robots.

The company has made humanoid robots that can walk on a rough surface, run, make a flip, and jump more than 4 ft without losing stability. These features are made not only for show but also to demonstrate how human-like robots will be

able to do a lot of the physical work that humans do.

In a situation involving fire, a robot could easily go inside the burning structure and rescue people. Since robots can't die, but humans can, a robot would be able to do this in a really dangerous situation where an ordinary fireman would not. Similarly, in other disasters like floods and storms, robots can be very useful.

Asimo

Asimo, a robot developed by Honda, can be very useful for domestic purposes. This robot will manage all your work and follow your commands, doing things such as making juice or bringing a glass of water.

This robot can also walk and dance. It can observe your mood and work accordingly to heal your stress. Asimo is very versatile and can replace domestic servants in upcoming years.

Da Vinci

This robot is approved for doing complex surgeries. It is a complete surgery system, and has proven its value by doing surgery on a grape.

This system is now in use for many surgeries around the world. Soon, robots like Da Vinci will take the place of surgeons.

SoFi

These are the underwater robots developed by MIT. SoFi robots are very useful in cleaning and exploration of marine life. SoFi can also go into the depths of the ocean and gather information that is valuable in understanding ocean behaviour and conditions of biodiversity.

Zenbo

Zenbo is a robot designed by Asus. This robot can provide your house with physical as well as cyber security, and can also take care of your health and let you know about your health parameters.

The robots mentioned above are a few of the more popular robots, and we will see their counterparts and many others working with us in the future. Right now, seeing the wide application and scope of robots, no one can deny that they can be a boon. But we should also stay prepared for their cons so that they will never become a bane.



机器人：是福还是祸

随着深度学习和人工智能等概念兴起，机器人行业蓬勃发展，这些技术的发展使未来的机器人在执行任务方面将比人类更有能力。机器人能否成为人类的福音，这取决于我们如何使用它们。一些著名的技术公司已经开始研发未来机器人，如下逐一对此进行讨论。

波士顿动力

致力于机器人的敏捷性或运动能力研发。该公司制造类人机器人和类动物机器人。该机器人可以在粗糙的表面上行走，奔跑，翻转和跳跃。在发生火灾的情况下，机器人可以轻松进入燃烧的建筑物内并营救人员。

阿西莫

该机器人对于家庭非常实用，它能按照您的命令进行操作，例如榨汁或拿杯水。它还可以走路和跳舞并观察您的情绪同时作出相应地反应以缓解您的压力。

达芬奇

该机器人拥有操作完整手术的系统，通过对葡萄进行手术的实验已证明了其价值。

索菲

麻省理工学院开发的水下机器人，在清洁和探索海洋生物方面非常有价值。

善宝

华硕设计的机器人，该机器人可以为您的房屋安全提供保障，同时照顾您的健康。

这些是较流行的机器人，将来我们会看到更多其他类型的机器人。没人能否认它们可以成为福音，但我们也应做好准备，从而保证他们永远不会成为灾难。

6 Benefits of Salmon Oil

By Barbara Ross

Fish oils in general are known to be loaded with omega-3 fatty acids and other forms of nutrients that are very important for the human body. Salmon, and salmon oil in particular, are often considered as superheroes among nutritious foods as they are rich sources of omega-3 fatty acids, along with being tasty and being widely available as well. Salmon oil is proven to reduce several health risks and enhance overall well-being.

The main two types of omega-3 fats present in salmon oil are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Both of these are known to help reduce heart diseases and improve brain health, among many other benefits.

REDUCES INFLAMMATION

Several studies have proven that the fatty acids present in salmon oil are capable of reducing the symptoms caused by the human body's inflammatory response. This means that it is capable of suppressing the effects or impact of the inflammatory chemicals produced by the immune system, and in turn reduce diseases like arthritis, diabetes and heart issues that occur as a result of inflammation.

IMPROVES BLOOD FLOW

The human body produces a compound called nitric acid, and through it nitric oxide which essentially aids in the relaxation of blood vessels, which reduces blood pressure and consequently improves blood flow. Studies have shown that omega-3 present in salmon oil helps in the production of nitric oxide.

According to one particular study conducted on 21 people who regularly consumed EPA and DHA, the two main fatty acids of salmon oil, subjects were found to experience enhanced blood circulation and improved delivery of oxygen while exercising, when compared to a group of people who consumed different supplements.

IMPROVES BRAIN HEALTH

It is an already proven fact that omega-3 is essential for brain development in children. Further studies have shown that it is just as important and helps improve brain health later on in life as well.

Certain test tube studies and animal based studies have shown that the DHA present in salmon oil helps in neural cell development. Furthermore, sufficient consumption of DHA is also linked to reduced risk of cognitive impairment associated with ageing and also Alzheimer's Disease.

Some other studies also suggest salmon oil as a treatment for Parkinson's Disease, which goes to prove that it generally helps with neurodegenerative diseases developed by the body.

REDUCES CHOLESTEROL

The omega-3 fatty acids contained in salmon oil are known to

reduce the levels of triglycerides in your body which reduces the risk of heart disease and stroke. Triglycerides are certain types of fats that actually affect overall heart health.

Additionally, omega-3 fatty acids also increase the levels of HDL cholesterol; that is, the good cholesterol in your body. Several studies have proven the positive impact of salmon oil on heart health and how it improves the composition of fat components in the blood.

IMPROVED FOETAL DEVELOPMENT

Salmon oil plays a major role in foetal development as demonstrated in several studies. Pregnant mothers who took regular omega-3 supplements throughout the nine months were found to have developed improved motor skills as well as cognitive abilities.

The children too were found to display lesser risk of developing behavioural issues early on in their childhood.

IMPROVES SKIN AND EYE HEALTH

Last but not least, regular consumption of salmon oil has also been proven to improve vision and develop eye health when consumed regularly during childhood. Continued intake of omega-3 in adulthood also reduces the risk of dangerous eye diseases like glaucoma and other age-associated eye issues.

The anti-inflammatory properties of omega-3 further help to improve skin health reduce the impact of sun damage and similar issues, and also aid wound healing.



鱼油的6大好处

鱼油特别是鲑鱼油中富含欧米茄3脂肪酸等各种营养物质，对人体非常重要。研究证明，它可以减少多种健康风险并提高整体健康水平。鲑鱼油的6大优点是：

对抗炎症

鲑鱼油中存在的脂肪酸能够减轻由人体的炎症反应引起的症状，诸如关节炎，糖尿病和心脏病等疾病。

改善血液循环

鲑鱼油中存在的Omega 3有助于氧化氮的产生，人体内的硝酸化合物于一氧化氮结合有助于血管松弛，从而降低血压，改善血液循环。

促进脑细胞发育

DHA有助于神经细胞发育，足量的DHA还可以延缓衰老，以及治疗帕金森症。

降低胆固醇

Omega 3脂肪酸可降低体内甘油三酸酯的水平，从而降低患心脏病和中风的风险。还能增加人体内好胆固醇的水平。

改善胎儿发育

鲑鱼油在胎儿牙齿发育中起主要作用。

改善皮肤和眼睛健康

儿童定期食用可以改善视力。成年后持续摄入欧米茄 3还可以预防青光眼和其他与年龄相关的眼部疾病。欧米茄3的抗炎特性还有助于改善皮肤健康。

5 EFFECTIVE Yoga Tips FOR BEGINNERS

By Barbara Ross

During this period of coronavirus outbreak, we need to rethink our habits and focus on healthy and enjoyable activities that keep our mind and body in balance with nature, and also simplify our world. Yoga is something you can practice in your room or any outdoor space. Here we provide you with the first steps for beginners. There are a lot of resources on the web, but in this article, we would like to give you the inspiration to practice yoga at least once.

You may have seen a number of beautiful portrait shots where someone is doing a headstand or a handstand against the backdrop of a waterfall or some other picturesque scene. It looks so effortless, doesn't it? – so serene and calming to the mind, as if the body is light as air.

Well, it may come as no surprise that doing a headstand is not as easy as it looks, unless of course you're a well-trained yogi. And if you want to take cute pictures of yourself in that pose, you will have to put in a lot of effort.

But that's also the good news. It's not an impossible feat. Practice is all it takes to get there, and you can start right away. Here are 5 effective tips that you can use when starting off.

WEAR COMFORTABLE CLOTHES MADE SPECIFICALLY FOR YOGA

This may be a no-brainer, but it is important to wear super-stretchy and comfortable clothes for yoga. You may wear what you feel good in, but do not be too conscious of what you look like. You obviously need your clothes to be loose enough to allow you to breathe freely but fit well enough to stay put as you do different poses. Also, you don't want any of the complicated, fancy clothing with too many hooks or buttons, or seams that may dig into your skin as you practice.

EAT LIGHTLY BEFORE YOUR CLASS

Different yoga poses may involve twists, turns, stretches and upside down movements. For this reason, it is advisable to eat lightly before your class. A full stomach can make you feel uneasy and uncomfortable as you do the poses, or sometimes, it may even make you throw up.

It is also important that you give the food adequate time to digest before you start. In other words, don't be practicing right after a meal, even if it is a light one.

CONCENTRATE ON "YOU"

If there's one thing that's the most difficult to practice in this list, it would be this one. Shutting your mind off and concentrating on yourself, your poses, your breath, your posture etc. is the hardest thing to do. And when you go to a group class, it can be even harder, as you may tend to look at others and compare your poses with those of the people next to you.

Stop doing that. Make an effort to bring your mind back to your own breath and pose. Ideally, according to experts, you're not even supposed to have a mirror in your yoga class. Concentrate on each inhalation and exhalation, and be aware of your movements.

BUILD ARM AND JOINT STRENGTH

A lot of poses in yoga need immense arm strength as well as joint strength, especially wrist strength. There are a number of very good poses for your body and mind that depend almost entirely on your arms.

Now, don't sweat it if you can't do the poses in the beginning, but be sure to build your strength even outside your yoga class. Performing planks, downward dog poses etc. can help you gain more strength.

CORRECT YOUR POSES RATHER THAN MEETING THE COUNT

While starting out, give more weight to doing the pose the right way rather than meeting the hold count. For example, if you're holding the pose for 10 counts, there is no point in holding it the wrong way, as you may end up using different muscles rather than the intended ones. So be sure to correct your pose first, and then hold it. It doesn't matter if you can't hold for the intended count initially. You will gradually get there.

Remember to keep these pointers in mind and you'll be off to a good start. Soon enough, you'll be able to take that perfect headstand photo too.

5个针对瑜伽初学者的有效技巧

瑜伽倒立并不像看起来那么容易，除非您是训练有素的瑜伽人士。但好消息是这并不是不可能。这里有5条有效的提示，供您参考。

穿舒适的瑜伽服

这可能一点也不费力，但是这很重要。您需要衣服足够松散又合身以便呼吸，以使您在摆姿势时能便于保持。

上课前少吃点

不同的瑜伽姿势可能涉及扭曲，转弯，伸展和倒立运动。饱腹会使您在摆姿势时感到不舒服，有时它还可能使您呕吐。

专注于自己

此清单中最难实现就是这一件事。专注于你自己每次呼吸，并注意姿势。

强化手臂和关节的力量

瑜伽中的许多姿势都需要巨大的手臂力量以及关节力量，尤其是手腕力量。即使在瑜伽课之外，也要确保增强自己的力量。

纠正姿势

初学者正确的姿势更重要。例如如果您将姿势做10次，但姿势错误其实毫无意义，因此，请务必纠正您的姿势，然后再保持姿势。

STAYING HEALTHY WHILE TRAVELING

By Kate Stone

Traveling can take a toll on your mental, physical, and emotional state. When traveling to new countries, all your senses go into overdrive. There are so many new smells, sounds, tastes, and sights that it can be a lot for you to take in all at once. In addition, there is the fact that most travel includes being in small, tight spaces, with large numbers of strangers from all over the world. Here are some insights on how to stay healthy while you travel.

PRE-DEPARTURE: Make sure you look up information on the place or places you are going to prior to departing. Make sure you receive any travel vaccinations at the right period of time before you leave, and make sure you won't need any special medications before or during your trip. Some of these medications help keep you healthy while traveling, but some may also help prevent diseases such as malaria while you're abroad. In addition to these special medications, make sure you have enough of your prescription medication for your trip.



***Tip:** Keep a few days' worth of your prescription medication in your carry-on bag in case your baggage is delayed or lost.

DURING YOUR FLIGHT:

Flights can wreak havoc on the body as they tend to dehydrate us, we don't get enough exercise, and we tend to eat too much. To prevent this, eat lightly and try to stay away from sugar, coffee, and alcohol. Focus on staying hydrated by accepting water or orange juice every chance you get. This will also motivate you to take short walks hourly. This helps prevent blood clots from forming in your legs while traveling.

***Tip:** Compression socks help reduce swelling in your legs and ankles as well as promoting circulation to your lower extremities. These are especially useful on international flights.

WHERE YOU'RE STAYING:

Create a routine for yourself where you are staying and make sure that you have a space in which you can relax and absorb the experiences of the day. Also make sure that your bed is comfortable and you have everything you need to get some solid sleep. It is important to get 7-8 hours of sleep each night to ward off the chance of getting sick.

***Tip:** You can always ask at the front desk for more pillows, face masks, or whatever you may need to make sure you get the best night's sleep possible.

EATING:

Trying to be budget-friendly and eating healthy food does not go well for most travellers.

Usually, budget travellers eat large amounts of carbohydrates and minimal protein. Protein, however, helps resist infection and rebuild muscles, so it is important to include it in at least one meal a day. It is also important to use good judgement when eating out. Pre-prepared foods can gather bacteria and viruses and are one of the most common causes of diarrhoea while traveling, so it is best to avoid them as much as possible.

***Tip:** Water is also a common cause of diarrhoea, and contaminated water may be used to clean your fruit and vegetables but may also be frozen and served as ice to go with your bottled beverage.

Take care of yourself: Taking care of yourself is not only about the physical aspects of traveling, but also the mental aspects. Often people want to cram everything they can into their limited time because they don't want to miss anything, but they forget to just relax and let it wash over them gently. There is a reason why places practice siestas and afternoon tea, and that reason is to take time away from the rush and just 'be'. Plan a half day, or a whole day if you can, where all you do is leisurely activities. Perhaps you could spend the afternoon on a beach with no plans for dinner and no reservations you need to worry about.

making. Or take a day to visit a park where you can have a picnic and stroll through the flowers as the exotic air fills your lungs.

***Tip:** Plan a relaxing day half to two-thirds of the way through your trip, when you are most likely to get burned out.

旅途中如何保持健康

旅行对心理, 身体和情绪都有较大冲击, 不仅因为到新的地方新事物带来的变化, 还会由于大多数旅途都在狭小的空间中而产生压力。那么如何在旅途中保持健康, 如下要点可以帮助你。

出发前: 请确定路线和地点, 注射好疫苗并准备好必要的药物。

飞行途中: 长途飞行可能会使我们脱水, 缺乏足够的运动又进食过多会带来健康问题。为了防止这种情况, 请轻食, 并尽量远离糖, 咖啡和酒精。

*提示: 压缩袜有助于减少双腿和脚踝的肿胀, 并促进下肢的循环。

住宿: 确保你的床很舒服, 并且拥有充足的睡眠。

饮食: 每天至少进餐一顿富含蛋白质的食物很重要。外出就餐时要注意食物的卫生, 避免腹泻。

*提示: 多喝水, 注意食用清洁的水果和蔬菜。

关注自己: 不仅是身体健康, 还有心理健康。人们常常在旅行有限的时间内想完成所有的计划, 不愿意错过任何地方, 但他们忘记了放松。如果可以的话, 计划一整天休息或下午茶, 对你的心理非常有好处。

*提示: 在旅途中最精疲力竭的时候是在行程进行到2/3的时候, 应当适当放松一下。



Bakeries & Desserts



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

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



CAFFÈ PASCUCCI

NK **Caffè Pascucci**
帕斯库奇咖啡(鲁能城店)
A: B1F-A25, Luneng CC Plaza, Shuishang Dong Lu, Nankai District
南开区水上公园东路鲁能城购物中心
B1F-A25原麦山丘斜对面



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

NK **Ying 瀛轩**
Relax with a cup of tea in this Imperial courtyard-inspired restaurant, serving a selection of Chinese specialties from different provinces.
A: 2nd Floor, Conrad Tianjin, No. 46, Tianta Road, Nankai District
南开区天塔道46号
天津康莱德酒店二层
T: +86 22 5888 6666

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

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, Ziyu 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: veneziacub.tianjin@yahoo.com
W: veneziacubrestaurant.jimdo.com

HP **OSTERIA Pizza - Bar - Music OSTERIA意大利餐厅**
A: No.86 Chifeng Road, Heping district, Tianjin
天津市和平区赤峰道86号
T: 186 2243 8173 (Enrico)
O: Everyday 11:30 - 14:00; 18:00 - 22:00
E: yidalcaizhuan@163.com



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



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

HP **Le Rosso Pizza & Steak 意大利餐厅**
A: 24 Ying Chun Li, Wu Jia Yao Er Hao Road (near Xi Kang Lu) He Ping District
和平区吴家窑二号路迎春里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 **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 **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

Southeast Asian

NK **Bam Bou 竹影**
Approachable, fun and passionate, the hotel's signature restaurant is an intimate venue focusing on Southeast Asian home-style dishes and classic pan-Asian flavors.
A: 1st Floor, Conrad Tianjin, No. 46, Tianta Road, Nankai District
南开区天塔道46号
天津康莱德酒店一层
T: +86 22 5888 6666

Western

HP **Cielo Italian Restaurant 意荟·意大利餐厅**
A: 9/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin
和平区赤峰道138号天津四季酒店9层
T: +86 22 2716 6263

HP **La Sala Lobby Lounge 四季·大堂酒廊**
A: 2/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin
和平区赤峰道138号天津四季酒店2层
T: +86 22 2716 6261

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

Brasserie on G 美庭
Enjoy lively open kitchens and weekly/seasonal specialties, and treat yourself to mouthwatering pastries and desserts.
A: 1st Floor, Conrad Tianjin, No. 46, Tianta Road, Nankai District
南开区天塔道46号
天津康莱德酒店一层
T: +86 22 5888 6666

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

ZEST 香溢

HP **ZEST 香溢 - 全日餐厅**
A heady mix of gastronomy and entertainment, drawing inspiration from the sensory feasts of Hong Kong's open-air dining culture, the aromatic romance of Italian bistros and the elegant minimalism of Japanese delicacies.
A: 1st Floor, The Ritz-Carlton, Tianjin, No. 167 Dagubei Road, Heping District, Tianjin
和平区大沽北路167号
天津丽思卡尔顿酒店一层
T: +86 22 5809 5109

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

Hard Rock CAFE TIANJIN

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

HX **Fire House 浓会**
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

HX **Terrace Café 燕园咖啡厅**
A great location to have a very relaxed meal, in front of a wonderful garden.
06:00-23:00.
A: 1F, Tianjin Yan Yuan International Hotel, Zi Jin Shan Lu, Hexi District
河西区紫金山路
天津燕园国际大酒店1层
T: +86 22 2731 3388

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

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

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

HP **La Semana 西班牙餐厅(和平店)**
A: No.25 Yingchunli, Wu jia yao hao Road, Heping District, Tianjin
天津市和平区吴家窑二号路迎春里25门底商
T: +86 22 2335 6748
+86 138 2048 8636

HP **Prague Restaurant 布拉格餐厅**
A: No.83 ChongQing Road, Heping District, Tianjin (West of MinYuan Square)
和平区重庆道83号(民园广场西楼)
O: 10.00am - 0:00
T: +86 22 8312 2718

HP **blue frog (Riverside 66) 蓝蛙(恒隆广场店)**
A: Unit 3009, Riverside 66, No. 166 Xing'an Road, Heping District
和平区兴安路166号恒隆广场3009室
T: +86 22 23459028

NK **blue frog (Joy City) 蓝蛙(大悦城店)**
A: 1F-J02, 1F Street, Joy City, Nanmen Wai Dajie, Heping District
南门外大街大悦城如果街1F-J02
T: +86 22 27358751

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

HP **Browns Bar & Restaurant 勃朗斯英式酒吧餐厅**
A: No.108-111, 1st Floor Min Yuan Stadium, Heping District
和平区重庆道83号
民园广场西楼一层108-111号
T: +86 22 88370588/88370688
E: info@browns-tj.com

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

Coffee Shops



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

HP **The CORNER-ACADEMY 考恩预约品鉴店**
Enjoy great wines, whisksys & hand-crafted cocktails from around the world.
A: No. 86 Harbin Rd., Heping District, Tianjin
和平区哈尔滨道86号
T: +86 22 2711 9871



HP **Bistro Thonet 庭悦咖啡**
As the viewing café in Qing Wang Fu, Bistro Thonet gives you beautiful scenery with flourishing vegetation. It provides various Chinese and Western cuisine, business lunch and afternoon tea in both indoor and outdoor venues.
A: No.55, Chongqing Dao, Heping District
和平区重庆道55号庆王府院内
T: +86 22 8713 5555,
+86 22 5835 2555
W: qingwangfu.com

Tea Houses

HP **Yang Lou Tea House 洋楼茶园**
Tea house in a villa where you can watch TV, search the internet and play mahjong. 09:30-02:00
A: The junction of Kunming Lu and Chongqing Dao, Heping District
和平区重庆道与昆明路交口
T: +86 22 2339 8882

Bars & Discos

N K

CHA 洽堂

A stunning bar anchors this stylish lounge, the perfect setting to linger a while with a cup of carefully prepared tea complemented by the hotel's signature afternoon tea.
A: 1st Floor, Conrad Tianjin, No. 46, Tianta Road, Nankai District
 南开区天塔道46号
 天津康莱德酒店一层
T: +86 22 5888 6666

H P

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

H P

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

H P

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

H P

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

H P

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

H P

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

H P

Muse Bar 缪斯酒吧

A: Junction of Xi'an Dao and Liuzhou Lu, Heping District
 和平区西安道与柳州路交口
T: +86 22 5836 5608

H P

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

H P

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

H P

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

H P

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

H P

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

H X

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, Tianjin
 河西区宾水道16号万丽天津宾馆1层
T: +86 22 5822 3388

N K

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

H B

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

H D

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

N K

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

H P

Gusto Bar 9吧

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

KTVs

H P

Eastern Pearl 东方明珠KTV

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

H X

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

H P

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

H X

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

N K

OPI Nail Salon OPI 美甲

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

Spa & Massage

H D

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

N K

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

N K

Shan Ru SPA 善如美容美体SPA

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

Tattoo Studios

H P

Ink Tattoo 墨颜刺青

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

Hospitals

ARRAIL 瑞尔
International Dental Clinic 专业口腔医疗

H P

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 6219/32
24Hr Emergency Line:
 +86 150 0221 9613
W: arrail-dental.com

RafflesMedical

H X

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

和睦家医疗
United Family Healthcare

H X

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

H X

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

N K

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

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



Golf Clubs



FYLA GOLF
International Golf Academy
飞乐国际高尔夫学院

A: Senao Golf Driving Range, Aoti Road, Nankai District, Tianjin
天津市南开区奥体道森奥高尔夫练习场
T: 18526437988



Fortune Lake Golf Club
天津松江团泊湖高尔夫球会

The Club occupies an area of 3500 mu, including a 36 hole golf course, 4600 sqm of clubhouse, driving range, villas, business and recreation facilities. 09:00-16:00.

A: Jinwang Lu, Jinghai Zhen
静海县津王路
T: +86 22 6850 5299

Gyms

Moai GYM
摩艾健身

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

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

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

I Fitness Meijiang
爱动力健身工作室

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

I Fitness Fuli Jinmenhu
爱动力健身游泳俱乐部

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



Fitness Center
健身中心

A: B1st Floor, Conrad Tianjin, No. 46, Tianta Road, Nankai District
南开区天塔道46号
天津康莱德酒店地下一层
T: +86 22 5888 6666

Catering Solutions

Flo Prestige 福楼外宴策划

FLO Prestige provides tailor made catering solutions, creating food for your event, matching your theme, atmosphere and expectations.

A: No.37, Guangfu Road, Italian Style Town, Hebei District
河北区意大利风情区光复道37号
T: +86 22 2662 6688

Decorations

IKEA 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

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

★★★★★



Conrad Tianjin
天津康莱德酒店

Showcasing a blend of modern chic and subtle Art Deco details, Conrad Tianjin is a smart-luxury retreat for the global traveler.
A: No. 46, Tianta Road, Nankai District, Tianjin
南开区天塔道46号
T: +86 22 5888 6666

Hotels

Tangla Hotel Tianjin
天津唐拉雅秀酒店

The city's tallest "penthouse hotel", sits right in the heart of the business and retail districts atop the Tianjin Centre.

A: No. 219, Nanjing Lu, Heping District
和平区南京路219号
T: +86 22 2321 5888
W: tanglahotels.com



PAN PACIFIC TIANJIN HOTEL
天津泛太平洋大酒店

A: No. 1 Zhang Zi Zhong Road, Hong Qiao District, 300091 Tianjin
中国天津红桥区张自忠路 1 号 300091

T: +86 22 5863 8888
E: infor.pptsn@panpacific.com

Radisson Tianjin
天津天诚丽筠酒店

A: 66 Xinkai Road, Hedong District, Tianjin 300011, China
中国天津市河东区新开路66号
邮编 300011

T: +86 22 2457 8888
E: hotel@radisson-tj.com



Four Seasons Hotel Tianjin
天津四季酒店

A: 138 Chifeng Road, Heping District, Tianjin
和平区赤峰道138号
T: +86 22 2716 6688
W: fourseasons.com/tianjin

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



The St. Regis Tianjin
天津瑞吉金融街酒店

Most luxurious hotel in Tianjin, located by the river next to the train station.

A: No. 158, Zhang Zizhong Road, Heping District 和平区张自忠路158号 (津塔旁, 哈密道正对面)
T: +86 22 5830 9999
W: stregis.com/tianjin

The Westin Tianjin
天津君隆威斯汀酒店

5 star hotel offering luxury, class and comfort featuring charming city views and the latest in technology.

A: No. 101, Nanjing Lu, Heping District
和平区南京路101号
T: +86 22 2389 0088

The Astor Hotel, Tianjin
天津利顺德大饭店

First opened in 1863 and refurbished in 2010, the hotel is a landmark in Tianjin's history. Favoured for its traditional appeal and high-standards.

A: No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号
T: +86 22 5852 6888



The Ritz-Carlton, Tianjin
天津丽思卡尔顿酒店

A landmark hotel located in the heart of the city offering unparalleled and memorable experiences.

A: No. 167 Dagubei Road, Heping District
和平区大沽北路167号
T: +86 22 5857 8888



Renaissance Tianjin Lakeview Hotel
万丽天津宾馆

Located within walking distance of Tianjin Municipal People's Government Offices and near shopping areas, night life venues, the Tianjin International Exhibition Centre and Meijiang Convention Centre.

A: No. 16, Binshui Dao, Hexi District
河西区滨水道16号
T: +86 22 5822 3388

Hotel Indigo Tianjin Haihe
天津海河英迪格酒店

It is the only hotel in China that offers villa-style accommodation in a city centre locale.

A: No. 314 Jiefang South Road, Hexi District
河西区解放南路314号
T: +86 22 8832 8888



Banyan Tree Tianjin Riverside
天津海河悦榕庄

Located right next to the Haihe River, it is one of the first hotels in Tianjin to bring a resort style service to a city setting.

A: No. 34, Haihe Dong Lu, Hebei District
河北区海河东路34号
T: +86 22 5883 7848
W: banyantree.com



Holiday Inn Tianjin Xiqing
天津中北假日酒店

The hotel located in the CBD area in Zhongbei Town, is your perfect choice to business and family travel as well as enjoying leisure.

A: No. 5 Wanhui Road, Zhongbei Town, Xiqing District, Tianjin 300385, P.R. China
西青区中北镇万卉路5号 邮编300385
T: +86 22 8797 5555

Holiday Inn Tianjin Riverside
天津海河假日酒店

Enjoy a scenic waterfront location at Holiday Inn Tianjin Riverside, just 15 minutes' drive from Tianjin's financial hub Phoenix Shopping Mall.

A: Haihe Dong Lu, Hebei District
河北区海河东路凤凰商贸广场
T: +86 22 2627 8888
W: HolidayInn.com

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

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



Shangri-La Hotel, Tianjin
天津香格里拉大酒店

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



Wanda Vista Tianjin
天津万达文华酒店

Located on the banks of the Hai He River, furnished with rich Oriental ambience, Wanda Vista offers its acclaimed guests an extravagant experience of exclusive services and artistry.

A: 486 Bahao Road, Da Zhi Gu, Hedong District
河东区大直沽八号路486号
T: +86 22 2462 6888



HYATT REGENCY TIANJIN EAST
天津东凯悦酒店

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

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

Serviced Apartments

H X K Ariva Tianjin Binhai Serviced Apartment

滨海·艾丽华服务公寓
A: No. 35, Zi Jin Shan Road, Hexi District
T: +86 22 5856 8000
F: +86 22 5856 8008
W: www.stayariva.com

H X Q 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

H P 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

H X K Conrad Residential Apartments, Tianjin

天津康莱德酒店公寓
Residential apartments are also available for long and short stays.
A: No. 46, Tianta Road, Nankai District, Tianjin
南开区天塔道46号
T: +86 22 5888 6666

H X K 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

H P Just Living

By Savills Residence Tianjin
天津尚翠服务式公寓
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



H X 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



H P 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



H P 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

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



H X Sunshine 100 Tianjin Tianta Himalaya

阳光100天津喜马拉雅-天塔
A: Weijingnan Road and Tianta Road, Nankai District
南开区卫津南开与天塔道交汇天塔喜马拉雅
T: +86 22 2310 0100

Sunshine 100 Tianjin Nankai Himalaya

阳光100天津喜马拉雅-南开
A: Fukang Road, Nankai District
南开区复康路南开喜马拉雅
T: +86 22 2361 3888

Antiques & Souvenirs Streets

H X K 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

H X Q 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

H P 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

NASCA LINIEN

H P 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

H P 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

H X 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

H P 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

H P 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

H X K 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

H X Tianjin Museum 天津博物馆
For the fluent Chinese speaker, it's a walk through China's most emblematic periods in ceramics.
Free. Tue-Sun 09:00-16:30.
A: Crossing of Pingjiang Dao and Yuexiu Lu, Hexi District
河西区平江道与越秀路交口
T: +86 22 8300 3000
W: tjbwg.com

H X 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

B D 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

H X K 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

H X Q 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

H P 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

H P 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

H X 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



Biking Tianjin Adventurer Club

35 • 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!
E: thestinos@msn.com

Education

H X KIDS'R'KIDS Learning Academy, Tianjin No.1
凯斯幼儿园, 天津云锦幼儿园
A: Yunjin Shijia Community, No.65, Ziyang Rd, Zhongbei Zhen, Xiqing Dist, Tianjin
西青区中北镇紫阳道65号云锦世家内
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



H D 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



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



HX Tianjin International School
天津思锐外籍人员子女学校
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 Admiral Farragut Academy Tianjin
法拉古特学校天津校区
The only international school in Heping District, Tianjin, which has graduated 5 cohorts since 2013. All of them were admitted to the Top 100 universities in the U.S.
08:00 - 17:00
A: No.3, Yantai Road, Heping District 和平区烟台道3号
T: +86 022 2339 6152
W: www.farragut.cn

XQ 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

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

XQ 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

INDUSTRY



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 南开南京路358号. 今晚大厦A座20层
T: +86 22 58856666
W: www.nnit.cn



DL Banana Aviation Industry Development Ltd.
香蕉航空产业发展公司
A: C1 Building, Low-carbon Industrial Park, Huaming Town, Dongli District, Tianjin, China 300304 天津市东丽区华明镇低碳产业园 C1座403B
T: +86 (22) 2318 5026 +86 130 0139 8785

Chinese



Cai Feng Lou Chinese Restaurant
彩丰楼中餐厅
A: 1F, InterContinental Tianjin Yujiapu Hotel & Residences No.3360, Xinhua Road, Binhai New Area 滨海新区新华路3360号 天津于家堡洲际酒店及行政公寓1层
T: +86 22 5986 8888 ext. 6508

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



Japanese

Seitaro 清太郎日本料理
Savour a wide selection of specialties including a sushi counter in a traditional Japanese décor setting.
11:30-14:00; 17:30-21:30.
A: Century Village, 3rd Avenue, TEDA 开发区第三大街世纪新村
T: +86 22 6529 9522

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

Wu Gu 五穀日本料理
Traditional Japanese food, famous for its blossom stone package, fresh sashimi and steamed items. 11:00-20:30.
A: 1F, No.29 Shishang Dong Lu, TEDA 开发区时尚东路29号1层
T: +86 22 5985 7141

Western



Commune Dine
食社自助餐厅
A: 1F, InterContinental Tianjin Yujiapu Hotel & Residences No.3360, Xinhua Road, Binhai New Area 滨海新区新华路3360号 天津于家堡洲际酒店及行政公寓1层
T: +86 22 5986 8888 ext. 6506



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

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

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



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

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

Bars & Discos



Commune Bar 潮酒社

A: 1F, InterContinental Tianjin Yujiapu Hotel & Residences
 No.3360, Xinhua Road, Binhai New Area
 滨海新区新华路3360号
 天津于家堡洲际酒店及行政公寓1层
T: +86 22 5986 8888 ext. 6509



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



Sky Lounge 堡子里酒廊

A: 12F, InterContinental Tianjin Yujiapu Hotel & Residences
 No.3360, Xinhua Road, Binhai New Area
 滨海新区新华路3360号
 天津于家堡洲际酒店及行政公寓12层
T: +86 22 5986 8888 ext. 6505

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

Hotels

★★★★★

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



InterContinental Tianjin Yujiapu Hotel & Residences

天津于家堡洲际酒店及行政公寓
 Hotel features 299 exquisitely designed guest rooms and suites, along with 198 elegant residences. All the exotic restaurants, including Cai Feng Lou Chinese Restaurant, Commune Dine, Commune Bar, Sky Lounge and Lobby Lounge, will cheer diners up during the trip of international cuisine. Total area of approximately 16,000 square metres meeting and banquet venues ensure the event is one to remember.
A: No.3360, Xinhua Road, Binhai New Area
 滨海新区新华路3360号
T: +86 22 5986 8888



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

Apartments



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



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
 天津市开发区北海东路21号昆西园6/7号楼
T: +86 22 5988 1999
E: reservations.binhai-tianjin@frasershospitality.com



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

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: 14:00-22:00; Tue-Sun: 10:00-22:00
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

Parks

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

Education



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

Tianjin Juilliard 天津茱莉亚学院

The Tianjin Juilliard School 天津茱莉亚学院
A: Shuang Chuang Building, 3699 Xinhua Road, Binhai New Area, Tianjin 300452, China
 中国天津滨海新区新华路3699号双创大厦
O: 9:00-17:00
T: +86 022 2576 4890 (8829)
E: dmissions.pc@tianjinjuilliard.edu.cn
W: www.tianjinjuilliard.edu.cn



TEDA GLOBAL ACADEMY 天津经济技术开发区国际学校国际部
 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: tedaglobal.org

Museum

Binhai Science and Technology Museum 滨海科技馆
Opening Hours: Tue - Sun, 10:00-17:00
 16:30 Stop entering, close on Mondays
A: No. 347, Xusheng Road, Binhai New Area
 滨海新区旭升路347号
T: +86 22 25623399

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

Golf Clubs

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

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

Outdoor Clubs

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



By Nikita Jaeger

Kaili Villages

Traditional Chinese Life in the Modern Day



Kaili villages are the citadel of Miao culture, and the habitat of various ethnic minorities. The villages are famous for various cultural festivals, and host more than 120 colourful festivals annually. A visit here can give you a first-hand experience of the culture, rituals, food, daily routine, architectural designs, and costumes. Kaili is the capital of Southeast Guizhou Mao-Dong Autonomous Prefecture and is the best location to learn the unique cultural identity of ethnic Miao minorities.

REACHING KAILI VILLAGES

As Kaili is located 3,000 km away from Beijing, the best option for the tourist from the north part of China is to travel by train or by air. Many high-speed trains can get you to Kaili directly, involving an overnight journey of about ten and a half hours. To go by air, you would need to go to Guiyang Longdongbao International Airport as only limited local flights operate to Kaili. From Guiyang, you can hire a cab or simply take a bus to Kaili village, which will take about two and a half hours. Traveling to Kaili by air saves time, and driving there would not be a good option as it would be tiring and time-consuming.

Attractions in Kaili Villages

JIDAO MIAO VILLAGE

Located about 25 km from Kaili, Jidao Miao Village is untouched by commercialization. The traditional lifestyle is reflected in each nook and corner of the village.

On your arrival, old ladies of the town will welcome you with songs and local wine. Even if you don't drink alcohol, you should respect the custom and just touch the liquid with your lips. Be careful, though; if you touch the cup with your hand, you must empty it in one go.

You can stroll around the 100-year thoroughfare and find locals in native dress. No shops or hotels are to be found there.

MATANG GEJIA VILLAGE

This is the home of the Gejia people and is located 21km away from Kaili. A striking thing you'll find here is that they carry their history with them in the form of their attire. Their pendants are in the shape of swords, arrows, and spears. Patterns usually made in batik or embroidery work tell stories of the valiant war performances of the Gejia ancestors. People commonly wear a red fringed hat, a symbol of achievement in war which has been handed down as a part of the culture.

ZHENYUAN ANCIENT TOWN

This small-town keen on preserving the past is located on the east side of Guizhou province. Spread over 3.1 square kilometres, the ancient town offers about 160 scenic spots, time-honoured historical relics, exquisite engravings, pavilions, palaces, temples, pagodas, caves and above all, mesmerizing landscapes. For a beckoning panoramic view of the town, take a 1-hour trek to the top of Shipin Mountain, which will provide an extraordinary lifetime experience you



Jidao Miao Village

can never have anywhere else. You will find the trip challenging, and there is no lighting on the mountain, so if you are going to climb at night, be sure to carry reliable lighting devices and adequate tools.

Just across the river from Shipin mountain is the Black Dragon Cave, a 500-year-old temple complex. It is nice to see Confucian, Buddhist and Taoist temples coexisting here.

KONGBAI MIAO VILLAGE

Silver has a special place in Chinese culture, so you must be sure to visit Kongbai and experience how the ancient silver jewellery making technology is still used today to make ornaments and other items. All the items are handmade, so each design is unique. You will have a chance to see for yourself how the local people craft each piece in its original form.

DATANG VILLAGE

Datang Village is 45 km from Kaili, and is also known as "short skirt village", since the women always wear skirts as short as 10 centimetres. They are in fact alienated from other communities due to these short skirts, worn even in the chilling winter season.



Matang Gejia Village



Zhenyuan Ancient Town





LANGDEVILLAGE

If you wish to discover the unadulterated culture of Langde village, which is situated 27 km away from Kaili, make it a point to include this village in your travel itinerary. You can enjoy the grand gala 12-phase welcome ceremony, with a touch of wine to add glamour. After this, you can enjoy cultural dances set to folk songs in the Lusheng Square. What may be even more fascinating is their construction technology. You can walk around to see the traditional style of home construction without nails or bolts, using only pegs in virtually jigsaw-like designs.

KAILI ETHNIC MINORITIES MUSEUM

You must visit here to gain a good understanding of various Miao cultures. On the exhibition displays, you can find various types of clothing, jewellery and dragon boats used by the locals. The displays of handicrafts are alluring; they date back centuries, and have been used since time immemorial.

BEST TIME TO VISIT

Kaili is an all-weather location; however, it would be best to plan your trip according to the choice of activities you want to participate in. If you're going to be a part of the famous Sisters' Meal Festival, you need to visit in April. The specialty of this function is the colourful steamed rice which is served to the guests. It is the Chinese version of a Valentine's Day celebration. If you want to be part of the Lusheng Festival, be sure to visit Kaili in February. You are certain to enjoy singing, dancing, bullfights, horse racing, and much more.

With regard to weather, the best time to visit Kaili is in summer. The climate will be very comfortable at 25°C and will remain so throughout the day, as compared to winters when the temperature may touch 0°C.

How to get around

You can choose to trek around the villages, but you will need to be very fit and have ample time

on hand. Otherwise, the best and easiest way to get around would be to hire a cab and drive around at your own sweet will.

CONCLUSION

Whenever you plan a trip to Kaili villages, be sure to check the weather first as it rains a lot. It would be best to have a plan prepared so that you can cover the most visits on a single trip. A trip to Kaili will let you have fun and enjoy the unbridled beauty of the traditional village life of China. And when in Kaili, don't miss trying the sour and spicy dishes like the sour soup fish, Miao kingfish or the sour bamboo-shoot chicken.

Kaili and the surrounding villages are worth visiting, as this experience may take you to a realm of unsophisticated mystery of ethnic culture beyond your expectations.



凯里 摩登时代的传统生活

凯里是贵州黔东南苗族侗族自治州首府，也是学习苗族独特文化的最佳地点。

如何到达凯里

凯里距北京3000公里，最好的选择是搭乘火车或飞机。许多高铁可以直接到达凯里，大约需要十个半小时。搭乘飞机则需要先飞往贵阳龙洞堡国际机场再转机。在贵阳也可以租用出租车或乘公共汽车去凯里。

凯里的景点

季刀苗寨

距离凯里约25公里，在苗寨的每个角落仍保持传统的生活方式。

镇远古镇

这个历史小镇位于贵州省的东部，拥有约160个景点，包括历史悠久的文物，精美的版画，凉亭，宫殿，寺庙，宝塔和洞穴，风景非常迷人。

控拜银匠村

参观控拜银匠村并体验如何运用古老的白银制作技术制作装饰品和其他物品。所有物品均为手工制作，每种设计都是独一无二的。

大唐村

大唐村距离凯里市45公里，也被称为“短裙村”，因为妇女们总是穿短至10厘米的裙子。

凯里少数民族博物馆

想要了解苗族文化您必须访问这里。您可以在这里找到当地人穿着的各种服装，佩戴的珠宝和使用的龙舟，它们的历史可以追溯到几个世纪前。

最佳参观时间

凯里全年都适合旅游，如果您要参加著名的姐妹用餐节，需要在4月到访。如果您想参加六生节，则需要二月。夏季是游览凯里的最佳时间。您可以选择徒步旅行，也可以租一辆出租车，或者自驾。

总之

当您计划去凯里旅行时，请预先查看天气，那里经常下雨。凯里之旅将带您体验中国传统的乡村生活。千万不要错过尝试酸辣菜，例如酸汤鱼，苗王鱼或酸竹笋鸡。

Yellowstone

By Nikita Jaeger

THE INCREDIBLE PARK ON A VOLCANO

Yellowstone National Park, located in Wyoming, Montana, and Idaho in the mountains of the Western United States, offers the unique wonder of a park situated on a volcano. It was established on March 1, 1872, and covers 2,219,791 acres. The park attracts four million visitors every year to view the 10,000 geothermal features on the Yellowstone Caldera Volcano. Watching the old Faithful Geyser erupt or exploring the abundant wildlife and the 1,100 plant species leaves the visitor with an unforgettable experience.

How to reach Yellowstone

There are many options for travelling to Yellowstone National Park, and tourists can enter through the north, south, east, and west entrances.

By Flight

North Entrance: Tourists who want to enter Yellowstone through the North Entrance can land at Bozeman Yellowstone International Airport, which is 141.62 km (88 miles) away via the I-90E and the US-89 S. This route is ideal for tourists who want to include Glacier National Park in the itinerary.

South Entrance: Tourists who want to approach Yellowstone National Park through the South Entrance can use the Jackson Hole Airport located in Grand Teton National Park.

It is 90.12 km (56 miles) away from Yellowstone National Park which can be reached within an hour's drive.

West Entrance: Even though Yellowstone airport is very small, it is very close to the West Entrance and is an ideal option for tourists who want to visit Yellowstone through that entrance. The airport is 4.8 km (3 miles) from Yellowstone and the park can be reached within a 10-minute drive. Another option to enter Yellowstone through the West Entrance is to use the Idaho Falls Regional Airport, which is 175.9 km (109.3 miles) from away from the park and within a 2-hour drive.

East Entrance: For travelers heading for the East Entrance, landing at Yellowstone Regional Airport in Cody is a convenient option. Cody is 85.3 km from the park and visitors can cover the distance within an hour's drive.

By Road

Bus services via Highway 191, connecting Boston (Massachusetts) and West Yellowstone (Montana) is available year round. During summer, only limited bus services are available from Idaho to West Yellowstone.

By Rail

No train services are available for reaching Yellowstone directly, but tourists can still utilize the services of Amtrak. The nearest point you can reach on Amtrak is Salt Lake City from where you can take a shuttle service to the West Entrance of the park.

Best time to visit Yellowstone

Since Yellowstone is a seasonal park, it's advisable to plan your trip according to your interests. Spring lets you enjoy a plethora of wildlife, spectacular waterfalls, and even snow, while in the autumn, you can catch sight of the elk romancing. Summer is when the crowd starts to pour in but in winter there are fewer tourists. Every season has something fabulous to offer.





黄石公园 火山上的不可思议的公园

黄石国家公园简称黄石公园，坐落于美国怀俄明州、蒙大拿州和爱达荷州的交界处，大部分位于美国怀俄明州境内，于1872年3月1日美国总统尤利西斯·辛普森·格兰特签署国会通过的法案后建立，是世界上第一个国家公园。是一座火山上的公园，拥有独特的景观。

如何到达黄石公园

搭乘飞机

可以选择搭乘各种不同航线分别从东、西、南、北不同入口进入黄石公园。

公路交通

可以选择191号公路（连接波士顿（马萨诸塞州）和西黄石镇（蒙大拿州））的巴士服务。

铁路交通

游客可以选择Amtrak的服务，到达最近的盐湖城，从那里再乘坐班车前往公园的西入口。

最佳参观时间

由于黄石公园是一个季节性公园，因此建议您根据自己的兴趣计划行程，每个季节都有不同的景色，强烈建议您选择4月至5月以及9月至10月。

必游景点

间歇泉

黄石公园的一个亮点是间歇泉。因它定期喷发而得名，并且已经持续了150多年。

上间歇泉盆地

这里有许多间歇泉，大部分间歇泉都在一平方英里之内，世界上25%的间歇泉位于此。

中途间歇泉盆地

中途间歇泉盆地位于上盆地和下盆地之间。其中的大棱镜温泉宽37英尺，是这里最大的温泉。

黄石公园猛犸象温泉

由60个温泉组成，温度达到165华氏度。这些温泉沉积钙质，极高的热量溶解周围的石灰石，形成钙质露台，密涅瓦露台就是其中一个。

不要错过这些小众景点

错过这些美丽景点，黄石公园之旅是不完整的。

伊萨湖一个独特的湖泊，是唯一一个排入两个海洋（大西洋和太平洋）的天然湖泊，而且它的湖水向后倒流。这种异常现象在世界任何其他地方都不曾出现。

巧克力池

顾名思义，这是一个多彩地层，具有独特的巧克力色。这是一个迷人的景象，参观黄石公园不容错过。

仙女瀑布

黄石公园高61米的瀑布，是公园内最高的瀑布。瀑布水柱落入浅水潭中，有两条远足路线可以到达这里。

总之

黄石国家公园因坐落在火山口，并有沸腾的间歇泉和奇特的动植物群而广受好评，是世界上最受欢迎的旅游胜地之一。

July and August are the most popular months. April to May and September to October are highly recommended months due to the mild weather.

Must-visit places in Yellowstone

These must-visit places in Yellowstone provide an enjoyable natural experience of geysers and the co-existence of snow, ice, and hot springs.

OLD FAITHFUL GEYSER

A star attraction of Yellowstone is the Old Faithful geyser. It erupts regularly — hence the name. You can count on it to erupt, and it has been faithfully doing so for over 150 years. The water shooting up high is an impressive sight. The interval between eruptions averages about 92 minutes; eruptions last up to a maximum of five minutes and can reach up to 184 feet.

You can also visit the Black Sand Basin which is among the most colorful spots in the park and lies only 2 miles from Old Faithful..

UPPER GEYSER BASIN

The Upper Geyser Basin has a number of geysers, with the majority packed within one square mile. Twenty-five percent of all the geysers in the world are located here. This area has most of the must-visit geysers such as Old Faithful, the Beehive Geyser, the Giantess Geyser, the Grand Geyser, and the Castle Geyser. To

the north, you can find the beautiful Morning Glory Pool, named for its similarity to the flower.

MIDWAY GEYSER BASIN

The Midway Geyser Basin is located between the Upper Basin and the Lower Basin. It has two significant geothermal features – the Excelsior Geyser and the Grand Prismatic Spring. At 37-feet-width, the Grand Prismatic Spring is the biggest hot spring you can find here.

LOWER GEYSER BASIN

This part of the park has the Fountain Paint Pots with simmering reddish mud, and the Great Fountain Geyser offering a spectacular water blast reaching up to 220 feet high. The geyser basin lies on both sides of the Firehole River and is a habitat for deer and bison.

NORRIS GEYSER BASIN

This is the oldest and most active hydrothermal area in the park. Visitors can access the Porcelain Basin with its bubbling geysers and the Back Basin with its Echinus Geyser and Steamboat Geyser.

MAMMOTH HOT SPRINGS

There are 60 hot springs here with the temperature reaching 165oF. These thermal springs deposit travertine; the extreme heat dissolves the surrounding limestones forming travertine steps. Minerva Terrace is one such formation.





Don't miss these attractions

These attractions may not be popular, but a trip to Yellowstone is incomplete without visiting these beautiful spots.

ISA LAKE

This is a unique lake and is the only natural lake that drains into two oceans – the Atlantic and the Pacific Ocean – and strangely, it does this backwards. This unusual phenomenon cannot be seen anywhere else in the world.



LONE STAR GEYSER

This geyser is located near to the Firehole River and erupts every three hours. Because of its semi-remoteness, it is not as popular as the Old Faithful geyser. Though the eruptions are not as high as those of Old Faithful, it is still a beautiful sight to watch.

CHOCOLATE POT

As the name suggests, these are colorful formations along the Gibbon River with a unique chocolate color. This feature also displays green, yellow, brown, and orange streaks formed by bacteria and algae. It is a fascinating sight and should not be missed while visiting Yellowstone.

THE CROWS NEST

Located in the Old Faithful Inn, this is not a popular destination for tourists, but it is worth visiting due to its unique construction techniques. Designed by architect Robert Reamer, it is known for the mixture of stairs and catwalks



leading to the top of the inn. It was partially damaged in an earthquake in 1956, and efforts are still in progress to repair and open it to the public very soon.

E.C. WATERS

This shipwreck is worth a visit, too. Created by E.C. Waters and destroyed by his greed, the remnants of this once magnificent ship sit on Stevenson Island. The anchor, capstan, and porthole are on display. A trip here gives you a chance to sail through a reminiscence of the ship's history.

FAIRY FALLS

This is a 61 meters tall waterfall in Yellowstone and is the tallest among all the waterfalls in the park. The falls plunge into a shallow pool of cold water. You can reach here by negotiating two different trailheads. One starting point is 1.5 km south of the Midway Geyser Basin, and the second is 0.75 km from the Nez Perce recreation area on the Fountain Freight Road. The hike could be exciting, and it can test your endurance and may take several hours.

CONCLUSION

With its popularity in being situated atop a volcano and housing simmering geysers and exotic flora and fauna, Yellowstone National Park is one of the most popular tourist destinations in the world. Though Yellowstone is beautiful at any time of the year, tourists flock to the park during the summers. It is a must-visit location to enjoy the prolific landforms, waterfalls, and hydrothermal features.

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