

TIANJIN PLUS

津品生活

2020.06

INTERVIEW WITH
Yiu Him Chong
Executive Chef
Conrad Tianjin



专注每一个细节

**FOCUS ON
EVERY DETAIL**

*Yiu Him Chong
Executive Chef*



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Editor's Notes

Hello Friends:

It has been a challenge to achieve academic success during this year amidst the COVID-19 crisis, but nevertheless students at international schools have been dedicated to accomplishing their dreams after many years of hard work.

Being accepted by some of the best universities in the world for the majors they have chosen was probably uncertain this year due the unusual circumstances, but most of them did it! What better way is there to share in their success than by talking directly with some of the most notable recent graduates?

We chatted with two very talented and confident students of Wellington College Tianjin, Cindy Zhang and Willy Kim, long-term residents in the city, and we also talked with their counsellor, Mrs Jayne Sabio, to find out a bit more about what went on behind of the scenes leading to the success of these students in pursuing their dreams.

Conrad Tianjin is a luxury retreat that offers exclusive accommodation and services in the heart of our city. One of the special features for which this hotel is famous is their **Signature Afternoon Tea**. This month's cover story is dedicated to an experienced cuisine master, Mr Yiu Him Chong, Executive Chef at the Conrad Tianjin. He told us about the speciality tea stands designed to suit different themes, in the shape of a heart, a hot air balloon, a leaf and a Christmas Tree. The theme of the afternoon tea changes every two months, and they currently have a Late Spring/Summer Pink Afternoon Tea that we strongly encourage you to enjoy in Cha, their stylish lounge, while you read our great magazine.

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

Best wishes and keep safe!

Sandy Moore
Managing Editor | Tianjin Plus Magazine

BellaVita

“美好生活”意大利餐厅坐落于“佛罗伦萨小镇”——第一名品奥特莱斯，拥有典雅的用餐环境以及意大利优秀的厨师和管理团队，精选上等意大利进口食材，为您精心打造传统的意大利美食。

Bella Vita Italian restaurant & café's first signed in "Florentia Village" which is one of the first luxury outlets in China. It owns elegant dining environment, selected imported Italian food materials & ingredients and outstanding Italian chef & his team.



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趣玩芝士节好吃又好玩 新品上市尽在蓝蛙!

经过N个月的研究，蓝蛙西餐厅酒吧团队成员从世界各地搜罗出特色各异的芝士，并融合现代美式精神，设计出多种趣味无限的芝士创意吃法，好吃又好玩！蓝蛙趣玩芝士季正式开始啦，快来一起玩味尽兴，满足味蕾吧！

趣玩芝士季重磅能量核弹 芝士火山熔岩牛肉汉堡



澳洲进口牛肉原料制成牛肉饼，瑞士芝士+浓郁车达芝士酱带来强烈视觉冲击，一口爆浆，解锁芝士新玩法。

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14



18



26



28

CONTENTS ²⁰²⁰ 06

Partner Promotion	10
Art and Culture	12
Public Dancing	
Cover Story	14
Interview Yiu Him Chong, Executive Chef, Conrad Tianjin	
Feature Story	18
Go after Your Dreams	
Fashion	26
Summer Handbag Essentials	
Beauty	28
Luxury Spa treatments to try from the comfort of your home	
Slang Bang	31
Let The Cat Out Of The Bag	
Education	
- International School of Tianjin	32
- Teda Global Academy	33
- Wellington College International Tianjin	34
- Tianjin International School	35

CONTENTS ²⁰²⁰ 06

Events	36
Memories are made on Mother	
Future	38
Vertical farming	
Fitness & Wellness	40
How to Motivate Yourself to Exercise at Home	
Health Watch	42
Plant-based milk. Is it good for you?	
Tianjin Listing Index	44
TEDA Listing Index	55
China Travel	58
Qiandao Lake	
Global Travel	62
Manusela National Park	



38



40



58



62

CONRAD TIANJIN

"SUMMER PINK" THEMED AFTERNOON TEA TO CREATE ROMANTIC AND UNFORGETTABLE PINK MEMORIES

As summer approaches, Conrad Tianjin presents a special "Summer Pink" themed afternoon tea, combining sweet pink with a happy warm summer. The specially created afternoon tea set in the shape of a hot air balloon carries the enthusiasm and vitality of a bright summer day. The primarily pink afternoon tea desserts come in the shapes of glamorous high-heeled shoes, elegant ladies' fashion bags, colourful flying butterflies and other elements representing spring and fashion in ingeniously chic and cute designs.

Fresh red raspberries, sweet milk strawberries, white peaches and other fresh, sweet fruits pair well with coffee,



cheese and chocolates in different concentrations to present a rich, layered taste, delicately embellished with a refreshing sensation. On a sunny summer afternoon, come and enjoy the courtyard view in the elegant and charming Cha to create a pleasant and unforgettable summertime memory.

THE RITZ-CARLTON, TIANJIN

EIGHT HEALTHY DELIGHTS BY TIANJIN CUISINE MASTER CHEF

Tian Tai Xuan's Tianjin Cuisine Master Chef Zhang Weijin has selected nutritious seasonal ingredients to craft eight healthy delights reflecting the trend of healthy dining.

Eight Healthy Delights
by Tianjin Cuisine Master Chef

Date: Now until 30 June, 2020
Time: 5:30 p.m.–9:00 p.m.



* All-inclusive prices include taxes and service charge

Please contact +86 22 5809 5196 for more information or reservations.

FOUR SEASONS HOTEL TIANJIN SUMMER SCENT AFTERNOON TEA

The day seems to last forever, and the fun never stops. Summer is the time of infinite joy. Four Seasons Hotel Tianjin introduces Summer Scent Afternoon Tea at La Sala Lobby Lounge for guest to enjoy an indulgent afternoon relaxation.

Designed by the hotel's talented Executive Pastry Chef Christy Tse, the inspiring seasonal "Summer Scent Afternoon Tea" features an exquisite set of sweet and savory desserts. Inclusive of Honey and Osmanthus Bavarois & Lychee, Banana Passionfruit Iced Parfait & Kiwi Orange Confit, House Made Rice Wine Jelly & Pineapple Fresh Mint and more, pairing with hand-crafted coffee or tea. CNY 378+15% for two from 8 Jun., to 13 Aug., 2020.

During the same period, La Sala also debuts the brand new "Healthy Sugar-free Executive Set" that designed by the hotel's Chef de Cuisine Johnny Zhang. Guest can



savor tempting sugar-free canapés featuring Baguette with Mascarpone Cheese and Parma Ham, Focaccia with Buffalo Mozzarella & Cherry Tomato and more. Inclusive of two glasses of healthy juice, coffee or tea at guest's choice. CNY 188+15% for two.

Find more details about the above news, can contact Four Seasons Hotel Tianjin at: 022-2716 6688.

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The Superior Room and the Deluxe Room with a river view include a breakfast buffet for two adults and one child on the next day, as well as afternoon tea. You can also enjoy



complimentary snacks and drinks from the small refrigerator in the room. Terms and conditions apply.

For more details, please call +86 22 5830 9999.

RENAISSANCE TIANJIN LAKEVIEW HOTEL

RENAISSANCE SUMMER NIGHT MARKET

Come and enjoy a lavish BBQ buffet dinner and a great lawn garden view at Renaissance Tianjin Lakeview Hotel! The fresh air and summer feeling here will make your weekend even more enjoyable.

Price: RMB168/person (excluding beverages), Extra RMB30/person for unlimited drinks and draft beer

Date: Every Friday and Saturday

Venue: Renaissance Tianjin Lakeview Hotel

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



在中国,只要有空地就会看到一群大妈昂首阔步地跳舞。这些通常退休的女性在黄昏或黎明时分聚集于公共广场、购物中心门前或公园里,伴着震耳欲聋的音乐做着步调一致的动作——常身穿演出服、手持小道具。随着这些人寻求低成本的健身和社交方式,广场舞在中国迅速火起来。据估计,在中国,参与广场舞人数多达1亿,这些人甚至把跳广场舞的嗜好带到海外。

什么是广场舞?

广场舞者会播放各种音乐伴奏,包括当代或历史悠久的中国流行歌曲。这项爱好始于1990年代中期,当时退休的中年妇女开始这样做以保持自己的活力。

如今的广场舞形式有哪些?

在当今中国除了学校的广播体操,从办公室到酒店也有许多雇主在一天开始的时候将员工聚集到广场完成集体操,广场舞成为了职场大众的激励性“仪式”。

跳舞有助于改善健康

跳舞是老年人运动和社交的一种流行方式,在退休妇女中特别受欢迎。跳舞有助于改善人的肌肉张力和耐力等。当您跳舞或运动时,身体会释放一种叫做内啡肽的化学物质,这种物质可以与大脑中减少疼痛感知的受体相互作用。

PUBLIC DANCING

By Rose Salas

Public dance is a category of dances done publicly that have a social function and context. This type of social dance is intended for participation by individuals rather than as a performance, and can be easily led and followed. These dances are often danced merely to socialize and for entertainment.

A Chinese social dance called **Guang Chang Wu**, also known as “**Square Dancing**”, is a well-known collective public dance estimated to have 100 million participants all over China. It is a social dance that is popular because of its low cost and ease way of participation.

Its English name, **Square Dancing**, gives it a much more literal meaning. Guang Chang Wu can be described as daily dances that take place in public squares. Each day, to music piped through mounted speakers, dancers gather in the country’s parks and central squares to perform the choreographed routines.

This type of dance is popular with middle-aged and retired women who have been referred to as “**dancing grannies**” in foreign media. Guang Chang Wu has since become a social phenomenon, and represents the collective aspect of our culture!

WHAT IS SQUARE DANCE?

Mass-participation activities focused on health and well-being are far from a new phenomenon in China. Such performances have been a mainstay in our culture since the country’s establishment as the People’s Republic in 1949, when the nation began coming together in large groups to exercise along with radio cues.

Square dancers dance to a variety of music, mostly Chinese popular songs, both contemporary and historic. The hobby began in the mid-1990s, as middle-aged women who had been forced into retirement began doing it to keep themselves occupied. It was then that folk dances such as yangge were widely performed. Some have confirmed that nostalgia for participating in Guang Chang Wu is one of their reasons why they take part in such activity, although the reason is primarily because of the benefits of having exercise and having opportunities to socialize.

WHAT IS GUANG CHANG WU TODAY?

Dancing for exercise in China has been recorded as having developed millennia ago, when public spaces in cities were noted for their use in performances.

Guang Chang Wu is still being practiced in modern-day China, particularly in secondary schools, where students often participate in daily call-and-response routines, and it has seen resurgence in businesses.

It is also notable that from offices to hotels, many employers have been known to bring their workforce together at the start of the day for Guang Chang Wu. Square dances have become a mass workplace motivational ‘ritual’.

Despite this popularity, Guang Chang Wu has been labelled as “noise pollution” and “public-space occupation”; the negative effects of Guang Chang Wu and its participants are often topics of focus for the media and in society. These aspects result in conflict and stigmatization.



HOW ARE GUANG CHANG WU SQUARE DANCES DONE?

In most cases, dancers gather early in the morning or in the evening, and dance to the sound of loud music to keep fit and engage in some refreshing recreation.

Normally, Guang Chang Wu members are dressed in street clothes or clothes for exercising, such as aerobics outfits. This is to allow them to move freely. But there are also groups that dress in costumes or uniforms. This is common among various square dance groups.

DANCING HELPS TO IMPROVE HEALTH

Dancing is a popular way for the country’s older population to exercise and socialize, and with particularly high take-up among retired women, those practicing Guang Chang Wu have come to be known as ‘dancing aunties’.

Dancing can be a way for people of all ages, shapes, and sizes to stay fit. It is known to provide lots of benefits for one’s health, such as improving one’s muscle tone, strength, endurance, and fitness. Being active helps one to lose some weight too!

According to popular studies, improved self-esteem is also a key psychological benefit of regular physical activity. When you dance or exercise, your body releases chemicals called endorphins which are known to trigger a positive feeling in the body.

STAY ACTIVE BY JOINING GUANG CHANG WU

Guang Chang Wu is popular because it helps keep the aging population physically active and outgoing. As mentioned before, there are lots of benefits to be gained from active activities such as dancing. Guang Chang Wu has also become a popular leisure activity because it makes dance and artistry publicly accessible.

Such large social events usually attract the attention of international media. For China’s regular square dancers, however, the motivation is less about seizing the day or making sales, and more about staying active!

If you are into dancing and keeping yourself healthy and agile, be on the lookout out for Guang Chang Wu events near you!



Him Chong's cooking style focuses on detail and elegance. From the Michelin Star chefs he has worked with, he learned many expert cooking techniques, but he also learned to attend to every detail to give every single dish a good, elegant presentation.

Him Chong has been involved in the development of the menus and everything regarding the restaurants at Conrad Tianjin since before they opened nearly a year ago, and he is proud of the effort they put in to achieve success in such a short period of time.

In his view, an attraction that brings guests back to his restaurants is the different specialties and types of cuisine to be enjoyed through multi-sensory experiences, further enhanced by inspired culinary creations. Their Bam Bou Restaurant offers more than just Asian cuisine, having a modern twist of fusion cuisine. They also have a new outdoor menu where they offer snacks that can be paired well with wine and beer, and which customers can enjoy in the late afternoon and evening.

CONRAD
TIANJIN
天津康莱德酒店

FOCUS ON EVERY DETAIL

By Priscilla Kruger

With more than 20 years of fine dining experience in luxurious, award-winning international hotels, Chef Him Chong is the Executive Chef at the Conrad Tianjin. His creativity and innovation is an inspiration in providing guests with an exquisite dining experience.

This multiple award-winning chef, with his strong background in busy environments together with his superior level of leadership, will be invaluable to the continued success of the unique culinary experiences offered by the Conrad Tianjin.

Him Chong's passion for his work is fired by the learning the authentic cuisine of different cultures that allows him to understand more about those societies. He has partnered with several Michelin Star chefs in VIP events in China, Australia and other locales, which he feels has contributed to Conrad Tianjin's success. "I did several events with Michelin star Chef Bruno Menard. His classic French cuisine, which is outstanding, had a great influence on me. Now he is my mentor and best friend. Chef Pierre Gagnaire is another Michelin 3-star chef that I worked with for a Louis Vuitton event. He has created a unique modern French cuisine."



INTERVIEW WITH
YIU HIM CHONG
Executive Chef
Conrad Tianjin



One of the special features for which the Conrad Tianjin is famous is their **Signature Afternoon Tea**. For this special afternoon tea, they use a lot of specially imported ingredients to ensure superior quality, and they have designed speciality tea stands to suit different themes; for example, they have tea stands in the shape of a heart, a hot air balloon, a leaf, a Christmas Tree. And inspired by the unique interior design of the hotel.

The theme of the afternoon tea changes every two months, the current theme being Late Spring/Summer Pink, with an intriguing variety of different flavoured teas and cocktails offered to match the different themes. Creating the menu is not easy as they have to balance all the items, and it can take long time to fine-tune and prepare everything. Chef Him Chong emphasized that to enhance guests' experience, it is not only the taste that is important, but also the presentation.

Him Chong's feels that his three strongest characteristics are that he is well organized, creative, and can perform well under stress. He developed these characteristics through working in different environments. When his team is working they do not have time to ask questions or talk, so they implement their well-practised skills in the creation of the dishes to ensure that everyone will be well organized and the process of providing an unforgettable dining experience will run smoothly.

Him Chong mentioned that they are planning and working on upcoming special events, including a Wedding Fair and the one-year anniversary of Conrad Tianjin.

When not working, Him Chong loves to travel to different cities and try local cuisine for more creative inspirations. He also enjoys hiking with his family and swimming.

Finally, he highly recommends customers to come and try the different cuisines offered by Conrad Tianjin's excellent and efficient culinary services, and guests should come not as guests, but as friends.



专注每一个细节

专访行政总厨莊耀謙

天津康莱德酒店

2019年初，莊耀謙先生被任命为天津康莱德酒店的行政总厨。大家都叫他Him，如同很多人一样，他职业生涯影响来自于母亲和祖母。小的时候Him家经营一家餐厅，Him时常会在餐厅厨房里帮助母亲和祖母，他很小的时候就学会了做饭。

当被问到是什么激发了他对厨师这项工作的热情的的时候，他的解释是学习不同地区地道的菜式有助于加深对当地文化的了解。莊耀謙的工作履历非常丰富，在香港工作几年后，随工作迁移到澳大利亚，在澳洲，Him克服了语言障碍和饮食文化的差异，汲取中西方饮食文化精髓，让自己的烹饪技艺灼灼生辉。

Him注重细节与优雅共存，曾与多位米其林星级厨师的合作过，曾与法国名厨Pierre Gagnaire 在路易威登的活动中一起合作。他说：“与法国米其林三星厨师Bruno Menard的合作对我有很深入的影响，Bruno Menard也是我的良师益友，他的法国菜非常经典”。休息的时候，Him喜欢到各地旅行，品尝当地的美食，获得更多的灵感，还喜欢和家人一起徒步旅行、游泳。

在他看来，吸引食客的是食客们来餐厅能够享用不同类型的特色美食。天津康莱德酒店拥有舒适温馨的全天候餐厅 美庭，提供自助餐及零点餐单；主理地道的东南亚家庭风格菜品以及有代表性的亚洲风味的 竹影，竹影餐厅不仅提供亚洲美食，它更融入了拥有现代风味的菜肴，竹影还有一个新的户外菜单，提供小吃，可以搭配葡萄酒和啤酒；佳肴配美酒，从专心准备的酒单中细品一杯葡萄酒或畅饮一杯啤酒，无论是悠然自享，还是与好友相聚，这里都是放松心情、优雅小聚的灵感去处；以中式庭院为设计灵感的中餐厅 灏轩，设有8间雅致的贵宾包间，设有独立的洗手间，配有私人厨房，为宾客营造出私密而又尊贵的用餐氛围；还有一间雅致迷人的时尚酒廊 洽堂，这里供应特色下午茶，洽堂每两个月会更换不同主题的茶座，选用上等进口原料，比如来自法国的奶油和香草豆，更为映衬每个主题设计了专属的茶座，如心形茶座，热气球，树叶，圣诞树等，茶座均是金色的，与酒店的室内设计交相辉映。在洽堂，既可相约朋友休闲聚会，也可品一杯咖啡或香茗悠然自处，又或是在一整天的忙碌后，点一款中意的特调鸡尾酒，在此一享愉悦的休闲时光。

天津康莱德酒店

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GO AFTER YOUR DREAM

**A Success Story of
Recently Graduated Students
at Wellington College Tianjin**

By Priscilla Kruger

It has been a challenge to achieve academic success during this year amidst the COVID-19 crisis, but nevertheless students at Wellington have been dedicated to accomplishing their dreams after many years of hard work.

What better way is there than talking directly with some of the most notable recent graduates to share in their success? Being accepted by some of the best universities in the world for the majors they have chosen was probably uncertain this year due the unusual circumstances, but they did it!

We chatted with Cindy Zhang and Willy Kim, long-term residents in Tianjin, both of whom are very talented and confident young people. We also talked with their counsellor, Mrs Jayne Sabio, to find out a bit more about what went on behind of the scenes leading to the success of these students in pursuing their dreams.



CINDY ZHANG

When did you start your studies at Wellington College International Tianjin?

I first came to Wellington College Tianjin in Year 7 and studied here for three years before I was transferred to another school, and I returned in Year 12, and it was here that I graduated.

Why Wellington? What attracted you the most to study in Wellington?

The Wellington College education system was the most important reason to return and what attracted me to graduate here. Of course, I also missed my classmates and teachers, but more importantly, the whole environment at the College. It does not feel like a school, but rather like a home, a big family, where everyone treats me as someone they value.

Briefly describe for us a typical day in your life as a student at Wellington.

During a typical day at Wellington, I attend a tutoring group and lessons, as well as meeting with my friends for a chat, and attending after-school activities. Students can choose whatever we're interested in to spend some down time. After the activities, there is prep time when students do homework, after which we go home.

What do you do during the time you have to yourself?

I spend most of my free time with my friends,

and even when we have heavy academic demands, we work and study together, which is less stressful than working alone. I also spend time with my pet, who gives me a lot of comfort when I am feeling stressed.

What part of studying at Wellington College International Tianjin will you miss the most?

When I leave Wellington, I will really miss high school life, and of course spending time with my friends.

What universities have you received offers from so far, and where are they? Why did you choose these universities as your dream universities?

I have received offers from the University of Virginia and the University of Rochester in the U.S., and from UCL, Warwick, and Edinburgh in the UK. I plan to major in Business, and I was looking for universities that would provide the best preparation for my future career, so I chose those with the strongest Business majors. I also considered the location and rankings of the institutions, as well as what they could offer in addition to the academic aspects.

Talk us through the process of applying to universities abroad. What do you have to do, how long does the process take, and what is expected of you?

Regarding the application process, there were differences between applying in the U.S. and applying to the U.K. The

U.S. process was a long one, because it involved taking many tests that I had to study for, such as the TOEFL and SAT tests. In addition to making sure that my grades in AS, the first year of A-Level, were good, I participated in many extra-curricular activities to show that I was a well-rounded student.

I also had to prepare an application essay with a Personal Statement and get recommendation letters from teachers. The process took me about three years. The U.K. application process was similar, but a little less paperwork.

Once I had finally decided to go to the University of Virginia in the U.S., I had to fulfil a long list of requirements regarding my courses, accommodation, health aspects, and the necessary visa. I plan to stay in a dorm and have already discussed sharing with a friend from Beijing.

Why is the application essay so important, and what do you think made your essays so successful?

The essay is an important part of the application process because it allows me to really express myself. While anyone can get good grades or do special activities, in an essay, you can really show who you are, what kind of person you are, what you value the most in your life, and what has shaped you. You can also explain what makes you suitable to be a part of a particular university, and what kind of contribution they can expect from you.



speak English, Mandarin and Korean, and in International Relations, one communicates with many international people, or works with people around the world.

Which part or parts of the process did you find most challenging, and why?

I found parts of the application process very hard, especially the application essay. The process should be very carefully thought through and carried out because although there are several chances to succeed at later stages, it's important to do well at this stage, but getting good grades for a subject is the most important part.

The application essay is very important. The university is giving students the chance to show what kind of person they are, and what kind of personalities and abilities they have. Students can showcase themselves in their Personal Statement in the application essay.

The Personal Statement was the most challenging because I had to think about the past and what I had done, my activities, the academic progress that I had made, and what kind of person I am.



Which part or parts of the process did you find most challenging, and why?

The essay was the most challenging part of the process, because each university would ask different questions, all of which required plenty of writing, and sometimes I felt I was running out of ideas, or that the questions were difficult to answer. I had to spend a lot of time thinking, exploring, and coming up with ideas that I could really develop.

With whom did you have an admissions interview? How did you prepare?

I was offered an alumni interview with someone from one of the universities. I prepared by doing some online research to find typical interview questions. I needed to know what I'm looking for, and make sure I know who I am and what I want. I also needed to know what I expect from the university, and what really attracted me and made me want to apply to that university.

How did you feel after the interview? Did you get any feedback from the interviewer after the interview?

After the interview, I felt relieved that it was over. The person who interviewed me commented that it had been a good interview but

was not allowed to give more specific feedback.

What support and assistance did you get during the application process?

I received a lot of valuable support from my two counsellors, including help with collecting the necessary letters, writing the essays and generally getting everything in order.

How has being a student at Wellington College prepared you for studying abroad?

The College enabled me to experience an English-speaking environment, and also encouraged independent learning, a skill which is really necessary at university. I also learned many social skills which will be required when I have to interact with people from all around the world. Studying at an international school gave me the opportunity to get to know more about other backgrounds and other cultures.

You will always be known as the Class of 2020 - the Covid-19 year. In spite of very difficult circumstances, you managed to get to the top. How did the virus impact you and your studies, and what you have learnt from this experience?

When students had to switch

to e-learning, it caused a lot of stress and panic, especially when exams were cancelled and the future looked uncertain. I had felt like giving up, but through their support and encouragement, my teachers and counsellors got me back on track, and I managed to complete all my work and graduate. It was a hard but memorable experience, and I learned that it's important to stay strong at all times, even if it's just to support others.

Please share one piece of advice you have for other students.

The most important skill to focus on while you're applying to universities is time management. You have to have a clear plan of what needs to be accomplished, and when, because deadlines are really tight, and you have to make sure to meet them.

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

Even though it's still a hard time right now and the situation is serious outside of China, those who are going abroad shouldn't worry because they won't be alone. So, my final advice is, "Be safe, and don't be scared."

WILLY KIM

When did you start your studies at Wellington College International Tianjin?

I started at Wellington College in year 7, in 2013.

Why Wellington? What attracted you the most to study in Wellington?

I chose Wellington after searching through the official website and seeing their photo and video galleries and seeing that they had so many different activities going on. I was also attracted by the diversity in the College.

Briefly describe for us a typical day in your life as a student at Wellington.

I have lessons as usual, like any other student, but I spend my breaktimes and lunchtimes talking with different people and trying to use English or Mandarin with my friends as well.

What part of studying at Wellington College International Tianjin will you miss the most?

I have become used to studying in small classes with very few students. When I go

to university, there will be many people crowded into one place, listening to one person, so teachers will not be able to pay very much attention to me, and I think the interest and attention that the teachers have given to me since Year 11 is what I will miss the most. The individual attention and support I have received at Wellington will help me to excel at university.

What universities have you received offers from so far, and where are they? Why did you choose these universities as your dream universities?

I have received an offer from YONSEI University in Seoul, one of the best private universities in South Korea, founded in 1885. I chose this university because they have an international institute with students from around the world, and I think such a society will be great in helping me adapt after 17 years of living in the same place.

What are the fields you finally decided to study in at university?

I chose International Relations. I feel suited to this type of field because I can



JAYNE SABIO

Head of Sixth Form at Wellington College International Tianjin

Please tell us briefly what your job as a counsellor entails. What are your responsibilities?

Since Wellington College works on a British model, my title is Head of Sixth Form. My job is to ensure the provision of pastoral and academic care for Year 12 and 13 pupils, and also to provide leadership and support to the tutors of those year groups. In terms of counselling, I head a team which includes the Deputy Head of Sixth Form, a full-time counsellor and a team of tutors, all of whom work with the pupils very closely.

The counselling done by this team involves a lot of communication with pupils and their parents, but we do many other things as well, such as organizing the graduation ceremony and providing training for teachers so that we will have more confidence in helping pupils. We are also involved in a lot of communication with universities, organising university visits, holding university fairs, checking on the progress of pupils, and holding regular meetings with parents to keep them up to date with what's happening in the world of university.

Being a counsellor must be very taxing and emotionally draining. Briefly tell us why you chose counselling as your job.

Before coming to China, I had worked in an independent school in the U.K. as a teacher and also as a tutor, working with the older pupils in the school, getting them ready for university and helping them with their university applications, so when I came to Wellington, it seemed like a logical step to carry on doing that job. This type of work is something that I've always loved, and I enjoy working with the older pupils. Although it is emotionally draining and tiring, I find it very rewarding because one can see their gratitude, and they're able to express themselves.

You work very closely with students on their university applications. Please explain the process of applying to study at overseas universities, and your part in the process.

We like to start preparing pupils as early as possible. My team starts working with most of their pupils as soon as they arrive at the school to try to find out what their interests are. Some of the young pupils are at an age where they don't really know what they want to do, but my team invites them

to the University Fair and tries to make sure that they engage with the admissions officers there, and they give the young pupils worksheets or other pieces of work to complete. As from Year 9, pupils start working on a platform called BridgeU, which they use from Year 9 to Year 13. On this platform, they start to fill in information which helps them to create a profile over the years, so that when they get close to Year 12 or 13, this will help them with their university applications.

How long does the application process take? When do you start the process, and when do you receive feedback from the universities?

Pupils start their actual applications at the end of Year 12, when they register on the websites that they'll be using for their applications to different countries. They work on their applications over the summer holidays, and when they come back to school in August, the process starts in earnest. Once they've applied, they start to receive feedback from Oxford, Cambridge or medicine around December, while for all the other universities, it tends to be anywhere between January and April of the following year.



Part of the application process involves an interview. I had my admission interview with my university counsellor at Wellington, and he prepared me by getting me to think about what kind of questions I would be asked, and the answers I could give. After the interview, I didn't get any actual feedback, but I felt relieved that it was over.

What support and assistance did you get during the application process?

What made my essay so successful was the help I received from the university counsellor at Wellington College and people around the school who advised me on things like grammar and where I could give more insight in the essay.

How has being a student at Wellington College prepared you for studying abroad?

Wellington College has prepared me for studying abroad because it has a lot of diverse nationalities among teachers, friends and classmates. I feel that talking with different people and learning about new types of language and culture have prepared me for studying abroad because it'll be easier to accept and understand others.

What are the steps to follow after you have secured a place

at a university? Briefly explain about the visa process and other procedures you need to follow in order to go abroad.

Since I chose a university in Korea, this process will be complicated because I am still going to be spending time in both China and Korea and will have to get my tourist visa processed whenever I travel back to China.

You will always be known as the Class of 2020 - the Covid-19 year. In spite of very difficult circumstances, you managed to get to the top. How did the virus impact you and your studies, and what you have learnt from this experience?

I learned through this experience that you know yourself better. Although I found it quite hard getting through the virus crisis since students couldn't do their exams or have their graduation, I have become more independent and self-disciplined, with better time management, and these are important skills for my future, too.

I feel proud of what I've done. Although I wasn't always a student who worked hard, as from Year 10, I started to view the world more widely, and think about what kind of university offered the opportunities that I was looking for, and which

subjects I would need to study. I came to realize that a person must develop from being immature to being mature, and through this process understand how certain subjects are essential and influential.

How do you balance a hectic academic schedule and your free time? What do you do during the time you have to yourself?

I like to do sport, such as football, swimming and badminton. Whenever I'm frustrated with an academic task, I put it aside and go out for some exercise, like walking around or running, just to relieve the stress, and then come back again and start from a new point.

Please share one piece of advice you have for other students.

I advise those who are staying at Wellington to enjoy the time that they are spending here right now, feel great appreciation for the teachers and the people around them, and make the best of the opportunities that they are given. I feel that Wellington has been a special place for me to enjoy all the things I could do, and I was able to choose what I wanted. "This place was just like a dream to me."



From your point of view, what is the most difficult part of the application, both for you and for the student? How do you handle this so successfully?

The most difficult part of the application is the personal statement or the college essay. Pupils find it incredibly difficult to give information about themselves and say why they think they're suitable for a specific course. My team gives them as much support as possible, but without giving them too much help because the essay has to be a piece of writing that they've done by themselves, and it must be very personal.

Some pupils find it more difficult than others to decide exactly what they want to do in their lives; and handling that can sometimes be quite challenging.

When a student receives an offer from his/her dream university, how does that make you feel? Likewise, how do you feel if the student does not get an offer?

When a student receives an offer from their dream university, my team feels overjoyed, and sometimes team members seem even happier than the student. When pupils get disappointing news, it's hard, but they just have to move on. The team tries to support those students

as much as they can and make sure that they get other offers. It's all something that the team and the students do together—celebrate together or commiserate together—so it works both ways.

Do you think top universities take into consideration the reputation of an educational institution (such as Wellington College International Tianjin) when they make decisions about admissions?

The school's reputation is an important aspect of university applications. Because Wellington Tianjin is affiliated to the Wellington College in the U.K., which is very well known, it has gained a good reputation amongst admissions officers, and now has a very good network of universities who know it well. The admissions officers understand the integrity of Wellington College, and they know that their applications are all very serious, which makes a huge difference.

You regularly communicate with universities. Are there any obstacles in the communication process, and if so, what are they? How do you, as a counsellor, overcome these obstacles?

My team communicates regularly with universities. The main obstacle in this is that both the schools and the universities are very busy, and university admissions officers are often travelling, which makes communication extremely difficult. However, during the COVID-19 crisis, there has been a bit of a silver lining as nobody has really been travelling, so communication with the admissions officers has been

a lot easier, and we've been able to communicate with people using online meeting tools, such as Zoom and Microsoft Teams.

Briefly explain how Covid-19 has influenced your work as a counsellor and the whole application process. What did you find most challenging during this time?

A lot of the things that would have happened face-to-face are still happening online. While it is difficult and there are problems, I feel that moving forward, the online communication that has had to happen could actually continue in the future.

I feel that the challenge during the COVID-19 crisis was to get used to the fact of working online. Whilst it's very easy to have a conversation with young people online, it's more difficult to get them to join a video chat, and trying to guess what's going through their minds when one can't see their faces is also sometimes a bit of a challenge.

The situation was difficult in the beginning because everyone had to get used to a completely different way of working, but as time went on, my team realized that they could use the situation to their advantage, and they started to hold parent briefings online which worked really well as they had more parents attending.

So although the COVID-19 crisis prevented us from doing certain things, we managed to make some progress that we hadn't expected, and some of the things we learned, we will definitely be using as we move forwards, which is a really positive thing.

Finally, what is the main advice you give to students?

Go after your dream, don't follow somebody else's dream, never compare yourself to other people because we're all different, and ultimately, pursue a degree in subject areas that you love! If you do that, your life will fall into place.



SUMMARY

We sincerely thank Wellington College Tianjin for giving us the opportunity to interview two remarkable students and the Head of Sixth Form. It is incredible to witness the strong support that students receive at Wellington College International Tianjin, especially when they have to decide what they will study in future, and where, which is maybe the most important decision of a person's life.

We recognize and appreciate the integrity of Wellington College and their commitment to helping all students to succeed in fulfilling their dreams. The counselling team's involvement and on-going communication with all the people involved, including students, teachers, tutors, parents and universities, is incredible. It is well coordinated and tireless, with the only purpose being to facilitate a smooth transition and help the pupils to get the best possible final results through access to the awe-inspiring network of universities to whom Wellington is very well known.

Wellington College takes the education of each pupil very seriously. Because of the diversity and the excellent system offered in their school, Wellington College Tianjin has gained a reputation that will make them one of the top education institutions, so that students will come from all over the world to study there.

We wish the school and its pupils every success. May they go from strength to strength and continue to be a guiding light in education.



勇敢追求你的梦想 天津惠灵顿学校2020明星毕业生的成功故事

还有什么能比直接与刚刚接到世界顶尖大学录取通知书的毕业生们交谈更振奋人心的吗？

2020年非同寻常，在COVID-19危机中，要取得学业上的成功面临着巨大的挑战，升学同样有很多不确定因素，可喜的是学生们经过多年的努力，仍然致力于实现他们的梦想。最终被世界顶尖大学所选专业录取着实不易，他们做到了！

一起来听听天津惠灵顿学校明星毕业生 Cindy Zhang 和 Willy Kim 的成功故事：

Cindy Zhang, 同时被享誉世界的顶尖综合研究型大学——伦敦大学学院（世界排名第八，被誉为金三角名校和英国G5超级精英大学）、伦敦国王学院、爱丁堡大学、华威大学的商科专业录取；在美国方面，她还获得了全美知名的弗吉尼亚大学、罗切斯特大学的录取，同时目前还在等待一些加州大学的录取结果。英国G5超级精英大学指剑桥大学、牛津大学、帝国理工学院、伦敦大学学院、伦敦政治经济学院，也被誉为“英国常春藤联盟”中最菁英的大学。

Cindy 在7年级时入学天津惠灵顿学校，学习三年后，由于一些个人原因转到另一所学校，但她非常想念惠灵顿，12年级时决定再次返回惠灵顿学习。对她来说，这里感觉不像是一所学校，而是一个大家庭，每个人都会照顾你，把你当做自己亲近的人。Cindy 分享了她的校园生活：比如，在学校一个很普通的日子，参加一个辅导小组和课程，和朋友们一起喝咖啡聊天，选择参加他们感兴趣的课后活动与同学们度过有趣的时光，活动结束后同学们利用自习时间做作业。Cindy 大部分的空闲时间都和同学、朋友们在一起，尽管他们有繁重的课业要求，但他们会一起学习、讨论，这要比一个人独自学习的压力要少一些。即将离开学校，Cindy 已经开始想念她的高中生活，那些和同学、朋友们一起的时光。

Willy Kim, 于6年级入学天津惠灵顿学校，入学之前他浏览了学校的网站，看到照片和视频，学校举行过很多不同类型的活动，他被学校多样性的学习方式和校园生活所吸引。Willy 被韩国首尔延世大学录取，延世大学是被韩国公认最著名的三所大学之一，创建于1885年。之所以选择这

所大学是因为这里有一所国际学院，有来自世界各地的学生。Willy 选择了国际关系作为自己的研究领域，他觉得自己适合这类领域，因为他同时精通英语、普通话和韩语三种语言，以及惠灵顿国际化和多元文化的氛围为他做了很好的预备。

大学申请过程中申请论文环节非常困难，Willy 认为大学给了学生展示自己的机会，学生可以通过论文的陈述展示自己，而个人陈述非常具有挑战性，你必须思考过去所做的一切，取得的成功，以及对自己是一个怎样的人的综合描述等。促使 Willy 论文文章顺利完成的重要因素得益于他的大学升学指导老师。Willy 接受了大学的入学面试，他准备的非常充分，面试结束后他感到非常放心。

他告诉我们他为自己的所作所为感到骄傲，虽然在他自己看来他不总是一个努力的学生，但是从10年级开始，他开始更广泛地看世界，思考什么样的大学能够提供他所寻找的专业机会。他觉得惠灵顿是一个特别的地方，让他享受他能做的一切，他可以选择他想要的，他说：“这个地方对我来说就像一个梦”。

Jayne Sabio, 现代外国语学科主管及高中升学指导主管，执教20年，已经为天津惠灵顿学校的毕业生们写过超过200封的大学推荐信。

Jayne 鼓励学生们勇敢追逐自己的梦想，不要人云亦云。在描述大学申请过程时，Jayne 说她和她的团队希望让学生们尽早开始准备，一些学生到了不知道自己想做些什么的年龄，她要求学生参加学校每年一度的大学展，确保学生们与大学招生官员面对面地交谈。从9年级开始，学生们就会登录BridgeU平台，这个在线平台能够帮助学生在准备大学申请时了解更多信息，从而做出更优的选择。学生们在12年级未开始申请，大学升学指导团队在暑假期间处理这些申请。8月开学后，申请正式开始，大约在12月左右，学生们会开始收到来自牛津大学、剑桥大学、医学院的反馈，其他大学一般在次年1月至4月期间。

对大学申请中最困难的部分毫无疑问是个人陈述和论文，学生们发现很难提供自己的信息，也很难说出他们为什么认为自己适合某一个专业，但是个人陈述和论文又必须由学生们自己完成，Jayne 的大学升学指导团队会给学生们的支持帮助。当学生们收到他们梦想中的大学录取通知书时，整个团队都为他们感到无比骄傲和自豪。

www.wellingtoncollege.cn/tianjin/

SUMMER HANDBAG

Essentials

By Barbara Ross

We're officially at the crossroads with summer. Yes, our beach party, bronze goddess and skinny-dipping days are ahead!

Even though, at this point, lying on the beach rubbing on lotion and getting tanned seems like a far-fetched dream considering the whole COVID-19 situation, we can be sure that we'll get to enjoy at least a little bit of the summer sun in a few months' time. And it's going to be just as amazing as we thought it would be.

So we might as well prepare for those days. However fun-filled and colourful our summers are, we can't just ignore the scorching heat. We do need to keep ourselves safe and protected from the sun.

Here are some summer handbag essentials that will help make your summer happy and enjoyable.

SUNSCREEN

Obviously, carrying sunscreen is a given. In fact, it is a must-have. And although we apply sunscreen in the morning, it is definitely not enough. It wears off, so you need to reapply it every two or three hours.

When choosing an effective sunscreen, make sure that it is a broad-spectrum type that protects against all kinds of UV rays, with an SPF of at least 35 or 40. Only then will it do its job.

As for the consistency, you can use a gel-based sunscreen if you have oily skin, but cream-based sunscreens work well enough for other skin types.

SUNGLASSES

So it's always protection first. Naturally, the next thing on the list is sunglasses to protect your eyes - and for a cool look, of course. The

夏日包中必备好物

考虑到疫情尚未结束，去海滩度假似乎是一个遥不可及的梦想，但我们不妨为此做好准备。

作为一个精致的女生，如何才能包包里备足神器，妥善应对夏日里出现的各种小状况？今天为你推荐这几款好物，助你优雅出行！

防晒霜

显然防晒霜是夏日必备，您不仅需要在早上涂防晒霜，还需要每两三个小时补充一次。SPF35以上才是有效的防晒霜。建议油性皮肤入手清爽的防晒霜，而干性皮肤的人在选择防晒霜时，要使用比较滋养，能够补水、锁水、改善皮肤营养状况，以及增强活力的防晒产品。

墨镜

夏日阳光强烈，墨镜成为人们出行时必不可少的配饰。一副适合自己的墨镜，不仅能保护眼睛，减少紫外线的伤害，更重要的是能给时尚、前卫的外形加分。

补水喷雾

天气越来越热，有时候妆容就会特别的容易花掉，而且特别的缺水，这个时候就需要一个补水的喷雾，清爽降温还能保护肌肤。

水壶

不要忘记将装满水的水壶装在手提包中，随时补充水分。

cool look is what would be apparent generally, but the protection factor is actually much more important. You absolutely must wear sunglasses with shaded lenses when you're out and about in the sun. Different styles from mirror shades to pink shades and extra-large frames are trending these days. Choose according to your face shape and personal preference.

FACE MIST

If you spend a considerable amount of time outside in the summer season, your face is prone to sweating and dullness. Your makeup is likely to wear off, too, with time. We don't want that kind of an embarrassing makeup melting moment, do we? So it's always a great idea to carry a refreshing face mist in your handbag. Every one or two hours, you can spritz it all over your face for an instant pick-me-up, and your face will always look fresh and amazing.

MINI DEODORANT

It goes without saying that summers have the major downside of sweating. You don't want to end up smelly and disgusting around your friends and colleagues, especially when you have important meetings. Use a deodorant or a perfume at the beginning of the day, and be sure to also carry a mini deodorant in your handbag so that you can touch up every now and then. You can smell good and fresh throughout the day.

WATER BOTTLE

Hydrate, hydrate, hydrate! I can't stress this enough. You're going to be sweating a lot, which means you're going to lose a lot of water from your body, and the chance of dehydration is very high, so don't forget to carry water in your handbag and drink some every few minutes.

That completes the essentials list for summer. These items should take care of your looks and your basic health for a day out. Now let's look forward to those gorgeous summer moments!

LUXURY SPA TREATMENTS

to try in the comfort of your home

By Rachel Patterson

We all need some pampering from time to time, and what better way to do so than in the comfort of your own home. Creating a luxury spa experience can easily help you relax and unwind from everyday stress.

We've compiled a list of the best luxury at-home spa treatments that you can try. These treatments will leave you feeling joyful and rejuvenated in no time. However, you will need a few essentials, and you will also first need to set the mood.

GET ALL THE BEST PRODUCTS

Luxury spa treatments include using the finest quality products. The best way to find great products is by visiting the best spas around you.

One such spa is the Banyan Tree Tianjin Spa. They're known for stocking and using the award-winning brand, Natura Bissé Barcelona. You can easily purchase products from the Banyan Tree Spa and try them out in the comfort of your home.

CREATE A RELAXING ENVIRONMENT AT HOME

To get the most of your "at home spa" you will need to create the perfect environment. In order to do this you will need to:

- Turn down the lights to help create a calming setting. You can also light some candles to create an intimate atmosphere.
- Play some relaxing background music, or opt for some nature sounds to get more out of the experience.

THE ULTIMATE LUXURY HOME FOOT TREATMENT

Most people suffer from painful feet due to several causes. It's vital to look after your feet because they carry your entire body.

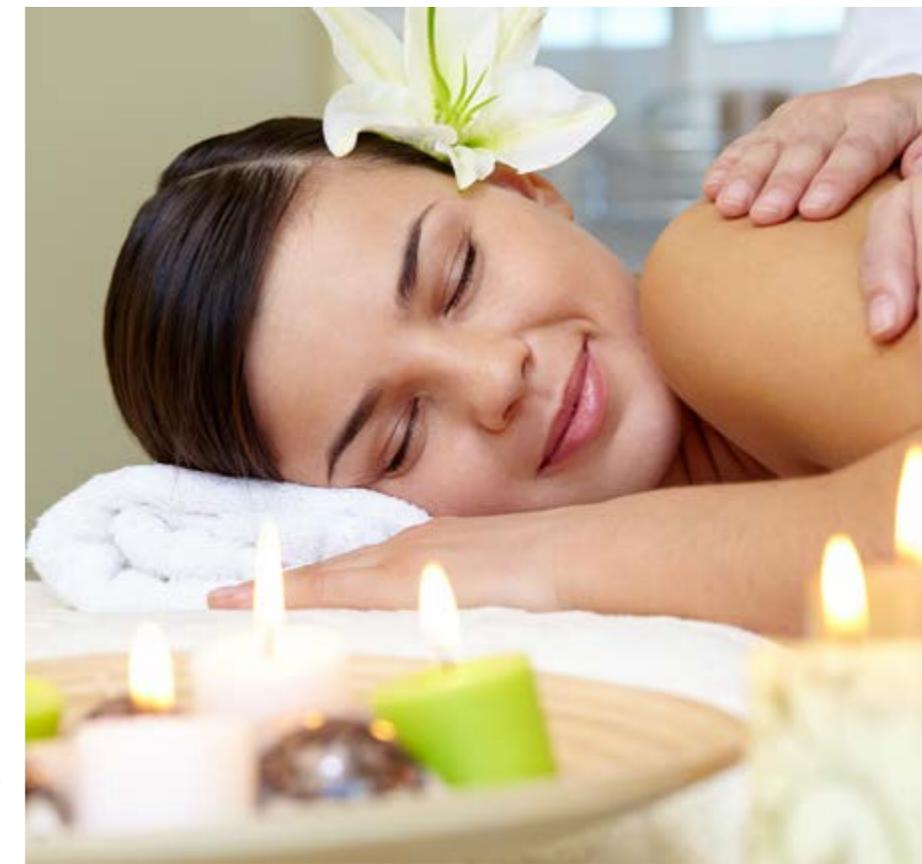
Try giving yourself an at-home foot spa treatment by first soaking your feet in a warm bath of water. You can add Epsom salts or pure Himalayan salts to help draw out any toxins from the body. This is an excellent way to relax and unwind after a long day on your feet.

Next, exfoliate your feet with a homemade coffee scrub. For this scrub, all you need to do is add a tablespoon of honey to a tablespoon of raw coffee. This scrub is gentle, yet it helps remove all the dead skin cells.

ALL ABOUT THE FACE

If you're a skincare enthusiast, you know all too well what a good face mask can do. Find the perfect face-mask for your skin type. Natura Bissé Barcelona has some great face masks that you can try out:

- **C+C Vitamin Soufflé Mask:** In just 15 minutes your skin will be left feeling firmer and more luminous. This is a great mask because it repairs damage caused by free radicals.
- **Essential Shock Intense Mask:** If your skin feels dehydrated and needs some revitalization, this is the ideal product for you to use. This



product works best on mature skin types and it's also known for restoring elasticity.

- **Oxygen Finishing Mask:** This miracle mask will instantly awaken your skin by purifying and restoring it. The Oxygen face mask is also great for lightening hyperpigmentation and restoring radiance to the skin.

A REMEDY FOR A WRINKLE-FREE NECK

Another excellent and luxurious product to try out from Natura Bissé Barcelona is their neck mask. We often neglect to look after the neck; however, this area is just as prone to wrinkles and imperfections as the face.

Inhibit Tensolift Neck Mask is a great fix to reduce wrinkles and help keep the skin firm and plump.

HAIR MASK FOR LUSCIOUS LOCKS

At-home hair masks are becoming extremely popular amongst both men and women. If you're looking to step up your hair game, then we've got a great at-home hair mask that you can try out. This hair mask works well on all hair types and is ideal to use before going to shower.

What you will need:

- 1 ripe avocado
- organic coconut oil
- 1 overripe banana

Mash the avocado and banana in a bowl until you have a smooth consistency. Next, apply two tablespoons of coconut oil to the avocado and banana mixture and stir until well combined. Apply to the hair and leave on for 20 minutes. Rinse and air-dry.



DRY BRUSH YOUR ENTIRE BODY

If you're looking for a great way to detoxify your body then look no further. Dry brushing is a great method that can be used to help increase blood circulation and promote lymph drainage. This form of brushing is also commonly done to help reduce cellulite. It's best to dry brush just before stepping into the bath/ shower.



在家感受奢华水疗体验

奢华的水疗体验可以帮助您减压。我们整理了一份清单，列出了值得尝试的产品。

购买优质的的水疗产品

豪华的水疗护理包括使用优质的产品。获取优质产品的最佳方法是访问您周围最好的水疗中心。

豪华家庭足疗

首先将脚浸入温水中，以帮助排除体内的毒素，这是放松身心的绝佳方法。接下来，用自制的咖啡磨砂膏去角质。

关于脸部护理

选择更适合自己皮肤特点的面膜：美白面膜、保湿面膜、清洁面膜、控油面膜和抗衰老的面膜都是不错的选择。

发膜

如果您想增强发质，您需要一款很棒的家发膜。该发膜适用于所有类型的发质，非常适合在淋浴前使用。仅需要：1个牛油果，少量有机椰子油和1个香蕉。使用方法是牛油果和香蕉捣成泥状放入碗中，加两汤匙椰子油直至充分混合，然后涂在头发上，停留20分钟后洗净。

干刷身体减脂排毒

干刷法能够清除皮肤上已死掉的细胞和污物，使毛孔通畅，毛细血管的排泄工作畅通无阻，起到助消化，促进新陈代谢，释放新能量的作用，还可以舒通经络，调理内脏功能。早晚干刷身体5分钟，相当于30分钟的有氧运动。这对那些有客观原因不能直接去运动的人和强调没时间或懒于做健身的人，无疑是个省时又省事的好办法。



LET THE CAT 无意中泄秘
Out Of The Bag

By Karen Wang

Mary has two best friends in high school, Lucy and Renee. One day, Mary was flipping through her diary when she realised that Renee's birthday was coming up in a couple of days. Realising that they didn't really have much time to prepare, Mary anxiously contacted Lucy.

"Hey what's up?" Lucy answered casually.

"Renee's birthday is next week! I realised we haven't started preparing anything for her yet!" Mary exclaimed.

"Oh, you're right! Why don't we throw her a birthday party?" Lucy suggested.

"Actually, that's probably a great idea, since Renee's going to be moving out of the city next year. This could be the last year in a while that she spends together with all her family and friends," Mary replied excitedly.

The girls spent the rest of the day excitedly putting together the plans for Renee's birthday party.

A couple of days later, the girls were all having lunch at the cafeteria when Lucy received a message on her phone and started giggling.

"What's going on? Is everything alright?" Renee asked curiously.

"Oh yea, everything's fine. Someone just sent me a funny joke!" Lucy responded casually.

"Really? Why don't you share it with us then, so we can all have a laugh!" Renee insisted.

"Erm well... it's actually a private joke, so I can't really say what it is," Lucy responded anxiously.

Renee gave Lucy a weird look before heading off to put away her food tray.

"What's going on?" Mary queried.

"Oh, you know how I'm in charge of getting Renee's friends for the party? One of them suggested we make it a themed party! Renee really likes Disney, so it'll be cute to make it a Disney-themed party, and we were just sharing ideas," Lucy responded.

"That's a great idea! Just keep it under wraps, okay? You almost gave it away just now!" Lucy warned. "Got it!" Renee smiled.

It was just a day before the party, and Lucy and Mary were busy ironing out the final details during their lunch break when Renee popped by.

"Hey girls!" Renee waved.

"Hey! What happened to dance class?" Lucy queried.

"It finished early, so I thought I'd join you girls for a little bit before I headed home. What are you guys up to?" Renee asked.

"Just talking about school and stuff" Mary responded casually.

"Oh! I wanted to show you guys something." Renee took her phone out and showed it to Lucy and Mary.

"This new Disney dress was recently launched. I think that it's a little on the pricey side, but I'm thinking of getting it. What do you girls think?"

"I think that's a perfect idea, a great dress to wear to the party!" Lucy blurted.

The moment Lucy did that, Mary started to shake her head vigorously.

"What party?" Renee questioned.

"Oh god, Lucy, you've let the

cat out of the bag!" Mary exclaimed in frustration.

While there isn't an actual cat in a bag, what Mary is trying to say is that Lucy has unintentionally disclosed a secret that she wasn't meant to disclose.

The Chinese equivalent for such a phrase would be 无意中泄秘 (wúyì zhōng xiè mì). This phrase literally translates to unintentionally leaking a secret - which is very similar to its English counterpart.



GRADUATION CEREMONY

The graduation ceremony of the IST Class of 2020 was held on Friday, 29 May, 2020 at IST's well-appointed theatre. Although slightly scaled down this year due to the COVID-19 situation, it was nevertheless a very beautiful and moving ceremony, followed by an intimate and elegant in-house reception to celebrate the momentous occasion—a very proud moment for the 25 graduates and their families.

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

<https://www.istianjin.org/our-programs/secondary-education/university-acceptances-profile-2019-20>



Class of 2020 University Acceptances

Class size: 25

Scholarships offered:
\$2.9 Million



Hong Kong

University of Hong Kong (7)*
HK U. of Science & Tech. (5)
Chinese University, HK (4)
City University, HK (2)
HK Polytechnic University



UK

Imperial College London (2)
St. Andrews University
U. College-London (UCL) (2)
King's College-London (2)
University of Manchester (3)
University of Bath
University of Bristol
Solent University
University of Hertfordshire
Point Blank Music School
University of Sheffield



USA

Cornell University
Fordham University
Georgia Institute of Tech.
Parsons School of Design
Manhattan School of Music
Texas A&M University
University of Michigan
Michigan State University
The Ohio State U. (2)
Boston University
Purdue University (2)
Pratt Institute
Otis Col. of Art & Design
U of California - Davis
University of Illinois



The World

U of Melbourne - Medical
U of Sydney - Medical
Seoul National University
Yonsei University
KAIST
McGill University
University of Toronto (2)
U of British Columbia (2)
Sciences Po
Karlsruhe Inst. Tech. (KIT)
Radboud University
Lucerne University of Ap. Sci.
Volkswagen Apprenticeship
American School of Paris
University of Auckland

* 100% acceptance rate for all HK Universities

**and many more universities...

SOME POINTS FOR SPECIAL MENTION ARE:

1. 2019–2020 IST students were offered just over RMB 20 million in scholarships. Considering the COVID-19 situation, this is an amazing number, especially as it is about RMB 13.5 million more than last year (for 39 graduates) vs. this year (for 25 graduates).
2. The students of the IST Graduating Class of 2020 have already received acceptances from 70 universities from 12 different countries and have achieved a global acceptance rate of 72%.
3. Graduating IST students plan on attending universities in the USA (26%), European Union (26%), Hong Kong (15%) and other countries (33%) which include the United Kingdom, Korea, Canada and Australia.
4. 2019–20 IST students' acceptance rate at Hong Kong Universities is 100%.
5. Major acceptances are as follows: Cornell University; Imperial College, London; University College, London; University of Melbourne; University of Sydney; KAIST, Seoul; National University, Hong Kong University, Manhattan School of Music; Georgia Tech; McGill University; Sciences Po; Pratt Institute; and Parsons School of Design.
6. The 2019–2020 IST College Counselling Program has created university opportunities for face-to-face contact between our students or college counsellors and over 723 separate universities representing over 48 different countries, despite a few cancellations due to COVID-19:
 - 450+ universities visited the China Education Expo in October of 2019
 - 250+ universities were represented at the CIS Global Forum College Fair in Bilbao, Spain
 - 2 mini-college fairs for US Universities were held at IST
 - 20 individual college conducted visits to our campus
 - 3 special Korean universities made presentation visits to our campus

We wish the Class of 2020 every possible success and happiness in their higher education and careers in the future. May the resilience that they have shown through their unusual senior year make them ready to face and overcome any challenges and emerge triumphant and successful.

TGA HAPPY TO BE BACK!

The last few months have been eventful for all of us. Transferring learning to the home setting and meeting with teachers online was a great challenge for everyone. However, it was an opportunity to grow, develop self-reliance, and uncover the true value of learning. It was also a time for the TGA community to show our connectedness and dedication to each other and to our learning community. Our teachers and staff created the video "Heal the World" where words of encouragement remind us all that we are all in this together and here for each other.

Our dedicated students created a poster with words of appreciation for our hardworking teachers. It was wonderful to see how hard times brought out the best in us. Now it is time for our community to return to our school campus. On 18 May, students in grades 4 and up finally got back to their classrooms, and their teachers were excited to welcome them back. Life at school is restarting, providing another chance for everyone to reconnect, and showing that love, compassion and togetherness can overcome any obstacles.

Thank you, TGA, for being part of a better tomorrow.



TODAY GRADUATION, TOMORROW THE WORLD!



Graduation means that you made it to the end, after all those late nights studying, those classes, papers and tests, those sports and after-school activities. You've done it all. What this means is that you persisted, developing the skills and qualities to become the citizens the world needs.

We hope you feel proud of your accomplishments, and we know you've made your parents, brothers and sisters proud. You proved that you can do anything, and we expect nothing less than greatness from you in the future. TEDA Global Academy is proud of you, Class of 2020. We are excited to send you on your way, and we know that you will use what you gained while at TGA well. Congratulations! You are the light and the hope of the future. Keep shining!



- Arizona State University*
- Bentley University*
- Indiana University Bloomington*
- Lamar University*
- Massachusetts College of Arts and Design*
- North Carolina State University*
- Penn State Abington*
- Penn State University*
- Purdue University*
- Queen's University*
- Ritsumeikan Asia Pacific University*
- Savannah College of Art and Design*
- Temple University*
- University of California, Davis*
- University of California, Irvine*
- University of California, Santa Barbara*
- University of Colorado Boulder*
- University of Connecticut*
- University of Iowa*
- University of Ottawa*
- University of Pittsburgh*
- University of Toronto*
- University of Waterloo*
- University of Western Ontario*

AN ENTHUSIASTIC RETURN



There was an air of excitement at the gates of Wellington today. Pupils, teachers and parents had waited a long time for the moment when more of our pupils were authorised to return physically to campus, albeit under very strict health, safety and hygiene conditions. We are all acutely aware that such rules and regulations are required to keep everyone safe, but this did not seem to dampen the enthusiasm of those returning. Pupils and their parents have been prepared well, with information, assemblies and the sharing of key documents. As well as their preparation, staff also had training workshops to make the entry onto the campus extremely smooth, with pupils settling in quickly to their classrooms.

Mr Ali, the Second Master, together with staff, greeted pupils and parents at the school gate. Mr Ali remarked, "We are very proud of the way our pupils and parents together, under the guidance and support from our academic team, took on the challenge of eLearning. They have come through this period with new confidence in their learning and a higher degree of independence, the value of which cannot be underestimated as a life skill."

The first half hour of the day was spent with tutors and class teachers, followed by a virtual assembly. The transition back to physical teaching and learning was just as swift as the move to online learning back in February. In every classroom, pupils were engaged fully in a variety of activities, and there was a purposeful atmosphere pervading the entire campus. Pupils calmly moved around the school and engaged in a variety of learning including science practicals, music, technology and PE, all of which had been carefully organised to continue as usual within the requirements around social distancing.

The extended school day was an opportunity for pupils and teachers to make the most of the valuable time that is available to us now that we are back on campus. This enabled our pupils to build on the progress made in eLearning through consolidation, additional support and dealing with challenges.

All sections of the Wellington College community have shown themselves to be resilient in the face of challenge. eLearning has proved to be effective in developing our pupils into even more independent learners, providing them and their teachers with an opportunity to learn and teach in more creative and innovative ways, whilst keeping them on track academically. We were, and continue to be, at the forefront of providing a comprehensive eLearning academic programme as the only international school in China to have achieved Microsoft Showcase School status. eLearning will continue to play a part, as originally planned, as a component of our blended educational learning now that the campus is open to the majority of our pupils.

We here at Wellington College in Tianjin are very fortunate that the quality of our educational provision has remained consistently high as we moved to an eLearning model, and will continue to remain so as we transition back to face-to-face learning. Our values and identities are key drivers for our expectations of pupils and teachers, and it is this that makes Wellingtonians such successful and well-rounded individuals.



TIANJIN INTERNATIONAL SCHOOL

A Look Back at Semester 2



HOME-BASED LEARNING

We have to get a little creative with how we teach our students during the delay caused by the coronavirus! Home-Based Learning is our solution to continue giving our students a world-class education. Our teachers have been hard at work, making sure your children receive an excellent online education. Through videos, powerpoints, messages, emails, and other online methods, our teachers are delivering instruction right into students' homes. Thanks to technology, we can connect to our students from all across the globe.

We are so proud of our teachers and of their care and diligence in teaching our kids!

CHINA DAY 2020

China Day 2020 was an excellent time celebrating China, the country in which we live and work. The theme of the day was, "We Love Tianjin!" There were lion dancers, a sword dancer, fantastic performances from our students, and so much more! We had delicious Chinese cuisine and yummy treats, like cotton candy and sugar artwork.

China day was a wonderful time of celebration!

MUNISC

The 12th Annual MUNISC was in a very different format to that of previous years. The conference was scheduled to take place in Qingdao's Shangri-La Hotel, but instead took place in study rooms and bedrooms of student participants spread out over multiple cities and countries.

The power of technology was utilized for students from our 6 iSC schools and other international schools in Asia to debate and collaborate on this year's theme: "Responding to 21st Century Population Dynamics".



Congratulations, 2020 Graduates!





By Leoni Botha

MEMORIES ARE MADE ON MOTHER'S DAY

AT THE BAM BOU TERRACE, CONRAD TIANJIN

Every second Sunday in May is dedicated world-wide to celebrating and honouring mothers. Tianjin Plus Magazine decided to celebrate this year's Mother's Day in style at the Bam Bou Terrace, Conrad Hotel, in collaboration with Business Tianjin Magazine. On the afternoon of the 10th of May, mothers, husbands, children and friends gathered together to enjoy the gift of a special day. Even the weather played along to present a balmy afternoon.

The ladies were spoiled on arrival with a delicate, single carnation. While the guests mingled, catching up with old friends and making new ones, delectable snacks were served, from classic American sliders and traditional spring rolls to the most dainty, delicately crafted sweets.

The cocktail bar offered a variety of quality beers, wines and other drinks to satisfy even the most discerning guests.

The Bam Bou Terrace, leading out of the fine-dining restaurant at the acclaimed Conrad Hotel, is hidden jewel of Tianjin. It was the perfect setting for a lazy Sunday afternoon gathering. Its understated elegance and touches of opulence subtly place this outdoor terrace a notch above the rest. It is a place where you can truly relax, while the furniture arrangement contributes to a sense of privacy.

The Bam Bou Terrace is also the perfect place to enjoy an al fresco meal or while away an afternoon with friends, and it is fast becoming one of the most popular spots to enjoy the beautiful summer weather.

The service was outstanding, nothing less than what you would expect from such an esteemed establishment. The short journey from the reception area in the lobby that oozes luxury and refinement, through to the terrace, allows you to enjoy the surroundings.

Mothers should be appreciated and honoured every day. However, Mother's Day is a special opportunity to celebrate our mothers, whether

they are near or far, whether they are with us or only a treasured memory.

Mothers give selflessly every day, from the moment their children are born until the day of their last breath. We should never forget the love they give and the sacrifices they make for their children, and it is only fitting that a day is specially dedicated to the mothers in the world.

Celebrating Mother's Day at the Conrad Hotel was a really special event, a chance to stop, remember, and say "Thank you, Mom. You are the best!"

Mother's Day should also have a few surprises, and this was made possible with a Lucky Draw (at the end of the event) and a gift bag for each mother from sponsors. We would like to thank the following organizer and sponsors of this event:

- Tianjin Plus**
- Conrad Tianjin**
- Veneto**
- Wago**
- The Corner Cafe**
- ATIVOLI Kids Photo Studio**
- Bellavita**
- Business Tianjin**

母亲节鸡尾酒会圆满成功

5月第二个星期日，由《津品生活》与《津卫商务》双语杂志联合主办的母亲节鸡尾酒会如期举行，女士们被赠予美丽的康乃馨。在天津康莱德酒店竹影露台，女士们先生们沐浴着下午的阳光，轻松惬意，把酒畅谈。



By Amber Oneal

The growing population of the world and commercializing the use of agricultural land has forced us to face the dilemma of the century. We are now faced with a shortage of natural food. The food that was grown on farms is no longer meeting the demand of the global population. Although there have been successful experiments with artificially made food, how can even it be compared with natural food sources?

But in the depths of problems, solutions are created. Environmentalists and scientists have thought along the lines of a different approach. By using the latest technology and agricultural innovation techniques, they have developed a new method of producing food. Vertical farming, as the name suggests, is the technique of growing crops in vertically stacked layers.

Vertical farming is a method where you can grow food with measured nutrients in very small amounts. This method is becoming very popular, not only in first world countries but also in third world countries where the population is growing very fast and resources are very limited. However vertical farming is still in its initial stages of development, and is a very expensive method.

TYPES OF VERTICAL FARMING

Hydroponics

This technique does not use soil. Instead, crops are grown in a controlled environment with a nutrient solution in a water solvent. The solution is PH adjusted and is given directly to the roots. As the nutrients are highly soluble, absorption is easy.

Aeroponics

This is another technique where no soil is used. In addition, very little water is used, which is why this technique was developed and researched by NASA as a way to grow plants in space.

Aquaponics

This unique method allows fish and plants to grow in the same ecosystem. The fish raised in indoor farms produce mineral-rich waste, which is used as a resource to

help the crops to grow. This technique uses 1/6 of the water and produces eight times the quantity in crops as compared to traditional farming.

There are many other innovations in this approach that should also be mentioned, such as Lokal, developed by IKEA, where food is served where it is grown. Stackable trays of crops are grown in indoor kitchen gardens using LED lights and hydroponics. Other innovative start-ups that are worth mentioning are:

- Cubic farms
- Plantagon
- Modular farms
- Aerofarms

ADVANTAGES OF VERTICAL FARMING

The basic advantage of vertical farming is that this futuristic approach will be the means to fulfil the food demands of the future. As the challenges mentioned earlier will increase and production will decrease, vertical farming could be the way of the future. Vertical farming grows 75% more food per square foot and will solve the food shortage around the world.

This technology has eliminated the concept of what to grow and when to grow. By using this medium, you can produce all crops all year round.

Less water and fewer resources are used. Since water shortage is being faced globally, this is a huge benefit and selling point of this technology. Vertical farming uses 90% less water than outdoor farms.

Also, these crops are grown in a controlled environment. The changes in outside weather therefore do not affect them, so harsh weather can't damage crops as happens to crops grown by conventional methods.

Pure organic food is grown through this method, too, and no artificial elements are added to the crops.

Fewer chemicals are involved in the cultivation of crops in vertical farming. This means it is less likely to cause health issues for people who consume them.

DISADVANTAGES OF VERTICAL FARMING

It is a very expensive method, and since it is in its initial stages, no precise and exact economic feasibility studies have been done.

In such a controlled environment, the process of natural pollination is not possible, and doing it artificially is very costly.



This whole concept is dependent on technology, and computerized electronic control over the farm is the basis of this method. Therefore, power loss or shortage of any sort, even for a day, can be disastrous for the whole farm.

THE FUTURE OF VERTICAL FARMING

This futuristic method of growing food makes it easy for farmers to increase production and the quality of their crops. You can easily set up a small farm domestically for pure organic products.

The second generation of this technology, which can be used for a completely automated start-up of vertical farming, includes data management, plant management automation, harvesting automation and post-harvesting automation.

Every new technology and innovation raises the question of its usefulness and longevity. How long-lasting is it? Is it worth the effort and money required for further research on it etc.? These are the questions which need to be asked regarding everything concerning vertical farming.

However, despite all the disadvantages of the cost, the benefits you get from this farming are revolutionary. Imagine vast population increases and rapid urbanization of land. Using vertical

farming, you can run farms right in the middle of cities. In addition to that, you can utilize uncultivated land to grow crops all year round. The recent venture in Dubai, worth millions of dollars, is a live example of what this future looks like.

垂直农业

垂直农业这一概念最早由美国哥伦比亚大学教授迪克逊·德斯帕米尔提出，他希望在由玻璃和钢筋建成的光线充足的建筑物里种植本地食物。在德斯帕米尔看来，到2050年，世界人口的80%都将居住在城市中，届时全球人口总数将增至92亿，其中大多数来自发展中国家。

垂直农业的新技术及其应用

水培法——无需土壤的植物生长方法

水培法是一种植物培育的新方法，在垂直农业中得到广泛使用。这种方法通过营养液替代土壤，从而杜绝了土壤中的细菌和有害物质，从而实现真正的绿色食品生产。

气雾栽培——没有土壤和很少水的植物栽培

气雾栽培技术是一种新型的栽培方式，由美国NASA在20世纪90年代发明，以寻找有效的太空植物种植技术。后来这种技术被称为“Aeroponics”，意思是“生长在没有土壤和很少水的空气/雾环境中的植物”。

鱼菜共生——一种整合植物和鱼类养殖的生态系统

鱼菜共生系统很像水培系统，但更优化。该方法旨在将鱼类和植物整合在同一生态系统中，鱼在室内池塘中生长并产生营养丰富的废物，可以充当垂直农场中植物的营养来源。

垂直农业的优势

垂直农业可能是农业的未来，相比于普通田地里种植的作物将节约95%的水。垂直农业将传统农场解放出来，用来种植更多树木，从而减少大气中的二氧化碳含量，减缓全球变暖过程。而且，垂直农场本身就在都市，可以直接运往有需要的地方，从而节约运输成本，并减少运输带来的污染。

垂直农业的缺点

非常昂贵并且由于它尚处于初始阶段，因此尚未进行精确的经济可行性研究。在人工授粉，全天候监控及计算机控制方面成本或风险较高。

垂直农业长在日益成为一个有吸引力的选择，因为越来越多的消费者都已经开始接受这种生产方式。而这些新技术将会越来越受欢迎，并在未来彻底改变垂直农业的面貌！

HOW TO MOTIVATE YOURSELF to Exercise at Home During Quarantine

By Barbara Ross

We are now several weeks into quarantine. The world as we know it has changed and the misery still continues.

All this uncertainty and fear, not knowing when or whether the spread of this disease will cease, can cause anxiety spikes as well as paranoia among those of us in quarantine. For some people, staying alone can even lead to loneliness and depression.

Either way, productivity and motivation may seem to be two far-fetched resources during these difficult times. Working out may seem impossible on most days.

However, exercising would actually make you feel a lot better during this time. It would get your adrenaline juices pumping and improve your mood instantly. The “runner’s high” that everyone talks about is a real thing.

Here are a few ways to keep yourself motivated to exercise during your lowest quarantine days.



Set targets and reward yourself

Of all days, it is during your quarantine days that you need rewards more than anything else. Now don't be too hard on yourself. Set achievable targets in line with your demotivated spirit and low energy, like 3 sets of 12 burpees, 3 sets of 12 jumping jacks and 3 sets of jumping squats a day, to start off with. Reward yourself with something like a small piece of cake or a cupcake once you achieve your goal.

Music all the way

Music is perhaps one of the best instant mood lifters in the world! No argument over that. It is okay if you're not up to a typical conventional workout routine. Put on some high tempo, peppy music, close your bedroom door and dance away like no one's watching. If you want, you can also tune in to some dance tutorials on YouTube and learn some moves. The idea is to move and stay active; it doesn't matter what you do.

Social media influences

Social media use has obviously hit an all-time high during quarantine. It is the one thing that is allowing people to stay connected with the outside world. And you can use it to your advantage. We all know Instagram is flooded with challenges these days. Create a workout challenge of your own, and tag your friends publicly. Have your friends do the same. Being challenged publicly to do 20 push-ups on video would definitely serve as motivation.

Wear full-fledged workout gear

Sometimes merely changing into the super-stylish workout wear that you used to wear to the gym can do wonders. Especially when you're a part of a social media workout challenge, you will need to wear the best clothes. So go ahead and put on proper workout clothes instead of just exercising in your loungewear or pyjamas. It will lift your mood.



Break it down

If you just cannot find it in you to work out like you used to before quarantine, break it down by the 3*10 rule and spread it throughout the day. That's right. If you've decided to walk, do it three times a day, with 10 minutes for each walk. In the same way, break down your exercises into doable bits.

Which exercises are best?

During times like these, for people who don't find the motivation to exercise, it is more about movement and activity than reaching your fitness goals. Hence, it would be a great idea to perform high-energy, fun cardio exercises to pump up your energy and stay healthy. Things like aerobics, Zumba, and other types of cardio with upbeat music can really shift your mood.

So tune into your favourite Youtuber's fitness channel, put on music and break that sweat!

隔离期间如何在家锻炼身体

在隔离期间,人们只能宅在家里,而宅家期间如何保持身体锻炼,成为人们关心的话题。以下是几种隔离期间激励自己的方法。

设定目标并奖励自己

不要对自己太苛刻。根据您的状态来设定可实现的目标,例如每天3组深蹲。达成目标后,奖励自己一小块蛋糕。

音乐伴奏

播放一些节奏快,震撼人心的音乐,关上卧室的门,然后跳舞,就像没人看着一样。

社交媒体的影响

在隔离期间,社交媒体是人们与外界保持联系的唯一途径。您可以利用它来发挥自己的优势。公开创建自己的锻炼挑战肯定会成为动力。

合适的健身服饰

选择穿合适的运动服,而不是只穿着便服或睡衣运动,将使您心情舒畅。

选择适合自己的运动方式

用有趣的有氧运动以增加能量并保持健康是一个好主意。有氧运动或尊巴舞确实可以改变您的心情。

PLANT-BASED MILK

IS IT GOOD FOR YOU?

By Kaylin Stinski

People have been turning to non-dairy and milk alternatives that are plant-based, but are they healthy? Originally plant-based milks were used by individuals with a milk allergy or lactose intolerance, but now milk alternatives can be used for people who have a vegan lifestyle, concerns about inflammation, and Crohn's or other inflammatory bowel conditions.

Some people also choose plant-based milks due to ethical concerns or the concerns associated with antibiotics, pesticides, or hormones. Though there are a lot of people who benefit from these milk alternatives, are they actually good for you?

When compared side-by-side, oat, hazelnut, hemp, coconut, cashew, almond, soybean, rice, pea, and flaxseed plant-based milks have some similar ingredients, but also some notable nutritional differences. When compared to whole fat cow's milk, almond, pea, and flaxseed milks have 25mg to 135mg more calcium.

All milks have about 105mg of sodium except for coconut milk which has only 15mg. Compared to regular whole milk, all plant-based milks have lower amounts of protein except for soybean, pea, and flaxseed milk.

Oat and hazelnut milks have the highest amounts of sugar compared to whole milk, but all other plant-based milks have less.

When it comes to calorie content, all plant-based milks tend to have fewer calories than whole milk except for oat milk, which has just about the same amount. While these

plant-based milk alternatives tend to have less fat, calories, and protein, they also tend to have more water and are fortified with vitamins and other nutrients not found in whole cow's milk.

For an adult, plant-based milk is not that bad. You can choose which plant-based milk is most appropriate for your health concerns, diet, or ethical preferences. However, when using plant-based milks for growing children, there are some factors that should be taken into consideration. Whole milk provides high-quality protein which is vital for growing children. In addition, whole milk also provides 60% of the recommended daily allowance of amino acids for toddlers, and 40% for young children. Cow's milk is also a rich source of vitamin D, calcium, and other ingredients that promote growth. There have been some studies conducted that show associations between non-cow's milk beverage consumption and lower childhood height.

The first two years of a child's life are the most important for obtaining proper nutrients. Their bodies rely on high amounts of calories, iron, and protein in order to support growth. Usually breast milk or formula are recommended at this time and alternative types of milk are not recommended. This is not only because they lack the nutrients a growing child needs, but also because at this time in their life, children are still developing systems that process new ingredients such as sodium which are not found naturally in breast milk.

For everyone else who is older than the age of two years, plant-based milks can provide a nutritious alternative to whole cow's milk. It is important to look at what your specific dietary and ethical needs are when choosing a plant-based milk alternative. Below are some facts that you should take into consideration when making your plant-based milk choice.

Soy milk:

Out of all the plant-based milks, this is the closest to cow's milk and is the most nutritionally balanced. It contains all the essential amino acids but also has 8 of the allergens that people may be intolerant or sensitive to.

Cashew milk:

Lower caloric count but very low on protein.

Rice Milk:

Great alternative for individuals who have nut, dairy, or soy sensitivities. Calories are carbohydrate-based, making it a great pre-workout milk for smoothies.

Hemp Milk:

Contains the proteins, all the essential amino acids, and is rich in omega-3 fatty acids. Also free of soy, lactose, and gluten.

Plant-based milks may be a great alternative to cow's milk and can help make managing certain dietary concerns easier, but if you are choosing plant-based alternatives for ethical reasons make sure you do a little research. Many plant-based milks, such as almond milk, can have heavy impacts on the environment. At the end of the day, if you are not a growing two-year-old child and want to switch to plant-based milk, go ahead!

牛奶正在失宠，植物奶才是未来？

杏仁，豌豆和亚麻籽奶中的钙含量比全脂牛奶多25-135mg。与普通全脂牛奶相比，除大豆，豌豆和亚麻籽奶外，所有植物性奶蛋白质含量均较低。而燕麦和榛子奶中糖的含量最高。

在卡路里含量方面，所有植物性奶中的卡路里含量往往都比全脂牛奶低，虽然植物性奶替代品的脂肪，卡路里和蛋白质含量较低，但它们也往往具有更多的水分，并富含全脂牛奶中不存在的维生素和营养素。

对成长中的儿童使用植物性奶时，应考虑一些重要因素。如全脂牛奶可提供优质蛋白质，对成长中的儿童至关重要。此外全脂牛奶还为幼儿提供每日所需的氨基酸。牛奶也是维生素D，钙和其他促进生长的成分的丰富来源。

对于成年人而言，植物性奶可以成为全脂牛奶以外的营养替代品。选择植物性奶替代品，重要的考虑是您的特定饮食习惯。如何选择则需要仔细考虑和查询植物奶具体的成分。

Bakeries & Desserts



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



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



- NK** **Caffe 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原泰山丘斜对面



- XQ** **Gloria Jeans Coffee (Mei jiang)**
高乐雅咖啡(梅江店)
A: 1-102, Jiang wan Plaza, Jiang wan er zhi lu, Xiqing District, Tianjin
西青区江湾二支路江湾广场1-102
T: +86 16600282257

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

- PH** **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



- PH** **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



- NK** **Ying 赢轩**
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

- 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

- PH** **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

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

- PH** **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

- PH** **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

- PH** **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



- PH** **THE CORNER-CHANCE 考恩餐饮&文化空间**
Memorable and Personalized Dining 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

- PH** **Le Rosso Pizza & Steak 意大利餐厅**
A: 24 Ying Chun Li, Wu Jia Yao Er Hao Road (near Xi Kang Lu) He Ping District
和平区吴家窑二马路迎春里24号楼底商(靠近西康路)
T: 15602172289, 17526573687

Japanese

- PH** **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

- PH** **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** **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



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

KN 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
南开区分塔道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

**KN** 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
南开区分塔道46号
天津康莱德酒店一层
T: +86 22 5888 6666

HP 1863 The Ding Room
1863 至尊西餐厅

A: 1F, The Astor Hotel, Tianjin, No. 33, Tai'er Zhuang Lu, Heping District
和平区台儿庄路33号
天津利顺德大饭店1层
T: +86 22 5852 6888

**HP** 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

KN Nan Duo Shi 南多世
Afro - Portuguese Restaurant

A: No.12 Ning Le Xi Li, Shuishang Dong Road, Nankai District, Tianjin.
天津市南开区水上东路宁乐西里12号
T: +86 22 2374 0090

RIVIERA
蔚蓝海**HP** Riviera Restaurant
蔚蓝海法餐厅

Riviera brings the casually elegant refined dining experience to Tianjin featuring modern Mediterranean -French dishes paired with selections from an superb list of international wines.

O: 11:30 - 14:30, 17:00 - 22:00
A: 1F, The St. Regis Tianjin, No. 158, Zhang Zizhong Dao, Heping District
和平区张自忠路158号
天津瑞吉金融街酒店一层
T: +86 22 5830 9962

**HP** ZEST
香溢 - 全日餐厅

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

HX Café BLD
餐廊

BLD offers buffets for each meal period with open kitchens that give the guest a feeling they are dining in the kitchen itself.
06:00-24:00.

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

**HX** Fire House
浓舍

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

11:30-14:00; 17:00-22:00.
A: 1F, Renaissance Tianjin Lakeview Hotel 16 Binshui Road, Hexi District
河西区宾水道16号万丽天津宾馆1层
T: +86 22 5822 3388

HX Terrace Café
燕园咖啡厅

A great location to have a very relaxed meal, in front of a wonderful garden.
06:00-23:00.

A: 1F, Tianjin Yan Yuan International Hotel, Zi Jin Shan Lu, Hexi District
河西区紫金山路
天津燕园国际大酒店1层
T: +86 22 2731 3388

HX Mug German Restaurant Beer House
麦谷德餐啤酒坊

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

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

PH La Semana
西班牙餐厅(和平店)

A: No.25 Yingchunli, Wu jia yao er hao Road, Heping District, Tianjin
天津市和平区吴家窑二马路迎春里25门底商
T: +86 22 2335 6748
+86 138 2048 8636

PH Prague Restaurant
布拉格餐厅

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

**PH** blue frog (Riverside 66)
蓝蛙(恒隆广场店)

A: Unit 3009, Riverside 66, No. 166 Xing'an Road, Heping District
和平区兴安路166号恒隆广场3009室
T: +86 22 23459028

KN Trolley Bar & Grille
乔尼西餐厅

A: Aocheng Plaza, Tianjin 22/23-119, Nankai District, Tianjin
南开区分城商业广场天玺22. 23号楼底商119
T: +86 15222091582

PH Browns Bar & Restaurant
勃朗斯英式酒吧餐厅

A: No.108-111, 1st Floor Min Yuan Stadium, Heping District
和平区重庆道83号
民园广场西楼一层108-111号
T: +86 22 88370588/88370688
E: info@browns-tj.com

HD Brownie Bistro Bar
布朗尼西餐酒吧

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



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



NK CHA 洽堂

A stunning bar anchors this stylish lounge, the perfect setting to linger a while with a cup of caringly 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

HP FLAIR Bar and Restaurant
FLAIR 餐厅酒吧

Featuring made-to-order sushi and contemporary interpretations of Southeast Asian appetizers and snack foods, extravagant collection of Champagne and whiskeys, a live DJ to shape the night's character and Tianjin's only cigar lounge enhance FLAIR's mystique.

A: 1st Floor, The Ritz-Carlton, Tianjin, No. 167 Dagubei Road, Heping District
和平区大沽北路167号
天津丽思卡尔顿酒店一楼
T: +86 22 5809 5099

HP China Bleu 中国蓝酒吧

The highest bar in Tianjin, on the 50th floor of the Tangla Hotel Tianjin. Great live jazz/funk music every night. 18:30-03:00.

A: 50F, Tangla Hotel Tianjin, No. 219, Nanjing Lu, Heping District
和平区南京路219号
天津唐拉雅秀酒店50层
T: +86 22 2321 5888 ext. 5293

HP Le Procope Lounge 普蔻酒廊

Elegant, sleek, relaxed. You will want to dress-up before going to Le Procope. Luxury and comfort are the core ideas. 10:00-03:00.

A: The Junction of Chengde Dao and Shandong Lu, Heping District
和平区承德道和山东路交口
T: +86 22 2711 9858

HP O'Hara's 海维林

Offers the intimacy of an English gentleman's lounge with regal Winchester styled sofas and an oversized bar counter. 17:00-02:00.

A: 1F, The Astor Hotel Tianjin, No. 33, Tai'er Zhuang Lu, Heping District
和平区台儿庄路33号
天津利顺德大饭店1层
T: +86 22 2331 1688 ext. 8919

HP River Lounge 畔吧

Leave your footprint on the Haihe River. The latest address for an afternoon rendez-vous.

O: 09:30 - 01:30
A: 1F, The St. Regis Tianjin, No. 158, Zhang Zizhong Lu, Heping District
和平区张自忠路158号
天津瑞吉金融街酒店一层
T: +86 22 5830 9958
W: stregis.com/tianjin

HP The Lobby Lounge 大堂酒廊

A: 1st Floor, The Ritz-Carlton, Tianjin, No. 167, Dagubei Road, Heping District, Tianjin
和平区大沽北路167号
天津丽思卡尔顿酒店一楼
T: +86 22 5857 8888 ext. 5091
W: ritzcarlton.com/tianjin



HP SITONG Bar 昔唐酒吧

Favoured for the last couple years by most expats as the place to end their nights dancing and meeting friends.

A: -1F, Olympic Tower Tianjin, Chengdu Dao, Heping District
天津和平区成都道126号奥林匹克大厦负一层
T: +86 22 2337 7177
+86 22 2335 8628

HP Qba Bar Q吧

Savour authentic Latino food, drinks and music. 18:30-01:00.

A: 2F, The Westin Tianjin, No. 101, Nanjing Road, Heping District
和平区南京路101号
天津君隆威斯汀酒店2层
T: +86 22 2389 0088

HP The St. Regis Bar 瑞吉酒吧

The most beautiful bar in town with stunning river view. A rare haven of refined luxury, **The St. Regis Bar** is a place for guests to enjoy the enduring tradition of St. Regis Afternoon Tea and a wide selection of refreshing drinks. 09:30 - 01:30.

A: 1F, The St. Regis Tianjin, No. 158, Zhang Zizhong Lu, Heping District
和平区张自忠路158号
天津瑞吉金融街酒店一层
T: +86 22 5830 9958

HP WE Brewery

Tianjin's nano craft brewery. The Craft Beer mecca in town.

A: 4 Yi He Li, Xi An Road, Heping District, Tianjin
和平区西安道怡和里4号
T: +86 18630888114
W: www.webrewery.com

HX The Lounge 澜庭聚

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

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

NK Violet Lounge 紫

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

HB Mama Mia 妈妈咪呀音乐酒吧

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

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

HD Churchill Wine & Cigar Bar
丘吉尔红酒雪茄吧

Tianjin's leading venue for connoisseurs. With its excellent array of wines and cigars, Churchill is the natural choice for an evening of timeless perfection.

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

NK GAL Whiskey & Cocktail
良果酒吧

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

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

HP Gusto Bar 9吧

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

KTVs

HP Eastern Pearl 东方明珠KTV

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

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

HX Holiday KTV 好乐迪

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

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

Beauty Salons

HP CHINA ROAD 重道造型

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

A: 16-201, Jinde Block, the junction of Kunming Lu & Lanzhou Dao, Heping District.
和平区昆明路与兰州道交口金德园16-201.
T: +86 138 0308 8908
A: No. 23 Binyou Dao, Hexi District.
河西区宾友道23号
T: +86 2836 9769

NK OPI Nail Salon OPI 美甲

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

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

Spa & Massage

HD Yue spa "悦" 水疗中心

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

NK ThaiFe Spa 泰菲SPA

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

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



HB Banyan Tree Tianjin Spa
天津河畔悦榕Spa

A: Banyan Tree Tianjin Riverside, B1, No. 34 Haihe East Road, Hebei District, Tianjin.
天津市河北区海河东路34号天津海河悦榕庄
T: +86 22 5861 9999
E: spa-tianjinriverside@banyantree.com

Hospitals



HP Arrail Dental Tianjin International Building Clinic
瑞尔齿科

A: Rm 302, Tianjin International Building, No. 75 Nanjing Rd, Heping District
和平区南京路75号天津国际大厦302室
T: +86 22 2331 6219/32
24Hr Emergency Line:
+86 150 0221 9613
W: arrail-dental.com



HX Raffles Medical Tianjin Clinic

A: 1F Apartment Building, Tianjin Yan Yuan International Hotel, Zi Jin Shan Road, He Xi District, Tianjin 300074
河西区紫金山路天津燕园国际大酒店公寓楼一层
T: +86 22 2352 0143



和陸家医疗
United Family Healthcare

HX Tianjin United Family Hospital
天津和睦家医院

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

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

HX Tianjin Congramarie Gynecology & Obstetrics Hospital
天津坤如玛丽妇产医院

Tianjin's first international 3H (Holistic-care, Hotel-style, Home-warm) gynecological hospital.

A: No.488 Jiefang Nan Lu, Hexi District (opposite to Huan Bohai Automobile City)
河西区解放南路488号(环渤海汽车城对面)
T: +86 22 5878 5555

NK Women's and Children's Specialized Health

美中宜和医疗集团天津美中宜和妇儿医院

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



Golf Clubs



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



Fortune Lake Golf Club
天津松江团泊湖高尔夫球会
The Club occupies an area of 3500 mu, including a 36 hole golf course, 4600 sqm of clubhouse, driving range, villas, business and recreation facilities. 09:00-16:00.
A: Jinwang Lu, Jinghai Zhen
静海县津王路
T: +86 22 6850 5299

Gyms

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



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



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 **Ariva Tianjin Binhai Serviced Apartment**
滨海·艾丽华服务公寓

A: No. 35, Zi Jin Shan Road, Hexi District
河西区紫金山路35号
T: +86 22 5856 8000
F: +86 22 5856 8008
W: www.stayariva.com

Q X **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



N 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



N X **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

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



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
河西区滨水道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



N K **Sunshine 100 Tianjin Tianta Himalaya**
阳光100天津喜马拉雅-天塔

A: Weijiangnan 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

N 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

Q X **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



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

N 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

N X **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

Q X **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

Education

Q X **KIDS'R'KIDS Learning Academy, Tianjin No.1**
凯斯幼儿园, 天津雲锦幼儿园

A: Yunjin Shijia Community, No.65, Ziyang Rd, Zhongbei Zhen, Xiqing Dist, Tianjin
西青区中北镇紫阳道65号雲锦世家内
T: +86 22 5871-6901
+86 22 5871-6900
O: 8:00-17:00
Wechat: KidsRKidsTianjin
W: www.kidsrkids.com
www.kidsrkidschina.com
E: contact-tianjin@kidsrkidschina.cn



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.

A: No. 1, Yide Dao, Hongqiao District
红桥区义德道1号

T: +86 22 8758 7199 ext. 8001

M: +86 187 2248 7836

E: admissions.tianjin@wellingtoncollege.cn
W: www.wellingtoncollege.cn/tianjin



NZ International School of Tianjin
天津经济技术开发区国际学校
天津分校

Only international school in Tianjin fully authorized by the IBO to teach all three IB programs (PYP, MYP and DP) from age 3-18.

Mon-Fri 07:30-16:30.

A: No.22 Weishan South Road, Shuanggang, Jinnan District
津南区(双港)微山南路22号

T: +86 22 2859 2003/5/6

W: istianjin.org



HX Tianjin International School
天津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: 15222574660

W: www.bellavitaconcept.com



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天街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**

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 2352 0143

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
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T: +86 22 6621 8888

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 天津市滨海新区响螺湾集智道33号
T: +86 22 6688 8888
W: www.stayariva.com

Office Space**TEDA MSD 泰达MSD**

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

Libraries**Binhai New Area Library 天津滨海新区文化中心图书馆**

Monday: 14:00-22:00; 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

QIANDAO LAKE

By Nikita Jaeger

The man-made Qiandao lake is located in Chun'an County, Zhejiang province, in China. It is an artificial lake surrounded by a cluster of mountains, and as it has 1,078 large islands and many small islets, it is also known as Thousands Island Lake. Dense forest covers 81% of the area, and is one of the main features.

The area around the lake is divided into six sections, based on the geographical location and difference in the landscape: Fuxi Stone Forest, Southeast Lake District, Central Lake District,

Northeast Lake District, Southwest Lake District, and Northwest Lake District. The entire valley was submerged in 1959 after the completion of the Xin'anjiang reservoir, and as a result, formed the new lake.

HOW TO REACH QIANDAO LAKE

Qiandao Lake has excellent connectivity with major cities in China. Tourists can reach here by plane, rail, and road.

By Plane

Qiandao Lake is 155.9 km from the Hangzhou Xiaoshan International

Airport. Tourists from the northern side and the Beijing sector can reach Qiandao Lake by taking flights to this airport. From the airport, tourists can travel to Qiandao Lake by bus, a journey of 3 hours and 20 minutes, or by taxi, which will take 2 hours and 10 minutes.

By Rail

Alternatively, tourists can board the train from Hangzhou East Railway station to Qiandaohu, which will be a 50-minute journey, followed by a 30-minute drive by taxi/cab to Qiandao Lake.

THE ISLANDS OF AMAZEMENTS

Tourists from Beijing and the north-eastern side of China can take the high-speed rail route to reach Hangzhou East, and from there can travel to Qiandaohu station. Qiandao Lake is just half an hour's drive from the station.

By Road

The road journey from Beijing and other northern cities will be a tiring one. The distance from Beijing South to Qiandao Lake is 1,438.6 km, and will take approximately 14 hours and 40 minutes by car. We advise tourists to rather take a flight

or high speed train journey to visit the lake.

Best season to visit

The best season to visit Qiandao Lake is during autumn and winter. You may experience low rainfall, but the climate will be clean and fresh. It is an excellent time to walk around the area.

Entry fee

The entry fees vary according to season.
March 1 to November 30 – CNY 150
December 1 to February 28/29 – CNY 120

INTERESTING PLACES YOU SHOULD NOT MISS

Spectacular scenery

The Qianjiangyuan National Forest Park, in which Qiandao Lake is situated, is one of the most popular tourist destinations in China. It is 1,438 km from Beijing South, and 150 km way from Hangzhou city.

Qiandao lake offers a variety of amusements to its visitors. Boating and water sports in the beautiful lake, trekking in the mountains, cruising to different islands, crossing bridges, getting lost in the dense forest, and submerging in the crystal clear water are some of the activities you can enjoy. Besides these attractions, there are Dragon boat festivals, souvenirs, inkstones, hemp embroideries, pearl products, seafood, etc..





The Southeast Lake District

The Southeast Lake District includes Tianchi Island, Guihua Island, Mishan Island, Huangshan Juan Island, Xianshan Island, and Tianchi.

Tianchi Island is a quarry site that existed during the Southern Song Dynasty, and is now a pool of water.

Guihua Island attracts tourists with its wild osmanthus flowers and animal shows. Mishan Island is the origin of the famous Chinese tale 'Three monks with no water,' and there are Buddhist temples on the Islands. While visiting Southeast Lake District, another exciting location to explore is Bird Island. A variety of bird species is the main attraction here. The sight of colourful peacocks is an engaging experience you'll never forget. Make it a point to see the panoramic view of Huangshan Juan Island.

Central Lake District

In the Central Lake District, the places to see are Qiandao Lake Fishing Village, Wulong Scenic Area (Moonlight Island), Yule Island, Longshan Island, and Meifeng Island.

Longshan Island is home to the Hai Rui Shrine, Shi Xi Academy, and Qing Guan Road. In the west end of the Central Lake District is the Mefeng Range Rover Observation

Deck, which is a popular attraction in the Qiandao Lake Scenic Area. Wulong Scenic Area (Moonlight Island) has a lot of Islands such as Bird Island, Lock Island, Qishi Island, and Zhenqu Garden. Several bridges connect all these islands. Lock Island is the first lock museum in China, and it has many locks, such as the happiness lock, the wisdom lock, the carp lock, the health lock, the housing safety lock, etc.. The housing safety lock, the largest lock built in China, holds a position in the Guinness World Record.

Chun'an Museum

The Chun'an Museum, which opened officially in January 2018, has an area of 5,700 square metres, with four floors displaying the history and culture of the region. The first floor of the museum is the Exhibition Hall, which exhibits the historical story of Chun'an. The second floor showcases sculptures from Shangyu, Hairui, and other Ming Dynasty figures.

The third floor is the Immigration Hall, which depicts the story of the people who had to abandon their houses in the ancient cities buried in the lake. Non-Legacy Hall is on the fourth floor, and displays the local folk culture of the region. Props used for folk performances, and tools used during that period for tea picking, etc., are among the fascinating displays.

Stone Forest Scenic Area

Stone Forest Scenic Area is in the town of Shilin, located 60 km Southeast of Qiandao Lake Scenic Area. The forest is extensive, and is divided into Lion Head Scenic Area and Elephant Mountain Area. It is one of China's four stone forests, with an elevation of more than 650 metres, and is the National Geological Research base. The maze-like karst landscape of the forest has several stone peaks which have strange shapes and various forms. The beautiful scenery on both sides of the route to the Stone Forest is worth the 60 km journey.

Water Spirit Performance

The Water Spirit Performance is the only water stage performance in China. The covered theatre beams underwater provide a 3D effect in the water on all sides of the mounted screens. The performance shows the historical culture and present situation of Qiandao Lake in both ethnic and modern style. The story of the lake formation and the local customs are professionally presented on the stage using Chinese martial arts, acrobatics, dance, Jiangnan folk music, and several other performances.

The scenes include Xiong Yue Xiong Feng (the story of the southern peasant uprising led by Fang La), Xin'an Shengjing, Shane feast, Shuixiu Tianxia, tragic scenes and

the peaceful retreat of the Qian'an people abandoning homes and relocating to allow for the construction of the reservoir, etc.. 3D displays are projected on the three giant screens.

Qiandao Lake Forest Oxygen Bar

The Forest Oxygen Bar is located on the edge of the south-eastern lake district of Qiandao Lake, and was officially launched in 2003. There are 58,000–62000 negative oxygen ions in the forest, which are beneficial to human health. It has won an award for being the mini forest with the best ecological-scenic spot in Zhejiang province, and also has won several other awards.

With the different forms of rocks, karst landforms, lush vegetation, fresh air, rope bridge, swings, grass skiing, and the sound of flowing water, the forest treats its visitors bountifully. Beautiful streams and waterfalls are everywhere in the forest.

The scenic spots in the forest have many divisions, such as the hydrophilic recreation area, the forest recreation area, the forest anion breathing area, the

forest camping area, the forest popularization area, and the tea room recreation area.

Several recreation activities like forest trekking, bathing, and oxygen absorption in the forest, etc., give you the chance to enjoy the natural environment to its full potential. Physical activities like rock climbing, water sports, collection of forest specimens, environmental awareness exhibitions, and visiting the fishing centre are some other pleasant activities awaiting you at Qiandao Lake.

CONCLUSION

If you are looking for a refreshing experience with your family away from the hassles of city life, Qiandao Lake is a great option. The artificial lake, with its dense forests, clean water, and fresh air, never makes you feel the artificiality, and there are a lot of things to do and visit. If you plan for an extended stay, be sure to include visiting Zhenqu Garden, the Wulong Scenic Area, Phoenix Island, go diving to see the submerged ancient city, Monkey Island, Snake Island, Bird Island, and Love Island. The various fun activities in Qiandao Lake are enough to keep you rejuvenated.

千岛湖 重重惊喜等你来

千岛湖风景区，又称新安江水库，国家AAAAA级景区，位于浙江省杭州市淳安县境内。千岛湖湖形呈树枝型，湖中大小岛屿1078个，千岛湖中大小岛屿形态各异，群岛分布有疏有密，罗列有致。其主要景点有梅峰岛、猴岛、龙山岛、锁岛、三潭岛等。

如何到达

搭乘飞机

千岛湖距离杭州萧山国际机场155.9公里。来自北方地区的游客可以乘飞机飞往杭州后搭乘巴士前往千岛湖。

铁路交通

搭乘火车从杭州火车东站到千岛湖，需要50分钟，然后30分钟出租车车程即可到达千岛湖。

参观千岛湖的最佳季节是秋季和冬季。

游览千岛湖时不容错过的景点

淳安博物馆

淳安博物馆位于青溪新城珍珠半岛，总建筑面积为5700平方米，由一层大厅、临展厅、二层历史厅、三层移民厅、四层非遗厅等区域组成。整个博物馆以淳安文化为主轴，讲述了淳安的前世今生。

千岛湖森林氧吧

千岛湖森林氧吧位于千岛湖东部，这里植被茂盛、空气清新，是森林吸氧洗肺的好地方。景区内随处可见溪涧、瀑布，可以在林中走绳桥、荡秋千、和孔雀合影，或是坐滑草，玩滑道，在享受森林浴的同时享受各种山间野趣。森林氧吧景区的山虽不高，却有着千岛湖地区最好的空气质量。在景区内缓步走走，尽情吐纳这里带有植物清香的空气，是对身体内部的一次洗涤，走累了，还可在景区内的茶舍或咖啡小憩。





MANUSELA National Park

BEYOND THE WILDEST IMAGINATION

By Nikita Jaeger

A blend of swamp forest, montane rainforest, and coastal forest contributes to the natural attraction of Manusela National Park, located on Seram Island, which is part of the Indonesian Maluku archipelago.

The national park draws tourists from many different parts of the world, and is a favourite destination for backpackers who love to engage in wildlife photography, trekking deep into the forest, rock climbing, and many other thrilling activities. In addition, it is an ideal offbeat location for ornithologists as well as nature lovers.

VISA REQUIREMENTS

Indonesia offers a free 30-day entry visa for tourists. Visitors from the 169 visa-free countries can use the visa exemption window to enter the country through the 124 immigration entry points. Tourists from the 68 countries on the visa-on-arrival list can opt for this visa for a 30-day stay, which is extendable for another 30 days. The cost of a visa-on-arrival is IDR 500,000 for 30 days. All tourists should have a passport with a minimum of six months' validity, as well as a return or outbound ticket. Non-exempted travellers can apply for a visa in their respective Indonesian Embassy/Consulates.

HOW TO REACH MANUSELA NATIONAL PARK?

By plane

Pattimura Airport on Ambon Island is the best option for tourists planning to travel to Manusela National Park. Frequent flights are available from Jakarta, Makassar, and Western Papua New Guinea. Alternatively, tourists can fly to North Maluku airport at Ternate (Sultan Babullah Airport) or the Pitu Airport on Morotai Island located north of Maluku. Frequent flights are available from Jakarta, Manado, and Makassar for passengers traveling to Sultan Babullah Airport and Pitu Airport.

By ferry and road

The best way to reach Manusela National Parks is from Ambon, the capital city of Maluku. From Jakarta, you can get a direct flight to Ambon. The journey is not an easy one, so you will need patience and stamina to reach the destination. From Ambon, tourists can take two routes to the national park. One route is along the north coast by speed boat to Ambon Masohi, and will take about eight hours. From Masohi, there is a further road journey to Saka, which will be a tough two-hour drive, followed by a boat journey of two hours.

If you opt for the second route, it will take you via the southern ferry route to Masohi, a journey of eight hours. From here, there will be a motorboat ride of nine hours to Moso or Saunulu village. The second route is more adventurous and a preferred option for many, because this route covers almost 30 percent of the slope-terrain before you reach the national park.

Many ferry companies, including PELNI, the Indonesian National Ferry Company, offer steamer/passenger ship services to Ambon and neighbouring islands. Apart from that, many small ferry companies offer frequent cruise services to Ambon, and tourists can also look out for ferry-car services for visiting Manusela National Park. Ferries are the common form of transport for travelling between various islands.

MOVING AROUND

Seram Island has a relatively good road network, though you may find the road journey is not a smooth experience because of the rugged terrain and the many untarred roads. However, you can still enjoy the journey as there are buses, ojek (motorcycle taxis), and bemos (a type of minibus) to move people around as part of the public transport system.

Best time to visit

May to October is the best time to visit.

THINGS TO DO

The incredible bird and mammal sanctuary

Sprawling over 189,000 hectares, with rugged, dense vegetation, the Manusela National Park is home to different types of birds, mammals, and





马努塞拉国家公园 精彩超越想象

沼泽森林，山地雨林和沿海森林的并存为印度尼西亚的玛努塞拉国家公园带来了天然的吸引力。这里是喜欢野生动物摄影，攀岩或其他极限活动的背包客最爱的目的地。此外，也是鸟类学家和自然爱好者的理想之选。

如何到达？

搭乘飞机

安汶岛的机场是前往国家公园的最佳选择。雅加达，望加锡和西巴布亚新几内亚的航班频繁。

搭乘轮渡和陆路交通

到达马努塞拉国家公园的最佳出发点是马鲁古的首府安汶。从安汶出发，游客可以选择两条不同路线前往国家公园。

最佳参观时间

五月至十月是游览的最佳时间。

马努塞拉国家公园精彩景点

令人称奇的动物保护区

马努塞拉国家公园占地189,000公顷，拥有崎，茂密的植被，是各种鸟类，哺乳动物和蝴蝶的栖息地。在茂密的植被中可以找到118种鸟类，大约有18种鸟类是这里特有的。

该公园还是38种哺乳动物和200种蝴蝶和飞蛾的栖息地。您可以在这里找到：花尾鼠，多齿啮齿动物，澳大利亚有袋动物等。

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butterflies. Altogether, you can find 118 species of birds in the dense vegetation, and some of them seldom venture out; however, this offers you the rare hope of seeing some of the prettiest species in the animal kingdom. About 18 species of the birds are endemic, and probably not found anywhere else in the world, which makes you realize the importance of the national park. Among the endemic birds are the salmon-crested cockatoo, the lazuli kingfisher, the grey-necked friarbird, and the eclectus parrot.

The park is also the habitat of 38 species of mammals, and 200 types of butterflies and moths. About eight species of mammals are endemic and are found only in this part of the world. Some of the mammals you can find here are the Seram bandicoot, the Manusela mosaic-tailed rat, murid rodents, Australasian marsupials, the spiny Ceram rat, etc. Take time to have a

close encounter with any of these endemic species, and to capture some legendary moments on film.

MOUNT BINAIYA - the tallest peak in Maluku

Mount Binaiya is the highest of the six mountains in the Manusela National Park. Located at an altitude of 3,027 m above sea level, it is negotiable for climbing if you have proper climbing gear. Rock climbing is one of the best adventure activities tourists can engage in here, apart from hiking, and the rough terrain is a wonderful location to test your rock-climbing skills. The dense vegetation also offers lots of other adventure activities for you to indulge in.

EXOTIC CLIFFS

The park is home to many rivers flowing with crystal clear green water. Most of the rivers flow through towering cliffs, and a

boat ride gives you a wonderful experience of unspoiled nature. The green water reflects the impressive green cliffs, which are a rare combination of natural beauty and unspoiled charm. Simply put, the charm of the location is irresistible, and it is a unique place in which to escape from the materialistic world.

Visit the ETHNIC VILLAGES

Manusela National park has four ethnic villages: Manusela, Selumena, Maraina, and Kanike. A journey to the national park would not be complete if you did not visit these ethnic village and spend some time with the communities. The native communities still maintain their cultural identity and preserve the national park. A tour to the ethnic villages offers a soul-touching experience, helping you to understand the simple lifestyle of people who don't care about modern development.

OTHER INTERESTING LOCATIONS

For trekking, mountain climbing, wildlife and bird watching, visit Tepi Kerkele, Wae Kawa and Tepi Kabipoto.

Pasahari is an alluring location for watching endangered species of birds and wild animals. Tourists who would like to watch butterflies and see the unadulterated beauty of the dense vegetation should visit Pilana.

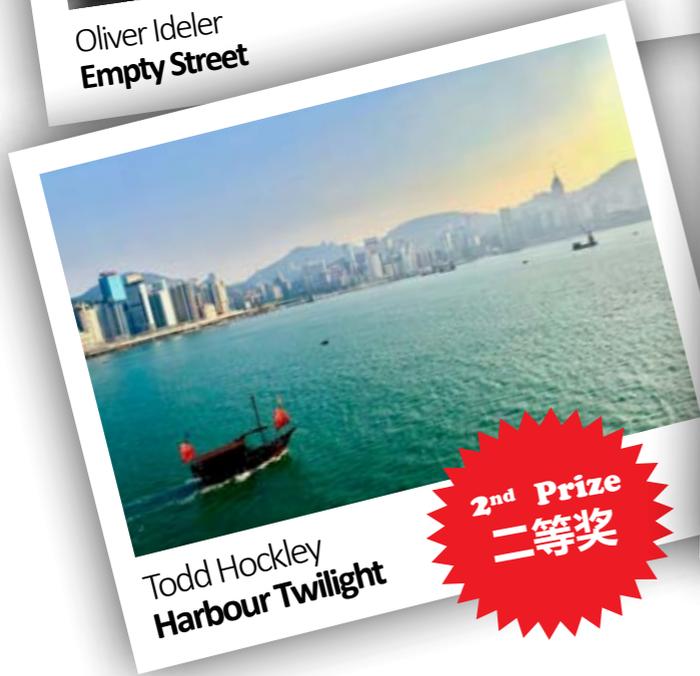
CONCLUSION

The Manusela National Park is a prime location on Seram Island, attracting tourists from all over the world, and offering a plethora of wildlife and surreal natural beauty. It has everything to satisfy an adventurous tourist who likes to engage in activities that can create an adrenalin rush and who wants to experience some exciting, unique moments. The uneven terrain, cliffs, rivers, thick vegetation, birds and wild species will remain in your heart as something special for the rest of your life.



Oliver Ideler
Empty Street

**June 1st
Prize
一等奖**



Todd Hockley
Harbour Twilight

**2nd Prize
二等奖**



Ornato Antunes
Street reflections

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三等奖**



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