2011.03

TIANJIN PLUS

Your guide to the City

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Screen Debut

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Much Ado About Nothing

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Le Procope Lounge

ISSN 2076-2747

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TIANJIN PLUS IS GROWING

Full-time editors needed!

- English native speaker with experience in reporting and editing
- Basic knowledge of Chinese language & culture are a plus

If interested, please email your resume to editor@tianjinplus.com.

津品生活

TIANJIN PLUS
Your guide to the City

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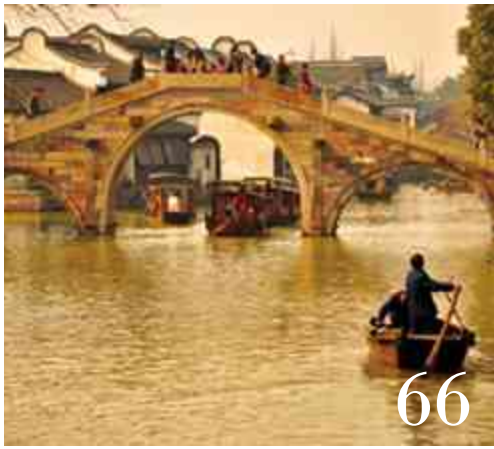
Map
Tianjin City, Binhai New Area, Qi Xiang Jie Area



March Calendar

MON	TUE	WED	THU	FRI	SAT	SUN
	French Music Concert 2F, Education Centre Building, North gate of Balitai Campus, Tianjin Normal University, Wujiayao Street, Hexi District Alliance Française de Tianjin +86 22 2354 0218 Mar. 1-31 1	法语活动节 fêtes de la francophonie		**Wan Long Ski Resort Direct Bus Service** ¥ 350 per person (Round trip bus service only) +86 135 0207 0987 Mar. 4-6 (See Page 33) 4	**TICC Wine Dinner** (Proceeds donated to Breast Cancer Awareness) Nikko Hotel Tianjin 19:00 ¥ 400/person **Information Conference: How to go study abroad/emigrate to France?** Alliance Française de Tianjin +86 22 2354 0218 5	
7	**Arabian Nights - Rimsky-Korsakov OpusesConcert** Tianjin Concert Hall 19:30 ¥ 50/100/180/280/380/500 +86 22 2332 0068 8		**Don't cry for me, Argentina - Quinteto Tango Extremo** Tianjin Concert Hall 19:30 ¥ 50/100/180/280/380/500 +86 22 2332 0068 11	**French Movie Festival** Alliance Française de Tianjin +86 22 2354 0218 Mar. 12-13; 19-20; 26-27 night 12	**The Four Seasons - Vivaldi Works Concert** Tianjin Concert Hall 19:30 +86 22 2332 0068 13
	16		**String Quartet Concert - by Dandelion Women Quartet** Western Shore Art Salon 20:00 ¥ 100 +86 22 2326 3505 **Wan Long Ski Resort Direct Bus Service** ¥ 350 per person (Round trip bus service only) +86 135 0207 0987 Mar. 18-20 (See Page 33) 18	**Flying in Spring - Classic Chamber Music Concert** Western Shore Art Salon 20:00 ¥ 100 +86 22 2326 3505 19	**Triumphal Horn - World Classic brass Music Concert** Tianjin Concert Hall 19:30 +86 22 2332 0068 20
21		**TNT theatre Britain presents - MUCH ADO ABOUT NOTHING** Tianjian Binhu Theatre 19:30 ¥ 60/80/100/150/200/300 +86 22 2335 2226 **TICC Monthly Lunch** Hank't Sports Bar & Grill 24	**Piano Trios Concert - Dating of Rose** Western Shore Art Salon 20:00 ¥ 100 +86 22 2326 3505 25	**Modern Drama - Lulu, listen to me** Tianjin Grand Theatre 19:30 ¥ 180/280/ 380/80/680/880 /600(380x2)/800(480X2) 400-818-3333 26	
Special Days Mar.08 International Women's Day Mar.05 Learning to Lei Feng Day Mar.15 World Consumer Right Day Mar.21 World Sleep Day Mar.21 Chun Fen Mar.22 World Water Day Mar.23 World Meteorological Day	30				

If you would like us to include your event in our calendar, please send an e-mail to editor@tianjinplus.com before 15 March.

Renew Rose Package

Scent a rose aroma through the Renew Rose Package at The Balneum Spa of Hyatt Regency Jing Jin City Resort and Spa. Energise your body with a rose exfoliation to smooth your skin and stimulate your senses during the beautiful blossoming season. Then indulge in an invigorating, therapeutic and nourishing massage with rose oils to leave your skin silky and retextured. Complete the treatment with rose tea to balance the body's vital energy and restore harmony.

The Renew Rose Package is priced at RMB680* per person for 90 minutes and is valid until 31 May 2011.

Hyatt Regency Jing Jin City Resort & Spa
京津新城凯悦酒店
No. 8, Zhujiang Road, Zhouliang Zhuang, Baodi
宝坻区周良庄珠江大道8号
Reservations Tel: +86 22 5921 1234 ext. 2566

Enjoy Yangzhong fresh food, just in Tianjin Saixiang

River Yangzhong seafood is known for its freshness and scrumptiousness. It is the best time to taste River Seafood around Tomb-Sweeping Day. The Third river Yangzhong Fresh Food Festival will be held in Fu Quan Ge Chinese Restaurant at the Tianjin Saixiang Hotel on 8 March. For more information, please check the promotion advertisements in the restaurant.

Fu Quan Ge Chinese Restaurant
福泉阁中餐厅
Address: 2F, Tianjin Saixiang Hotel,
No.8, Meiyuan Road, Nankai District
南开区梅苑路8号天津赛象酒店二层
Tel: +86 22 2376 8888 ext.3802

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RMB 368 + per person for additional free flow of champagne and full House Pour bar

Validity: Every Sunday starting from 6 March 2011 until further notice.

Raffles Tianjin
No. 219, Nanjing Road, Heping District
天津莱佛士酒店
和平区南京路219号
Tel: +86 22 2317 5109

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Above rate is subject to 15% service charge
For reservations, please call 2321 5888 ext. 5109

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SOU 思创

MUCH ADO ABOUT NOTHING

comes to Tianjin

"Much Ado About Nothing", William Shakespeare's classic late period comedy is coming up to Tianjin Binhu Theatre on 24 March, 2011, performed by TNT Theatre Britain. There, audiences will have the chance to get a deeper understanding of Shakespeare and the profound truths revealed through his art.

The Play's The Thing

"Much Ado About Nothing" is one of William Shakespeare's best-loved comedies, dating from the period 1598-1599. It is a stage play in the form of a comedy centring on the activities of two war heroes and the women they love. Shakespeare shifts back and forth between the stories of the couples - Benedick and Beatrice, Claudio and Hero - interweaving them into a unified whole.

"Our approach to the play is to try and explore its extremes, not to flatten it by making its conflicting moods and fast changing values into one harmonious whole. This is a baroque masterpiece not a social documentary or romantic comedy", said Paul Stebbings, artistic director of TNT Theatre Britain and The American Drama Group Europe. Performances will include live music; the score, composed and adapted by Paul Flush, will mix Mozart with a dash of jazz, combining high drama, great jokes and fabulous poetry in a dizzy sequence that leaves the audience gasping between tears and laughter.

Don Pedro by David Chittenden

Beatrice by Natalia Campbell

Benedick by Richard Ede

Leonato by Richard Clodfelter

Claudio by Gareth Fordred

Hero by Rebecca Naylor

About TNT Theatre

TNT Theatre was founded in Britain in 1980, and since has established itself as one of the most popular international touring theatre companies in the world.

The company aims to integrate all the performing arts, with all TNT productions including a specially commissioned score by a leading composer. The director works with a choreographer and the ensemble actors are chosen for their ability to cross the disciplines of theatre, music and dance.

Since 1993, the company has collaborated with the American Drama Group Europe. The artistic director of TNT is Paul Stebbings, whose work has won many awards at, for example, the Munich Biennale, the Edinburgh Festival, the Tehran Festival and from the government of Singapore.

Since 2000, the company has extended this approach to interpretations of Shakespeare with considerable international success, such as "Hamlet", "Othello", "A Midsummer's Dream", "Romeo & Juliet" and "The Taming of the Shrew", giving over 1000 performances in over 30 countries so far.

Directed by Paul Stebbings

Date: 24 March 2011 (Thursday) 19:30
Price: CNY60/80/100/150/200/300
Venue: Tianjin Binhu Theatre 天津滨湖剧院
Add: No.6, Huanhu zhonglu, Hexi District 河西区环湖中路6号
Tel: +86 22 2335 2226 +86 22 2777 8571

38 INTERNATIONAL WOMEN'S DAY

International Women's Day is celebrated on the 8th of March every year, a major global celebration of women. The 8th of March is an official holiday in many countries, from Afghanistan and Belarus to Cuba, Montenegro, and Zambia, while in some other countries, such as Cameroon, Croatia and Romania, the day is not an official holiday, but still celebrated as Women's Day nonetheless.

On the occasion of the International Women's Day, Tianjin Plus prepared a series of short interviews with six women of different ages, nationalities and professions living in Tianjin.

How would one describe a Tianjin woman? We don't know if a typical Tianjin woman exists – but we hope that these interviews will help you to understand and get to know their characters, life styles and personalities better.

Kate Poljanskih

24 years old, Estonian, Graduate student at Nankai University

Why did you come to Tianjin? Has the city changed since you arrived? I wouldn't say that Tianjin has changed a lot. Maybe environmental conditions are getting better. And, of course, there are more foreigners, compared to my first visit in 2007.

Do you feel anything special about this day? I think that this day is a good chance for every woman to feel more special than on another day, to get more attention, flowers and joy. For me, it is also a day when you could make a man do something that he refuses to do other days (to cook for example). In a word, you can do whatever you want to do on this day because you are a queen!

What are the main things in your life? To be satisfied with my life, I need my family and friends near me. I need at least one person in this world who could always support and bear me because sometimes I'm short of confidence. I need to do something that brings me joy every time; I need to discover something new every day in myself and in this crazy world; and finally, I just need to sleep at least 9 hours a day and laugh every 10 minutes!

What is an ideal woman for you? An ideal woman for me is a woman who brings kindness and tenderness to this world and gives it to everybody who needs it, because man was created to be strong but at the same time he was created to destroy. And only women can resist it! An ideal woman solves all the problems using her charming female wisdom and clever tricks. And she should be a lady in every way, of course.

What would you wish for all Tianjin women on International Women's Day? First of all, I wish you happiness! And I hope that you share this happiness with someone who really deserves your love. I hope that your life is full of joy and nice surprises and that all your dreams come true. Be unique and charming!

Juliette Salabert

Director, Alliance Française de Tianjin

Why did you come to Tianjin? With the help of Tianjin University and the French Embassy in Beijing, I founded the Alliance in 2010 in Tianjin on a mission to spread the beauty and the fun of French culture and language. It's a really fun project, and this year we have a lot of really fun programmes and events planned. So watch out Tianjin!

Do you feel anything special about this day and how is it different from other days? I like the idea of having an international woman's day. In France, we have a long history of having smart, adventurous, women leaders. I'm sure you know Joan of Arc! But we also have incredible scientific minds, like Marie Curie who did pivotal work on radioactivity. I like celebrating all the facets of what a woman can be. I mean, we are entrepreneurs, leaders, mothers, grandmothers, friends, wives, lovers…..the opportunities are endless. So let's celebrate!

What are the main things in your life? Laughing and humour are at the centre of my life. I'm also really passionate about my work, and you can find me late in the evenings and early mornings at the school. But, I can't hide it, I also like hanging out with my girlfriends and going to Beijing at least once a month to see them. I also have a strong partnership with my boyfriend that keeps me grounded and steady. Also, I can't forget my family and friends in France, and my very very large collection of books. So that's a lot of things, I'm lucky.

What is an ideal woman for you? Who is the ideal woman in history in your heart? Ah, this is a tough one. I've met so many extraordinary women. I like strong women, like Oprah – who find incredible ways to help others and have a great time doing it. Or like the famous French actress Arletty from the early 20th century – who acted for the greatest directors like Jacques Prevert and Marcel Carne, and was always so beautiful and dignified… that's a tough question!

How does gender equality in China compare to France? I think women in both China and France need to realise how lucky we are to be on equal (or almost equal) footing as men. We need to celebrate our accomplishments, but we also can't forget that there is still lots of work to be done in the rest of the world. There are so many issues like lack of legal representation, genital mutilation, rape, violence in so many countries around the world,…..so I think it's important that we remember these women, and work – with organisations such as the Girl Effect (http://www.girleffect.org) in Africa or other initiatives like the Central Asian Institute (https://www.ikat.org/) that works to build schools for girls in Afghanistan and Pakistan. Even in China there are interesting projects that we can contribute to like http://www.femmesduningxia.org/ which works with women in Ningxia. In Paris too, there is the organisation "Ni Putes, Ni Soumises", who work with women who live in poor urban zones. http://www.npns.fr/ There is lots of work left – so let's go!

What do you hope for all Tianjin women on International Women's Day? Let's celebrate together! On the 8th of March, I'd like to invite all of the women of Tianjin to come to our school to meet and talk about women's events in Tianjin and French Women through the Ages. I hope you can come!

Emily Shen

54 years old, Chinese Principal Tianjin Hanua Advanced Institute

Are you a native Tianjinese or did you move here? Yes, I was born in Tianjin and I've been living here for many years.

Do you miss Tianjin when you go to somewhere else? Maybe a little. But actually I like to travel very much; I have lived and worked in many European countries as well as America, Canada, Australia, Japan, and so on. Besides, I often have business trips as a principal of Tianjin Hanua Advanced Institute.

What is your recipe for personal success in life? The most important thing is to make my dreams come true. For me, one dream was to create a successful western type of educational institution with talented students and devoted teachers – and it came true with Hanua. The other is to establish a nursing home for old people.

Who is your female-hero in Chinese history? It's Jiang Xueqin, a woman revolutionary martyr who strived for her dreams and ideals.

What about gender equality in China? I think it really exists in China; it means that women are allowed to do everything that men are allowed and able to do.

What would you wish for all Tianjin women on International Women's Day? Love yourself and have a happy Women's Day!

Iris Yuan

Chinese, 27 years old, graduated from City University of Hong Kong (Master Degree in Law) in 2010 and Nankai University (Master of Public Administration) in 2009.

What is an ideal woman for you? Can you give an example of ideal women in history? The concept of an ideal woman is varied, as different people have different views. For me, the ideal woman definitely has a satisfactory job to which she can devote herself fully. She may have a daughter or a son, and a tender husband. For an example, I'd mention the famous hostess Yang Lan - she is an ideal woman from my point of view.

What are the main things in your life? Career is the most important thing in my life. Maybe in someone's opinion, family and love are more important than career, but not for me. I think, without a career, life would be boring; no matter how deep you can love.

What about gender equality in China? In cities, the situation is good to some extent, but in the countryside, gender equality is still just a dream.

What would you wish for all Tianjin women on the occasion of the International Women's Day? Be healthy and happy!

Yang So Young

Korean, 41 years old

Why do you live and what do you do in Tianjin? I came to Tianjin 6 years ago because my husband works in Tianjin. Actually I can't say I'm fond of Tianjin. Unfortunately Tianjin doesn't have many interesting historical places or rich cultural life.

What are the main things in your life? I'm deeply concerned that the most important is family and good health. Other things are secondary, or even tertiary.

What is an ideal woman for you? Can you give an example or several examples of ideal women in history? It is difficult for me to talk about an abstract ideal woman, but I think the real woman must be confident: confident in her beauty, in her charm.

Has the city changed since you arrived? Yes, it's changed a lot but it should change even more: especially traffic, ecology etc. The air is better than before and people are trying to be more fashionable. But the quality of service is still poor.

What about gender equality in China compared to Korea? I think in China, the situation is better than in Korea! But like China most parents want to have a boy instead of a girl. In general, Korean society is more patriarchal – consequently, men take much more stress compared to women. But they also enjoy more rights and privileges.

He Jie

Chinese, 67 years old,
Professor of College of Chinese Language and Culture
Nankai University

What are the main things in your life? For me, my family and my career are the most important things. My beloved husband is the dearest and nearest person to me. My profession is to teach, so my students, seeking knowledge, always give me strength and encourage me to go ahead. And of course I love my country, I'm proud of my nation. For me, a deep feeling for my own culture is connected with Chinese language studies, to which I have dedicated more than 40 years of my life.

What is an ideal woman for you? The French scientist Marie Curie. I admire the depth of her scientific mind, her insight and her genius since I was a child. Later, when I got older I still felt her influence.

Has the city changed since you arrived? Everything is changing so quickly! If you stay at home a couple of days and then you go out – you can get lost! Once I went to Xiao Bai Lou, I was walking there and thinking that I was somewhere in Germany or France! Same for Haihe Riverside. But I also want more green space to be kept. And in my opinion new buildings must be constructed in the national character.

What about gender equality in China? I know it's difficult for a woman to find a job nowadays. Gender inequalities exist.

What would you wish for all Tianjin women on International Women's Day? Whatever happens, try to be happy, let your life be full of sunshine!

Invaluable Experience at CCTV Spring Festival Gala

Dreams come true

Among the many customs followed by Chinese people during the Spring Festival, watching the CCTV Spring Festival gala is a must-do. For many, an appearance on CCTV's Spring Festival Gala is a life-changing experience, a major career milestone before an audience of millions of Chinese. So when a foreigner gets on the stage, they are bound to attract a lot of attention and interest. This was the case for five students from the United States, Russia, Hungary, Australia and Kenya. **Tianjin plus** got a chance to talk to two of the performers, Ruth Njeri and Patrick Mayoh, about their experience.

Born in Nairobi, Kenya, Ruth (茹丝) is a Chinese language and literature senior at Tianjin Normal University's College of International Education & Exchange.

Please tell us a little about yourself. If there was one thing that I could confidently say about myself, it would be I was born to be on stage. Every moment I get on stage, no matter how small I get a sense of freedom. Having been in China for almost five years, I have had numerous opportunities to get on stage and do what I love best, performing. And I had a golden chance to get on what is considered the most prestigious stage in China.

What do you understand about CCTV Spring festival gala? With hundreds of millions of viewers, China Central Television Spring Festival Gala is the most watched TV programme in the world. Spring festival is the most important of the traditional Chinese holidays. As many Chinese people say, once on the spring festival gala, one can ultimately become a star. I am not so sure about being a star, but I definitely did feel like one during the whole fine.

How did you get to participate in the gala? Ever since I started Chinese language lessons back in Kenya, I have actively participated in activities organised by the Confucius Institute, including the 4th and 5th annual International Confucius Institute opening galas, with performers being students from various Confucius Institutes and classes around the world. So due to that and a lot of hard work, the Confucius Institute chose the five of us to be representatives of the five continents.

How did it feel to be a part of the Chinese New Year Gala on CCTV, being with the stars? Sensational and very surreal! I remember vividly when I got the news; it was a mixture of excitement, nervousness and disbelief. I was totally over the moon meeting Da Shan, my first Chinese language teacher for the first time, and all the other stars. Being with the stars made me feel like one and sharing the stage with the likes of Jay Chou, Han Hong and the rest was an ultimate feather in my cap. I had never been to the CCTV studio before and it definitely felt like walking on the veranda of fame. It was a dream come true.

What was your favourite part of the whole experience? Meeting all the stars, sharing the same stage with them and meeting people who inspire me in various aspects were all amazing. But my ultimate favourite was being with my team. The one month we spent in Beijing was the most fun I have had in a long time. We had classes together, dined together, and went to karaoke and night outs together. Each of us had a trying moment when we caught colds, got fevers and other simple ailments, but we never gave up. The Hanban teachers and the volunteers were so kind to us and came to our aid all the time. Hanging out with Da Shan in a casual mode was also so exciting. This being my fifth spring festival, I can confidently say I have experienced every aspect of this glorious festival.

Born in Australia, Patrick Mayoh (梅友) is studying at Peking University and is currently the Australia-China Youth Association (ACYA) National President (China).

Please introduce yourself. I am currently the Australia-China Youth Association (ACYA) National President (China). I am undertaking a graduate diploma at Peking University as a Prime Minister's Australia Asia Endeavour Award Scholar. I have a strong interest in contemporary Chinese society, language, international relations and international law.

How long have you been in China? This is my eighth time studying or working in China. All toid, I have been in China for a year and a half.

What do you understand about Chinese Spring Festival? It is a great time for Chinese families to come together and enjoy the festive spirit. It has been a ritual on Chinese New Year's eve to eat dumplings while watching the gala with an estimated audience of 1 billion people. When I have been in China celebrating the festival with my host family, we have had a delicious dinner, watched *chun wan* (New Year Gala) and set off hundreds of fireworks!

How did it feel to be a part of the Chinese New Year Gala at CCTV? It was a great buzz and honour. In the lead up to the show, CCTV News was interviewing all the performers and tracking their preparation. It certainly was a surreal experience knowing that millions of Chinese households were watching. Being part of the show was also a great insight into Chinese spring festival culture and an excellent opportunity to be part of Chinese New Year festivities.

What was your favourite part of the whole experience? Being mentored by some of the leading stars in China, including Da Shan and Jiang Kun (the guru of Chinese Cross-talk), and learning Chinese with other talented students from Russia, Hungary, Kenya and America. Constant Chinese tutoring lessons provided by the Confucius Institute were also invaluable for my language skills. Funnily enough, in November last year I presented a satirical speech as part of the Peking University Language Competition titled "I want to become famous in China and go on CCTV!" It's exciting to see this dream come true!

The expat show Beijing
4th Edition
MARCH 25 - 27, 2011
CHINA WORLD TRADE CENTER
GUOMAO Subway Station
A SHOW WHERE YOU CAN FIND EVERYTHING YOU NEED TO FEEL AT HOME!
Come to have fun!
International Schools CONCERTS
Associations Village
The Cuisine Festival
1 PLACE
3 DAYS
150 EXHIBITORS
8,000 VISITORS
FREE ENTRANCE
BRING YOUR FRIENDS
Education
Health
Finance & Investment
Food & Beverage
International Movers
Tourism
Airlines
Hotels
Real-Estate
Insurance
Interior Design
Car Rental
www.weacn.com/expatshowbeijing/

2010 EUCCC Photo Contest
Photo Exhibition

AKZO

Alcan

English First

Goglio

English First

Gamesa

Gamesa

European Chamber of Commerce, Tianjin Chapter organised the Tianjin's first company photo contest on 12 December 2010 at Raffles Hotel Tianjin. Tianjin Plus, as the Exclusive Media Partner of this event, will publish the best photos from the exhibition, submitted by local companies, in its February and March issues to share with you.

Guangdong Haohe

TIMEC

Guangdong Haohe

TIMEC

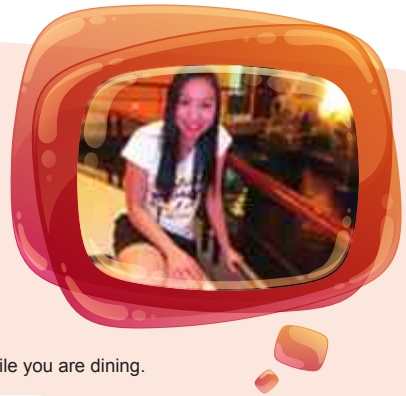
Guangdong Haohe

Vestas

Vestas

Ipsen

Siemens



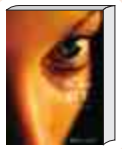
Mars Javier
28, Filipino,
English teacher

The best restaurant in Tianjin.
Banana Leaf Thai Restaurant.
I go there not only because of the food.
There is a Filipino band there that serenades you while you are dining.

Favourite drink.
Anything that contains mango juice as an ingredient is fair game.

Favourite place to spend your kuais.
Restaurants and shopping malls.

Favourite shop, hairdresser, or spa.
I rely purely on friends' recommendations.



Favourite place to hang out with friends.
E-mart (laughs). I think it's my second home in Tianjin.

Favourite dating place in Tianjin.
I love food; therefore, any restaurant with quality food and a matching ambiance can be a romantic spot for me. I'm not a big fan of walking through the parks or going to the movies.

Reading anything interesting lately?
"The Host" by Stephenie Meyer.

Last movie you watched.
"Lost". It's not a movie but it's long enough to be considered one.

Currently playing in your iPod.
"Walking After You" by The Foo Fighters – this one never gets outdated.

Strangest thing you've seen in town.
Those multiple-configuration or multi- seater rental bikes on Wu Da Dao (Machang Dao).

Worst and best things about Tianjin.
Worst – the elevators in Tianjin seldom match the quality of the buildings that house them.
Best – the people in Tianjin are generally friendly.

If you would like to participate in our next Trivia Quiz, please send an e-mail to **editor@tianjinplus.com**, before 15 Mar.

Parenting through the High School Slump

10th Grade Parenting

Everyone has heard of the term sophomore slump, but it does not just apply to college students anymore. With the growing pressure on high school students the term can also be used for the younger generation. A sophomore slump is an instance in which the sophomore or second effort fails to live up to the expectations set by an initial effort. As a parent it is important to have a strategy for your child to keep them on the proper path in the upcoming year of challenges. A parent can help guide their child with strategies for home, school and the social life of the child.

At home one of the common slumps begins with the way parents address their son or daughter to others, such as "This is my child." As a parent the word child communicates a leader-follower relationship. A natural expectation of parents is their son or daughter should be a step above their tenth grade level. The high school student however hears the word child and naturally wants to break away from the boss-worker relationship. To the mind of the student, it is not the parents that are the benchmark, but the previous year in school. To prevent your family from slipping into a sophomore funk, it is necessary as a parent to speak using the mindset of your teenager, and to have fair and realistic benchmarks.

High school can be a difficult place for your offspring. They have completed the middle school years successfully and are slowly recognising that school is not just about doing what parents and teachers say. At school, the student must make decisions about course selection, choosing the route to a career or university major, and finding ways to stay motivated.

When choosing courses, students may wish to take easier classes and stay away from the more challenging ones. As a parent it is important to support your child's decisions but guide them away from disaster. Whether your child is looking at entering the workforce or a competitive institution of higher education, the core subjects of math, science, social science and a foreign language will keep them competitive.

As a parent you must finally keep in mind that your youth is not just going from school and home; there likely is a social life between the two. It is sometimes tough to watch your teenager coping with various social issues such as popularity, relationships and self-discovery. It is better to take a coaching role rather than that of a judge. Your child has most likely outgrown the "test the boundaries" phase and is looking more for guided independence. It may be difficult for them to admit, but your tenth grader is well aware that they need help at this chapter of their life.

The next time you wish to help your high school student, take a deep breath and look at his or her home, school and social life in a supportive and realistic way. With the few tips above, your future graduate, their family and friends should all be able to push through the dreaded sophomore slump.

The tourist-trap bars sparkle their light and litter the sidewalk on Sanlitun Road, one of the most famous nightspots in Beijing – yet all, perhaps without exception, are terrible. With their overpriced drinks, Filipino bands playing 90s pop and transient clientele, none of them are actually worth going to. But just a short walk away, in nearby Sanlitun Village, there are numerous bars and indeed restaurants for the more discerning customer.

The aptly-named 1F is one such destination. Located on the corner with Sanlitun Houjie (just 2 minutes from the Apple Store), 1F is a place for those who appreciate their alcohol. The range of beers is particular is superb, coming from fifteen different countries, with fourteen varieties from Belgium, fourteen from the UK and six from Germany, for instance. Brands include Leffe, Newcastle Brown Ale, Duvel, and Samuel Smiths (a personal favorite), while there are also draft beers such as Stella, Tsingtao, Hoegaarden and Guinness. There's also an ample array of spirits, cocktails and shooters sufficient to satisfy every palate - even "mocktails" for designated drivers. Beers come at about RMB40-50 per bottle, though a welcome happy hour from 5-9pm gives half price on drafts and offers on some bottles.

1F also offers bar food, though this is not particularly its area of speciality. The burgers are ample, while you can also get a curry, steak, chili, salads, potato wedges and similar pubgrub. No pizza, though, and the prices are standard for Sanlitun – around RMB 60 for a burger, which is fine, but the starters are around RMB 40, which isn't.

Coloured a dark-cream, with dark wooden table and chairs, 1F is a place to work your way through the nationalities of beer. With a not-too-young, regular customer base (perhaps two-thirds ex-pat), and friendly efficient staff, 1F gives the impression they know exactly what ex-pats want in a bar.

1/F, Tongli Studio (southwest of 3.3 Shopping Mall), Sanlitun Houjie, Chaoyang District, Beijing
朝阳区三里屯后街同里1层
Sun-Thu 11:00-02:00
Fri-Sat 11:00-04:00
+86 10 6413 0587

The Heart of Beijing

Jonah Kessel is a photographer and documentary-maker. You can find him at www.jonahkessel.com or at twitter.com/jonah_kessel

Where are you from and how did you come to be in Beijing? The simple answer is Vermont in the US. However, the path that brought me here included living in New Orleans, Oregon, Hawai'i, California, Nevada, New Zealand, Australia, New Zealand, Algeria — and now China. I was recruited by China Daily as their Creative Director in 2009.

How did you get started on the whole photography thing? For many, the natural extension of travelling is to photograph. After a couple years of travelling and photographing as an amateur it occurred to me that someone had to do it professionally. So I got a degree in journalism and mass communications and set off. I haven't looked back since.

What documentaries are you working on now? Where will people be able to see it? I'm just finishing up a documentary on the hutong issue here in Beijing. I wanted to give a voice to those who actually live in the hutongs, which has ironically been ignored in many news stories. However, I also wanted to give the point of view of lawyers, NGOs and urban development experts to show how complex the issue actually is.

What kind of things do you have on your website? How long have you been doing it? www.jonahkessel.com is more of a portfolio site, while blog.jonahkessel.com is actually a little more fun for me, allowing people to see the process of what it takes to get to some of these places and what's behind the pictures.

Any tips for a budding photographer or documentary maker? I think the more pictures and movies you look at or watch — the better you can be. But don't just look — think about where the photographer is; about the communication happening between the subject and the lens. Then… go do it. And then do it again. And again!

What have you learned from your efforts in capturing Beijing? With every hutong torn down, Beijing loses a bit of its culture. However, awareness has increased tenfold. The government needs to find a solution which includes thinning the population to make room for modern amenities while at the same time improving the living conditions for those that live there and educate people on the value of cultural heritage. If they can do this — the spirit of old Beijing will continue to exist.

Xinjiang Islam Restaurant

While there are many thousands of Chinese restaurants around the world, one would hazard a guess that that the majority of them specialise in Sichuan, Cantonese, and dim sum, and of course they adapt to local tastes. You've got to live in China to get the real thing, and while the western regions are great distances away from the coast, Beijing has a fine range of Xinjiang restaurants which can satisfy the most demanding search for authenticity. Located in the Xinjiang Provincial Government Office, near Beijing Zoo, Xinjiang Islam Restaurant consequently offers the best of the region. The food is delicious and cooked with certainty, while the restaurant is clearly largely patronised by those from that westernmost region. There may not be the head-dresses, music and dances of Tianjin's similar Kansai Moslem Restaurant, but this dining experience feels less about re-enacting a culture and more about eating regular Xinjiang style, with no flourishes required.

The restaurant is part of a hotel and government complex; the dining room can accommodate several dozen tables, and at weekends needs to, given its popularity. You may have to wait in the hotel café, but you will be called, and any drinks you order there will be conveniently added to your bill. The food is, of course, typical Xinjiang fare, with meat skewers, roasted legs of lamb, even whole roasted lambs, breads, potatoes, vegetable dishes and homemade yoghurt, alongside more typical Chinese dishes. Satisfying isn't the word: it is both hearty and delicious.

The restaurant could be a little more homely, as it simply appears as a matrix of tables in a large dining room; there's not much decoration or variety to capture the eye. This is a relatively minor quibble, however, given the superlative food, and inobtrusive attentiveness of the waiting staff.

Xinjiang Provincial Government Office, No. 7, Sanlihe Lu, Xicheng District, Beijing
新疆伊斯兰饭庄
西城区三里河路7号
11:00 - 22: 30, Daily
+86 10 6830 1820

Social Fabric

One of the major differences between living in Tianjin and Beijing is the size of the ex-pat population. I don't think that spending your time in the ex-pat bubble is a good thing – but there being so many foreigners does have its advantages. No matter how hard I try to adapt, there's always a large part of me which remains forever British, and there are certain things I need to do which requires a certain level of fellow-foreigner participation. And Beijing has a critical mass in the ex-pat population that allows community organisations, clubs and events to go on, despite its constant ebb and flow. This makes Beijing in some ways a far easier place to settle in to; you can easily find organisations which cater to your interests, whether that be sports, speechmaking, live music, cinema, cooking, literature, art, business networking, parenting, wine… the list goes on. Of course, some Tianjiners are organising events already. Mike Benner, an ESL teacher from Vancouver, organises cycling competitions for expats and locals from Tianjin and Beijing. Daygan Sobotka at the Spot Café features art and has Open Mic nights. You probably know plenty more - but more can always be done!

The thing about Beijing is that it seems rather diffuse. When I lived in a small city in Jiangsu, the five or six foreigners there huddled round for dear life. We had some Chinese friends, but we used each other for social activities, every time, three or four times a week. In Tianjin, the circle is somewhat bigger, but chances are you'll have a distinct group. In Beijing, meeting a foreigner is so commonplace as to be meaningless. Therefore you have to make an effort to get out there and get to know people. These community organisations and social events, then, are perhaps less a tribute to the size of Beijing than a comment on the hurdle of getting to know people. They perform an outstanding function – but it's worth noting that this function is necessary!

Ultimately, I believe that city life isn't about the quality of shopping, or the architecture, or even the job opportunities – it's about the depth and quality of the social fabric. Beijing takes a little more work, to be sure – but as long as you're prepared to take that first step, you will be amply rewarded. I've been to Literary Death Matches, danced at ceilidhs (kilt a-flying!), networked with professionals (dozens of business cards clog one of my desk drawers) and seen some outstanding live performances from local bands – the range and scale of opportunities are what makes Beijing life exciting. A dense social fabric might be harder to penetrate, but you're enmeshed, you'll never look back.

Richmond Restaurant & Paulaner Bar

里士满西餐酒吧 *Fill up a Frothy Stein*

There is a credo in the restaurant business that a place which serves many types of cuisine rarely does any of them well. That usually holds true, but it's not the case at Richmond. Expecting a brauhaus-style menu loaded with schnitzel and kartoffel, it was surprising to see such international fare. Fittingly, Richmond is situated on Luoyang Road just two blocks away from the International Building on Nanjing Lu. This location is ideal for the Happy Hour crowd looking to tip back a few cold pints after a long day at work.

Richmond has a great atmosphere for building camaraderie and *gaunxi*. The mahogany stained bar and dim lighting are very typical of a Western style pub, and as long as the Paulaner keeps flowing, the conversations will remain lively. In addition to the bar which serves a full range of beer, spirits and wine, the menu features many styles of cuisine. Whether you hail from Berlin or Bangkok, you will find something that suits you. Steaks, chops, fresh fish, pizzas and burgers will please Westerners, while various rice dishes and curries give the menu an Asian flair. Typically German food as well as foie gras round out the selection.

At Richmond, you'll go for the drinks, stay for the food and stay even longer for another round!

No.23, Luoyang Dao, Heping District和平区洛阳道23号
11:00-05:00 +86 22 2311 3398 +86 22 2311 3397

Le Procope Lounge 普蔻酒廊

Tianjin's one and only of its kind

Still in its soft opening, Le Procope Lounge is a sleek alternative to Tianjin's monotonous nightlife and could have a great impact on Tianjin's night scene. Located at the junction of Chengde road and Shandong road, the lounge is the only one of its kind in Tianjin.

The most stunning thing about the place is the interior. The high ceilings and brick walls give the place that distinctive converted factory feel, while the carefully light bar that stretches up to the ceiling, like an altar to alcohol, adds a futuristic twist. This lounge has been scrupulously designed, from the aforementioned bar to the "warehouse" door at the entrance. Every piece of decoration has been carefully picked and strategically placed to give the lounge the laid-back yet industrial feel. The tactical seating and assorted lighting instil living-room cosiness. The upstairs plan gives the lounge a coffee-house feel with seating arrangements on the floor and low tables and sofas. This makes it an ideal date spot where you can hide away from the crowd but still be a part of the action going on down below. According to the PR manager, Veta Zheng, they had their own architect doing the painstaking design. Come summer they will have completed the rooftop and have it ready for an even chic and breezy night-out.

The cocktails are professionally prepared and totally worth the price, albeit pricey. My favourite would have to be the cosmopolitan (45RMB). You can catch a show from the Bar head, Art, as he showcases his bartending skills that will stimulate your buds.

If you are totally uninspired by Tianjin's night life, head to the Le Procope Lounge. This is definitely something Tianjin has been missing.

Junction of Chengde Dao and Shandong Lu, Heping District
和平区承德道和山东路交口
10:00-03:00
+86 22 2711 9858

TJ+ Hair Stylist

Bridesmaid Hairstyle

For March, Andy wants to show us how to make the perfect bridesmaid hairstyle.

If you are going to be a bridesmaid and want a great hairstyle, but don't want to outshine the bride, have this spectacular hairstyle without too many extensions, big curls or accessories. You'll stand out, but not too much!

Kris Chen
Lanwei Advertisement Development Co., Ltd

AY Hairsalon
5A-01, bldg. 18, Magnetic Capital
Binshui Xi Dao, Nankai District
Tel: +86 22 2374 1333
南开区宾水西道时代奥城商业广场
18号楼5A-01

Here are the steps of our best bridesmaid hairstyle for your reference:

1) Using a barreled curling iron to large hot rollers, curl the hair to get big, tumbling curls that look soft and natural.

2) Design the fringe as wave shaped.

3) The hair on top is pulled up toward the back of the head, while fixed by hair pins and hair gel.

4) Twist the hair with the help of your fingers, creating curls in rich layers.

5) To add a finishing touch, separate the waves gently, which will give a natural look.

So, keeping your hairstyle simple and elegant should be perfect enough for the event. This hairstyle is lovely for weddings, as well as functions or official occasions. And, of course, you're welcome to experience it at AY Hair Salon.

JARLL

High-grade handicrafts lead you to a world of Beauty

JARLL, a chain store founded in Xinzhu, Taiwan in 1983, specialises in high-grade handicrafts, with products mainly exported to Europe or sold domestically. There are six branches in mainland China, with two branches in Tianjin: one in the Fareast Department Store, the other in Isetan, which newly opened on 1 February 2011.

Advancing in expression and digesting in style, every piece is handmade with a unique design. As its slogan *Happily share, humanist life,* JARLL joins fashion and classic; Chinese and Western together and pays more Attention to the feelings and experience of Humans.

After carefully appreciating their wares, you'll feel that each piece is telling you a story or conveying an emotion. Indeed, what JARLL tries to show its customers through its crafts are not just beautiful objects, but their abundant connotations.

Love Forever Series: Swarovski Crystal and diamond, heart-shaped design, showing luxurious and elegant western-style romance.

Chinese Wedding Series: Chinese traditional Baitang (perform the formal wedding ceremony), Jiaobeijiu (cross-cupped wine), Lianli (Affectionate couple), all in exciting red, giving a sweet and festive Chinese-style romance.

JARLL讓尔艺术

1) 2F, Fareast Department Store, No.168, Dongma Lu, Nankai District.
南开区东马路168号
远东百货2楼
Tel: + 86 22 2725 1769

2) 6F, Isetan, No.108, Nanjing Lu, Heping District.
和平区南京路108号
伊势丹6楼

Besides the afore-mentioned, there are many other series, such as Reputation, Fairy Tales, Admiration and Eastern, which might be suitable as business gifts, personal collections, conference souvenirs, and so on. To be improving their artistic and appreciative value, JARLL cooperates with reputable artists from Taiwan and famous brands like Anna Sui.

The manager of JARLL Tianjin told us that a VIP Reception will be held in the Fareast store from 22 April to 1 May. The Baijuntu series, thus far only sold in Taiwan, will be displayed for sale on the mainland for the first time. If interested, you're of course welcome to the store to take a look and see what you like!

LEARNING TO LEI FENG DAY

March 5th

Lei Feng (December 18, 1940 – August 15, 1962) was a soldier of the People's Liberation Army in the People's Republic of China. After his death, Lei was characterised as a selfless and modest person who was devoted to the Communist Party, Chairman Mao Zedong, and the people of China. In the posthumous "Learn from Comrade Lei Feng" campaign, initiated by Mao in 1963, Lei became the symbol of nationwide propaganda; the youth of the country were encouraged to follow his example.

Chinese leaders have praised Lei Feng as the personification of altruism. Leaders who have written about Lei Feng include Deng Xiaoping, Zhou Enlai, and Jiang Zemin. His cultural importance is still reproduced and reinforced by the media and cultural apparatus of the Chinese party-state, including emphasising the importance of moral character during Mao's era.

WORLD SLEEP DAY

March 21st

World Sleep Day started in 2008 organised by the World Sleep Day organisation which is regarded as a platform for medical professionals to deliver the message of the importance of healthy sleep to the public. "A good night's sleep" has long been the intention of millions of people suffering from sleep disorders around the world. However, this objective is scarcely met with ease. There are many illness associated with lack of enough sleep such as narcolepsy, insomnia, sleep apnea, restless leg syndrome and chronic insufficient sleep.

World Sleep Day is celebrated to show people the importance of sleep in life. Life is really important. Sleep helps in regenerating dead cells in our body, sleep helps in protein production and many other body actions. Sleep also helps our brain to better manage information capture and for a better memory. Sleep helps to relax and decrease stress……

Wan Long Ski Resort
Direct Bus Service

Date: 4-6 March 2011
Leaving on 4 Mar. at 4pm from Tianjin (IST) with a pick up in Beijing (Decathlon, 5th ring road)
Returning on 6 Mar. to Tianjin between 8pm and 9pm

Date: 18-20 March 2011
Leaving on 18 Mar. at 4pm from Tianjin (IST) with a pick up in Beijing (Decathlon, 5th Ring Road)
Returning on 20 Mar. to Tianjin between 8pm and 9pm

Price: 350RMB per person, for round trip bus service only

We offer direct travel coach bus service from Tianjin to Wan Long Ski Resort and return.
If interested in joining any of these trips, please call **+86 135 0207 0987** (Alan Cui)
or send an email to **info@chinabustravel.com**
Trip leader: Scott Fitzgerald (IST)

GIVING YOUR BEDROOM THE RIGHT FENG-SHUI

Did you know that your bedroom is the most important room in your house? According to the practise and philosophy of Feng-Shui (literally meaning "Wind Water"), your health, your love life, and your career depends on it. In China, wind and water are associated with good health, meaning that good feng shui represents good fortune, and thus bad feng shui means bad luck or misfortune.

Feng-Shui 風水 is based on the Taoist philosophy and understanding of nature, especially the idea that the land is filled with energy. It studies the way qi (energy) moves and how it surrounds us. It is an ancient Chinese system of aethestics that is supposed to improve your life by receiving positive qi. The historical use dates back 3500 years, and is closely related to the development of Chinese astronomy.

The most important feng shui tool is a Bagua. It is shaped like an octagon and serves to evaluate working space. It represents a map that is divided into eight spaces, corresponding to the areas of our life. The Bagua map is used to identify the position of each one of those eight areas in the location we are evaluating. Each of the areas has a feng shui element (e.g., water, earth, wood, fire, or metal), a color, and a life area (e.g. creativity, children, marriage).

Your space should therefore be set up according to the Bagua map. Imagine, having your bathroom, toilet and kitchen sink where the Bagua shows your wealth/blessing area lies. You shouldn't be surprised if money does not stay around for a long time, as you put your "wealth down the drain" according to feng shui.

So, how about that bedroom of yours? Do you have two bedsides tables? Is your bed easily approachable from both sides? And is your bed out of line with the door? Did you use "skin colors" on the walls and furniture? If not, then these might be clues why there is no nourishing and sensual energy to be found in this particular room.

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Bakeries & Desserts

Alice Bakery 美厨娘坊 DIY shop to make your favourite cakes, bread and yummy desserts. Mon-Sun 10:00-20:00. -2F, Land Share Shopping Street, Tianjin Concert Hall, Xiao Bai Lou, Heping District 和平区小白楼音乐厅朗香街广场负2层 Tel: +86 22 8568 7170

Bengons 宾果士 They're known for their delicious anniversary cakes and their brown bread. Mon-Sun 07:00-21:00. Tong'an Xinli, No. 20, Tong'an Dao, Heping District 和平区同安道20号同安新里 Tel: +86 22 2351 9666 www.bengons.com

Cold Stone Creamery 酷圣石冰淇淋 The best place in Tianjin to enjoy an ice cream full of flavours and mix-ins. Mon-Sun 10:00-22:00. -1F, The Exchange, No. 189, Nanjing Lu, Heping District 和平区南京路189号津汇广场负1层 Tel: +86 22 8319 1576 www.coldstone.com.tw

Kissling Bakery 起士林 One of the oldest and most traditional bakeries in town, in the heart of the picturesque area Xiao Bai Lou. What you can find here, you won't certainly find anywhere else. Mon-Sun 08:30-21:30. No. 33, Zhejiang Lu, Heping District 和平区浙江路33号 Tel: +86 22 2330 0330

Mighty Deli 美琪食品 Imported goods supermarket like pastas, sauces, cheeses, salamis, cereals, wines. Also good to enjoy a quick sandwich or pasta cooked at their dining section. Mon-Sun 09:00-21:00. No. 8, Huanhu Zhong Dao, Hexi District 河西区环湖中道8号 Tel: +86 22 2352 6766

Pastry Shop 酥园 Offers all–day Chinese tea, wines, and beverages. Also available is the dessert, pastry and chocolate corner. Mon-Sun 06:00-00:00. Hyatt Regency Jing Jin City Resort & Spa, No. 8, Zhujiang Road, Zhouliang Zhuang, Baodi District 宝坻区周良庄珠江大道8号京津新城凯悦酒店 Tel: +86 22 5921 1234

Paris Baguette 巴黎贝甜 The best sandwiches, tiny pizzas, donuts, you name it. Perfect for a quick lunch followed by a delightful dessert. Mon-Sun 10:00-21:30. -1F, Robbinz Department Store, No. 128, Nanjing Lu, Heping District 和平区南京路128号乐宾百货负1层 Tel: +86 22 2716 8258 www.parisbaguette.com.cn

Sun Sweet 圣思威特 A bright and colourful assortment of different kinds of sweets and creamy-cakes. Mon-Sun 12:30-21:30. 1F, bldg. 6, Jin Wan Plaza, Jiefang Bei Lu, Heping District 和平区解放北路津湾广场6区1层Tel: +86 22 2321 9299

Cantonese

B.J. Top-class Hongkong BFT Restaurant 香港避风塘酒楼 Providing traditional Cantonese cuisine which will give you an unforgettable experience. Mon-Sun 11:30-14:30; 17:30-21:30. 52F, Center Plaza, No. 118, Jiefang Bei Lu, Heping District 和平区解放北路118号信达广场52层 Tel: +86 22 5829 9698

Cuiheng Village 翠亨邨 Authentic Cantonese food and desserts served in a comfortable environment to suit all occasions. Mon-Sun 08:00-14:30；17:00-03:00. 1-2F, Science & Technology Building, No. 23, Youyi Lu, Hexi District 河西区友谊路23号科技咨询大厦1-2层 Tel: +86 22 2813 1601

Qing Palace 青天轩 Offers distinctive Sichuan & modern Cantonese cuisine in a refined ambience. From home-style dishes to royal cuisine. Mon-Sun 11:30-14:30; 18:00-22:30. 6F, Raffles Tianjin, No. 219, Nanjing Lu, Heping District 和平区南京路219号天津莱佛士酒店 6楼 Tel: +86 22 2321 5888 ext.5106

Yue Wei Xian 粤唯鲜 A three-storey Italian designed museum/restaurant built in 1937. it was once the residence of Peking opera master Ma Lianliang. Dining with antiques and amazing architecture is the serving of each day. Mon-Sun 11:30-14:00, 17:30-22:00. No. 283-285, Hebei Lu, Heping District 和平区河北路283-285号 Tel: +86 22 2339 8888

Yue Xian Ge Restaurant 粤鲜阁酒楼 Specialising in Cantonese and Sichuan cuisine, also offering sushi and other kinds of food that can meet your satisfaction. Mon-Sun 11:00-03:00. Shuiyinglan Building, Pingshan Dao, Hexi District 河西区平山道水映兰底商 Tel: +86 22 2351 8999

Chinese

Aishang 2046 Sijia Cai 爱上2046私家菜 Specialising in Hunan home-style dishes, giving you unforgettable experience. Mon-Sun 11:30-14:30; 17:30-21:30. No. 43, Hubei Lu, Heping District 和平区湖北路43号 Tel: +86 22 2339 7566

Celestial Court Chinese Restaurant 天宝阁中餐厅 Sheraton's premiere Chinese restaurant. Chinese traditional decor giving special care to dish's details and presentation. Mon-Sun 11:30-14:00; 17:30-21:30. 2F, Main Building, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District 河西区紫金山路天津喜来登大酒店主楼2层 Tel: +86 22 2731 3388 ext.1825/1826

China Station 中国站 A divine place to enjoy a traditional yet sophisticated Chinese meal. Baozi is a must try. Mon-Sun 11:30-14:00; 17:30-22:30. 2F, Radisson Plaza Hotel Tianjin, No. 66, Xinkai Lu, Hedong District 河东区新开路66号天津天诚丽笙世嘉酒店2层 Tel: +86 22 2457 8888

Chun Yun Tian 楚云天 Serves various Chinese cuisines for lunch and dinner in an elegant and relaxed atmosphere. Mon-Sun 10:30-14:00; 17:00-21:00. 1F, Binhu Building, Huanhu Zhong Lu, Hexi District 河西区环湖中路滨湖大厦1层 Tel: +86 22 2335 5066

Fu Quan Ge Chinese Restaurant 福泉阁中餐厅 Combines elegance and luxury with a creation of healthy and traditional Chinese gourmet where they will provide you a special fine-dining. Mon-Sun: 11:30-14:30 17:30-21:30 2 F, NO.8,Meiyuan Road, Saixiang Hotel, Tianjin 南开区梅苑路8号天津赛象酒店二层Tel: +86 22 23768888 ext.3802

Fountain Lounge 碧泉茶园 Offers all–day dining featuring Chinese and western comfort food, selection of fine Chinese tea, wines, and beverages. Mon-Sun 06:00-00:00. Hyatt Regency Jing Jin City Resort & Spa, No. 8, Zhujiang Road, Zhouliang Zhuang, Baodi District 宝坻区周良庄珠江大道8号京津新城凯悦酒店 Tel: +86 22 5921 1234

Guandi Tianjin Hui 官邸天津会 Traditional Chinese cuisine and also catering to party and business banquets. Mon-Sun 11:30-14:00; 17:30-21:00. No. 28, Chongqing Dao, Heping District 和平区重庆道28号 Tel: +86 22 2330 8666

Gui Yuan Restaurant 桂圆餐厅 Experience Chinese Cuisine in an elegant ambience and top-quality service. Mon-Sun11:30-14:00; 17:30-21:30. No. 103, Chengdu Dao, Heping District 和平区成都道103号 Tel: +86 22 2339 7530

Jiangnan Xiao Chu 江南小厨 Offering the finest classical Jiangnan cuisine in a refined, elegant yet relaxed atmosphere. Mon-Sun 11:30-14:00; 17:30-21:30. No. 151, the junction of Guilin Lu and Chongqing Dao, Heping District 和平区重庆道与桂林路交口151号 Tel: +86 22 2331 5656

Riverside Chinese Restaurant 海河轩中餐厅 With riverside views and proximity to the train station, this is a fine Chinese restaurant as well as an inviting scenic area. Mon-Sun 12:00-14:00, 17:30-22:00. 3F, Holiday Inn Tianjin Riverside, Phoenix Shopping Mall, Haihe Dong Lu, Hebei District 河北区海河东路凤凰商贸广场海河假日酒店3层 Tel: +86 22 2627 8888 ext. 2211

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. Mon-Sun 11:30-14:00; 17:30-22:00. 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豪华精选酒店1层 Tel: +86 22 2331 1688 ext. 8920

Southern Beauty 俏江南 One of the top restaurants in town with an opulent setting and lavish dishes. Mon-Sun 09:00-22:00. No. 1, the junction of Youyi Bei Lu and Machang Dao, Hexi District 河西区马场道与友谊北路交口1号 Tel: +86 22 2325 9327 www.southbeautygroup.com

Tao Li Chinese Restaurant 桃李中餐厅 Renowned amongst Tianjin's discreet jetset as one of the territory's finest Chinese Restaurants, seating a total of 132 people with 9 private rooms. Mon-Sun 11:30-14:00; 17:30-22:00. 6F, Hotel Nikko Tianjin, No. 189, Nanjing Lu, Heping District 和平区南京路189号天津日航酒店6层 Tel: +86 22 8319 8888 ext. 3561

The Garden 8号紫园 Tastefully designed, the restaurant serves authentic Cantonese cuisine and provides an exclusive dining experience. Mon-Sun 11:30-14:30; 17:30-22:00. Hyatt Regency Jing Jin City Resort and Spa, 8, Zhujiang Road, Zhouliang Zhuang, Baodi District 宝坻区周良庄珠江大道8号京津新城凯悦酒店 Tel: +86 5921 1234

The Fashion Coarse Food 时尚粗粮 A new concept restaurant which food use coarse food grain as main ingredient, and here you can have a light but healthy diet in an elegant environment. Mon-Sun 11:00-21:00. F7, Robbinz Department Store No.128, Nangjing Road, Heping District 和平区南京路128号乐宾百货7楼 Tel: +86 22 2716 8253

Youth Restaurant 青年餐厅 Home style dishes which is a good place for gathering with your friends. Mon-Sun 11:30-14:30; 17:30-21:30. 1F, bldg. 1, Jin Wan Plaza, Jiefang Bei Lu, Heping District 和平区解放北路津湾广场1区1层 Tel: +86 22 5836 8081

Zen5es 中国元素中餐厅 A wonderful atmosphere to enjoy a real, tasty Chinese flavour. Mon-Sun 11:30-14:30; 17:30-22:30. 4F, 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4层 Tel: +86 22 2389 0088

Dumplings

Bai Jiao Yuan百饺园 The best place in town to taste true Chinese dumpling with all sorts of variety, at a very affordable price. 1) Mon-Sun 11:00-14:00, 16:00-21:00. Changjiang Dao, Nankai District 南开区长江道. Tel: +86 22 2742 1177; 2) Mon-Sun 11:00-14:00; 16:00-21:00. No. 43, Pingshan Dao, Hexi District 河西区平山道43号 Tel: +86 22 2356 6120 www.baijiaoyuan.com

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

Go Believe 狗不理 The famous dumpling restaurant from Tianjin featuring the best in baozi. 1) Mon-Sun 09:00-22:00. No. 77, Shandong Lu, Heping District 和平区山东路77号 Tel: +86 22 2730 2540; 2) Mon-Sun 08:30-21:00. Food street, Heping District 和平区食品街 Tel: +86 22 2727 1116; 3) Mon-Sun 11:30-14:00; 17:30-21:30. Jinlong Apartments, No. 16, Shuishang Gongyuan Bei Lu, Nankai District 南开区水上公园北路16号津龙公寓 Tel: +86 22 2337 1999 www.chinagoubuli.com

Fast Food

Lotteria 乐天利 Korean fast food franchise,offers various set lunch&dinner at a value price to satisfy you. Mon-Sun 07:00-22:00. Magnetic Capital, Binshui Xi Dao, Nankai District 南开区宾水西道时代奥城商业广场 Tel: +86 22 2374 1909

Macdonald's 麦当劳 No introductions needed for the American fast food chain. What you do need to know is that in China they deliver to your home 24 hours a day. Tel: 4008 517 517

KFC 肯德基 The world's most popular chicken restaurant chain.24 hours home delivery. Tel: 4008 823 823

French

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

German

Euro Place Restaurant & Bar 欧之家餐吧 Cute, cozy, warm and friendly. Simple yet comfortable dining room with hand painted murals of European landscapes. From 21:00 afterwards they also have a live band to cheer the crowds. Mon-Fri 17:30-00:00. No. 2-26, Fengshui Garden, Meijiang New Bay Plaza, Youyi Nan Lu, Hexi District 河西区友谊南路梅江新海湾商业广场风水园2-26号 Tel: +86 22 8838 9578

Drei Kronen 1308 Brauhaus 路德维格1308啤酒坊西餐厅 The world's oldest heritage brewery joined Tianjin's growing segment of good international restaurants. You're greeted by the stainless-steel brew tanks, featuring dark beer, wheat beer and lager. Mon-Sun till 2am, 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 Tel: +86 22 2321 9199

Hotpot

Hai Di Lao Hotpot海底捞火锅 A very popular place which serves Si Chuan-style hot pot. Mon-Sun 24hrs. 3F, Renren Le, No. 78, Xihu Dao, Nankai District 南开区西湖道78号人人乐3层 Tel: +86 22 8568 5886 www.haidilao.com

Xiao Fei Yang 小肥羊 A hot pot chain ubiquitous across China. Cheap, cheerful, and bustling hot pot restaurant with cheap, clean ingredients, generally good service staff. Mon-Sun 24hrs. The junction of Xianyang Lu and Jieyuan Xi Dao, Nankai District 南开区芥园西道与咸阳路交口 Tel: +86 22 2769 6688

Yue Wei Xian Hotpot Restaurant 粤唯鲜火锅城 Serves traditional hot pot cuisine in a modern way. Mon-Sun 11:00-22:30 No. 8, Ti Yuan Bei Dao, Hexi District 河西区体院北道8号 Tel: +86 22 2395 2000

Indian

Bawarchi Indian Restaurant 芭瓦琪印度餐厅 A authentic aromas of Indian spices. Great naan, curries, samosas and lamb. Mon-Sun 11:00-14:00; 17:30-21:30 No. 69, bldg. B, Shang Gu, Tianta Lu, Nankai District 南开区天塔路上谷商业街B座69号 Tel: +86 22 2341 2786

Italian

B.J. Top Class 云顶百家 Serves Western and Chinese flavours with plenty of variety and selections. Mon-Sun 11:00-14:00; 17:30-21:00. 52-53F, Hisense Plaza, No. 188, Jiefang Bei Lu, Heping District 和平区解放北路188号海信广场52-53层 Tel: +86 22 5829 9698

Babela's Kitchen 巴贝拉意式休闲餐厅 A good compromise between price, location and quality with a wide variety of pizzas, pastas, soups, salads, and puddings. Mon-Sun 10:00-22:00. 2F, How Why Department Store, No. 199, Nanjing Lu, Heping District 和平区南京路199号号外时尚官2层 Tel: +86 22 2782 6470

Buitoni 堡康利 Pastas and sauces combine fresh, simple ingredients to create authentic, extraordinary Italian meals. Mon-Sun10:00-14:00; 17:00-22:00. No. 86, Minzu Lu, Hebei District 河北区民族路86号 Tel: +86 22 2445 1592

Gino Restaurant 季诺意式休闲餐厅 The smart choice for good, simple Italian food at a good price. Mon-Sun 10:00-22:00 No. 231, Machang Dao, Hexi District 河西区马场道231号 Tel: +86 22 2352 6530 www.giNo.com.cn

PREGO 意大利餐厅

Prego 意大利餐厅 Italian music, Italian olive oil, Italian wine and tasteful Italian ambience and along with dishes bursting with taste. Must haves are the minestrone and tiramisu! Mon-Sun 11:30-14:00; 18:00-22:00. 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 Tel: +86 22 2389 0088

Trattoria Italiana 意大利人餐厅 A gorgeous three-storey building in the Italian. District with a chef hailing from the rich culinary streets of Italy. Try the salami pizza! Mon-Sun 19:00-22:00. No. 443, Tianjin Italian Style Town, Shengli Lu, Hebei District 河北区胜利路意大利风情街443号 Tel: +86 22 2446 0505

Venezia Club 威尼斯酒吧 A genuine Italian restaurant in the heart of the Italian District. Simply must try the pastas, the garlic bread and the cheeses. Mon-Sun 11:00-02:00. No. 48, Tianjin Italian Style Town, Ziyou Dao, Hebei District 河北区自由道意大利风情街48号 Tel: +86 22 8761 3413

Japanese

Benkay Japanese Dining 弁慶日本料理餐厅 Offers the best and freshest delicacies as well as seasonal items direct from Japan. Mon-Sun 11:30-14:00; 17:30-22:00. 5F, Hotel Nikko Tianjin, No. 189, Nanjing Lu, Heping District 和平区南京路189号天津日航酒店5层 Tel: +86 22 8319 8888 ext. 3558

Chitose 千登世 Upscale Japanese located in front of the Water Park. They serve the finest in Japanese cuisine with ingredients imported from all over the world. Mon-Sun 11:00-14:00, 17:00-22:00. 5F, Ningfa Group, No. 21, Shuishang Gongyuan Dong Lu, Nankai District 南开区水上公园东路21号宁发集团5层 Tel: +86 22 2392 0287

Haru Haru Japanese Restaurant 通天阁新派料理 Great buffet with sushi,sashimi,noodles and more, a la carte also available. Mon-Sun 11:00-14:30; 17:00-22:00. No. 50, bldg. D, Shang Gu, Tianta Dao, Nankai District 南开区天塔道上谷商业街D座50号 Tel: +86 22 2341 0988

Ichiba 市集 Offers traditional Japanese food prepared by the open kitchen with a tatami-style dinning atmosphere.Sat, Sun and Public Holidays. 11:30–14:30. Hyatt Regency Jing Jin City Resort and Spa, 8, Zhujiang Road, Zhouliang Zhuang, Baodi District 宝坻区周良庄珠江大道8号京津新城凯悦酒店 Tel: +86 22 5921 1234

Kintaikyo 锦带桥日餐厅 Tasting the phenomenal Japanese cuisine and enjoying tradition Japanese culture in our over 300m² Japanese Restaurant will offer you a wonderful dining experience. Mon-Sun:11:00-14:30 17:30-21:30 2nd floor, NO. 8, Meiyuan Road, Saixiang Hotel, Tianjin 南开区梅苑路8号天津赛象酒店二层Tel: +86 22 23768888 ext.3826

Kushi Grill 串烧 The restaurant specialises in all the finest delicacies from Japan. Must tries are the beef sirloin and the Kobe beef, and the delicious skewer platter. Mon-Sun 17:30-22:30. 2F, Radisson Plaza Hotel Tianjin, No. 66, Xinkai Lu, Hedong District 河东区新开路66号天津天诚丽笙世嘉酒店2层 Tel: +86 22 2457 8888

Meshiya Hashiba 桥场饭屋 Experience a unique dining experience in a luxurious, elegant atmosphere and top-class service. Mon-Sun 11:00-15:00; 17:00-22:00. 7F, Isetan, Modern Town, No. 108, Nanjing Lu, Heping District 和平区南京路108号现代城伊势丹7层 Tel: +86 22 2718 8385

Michikusa 美千草 Specially offers Japanese-style western food. Mon-Sun 10:00-00:30. No. 6, Hunan Lu, Heping District 和平区湖南路6号 Tel: +86 22 2712 5057

Seitaro 清太郎日本料理 One of Tianjin's best Japanese Restaurants which features a wide selection of regional specialties for lunch and dinner including a teppan and sushi counter. 1). (Next to Kaisa Palace) 1F, No. 46, Qi Xiang Tai Lu, Heping District 和平区气象台路46号1层（凯撒皇宫旁） Tel: +86 22 2835 5588; 2) Mon-Sun 11:30-14:30; 17:00-22:30. Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District河西区紫金山路喜来登大酒店 Tel: +86 22 2335 0909

SóU 思创 Features contemporary Japanese and European cuisine and offers a spectacular view of the city skyline, creating an exquisite ambience for romantic dinners. Mon-Sun 18:30-23:00. 49F, Raffles Tianjin, No.219 Nanjing Road Heping District 和平区南京路219号天津莱佛士酒店 49楼 Tel: +86 22 2321 5888 ext.5106

Wei Cai 味彩 A cozy little spot where you're always greeted and thanked in Japanese. Perfectly affordable and it has sushi of all tastes. Mon-Sun 10:00-22:00. 7F, Robbinz Department Store, No. 128, Nanjing Lu, Heping District 和平区南京路128号乐宾百货7层 Tel: +86 22 2716 8251

Korean

Green Village 绿色村庄 One of the best Korean restaurants in the city. Try the Korean style room and enjoy the wide variety of foods. Mon-Sun 11:00-00:00. No. 22, Xihu Cun Dajie, Nankai District 南开区西湖村大街22号 Tel: +86 22 2742 2675

Han Luo Yuan 韩罗苑 Offering Korean BBQ and other traditional Korean food. Mon-Sun 10:30-23:00. 4F. 1F, Golden Crown Building, No. 20, Nanjing Lu, Hexi District 河西区南京路20号金皇大厦1层 Tel: +86 22 2302 9888

Sorabol 萨拉伯尔 Authentic Korean food at a good price, ¥38 for2 at lunchtime. Mon-Sun11:00-14:30; 17:00-22:00. No. 873, Dagu Nan Lu, Hexi District 河西区大沽南路873号 Tel: +86 22 2833 5588

YEZA Korean Restaurant 椰家韩餐厅 Offers a variety of Korean classic dishes, and of course, the famous Korean BBQ in Korean style room. Mon-Sun 11:00-22:00. No. 47, bldg. C, Shang Gu, Tianta Dao, Nankai District 南开区天塔道上谷商业街C座47号 Tel: +86 22 2341 1738

Muslim

Hong Qi Shun 鸿起顺 Famous Muslim brand in Tianjin, which is a five storey building. Mon-Sun 11:00-21:00. No. 668, Dagu Nan Lu, Hexi District 河西区大沽南路668号 Tel: +86 22 2832 8038

Hui Fang Lou 会芳楼 Traditional Muslim food. Mon-Sun 10:00-14:00; 17:00-21:00 No. 74, Dali Dao, Heping District 和平区大理道74号 Tel: +86 22 2311 6066

Pizza

Galilee Pizza House 加利利披萨店 A new pizza delivery place operating out of Huayuan residential area. Mon-Sun 11:00-08:30. Huayuan Jiuhua Li Bazaar, Huayuan Jie, Nankai District 南开区华苑街华苑久华里市场 Tel: +86 22 2373 1366

Gold Pizza 黄金比萨 Nicely done tasty pizzas at an affordable price. Mon-Sun 09:00-22:00. 1F, Caifu Building, Weijin Lu, Nankai District 南开区卫津路财富大厦1层 Tel: +86 22 2304 5765

JPT Pizza 家必得比萨店 Offers various flavours pizza and also tasty snacks. Mon-Sun 10:00-21:00. 3F, Huaju Department Store, No. 72-74, Xikang Lu, Heping District 和平区西康路72-74号华钜百货3层 Tel: +86 22 8385 0182

Papa John's Pizza 棒约翰比萨 Famous chain which is able to focus on the quality of products by using only superior-quality ingredients. Mon-Sun 10:00-22:00. -1F, The Exchange, No. 189, Nanjing Lu, Heping District 和平区南京路189号津汇广场负1层 Tel: +86 22 8319 1616 www.papajohnschina.com

Pizza Box 比萨香西餐厅 The number one choice for delivered pizza. The menu is extensive and considering the quantity of food they bring, not expensive. Mon-Sun 10:00-21:00. Fukang Garden, Nankai District 南开区富康花园 Tel: +86 22 2367 1318

Pizza Hill 天津嘉喜来比萨 The Korean chain is long established in Tianjin for its clean environment, great variety of products and polite staff. Mon-Sun 11:00-21:30. Bldg. B, Magnetic Capital, Lingbin Lu, Nankai District 南开区凌宾路时代奥城商业广场B区 Tel: +86 22 2385 5025

Pizza Hut 必胜客 An old Tianjin favourite pizza shop providing yummy pizzas, open salad stands and western food. Mon-Sun 11:00-22:00. -1F, Robbinz Department Store, No. 128, Nanjing Lu, Heping District 和平区南京路128号乐宾百货负1层 Tel: +86 22 2716 8268 www.pizzahut.com.cn

Pizza Seven 美闻比萨 Serves different styles of pizza by a la carte or fast delivery. Mon-Sun 10:00-20:30. No. 146, Weidi Dao, Hexi District 河西区围堤道146号 Tel: +86 22 2351 4772 www.pizzaseven.net

Roast Duck

Jin Baiwan 金百万 A branch of one of the best Beijing roast duck restaurants. Enjoy yummy roast duck prepared carefully to incorporate flavour. Mon-Sun 10:30-22:00. No. 42, Youyi Lu, Hexi District 河西区友谊路42号 Tel: +86 22 2835 1000 www.jinbaiwan.com

Tianjin Roast Duck Restaurant 天津烤鸭店 Tianjin old brand,you can enjoy roast duck prepared carefully to incorporate flavour. Mon-Sun 11:00-13:45; 17:00-20:45; 1) No. 139, Guangdong Lu, Hexi District 河西区广东路139号 Tel: +86 22 2324 9603; 2). No. 146, Liaoning Lu, Heping District 和平区辽宁路146号 Tel: +86 2730 3335

Seafood

Peng Tian Ge 鹏天阁 One of the most famous seafood restaurants in Tianjin, good tasting dishes and high quality service provided. Mon-Sun 11:00-14:00; 17:30-21:00. No. 8, Hongqi Nan Lu, Nankai District 南开区红旗南路8号 Tel: +86 22 2395 6666

Qi Nian Wan 祈年湾海鲜阁 Best dishes which are full of flavor and will keep you wanting more. Mon-Sun 11:00-14:00; 17:00-21:00. No. 26, Shuishang Gongyuan Bei Lu, Nankai District 南开区水上公园北路26号 Tel: +86 22 2359 1999

Shanghai

117 Garden Villa 117花园别墅 Very elegant and well-decorated villa, which will give you a luxurious feeling when dining there. Mon-Sun 11:00-13:00; 17:21:00. No. 117, the junction of Dali Dao and Kunming Lu, Heping District 和平区昆明路与大理道交口117号 Tel: +86 22 2331 1117

Gun Shi Shanghai Restaurant 滚石上海餐厅 Offer Shanghai and Cantonese cuisine, fish head from thousand island is must try. Mon-Sun 09:00-14:00; 17:00-22:00. No. 4, Changde Dao, Heping District 和平区常德道4号 Tel: +86 22 2311 1188

Shanghai Time 上海年代 Specialises in exquisite Shanghai cuisine. Mon-Sun 11:00-21:30. Shuishang Gongyuan Dong Lu, Nankai District 南开区水上公园东路 Tel: +86 22 2341 2341

Tang Xuan Restaurant 唐轩酒楼 Well known for home cooked style dishes and uses ingredients found in most homes to ensure that dishes taste delicious.. Mon-Sun11:00-14:00; 17:00-21:00. 3-4F, Tianlong Yanyi Plaza, No. 78, Jianshe Lu, Heping District 和平区建设路78号天龙演艺广场3-4层 Tel: +86 22 2325 6000

Sichuan

Bayu Renjia 巴渝人家 Offering Chong Qing hot pot and authentic Si Chuan dishes. Mon-Sun 10:00-14:00; 17:00-21:00. No. 33, Yichang Dao, Heping District 和平区宜昌道33号 Tel: +86 22 2351 1818

Chuan Ren Bai Wei 川人百味 Standard Sichuan restaurant serving delicious and adjusted Sichuan dishes. Mon-Sun10:00-21:30. 7F, Robbinz Department Store, No. 128, Nanjing Lu, Heping District 和平区南京路128号乐宾百货7层 Tel: +86 22 2716 8238

Spanish

Paelleta Spain 百意达海鲜饭 For Spanish food lovers. Try a real paella and indulge in Mediterranean flavours. Mon-Sun 11:30-21:00. No. 50-52, Kaifeng Dao, Xiao Bai Lou (1902 Street), Hexi District 河西区小白楼开封道50-52号 Tel: +86 22 2311 0081

Teppanyaki

Angel Gulf Teppanyaki 天使湾法式铁板烧 Watch the chef skilfully prepare the food in this quiet, intimate, comfortable dining environment. Mon-Sun 11:00-14:00; 17:00-21:00. 1-2F, bldg. 6, Jin Wan Plaza, Jiefang Bei Lu, Heping District 和平区解放北路津湾广场6区1-2层 Tel: +86 22 2321 9058

Baiyi Teppanyaki 百一铁板烧 One of the best choices for teppanyaki in Tianjin. You can choose from an extensive menu and watch while the chef makes your food with art. Mon-Sun 11:30-14:00; 17:00-22:00. The junction of Xiao Zhujiang Dao and Youyi Nan Lu, Hexi District 河西区友谊南路与小珠江道交口 Tel: +86 22 2335 5588

TAIRYO Teppanyaki 大渔铁板烧 Specialises in all-you-can eat teppanyaki served up by knife-wielding chefs and buffet is served at RMB168/person. Mon-Sun 11:30-14:30; 17:30-22:30. Bldg. C, 12A, Shang Gu, Tianta Dao, Nankai District 南开区天塔道上谷商业街C座12A Tel: +86 22 2341 1718

Thai

Banana Leaf 蕉叶泰国餐厅 Restaurant offers fresh, distinct and well seasoned Thai cooking ranging from Pad Thai to Tom Yum. Mon-Sun 11:00-21:00. Tian Di Hui Restaurant Plaza, No. 89, the junction of Qinghe Dajie and Nan Men Wai Dajie, Heping District 和平区大门外大街与清和大街交口89号天地烩美食街 Tel: +86 22 2727 5999

Golden Elephant Thai Restaurant 金象苑泰国餐厅 Serves some of the finest Thai cuisine in a relaxing setting with plenty of Thai style and ambience. Mon-Sun 00:00-00:00. No. 78, the junction of Yong'an Dao and Guangdong Lu, Hexi District 河西区广东路与永安道交口78号 Tel: +86 22 2328 7801

YY Beer House 粤园泰餐厅 Cozy, genuine and simply delightful are the words to describe this Thai beauty that offers the exoticism of this gastronomy. Mon-Sun 11:30-02:00 (Behind International Building). No. 3, Aomen Lu, Heping District 和平区澳门路3号（国际大厦后侧） Tel: +86 22 2339 9634

USA

Hank's Sports Bar & Grill 汉克斯运动酒吧 Offers traditional American favourites like burgers, steaks and pizzas in a cosy, laid back environment. Mon-Sun 11:00-23:00. No. 56, 1F, bldg. B, Shang Gu, Tianta Dao, Nankai District 南开区天塔道上谷商业街B座1层56号 Tel: +86 22 2341 7997

T.G.I. Friday's 星期五餐厅 The best of the American chain right here in Tianjin. The cheesecake is to die for! Mon-Sun 10:00-00:00. No. 7-2, Fukang Lu, Nankai District 南开区复康路7-2号 Tel: +86 22 2300 5555 www.tgifridaysec.com.cn

Vegetarian

Kind Lotus 并蒂莲素食餐厅 Provides vegetarian and vegan menu selections, including vegetarian and vegan desserts. Mon-Sun 11:30-22:00. No. 68, the junction of Kunming Lu and Changde Dao, Heping District 和平区常德道与昆明路交口68号 Tel: +86 22 2331 8629

Seven Leaves Vegetarian Restaurant 七贝叶素餐厅 For those who don't always feel comfortable reading a whole menu in Chinese and are vegetarian. The restaurant is inviting and comfortable and offers a versatile selection of dishes. Mon-Sun 11:00-14:00; 17:00-21:00. 2F, Yuanyang Building, Xinkai Lu, Hedong District 河东区新开路远洋大厦2层 Tel: +86 22 2337 1479

Western

1863 the Dining Room 1863 至尊西餐厅 Choose one of the traditional menus and enjoy what Puyi or Hoover had when they were guests at the hotel. Mon-Sun 18:00-22:00. 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豪华精选酒店1层 Tel: +86 22 2331 1688 ext. 8918

Alibaba 阿里巴巴 This restaurant is already an institution. More than just a place to eat, it's a meeting point, a second home for many expats. Mon-Sun 11:00-00:00. Wei Hua Li Xiaoqu, Tong'an Dao, Heping District 和平区同安道卫华里小区 Tel: +86 22 2351 3976 Wi-Fi

Buddy's Café 巴蒂西餐酒吧 Cheap and tasty western recipes and beers. Carry your iPod and play your music collection. Mon-Sun 18:00-00:00. -1F, Fu Bang Bin Yue Hotel, the junction of Hongqi Nan Lu and Yuliang Dao, Nankai District 南开区育梁道与红旗南路交口富邦宾悦酒店负1层 Tel: +86 22 5839 7299

Café Venice 威尼斯咖啡厅 Linger over breakfast and dine on sizzling steaks and seafood from the 24-hour open kitchen. Mon-Sun 06:00-23:00. 2F, Holiday Inn Tianjin Riverside, Phoenix Shopping Mall, Haihe Dong Lu, Hebei District 河北区海河东路凤凰商贸广场天津海河假日酒店2层 Tel: +86 22 2627 8888 ext. 2271

Café@66 咖啡66 European Brassiere with a twist, an all day dining restaurant featuring both buffet and a la carte menus served form the open-plan kitchen. Mon-Sun 00:60-23:00. 1F, Radisson Plaza Hotel Tianjin, No. 66, Xinkai Lu, Hedong District 河东区新开路66号天津天诚丽笙世嘉酒店1层 Tel: +86 22 2457 8888

Café Majestic 凯旋咖啡厅 Showcases the finest fusion cuisine in the city, offering an eclectic and fresh array of dishes accentuated with the flavors of the world Mon-Sun 06:30-23:00. 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豪华精选酒店1层 Tel: +86 22 2331 1688 ext. 8910

Café de Tresor 璀璨咖啡厅 The cafe with bright window, which is filling with the fashion and modern impression. And the Western and Asian cuisine is met here elegantly. Mon-Sun 6:00-21:30 1st floor, NO. 8, Meiyuan Road, Saixiang Hotel, Tianjin南开区梅苑路8号天津赛象酒店一层 Tel: +86 22 23768888 ext.3800

Chateau 35 Wine Bar & Bistro 古堡35西餐葡萄酒吧 Wonderfully renovated villa centrally located in the heart of Wu Da Dao. The food is scrumptious and reasonably priced. Mon-Sun 11:00-23:30. (Between Kunming Lu and Yunnan Lu) Opposite 79, Changde Dao, Heping District 和平区常德道79号对面 （昆明路与云南路交口） Tel: +86 151 2251 1218 www.chateau35.com

Friends Restaurant and Bar 朋友餐厅 Additions to this great western restaurant include the romantic piano performances and a patio area. Try the gelato and sandwiches. Mon-Sun 10:00-00:00. 7-9, bldg. B, Magnetic Capital, Lingbin Lu, Nankai District 南开区凌宾路时代奥城商业广场B区7-9 Tel: +86 22 2385 5018

Glass House 水晶厨房 Offers international buffet with 7 live cooking stations, which is open for breakfast and dinner everyday. Mon-Fri 6:00-10:30; Sat, Sun and Public Holidays 6:00-11:30; Fri-Sat 16:30-22:00. Hyatt Regency Jing Jin City Resort and Spa, 8, Zhujiang Road, Zhouliang Zhuang, Baodi District 宝坻区周良庄珠江大道8号京津新城凯悦酒店 Tel: +86 22 5921 1234

Greenery Café 绿茵阁西餐厅 The best place in town to find a decent steak for a decent price. Mon-Sun 09:00-23:30. Tian Di Hui Restaurant Plaza, Nan Men Wai Dajie, Heping District 和平区南大门外大街天地烩美食街 Tel: +86 22 2734 8788

Hamber Bar & Restaurant 汉马堡餐吧 Offer selections of cuisines from various parts of Southeast Aisa. Mon-Sun 16:30-02:00. No. 22, Kaifeng Dao, Xiao Bai Lou (1902 Street), Hexi District 河西区小白楼开封道22号 Tel: +86 22 2311 2282

Helen's This chain is already being appreciated in other Chinese cities. Expats enjoy it for the appealing promotions they offer daily and for wooden and cosy atmosphere. Mon-Sun 10:00-03:00. No. 116, the junction of Wu Jia Yao Er Hao Lu and Heyan Dao, Heping District 和平区河沿道与吴家窑二号路116号 Tel: +86 22 2334 0071 Wi-Fi

Kiessling Western Restaurant 起士林西餐厅 An old Tianjin favourite offering French, German and Russian cuisines.

Mon-Sun 11:00-14:00; 17:00-21:00. No. 33, Zhejiang Lu, Heping District 和平区浙江路33号 Tel: +86 22 2330 0330

Mediterranean Restaurant 地中海边西餐厅 Where you will find some of the most scnumptious dishes from the Mediterranean region. Mon-Sun 11:00-04:00. Tong Lou, No. 212, Weidi Dao, Hexi District 河西区围堤道212号佟楼 Tel: +86 22 2351 9102

Momo @ La Villa A huge, 4 storeys complex in the Italian area, consisting of La Villa, (Latin-themed bar), Momo (Mediterranean Restaurant), Caberet (Lounge), and La Playa (Rooftop lounge). Mon-Sun 11:30-22:00. 1F, La Villa, No. 4 Square, Tianjin Italian Style Town, Ziyou Dao, Hebei District 河北区自由道意大利风情街4号广场La Villa负1层 Tel: +86 22 2446 0388

Monjardin Restaurant & Bar 蒙哈丁西餐酒吧 French for "my garden", this is a fine western restaurant that also serves Chinese food and renowned world wines. Mon-Sun 11:00-02:00. No. 58, Kaifeng Dao, Xiao Bai Lou (1902 Street), Hexi District 河西区小白楼开封道58号 Tel: +86 22 2312 1008

Opera Café 欧培拉咖啡厅 Offers a wide selection of local & western specialities and is the ideal venue for a hearty breakfast or an informal business lunch. Mon-Sun 06:00-23:00. 6F, Raffles Tianjin, No. 219 Nanjing Road Heping District 和平区南京路219号天津莱佛士酒店 6楼 Tel: +86 22 2321 5888 ext.5106

Ou Luo Ba Restaurant 欧罗巴西餐厅 Integrates the advantages of Chinese and Western food into its cuisine. Customers can enjoy both western and eastern foods in elegant dining environments. Mon-Sun 11:00-23:00. No. 36-42, Kaifeng Dao, Xiao Bai Lou (1902 Street), Hexi District 河西区小白楼开封道36-42号 Tel: +86 22 2330 6178

Pan Shan Grill & Wine 盘山葡萄酒扒房 Refined, classy, elegant, and it has an outstanding menu that everyone should indulge in. Mon-Sun 18:00-23:00. 2F, Main Building, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District河西区紫金山路天津喜来登大酒店主楼2层 Tel: +86 22 2731 3388 ext.1820

Provence 普罗旺斯西餐厅 A European café feel at the entrance and a five-star restaurant in the interior. All sorts of western delicacies are available. Mon-Sun 11:00-22:00. No. 29, Tianjin Italian Style Town, Ziyou Dao, Hebei District河北区自由道意大利风情街29号 Tel: +86 22 2446 4888

Seasonal Tastes "知味"全日餐厅 Offers guests an innovative combination of Asian and international cuisine. Mon-Sun 00:06-10:00; 11:30-14:30; 17:30-21:30. 1F, 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1层 Tel: +86 22 2389 0088

Seven Days 七日 A typical western restaurant in town, offering pastas, onion rings, fries, chicken wings, and all the western-like appetizers. Mon-Sun 10:00-22:00. 7F, Robbinz Department Store, No. 128, Nanjing Lu, Heping District 和平区南京路128号乐宾百货负7层 Tel: +86 22 2716 8255

Spectrum All-Day Dining 彩西餐厅 One of Hotel Nikko Tianjin's most popular dining outlets, a refreshingly casual-style eatery. Mon-Sun 06:00-00:00. 7F, Hotel Nikko Tianjin, No. 189, Nanjing Lu, Heping District 和平区南京路189号天津日航酒店7层 Tel: +86 22 8319 8888 ext. 3570

Tapas 美滋味 A Spanish style restaurant with authentic tapas and a chic patio area. Feature items are updated daily. 1) Mon-Sun 11:00-22:30. Bldg. A3, Magnetic Capital, Binshui Xi Dao, Nankai District 南开区宾水西道时代奥城商业广场A3区 Tel: +86 22 2385 5327; 2) Mon-Sun 11:00-22:30. No. 55, Wu Jia Yao Dajie, Hexi District 河西区吴家窑大街55号 Tel: +86 22 2337 1456

Terrace Café 燕园咖啡厅 A great location to have a very relaxed meal, in front of a wonderful garden. Occasionally the restaurant hosts food festivals from India, Malaysia and other exotic destinations. Mon-Sun 06:00-23:00. 1F, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District 河西区紫金山路天津喜来登大酒店1层 Tel: +86 22 2731 3388

Vietnam

Saigon Court 贡苑法式越南餐厅 Coming from the early times of the first European presences in Asia, this restaurant perfectly embodies the spirit of fusion food, in this case between French and Vietnamese. Mon-Sun 11:30-14:30; 17:30-21:30. No. 173, the junction of Xikang Lu and Chengdu Dao, Heping District 和平区成都道与西康路交口173号 Tel: +86 22 2335 9173

Coffee Shops

31 Cups 31杯咖啡 Inspired by the sophistication of an English coffee shop with the style of a French café. Enjoy a book with a nice cup of coffee. Mon-Sun 10:00-22:00. No. 29, Changde Dao, Heping District 和平区常德道29 Tel: +86 22 2666 3131

Ai Coffee ER 埃尔咖啡 A franchise of AI Coffee ER based in Seattle, USA, it has a lovely décor with bookshelves in a cosy environment. Mon-Sun 10:00-22:00. 4-1-8, A3, Magnetic Capital, Binshui Xi Dao, Nankai District 南开区宾水西道时代奥城商业广场A3 4-1-8 Tel: +86 22 5811 2628 www.aierkf.com Wi-Fi

Book Coffee & Tea 布克咖啡与茶 Enjoy coffee , tea, ice cream& snacks in an intimate and relaxed atmosphere. Mon-Sun 07:00-23:30. No. 23-105, Xiangxi Yuan, Shuijing Cheng, Meijiang, Hexi District 河西区梅江水晶城香溪园23-105 Tel: +86 22 8815 1339

Canvas Café 画布咖啡西餐厅 Decorated with an ivory grand piano hosting performances on weekends. There's also Chinese and western food available. Mon-Sun 09:30-00:00. Yuanyang Xin Tiandi, No. 61, Xinkai Lu, Hedong District 河东区新开路61号远洋新天地 Tel: +86 22 6089 6520

Coffee Time 咖啡时光 Good place to hang-out with friends, you can dine and can also enjoy singing there in the evening. Mon-Sun 90:00-02:00. No. 1, the junction of Shaoxing Dao and Youyi Lu, Hexi District 河西区友谊路与绍兴道交口1号 Tel: +86 22 2813 4857

South Park Café 南方公园 Casual coffee shop offers an enjoyable & unique experience. Mon-Sun 10:00-00:00. The junction of Hebei Lu and Munan Dao, Heping District 和平区睦南道与河北路交口 Tel: +86 22 2330 0425

Harvest Book & Coffee 哈维斯特咖啡 They have a great collection of in muffins, scones and toasted bagels to go perfectly with their healthy smoothies. Mon-Sun 09:00-19:00. Room 101, gate 3, bldg. 27, Jiuhuali Garden, No. 191, Yingshui Dao, Nankai District 南开区迎水道191号久华里花园27号楼3门101室 Tel: +86 22 2373 3461

Look! Space Coffee & Gallery 注意空间咖啡 A coffee shop created and inspired by artists for artists. Mon-Sun 09:00-19:00. No. 64, Chongqing Dao, Heping District 和平区重庆道64号 Tel: +86 22 2330 1912

Memory Modern Coffee 摩豆记忆 Browse the walls and see traditional Chinese lifestyle like you've stepped into a picture magazine. Enjoy an after dinner coffee, offers free wi-fi. Mon-Sun 09:30-23:00. A2-07, Magnetic Capital, Binshui Xi Dao, Nankai District 南开区宾水西道时代奥城商业广场A2-07 Tel: +86 22 5838 7678

Miracle Coffee 米萝克咖啡 Small, charming café beautifully decorated, creating a fusion between coffee shop and a lounge. Mon-Sun 09:30-01:30. 2F, No. 2-80, Fengshui Garden, Meijiang New Bay Plaza, Youyi Nan Lu, Hexi District 河西区友谊南路梅江新海湾商业广场风水园2-80号2层 Tel: +86 22 8838 9285

SPR Coffee SPR 咖啡 Famous franchise coffee shop in China which turns simple coffee products into what people desire through dreams, romance, family, friendship and happiness. Mon-Sun 10:00-00:00. 1F, bldg. B, Magnetic Capital, Binshui Xi Dao, Nankai District 南开区宾水西道时代奥城商业广场B区1层 Tel: +86 22 2385 5329 www.sprcoffee.com

Starbucks Coffee 星巴克咖啡 A haven to listen to the best American songs and enjoy coffee and tasty bites with friends. **1)** Mon-Thu 08:00-22:30; Fri 08:00-23:00; Sat & Sun 08:30 - 23; 00 B-35 , Tianjin Exchange Square, No.189 Nanjing Lu, Heping District, 和平区南京路189号津汇广场地下一层B-35 Tel: + 86 22 2330 9510; **2)** Mon-Thu 09:00-22:30; Fri 09:00-23:00; Sat & Sun 09:00-23:00 1F, Parkson Shopping Centre, No. 162, Heping Lu, Heping District 和平区和平路162号百盛购物中心1层 Tel: + 86 228558 6292 **3)** Mon – Fri 07:00-23:00; Sat & Sun 08:00-23:00 International Building, No. 75, Nanjing Lu, Heping District 和平区南京路75号国际大厦 Tel: + 86 22 2313 1133; **4)** Mon-Thu & Sun 09:00-23:30; Fri & Sat 09:00-23:00, No.138, Dong Ma Lu, NanKai District 南开区东马路138号 Tel: + 86 22 8734 1766; **5)** Mon-Thu 08:30-22:00; Fri 08:30-22:30; Sat 09:00-22:30; Sun 09:00-22:00 1F&2F of Tianjin International Plaza, Nanjing Lu, Heping District, 和平区南京路天津国际商场A座1&2层Tel: + 86 22 2782 6353; **6)** Mon-Thu 08:00-22:30; Fri 08:00-23:00; Sat & Sun 08:30-23:00 No.C06&C07,1F of Robbinz Department Store, No.128 Nanjing Road, Heping District 和平区南京路128号乐宾百货首层C06&C07号 Tel: + 86 22 2716 8010; **7)** Mon-Thu 08:30-22:00; Fri 08:30-23:00; Sat & Sun 08:30-23:00 1-12, Milenio Department Store, No. 209, Nanjing Lu和平区南京路209号米莱欧百货首层1-12 Tel: + 86 22 2721 2304; **8)** Mon-Fri 07:30-23:00; Sat & Sun 08:30-23:00 1F&2F, No. 54, Kaifeng Dao, Xiaobailou, Hexi District小白楼开封道54号1层及2层Tel: + 86 22 2311 1722; **9)** Mon-Thu 10:00-21:30; Fri 10:00-22:00; Sat 10:00-22:00; Sun 10:00-21:30 2F-3F, Hisense Plaza, No.188, Jiefang bei Lu, Heping District 和平区解放北路188号海信广场2层及3层 Tel: + 86 22 2319 8376

Smile Coffee 悦极咖啡 One of the defining characteristics of a trendy neighbourhood is whether or not it can boast a legit 'mom and pop' coffee shop. Mon-Sun 09:20-00:00 No.94, Wandezhuang Avenue, Nankai District 南开区万德庄大街94号（龙德里底商） Tel: +86 22 2741 9580

The Spot Café 聚点咖啡馆 A location favoured by many expats to hang with friends, have a cup of American-coffee. They also organise regular cultural activities. Wifi is available. Mon-Sun 07:30-00:00 (Opposite of Tianyu Hotel). Nan Fu Fang Dajie, Diantai Dao, Heping District 和平区电台道南浮房大街（天宇大酒店对面） Tel: +86 22 2783 7104

Time Coordinate Coffee 时间坐标咖啡馆 Warmly decorated making you feel at home. Mon-Sun 10:00-00:00. No. 6, the junction of Hanghai Dao and Baidi Lu, Nankai District 南开区白堤路与航海道交口6号 Tel: +86 22 8789 2737

UBC Coffee 上岛咖啡 One of those places you will get coffee, western food ranging from steaks and pastas. Enjoy a book, meet a client or hang out in a quiet, relaxed environment. Mon-Sun 09:00-02:00. 1) No. 816, Dagu Nan Lu, Hexi District 河西区大沽南路816号 Tel: +86 22 2833 6408; 2). No. 30, Pingshan Dao, Hexi District 河西区平山道30号 Tel: +86 22 2301 6583; 3). No. 141, the junction of Guangdong Lu and Qiongzhou Dao, Hexi District 河西区琼州道与广东路交口141号 Tel: +86 22 2326 5858 www.ubccn.com

Tea Houses

Jin Le Tea House 金乐茶楼 Traditional tea houses where you can enjoy Peking Opera and crosstalk shows. Mon-Sun 02:00-22:00. 2F, New Culture Garden, Rongye Dajie, Heping District 和平区荣业大街新文化花园2层 Tel: +86 22 2723 2777

Ming Hua Xin Tea House 茗花馨茶艺馆 Elegant place decorated with antique Ming and Qing furniture,combined with "tea culture". Mon-Sun 10:00-02:00. No. 187, Chongqing Dao, Heping District 和平区重庆道187号 Tel: +86 22 2331 1298

Rose House 古典玫瑰园 Franchise run by a famous artist, which offers western teas. Mon-Sun 09:00-00:00. 1-2F, bldg. 6, Jin Wan Plaza, Jiefang Bei Lu, Heping District 和平区解放北路津湾广场6区1-2层 Tel: +86 137 1882 9532 www.rosehouse.com

Yang Lou Tea House 洋楼茶园 Tea house in a villa where you can watch TV, search internet and play mahjong. Mon-Sun 09:30-02:00. The junction of Kunming Lu and Chongqing Dao, Heping District 和平区重庆道与昆明路交口 Tel: +86 22 2339 7244

Zheng Xing De Tea House 正兴德茶点 The manager Mrs. Liu is a real expert in Chinese tea. Visit this tea house and learn all about the beauty of Chinese tea and its culture while sipping on some of the world's best tea. Mon-Sun 09:00-14:00. No. 66, Tai'an Dao, Heping District 和平区泰安道66号 Tel: +86 22 2339 8058

Bars & Discos

13 Club Leading Tianjin's nightlife in rock and jazz concerts every weekend, in a beautiful building in the Italian District. Mon-Sun 20:00-07:00. Tianjin Italian Style Town, Ziyou Dao, Hebei District 河北区自由道意大利风情街 Tel:+86 13612087080

1618 Club 1618 会所 Enjoy your leisure time here or unwind after a bury clay at work. Mon-Sun 0017:00-05:00. No. 16-18, Machang Dao, Hexi District 和西区马场道16-18号 Tel: +86 22 2314 8888

8 Bar 8号酒吧 Located in a century-old mansion around the Wu Da Dao and Xiao Bai Lou adhering to the history and culture of the areas. Mon-Sun 08:30-00:10. No. 78, Jianshe Dao, Heping District 和平区建设道78号 Tel: +86 22 2330 5988

Babi Club 芭茫俱乐部 Music is core competence of BABI, as a provider and disseminator of pure slow rock. Mon-Sun 21:00-05:00. No. 83, Qiongzhou Dao, Hexi District 河西区琼州道83号 Tel: +86 22 8381 6006 www.ybbabi.com

City Space The highest bar in Tianjin, on the 50th floor of the Raffles Tianjin Hotel. Great live music with a saxophone player. Mon-Sun 18:30-03:00. 50F, Raffles Tianjin Hotel, No. 219, Nanjing Lu, Heping District 和平区南京路219号天津莱佛士酒店50层 Tel: +86 22 2321 5888

Dazzle Lobby Lounge 眩吧 A trendy, well-stocked snack menu for day time as well as evening are provided. Mon-Sun 10:00-00:30. 1F, Holiday Inn Tianjin Riverside, Phoenix Shopping Mall, Haihe Dong Lu, Hebei District 河北区海河东路凤凰商贸广场天津海河假日酒店1层 Tel: +86 22 2627 8888 ext. 2266

Feeling Bar 菲林慢摇酒吧 A bar that created its own hip-hop culture in Tianjin with a cutting-edge taste and ambience. Mon-Sun 20:00-02:00. 1F, Gome Building, the junction of Jinhe Dao and Dagu Nan Lu, Hexi Dtrict 河西区大沽南路与津河道交口国美电器1层 Tel: +86 22 28251919

Fountain Lounge Bar 碧泉茶园酒吧 Offering a selection of Western and Chinese comfort refreshments, à la carte favourites and innovative cocktails all day. Mon-Sun 11:00-01:00. Hyatt Regency Jing Jin City Resort & Spa, No. 8, Zhujiang Da Dao, Zhouliang Zhuang, Baodi District 宝坻区周良庄珠江大道8号京津新城凯¬悦酒店 Tel: +86 22 5921 1234

JV'S Bar JV'S 酒吧 Features a wide screen TV where you can watch live sports and enjoy a broad selection of cocktails, beer on tap, and a live band. Mon-Sun 17:00-01:00. 1F, Main Building, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District 河西区紫金山路天津喜来登大酒店主楼1层 Tel: +86 22 2731 3388 ext. 1845

Le Nest Club 乐巢酒吧 One of the best entertainment clubs where you can enjoy live show and parties. Mon-Sun 20:00-03:00. No. 103, Qiongzhou Dao, Hexi District 河西区琼州道103号 Tel: +86 22 8381 6666 www.le-nest.com

Le Procope Lounge 普蔻酒廊 Elegant, sleek, relaxed. You will want to dress-up before going to Le Procope. Luxury and comfort is the core idea. Crème de la crème of Tianjin's nightlife. Mon-Sun 10:00-03:00. Junction of Chengde Dao and Shandong Lu, Heping District 和平区承德道和山东路交口 Tel: +86 22 2711 9858

Macchiato Live Music Bar 玛奇朵音乐餐吧 Warm, comfortable, elegant, romantic atmosphere where you can enjoy authentic western food and nice live music. Mon-Sun 10:00-00:00. Music Street, the junction of Shisi Jing Lu and Bawei Lu, Hedong District 河东区八纬路与十四经路交口音乐街 Tel: +86 22 24318649

Mayflower Bar 五月花酒吧 A bar with a kind of culture, which has first class DJs ,bartenders, music and unique cocktail. Mon-Sun 20:00-04:00. The junction of Zi Jin Shan Lu and Qi Xiang Tai Lu, Hexi District 河西区气象台路与紫金山路交口 Tel: +86 22 5859 9898 www.mayflowerbar.cn

Mizu Bar 美津酒吧 Incredibly elegant and refined ambience with an extensive range of drinks and jazz music. Mon-Sun 17:30-01:00. 5F, Hotel Nikko, No. 189, Nanjing Lu, Heping District 和平区南京路189号天津日航酒店5层 Tel: +86 22 8319 8888 ext. 3555

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. Mon-Sun 17:00-01:00. 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豪华精选酒店1层 Tel: +86 22 2331 1688 ext. 8919

Pepper 辣椒吧 If not the best, this is for sure one of the most recommended places in town to start your night with delicious cocktails and a lot of fun. Mon-Sun 11:00-02:00. 3F, bldg. B, Shang Gu, Tianta Dao, Nankai District 南开区天塔道上谷商业街B座3层 Tel: +86 22 2341 5238

Purple Bar 葡吧 Perfect decoration, offering a relaxed, romantic and inviting atmosphere. Perfect for gatherings and enjoying new cocktails. Mon-Sun 17:00-01:00. 2F, Radisson Plaza Hotel Tianjin, No. 66, Xinkai Lu, Hedong District 河东区新开路66号天津天诚丽笙世嘉酒店2层 Tel: +86 22 2457 8888

Qba Bar Q吧 Savour authentic Latino food, drinks and music. Try the signature mojito, surrender and dance the night away to the sound of Latin-American sounds. Mon-Sun 17:30-01:00. 2F, 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2层 Tel: +86 22 2389 0088

Richmond Restaurant & Paulaner Bar 里士满西餐酒吧 Join the live band on stage and you'll go for the drinks, stay for the food and stay even longer for another round. Mon-Sun 11:00-05:00. No.23, Luoyang Dao, Heping District和平区洛阳道23号. Tel: +86 22 2311 3398 +86 22 2311 3397

Riff Live House 摇滚天津俱乐部 One of Tianjin's best alternative music venues, featuring regular live shows from both local and international bands. Mon-Sun 20:00-05:00 . No. 55, the junction of Dagu Bei Lu and Chifeng Dao, Heping District 和平区赤峰道与大沽北路交口55号 Tel: +86 135 0218 2204

Scarlet 乱世佳人 Located closed to Nankai & Tianjin university, so most customers are students and foreigners from university, good place for young people. Mon-Sun 20:00-00:00. 3F, Bolian Building, No. 155, Weijin Lu, Heping District 和平区卫津路155号博联大厦3层 Tel: +86 22 2355 6223

SITONG Bar 昔唐音乐酒吧 Favoured for the last couple of years by most expats as the place to end their nights dancing and meeting friends. Mon-Sun 20:30-03:00. -1F, Somerset Olympic Tower Tianjin, Chengdu Dao, Heping District 和平区成都道奥林匹克大厦负1层 Tel: +86 22 2337 7177

Beijing Playhouse Academy of Performing Arts Broadway English Theatre Camp

Treasure Island

Treasure Island was performed by the 25 students of Beijing Playhouse Academy of Performing Arts at No 4 Middle School on February 19th.

The one hour production was put together in two weeks. There are three goals at the Broadway English theatre camp: 1) Learn about theatre; 2) Improve spoken English; and 3) Have fun!

Beijing Playhouse Academy of Performing Arts has been holding kids theatre camps in Beijing for the last four years. The next theatre camp will be *Wizard of Oz*. Auditions/Enrollment on March 12.

Soul Bar 杜尚酒吧 England style luxury decoration and lively hiphop music which giving you an unforgettable experience. Mon-Sun 20:30-04:30 No. 291, Shaoxing Dao, Hexi District 河西区绍兴道291号 Tel: +86 22 2333 1777

The Space Bar 空间酒吧 Down-to-earth bar with a calm and entertaining musical background. Totally unpretentious, warm and familiar. Mon-Sun 18:00-24:00 -1 floor, NO. 8, Meiyuan Road, Saixiang Hotel, Tianjin 南开区梅苑路8号天津赛象酒店负一层 Tel: +86 22 23768888 ext.3655

KTVs

Best KTV 贝斯特练歌城 Korean-owned with most selections of Koeran songs and western songs . Mon-Sun 12:00-06:00. No. 37, Xi Hu Cun Dajie, Nankai District 南开区西湖村大街37号 Tel: +86 22 2746 9051

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

Happy Party 快乐迪 Large scale KTV with various kinds of private rooms for you to choose. Mon-Sun 12:00-06:00. No. 101, Nanma Lu, Nankai District 南开区南马路101号 Tel: +86 22 2733 6666 www.kldktv.com

Holiday KTV 好乐迪 One of the most popular KTVs in Tianjin entertainment that offers the most elegant decoration and conditions. Mon-Sun 24 hours. 3F, Shuiying Lanting Building, Pingshan Dao, Hexi District 河西区平山道水映兰庭商业3层 Tel: +86 22 2355 2888 www.haoledi.com

Limited Edition KTV 一宫量贩式KTV Newly opened, big box served with many kinds of drinks and snacks. Mon-Sun 14:00-06:00. No. 47, Minzu Lu, Hebei District 河北区民族路47号 Tel: +86 22 2403 0888

Milo KTV 米乐星KTV Songs updated quickly and service is good. Mon-Sun 10:00-05:00. 5F, New World Department Store, No. 138, Dongma Lu, Nankai District 南开区东马路138号新世界百货5层 Tel: +86 22 2728 7888

Party Land KTV 金永KTV Offers top equipments, ideals venues for people to play, party and sing. Mon-Sun 10:00-06:00. No. 168, Baidi Lu, Nankai District Tel: +86 22 2300 3591 南开去白堤路168号 Tel: +86 22 2335 4106

Natural Beauty 自然美 Famous brand"The Very Best Natural Beauty Products, Tips And Secrets". Mon-Sun 09:30-21:00. No. 18, Shashi Dao, Heping District 和平区沙市道18号 Tel: +86 22 2330 5716 www.nblife.com

Beauty Salons

Chlitina 克丽缇娜护肤中心 A famous beauty parlour where you can pamper yourself and leave feeling glamorous. Mon-Sun 08:30-20:30. No. 180, the junction of Shashi Dao and Kunming Lu, Heping District 和平区昆明路与沙市道交口180号

Hairdressers

AY Hair salon The owner Andy is the best hairdresser in town for foreigners. He speaks fluent English, very talented and ninety percent of his customers are expatriates. Mon-Sun 09:00-20:00. 5A-01, bldg. 18, Magnetic Capital, Binshui Xi Dao, Nankai District 南开区宾水西道时代奥城商业广场座5A-01 Tel: +86 22 2374 1333

Culture of Beauty 美学文化 A two-storey parlour that offers choice in hair styles and treatment possibilities. Thu-Tue 09:00-21:00. 2F, Diwu Da Dao Plaza, Chengji Building, Nanjing Lu, Heping District 和平区南京路诚基大厦第五大道商业街2层 Tel: +86 22 2331 7473

Degen Beauty Salon 德根形象公社 All distinguished guests can enjoy a complete and truly satisfactory service carried out by professional trained staff. Mon-Sun 10:00-22:00. -1F, The Exchange, No. 189, Nanjing Lu, Heping District 和平区南京路189号津汇广场负1层 Tel: +86 22 8319 1066 www.chinadegen.com

Feeling Salon 千沐风 Old famous brand salon in Tianjin, its high quality service earns a high reputation. Mon-Sun 09:30-21:00. No. 17, Zhejiang Lu, Heping District 和平区浙江路17号 Tel: +86 22 2331 6856

Joy Forever Hair Atelier 久爱美发 Run by a Korean lady whose Korean style hair is very popular among young people. Mon-Sun 09:00-21:00. No.1, 2F, bldg. A4, Magnetic Capital, Binshui Xi Dao, Nankai District 南开区宾水西道时代奥城商业广场A4区2层1号 Tel: +86 22 2374 1813

K&J Hair Club K&J发吧 Specialises in desiginer cuts, color, curls, waves & straightening. Mon-Sun 09:30-20:30. No. 6, 1F, bldg. A4, Magnetic Capital, Binshui Xi Dao, Nankai District 南开区宾水西道时代奥城商业广场A4区1层6号 Tel: +86 22 2385 5382

TiTi Professional Hair 佑村造型 A chic hairdresser in one of the busiest shopping malls, Milenio. Fashion and trends are the words that best describe the decoration and the hairdressers. Mon-Sun 10:00-22:00. 1F, Milenio, Jili Building, No. 209, Nanjing Lu, Heping District 和平区南京路209号吉利大厦米莱欧百货1层 Tel: +86 22 2731 1512

Massages

A Sen Da Mutong Xiyu Zhongxin 阿森大木桶洗浴中心 Famous in Tianjin, offers feet soak in Chinese medicine potion, Chinese style massage. Mon-Sun 12:00-05:00. No. 22, Pukou Dao, Hexi District 河西区浦口道22号. Tel: +86 22 2313 5080 www.damutong.com

Forest Massage Salon Some of the best professional massages for reasonable prices. All the staff have graduated from Tianjin Chinese Medical University. Mon-Sun 10:00-00:00. Room 04-303, bldg. A, SOHO Gongshe, Century City, Hei Niu Cheng Dao, Hexi District 河西区黑牛城道世纪城SOHO工社A座04-303室 Tel: +86 22 8829 8330

Huali Massage Center 花利足疗保健中心 Aromatherapy and Massage which meet to your physical, emotional, and spiritual needs. Mon-Sun 10:00-22:00. No. 11, Luoyang Dao, Heping District 和平区洛阳道11号 Tel: +86 22 2332 2636

Zheng Kang Blind Massage Centre 正康盲人按摩中心 Blind traditional massage and foot reflexology. Mon-Sun 09:00-23:00. Bldg. 3, gate 1, suite 101, Tongda Shangcheng, Lishui Dao, Hexi District 河西区澧水道通达尚城101室1门3号楼 Tel: +86 22 8826 1604

Spas

Dikara Spa 迪卡拉水疗中心 A wonderful place to reboost energy with just the right treatment for your needs. You'll also get free access to the swimming pool, gym, sauna and jacuzzi. Mon-Sun 09:30-01:00. 4F, Radisson Plaza Hotel Tianjin, No. 66, Xinkai Lu, Hedong District 河东区新开路66号 天津天诚丽笙世嘉酒店4层 Tel: +86 22 2457 8888 ext. 3910

Green Bamboo Well Being Resort 青竹堂足疗养生馆 The best place to enjoy traditional Chinese massages and treatments like cupping, in a relaxed environment at good prices. Mon-Sun 10:00-00:00. 6F, bldg. 17, Magnetic Capital, Binshui Xi Dao, Nankai District 南开区宾水西道时代奥城商业广场17座6层 Tel: +86 22 8378 8397 (English), +86 139 2038 3095 (English)

Heavenly Spa by Westin 威斯汀天梦水疗 Ancient Chinese traditional and modern therapy techniques merge in an oasis of relaxation and rejuvenation. Mon-Sun 00:90-00:00. 6F, 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6层 Tel: +86 22 2389 0088

I Spa 泰美好 Carefully selected range of massages and Spa treatments designed to soothe your body, calm your mind and invigorate your spirit. Mon-Sun 12:00-23:00. 6F, Hotel Nikko, No. 189, Nanjing Lu, Heping District 和平区南京路189号日航酒店6层 Tel: +86 22 8319 8888

Oasis SPA at Sheraton 喜来登绿洲 Great for body nurturing and simply relax with several beauty treatments and richly decorated rooms. Mon-Sun 09:00-00:00. 1F, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District 河西区紫金山路天津喜来登大酒店1层 Tel: +86 22 2731 3388 ext. 2227

The Balneum "道" 水疗中心 Here, guests can enjoy massages and facials of their choice, and use the steam, sauna, whirlpool bath, and hot and cold plunge pools. Mon–Sun 11:00-0:00. Hyatt Regency Jing Jin City Resort and Spa, 8, Zhujiang Road, Zhouliang Zhuang, Baodi District 宝坻区周良庄珠江大道8号京津新城凯悦酒店 Tel: +86 22 5921 1234

Tattoo Studios

Ink Tattoo 墨颜刺青 Owned by artist Zhang, the store is tiny but inviting and the workroom is fully equipped. Mon-Sun 11:00-21:00. No. 111, Shanxi Lu, Heping District 和平区山西潞111号 Tel: +86 22 8999 0001

Xiao Jian Tattoo 小健刺青 The most renowned tattoo shop in Tianjin. It has a tea corner, an extensive library of tattoo designs and some of the best artists in town. Mon-Sun 10:00-19:00. No. 70, Hebei Lu, Heping District 和平区和北路70号 Tel: +86 22 2721 6203 www.xjtattoo.com

Xiao Lu Tattoo 小路の入れ墨 Conveniently placed in Maigo, the staff is great, talented and the prices are good. Mon-Sun 10:00-21:00. 5F, No. 211, Maigo, Binjiang Dao, Heping District 和平区滨江道麦购体闲广场211号5层 Tel: +86 137 5243 1941

Yoga

Hotel Nikko Tianjin Yoga 天津日航酒店瑜珈 Unwind and relax with the regular Yoga classes. enery Sun 15:00-16:00. 6F, Hotel Nikko Tianjin, No. 189, Nanjing Lu, Heping District 和平区南京路189号天津日航酒店6层 Tel: +86 22 8319 8888 ext. 3290

Yunshui Yoga Club 云水瑜珈会馆 Namaste! A place to put you in good mental and physical shape. Mon-Sun 10:00-19:00. 2F, bldg. 8, Yangguang Apartment, Shuishang Gongyuan Dong Lu, Nankai District 南开区水上公园东路阳光公寓8号楼2层 Tel: +86 22 2338 1002 www.yunshuiyoga.com

Dental Clinics

Aichi International Dental Center 爱齿口腔医疗中心 International-standard dental care in a clean, sanitary environment. Mon-Sun 09:00-18:00. 4F, Huaju Department Store, No. 72-74, Xikang Lu, Heping District 和平区西康路72-74号华拒百货4层 Tel: +86 22 8568 5606

Tianjin Sunny Angel Dental Clinic 天津阳光天使齿科 Healthy Living, Start with Your Teeth! Mon-Sun 09:00-18:00. No.19, North Sunshine 100 International Apartment, Hongqi Nan Lu, Nankai District 南开区红旗南路阳光100国际新城北园底商19号 Tel: +86 22 2371 7181

Tianjin Dental Hospital 天津口腔医院 Largest dental hospital in Tianjin with modern dental technology with a lot of specialists. Mon-Sun 08:30-17:30. No. 75, Dagu Lu, Heping District 和平区大沽路75号 Tel: +86 22 2711 9191

Tianjin Xinaichi International Dental Clinic 天津欣爱齿口腔医院 A private dental office. Mon-Sun 08:30-17:30. No. 84, TEDA Garden, Jiulong Lu, Hexi District 河西区九龙路泰达园号84 Tel: +86 22 2328 5556

Tianjin Zhenhong Dental Clinic 天津振宏齿科门诊 Healthy Living, Start with Your Teeth! Mon-Sun 08:30-17:30. No.1, Henghua Building, Dagu Nan Lu, Hexi District 河西区大沽南路恒华大厦1号楼 Tel: +86 22 5819 6263

Hospitals

Binhu Hospital of Chinese Traditional Medicine 滨湖中医医院 Tianjin's premier Chinese Traditional Medicine hospital affiliated to famous Chinese Traditional Medicine Schools. (Next to IG Supermarket) Huanhu Nan Li, Ti Yuan Bei, Hexi District 河西区体院北环湖南里（津工超市旁） Tel: +86 22 2330 0706

Tianjin Chest Hospital 天津胸科医院 Heart disease prevention and control hospital with inpatient and outpatient departments under the Department of Cardiology. No. 70, Xi'an Dao, Heping District 和平区西安道70号 Tel: +86 22 2314 7057 www.chesthospital.com

Tianjin Children's Hospital 儿童病专科医院 Tianjin's only hospital specialising in paediatrics. No. 225, Machang Dao, Hexi District 河西区马场道225号 Tel: +86 22 2351 8530 www.tjertong.cn

Tianjin Chinese Traditional Medicine Center 天津中医医学中心 This hospital focuses in using traditional Chinese herbal and natural remedies to prevent or cure a wide range of ailments. No. 314, Anshan Xi Dao, Nankai District 南开区鞍山西道314号 Tel: +86 22 2743 2297 www.tjtcm.cn

Tianjin First Central Hospital 天津第一中心医院 One of Tianjin's biggest medical centres specialising in organ transplant, emergency rescue medicine and Ear-Nose-Throat. No. 24, Fukang Lu, Nankai District 南开区复康路24号 Tel: +86 22 2362 6249 ww.tj-fch.com

Tianjin Hexi Evercare Medical Special Hospital 天津河西伊美尔医疗美容专科医院 Provides comprehensive plastic and cosmetic surgery with a wide variety of surgery options, laser skin treatments, cosmetic TCM, hair loss/removal surgery, anti- aging therapeutics. No. 13, Wu Jia Yao Dajie, Hexi District 河西区吴家窑大街13号. Tel: +86 22 2355 0363 wwww.tjyme.com

Tianjin Hospital 天津医院 Uses both Chinese and Western medicine to treat orthopedic complaints. No. 406, Jiefang Nan Lu, Hexi District 河西区解放南路406号 Tel: +86 22 2830 8891 www.tjorthop.cn

Tianjin Huaxia Hospital 天津华夏医院 An integrated feature of the hospital, has first-class talent, technical skills, modern diagnostic equipment, specialist prominent characteristics. No. 25, Hei Niu Cheng Dao, Hexi District 河西区黑牛城道25号 Tel: +86 22 2823 0188 www.huaxiahp.com

Tianjin International Travel Healthcare Centre 天津国际旅行卫生保健中心
A public institution directly under the Tianjin Entry-Exit Inspection and Quarantine Bureau and the Tianjin health administrative authorities. No. 6, the junction of Tai'er Zhuang Lu and Pukou Dao, Hexi District 河西区浦口道与台儿庄路交口6号 Tel: +86 22 8332 6942 bjzx.tjciq.gov.cn

Tianjin Medical University Cancer Institute and Hospital 肿瘤医院 (天津医科大学附属肿瘤医院) A leading institute in studies and research on oncology. Ti Yuan Bei, Huanhu Xi Dao, Hexi District 河西区环湖西路体院北 Tel: +86 22 2334 0123 www.tjmuch.com

Tianjin Medical University General Hospital 天津医科大学总医院 Tianjin's largest medical facility affiliated to Tianjin Medical University. No. 154, Anshan Dao, Heping District 和平区鞍山道154号 Tel: +86 22 6036 2636 www.tjmugh.com.cn

Tianjin Ren'ai Hospital 天津仁爱医院 Specialised in serving expatriate community with highly experienced expat doctors and friendly English speaking staff. No. 181, Weiguo Dao, Hedong District 河东区卫国181号. Tel: +86 22 2457 8955 www.tjrenai.com

Tianjin Wuzhou Gynecology Hospital 天津五洲妇科医院 Women's hospital specialising in gynaecology. No. 67, Zi Jin Shan Lu, Hexi District 河西区紫金山路67号 Tel: +86 22 5867 7999

Tianjin Yitai Reproductive Specialist Hospital 天津怡泰生殖专科医院 Specialises in male health problems. No. 90, Changjiang Dao, Nankai District 南开区长江道90号 Tel: +86 22 2711 3333

Tianjin Eye Hospital 天津市眼科医院 Nice, clean Chinese hospital offering oral exams, prescription glasses and lenses, and professional laser eye surgery. Mon-Sun 08:00-17:00. No. 4, Gansu Lu, Heping District 和平区甘肃路4号 Tel: +86 22 2731 3336 www.oio.com.cn

Tianjin Aimin Diet Hospital 天津爱民减肥医院 A dieting facility which uses Eastern traditional medicine methods combined with a sensible calorie diet and exercise to diet. Mon-Sun 08:00-20:00. No. 34, Youyi Lu, Hexi District 河西区友谊路34号 Tel: +86 22 2813 0596 www.aimin.com.cn

Tianjin International SOS Clinic 天津国际（SOS）紧急救援诊所 This is Tianjin's premier foreign service medical clinic, offering emergency medicine, vaccinations, radiology, onsite pharmacy and foreign, English-speaking doctors with Korean and Japanese translators available. Doctors are on call 24 hours. Western prices. Mon-Sat 09:00-18:00. 1F, Sheraton Hotel, Zi Jin Shan Lu, Hexi District 河西区紫金山路天津喜来登大酒店公寓楼1层 Tel: +86 22 2352 0143

Vista Clinic 维世达诊所 A private psychiatric clinic that provides mental health services to people 16 years and older. Mon-Sun 08:00-17:30. B29, Beijing Kerry Center, No. 1, Guanghua Lu, Chaoyang District 北京市朝阳区光华路1号北京嘉里中心B29 Tel: +86 10 8529 6618

Golf Clinic/Pro Shop

G&G Golf Clinic/ Pro shop/ Club Fitting 体育中心高尔夫 They take your golf game to the next level. You can enjoy the latest technology to improve your technique. Mon-Sun 08:30-22:00. Tianjin Sports Center, Binshui Xi Dao, Nankai District 南开区宾水西道体育中心内 Tel: +86 22 2392 1937, +86 138 2059 7784 (Coach)

Golf Clubs

Aroma (Tianjin) Golf Club 阿罗马 (天津) 高尔夫俱乐部 18-hole golf course, scenic scenery and a clubhouse. Mon-Sun 08:00-17:00. Green base, Guangang Senlin Park, Dagang District 大港区官港森林公园绿化基地处 Tel: +86 22 6328 5000 www.aromagolf.com.cn

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 36-holes golf course, 4600 square metres of clubhouse, driving range, villas, business and recreation facilities. Mon-Sun 09:00-16:00 Jinwang Lu, Jinghai Zhen 静海县津王路 Tel: +86 22 6850 5299 www.songjianggolf.com

Regal Rivera Golf Club 帝景高尔夫俱乐部 Located between Beijing and Tianjin, this 18-hole is fully loaded with a Chinese and Western restaurant, fitness centre heated indoor swimming pool and enterntainment centres. Mon-Sun 09:00-17:00. Jingjin New Town, No. 1, Zhujiang Nan Lu, Baodi District 宝坻区珠江南路1号京津新城 Tel: +86 22 2966 9266 www.djsports.com.cn

Tianjin International Hot Spring Golf Club 天津国际温泉高尔夫俱乐部 A members only 18-hole international standard golf course situated in Dongli, 20 minute drive from Tainjin downtown. Mon-Sun 08:00-17:00. No. 5, Zhongxin Da Dao, Airport Industrial Park 空港物流加工区中心大道5号 Tel: +86 22 2489 0391

Tianjin Pearl Beach International Golf Country Club 天津龙海国际高尔夫乡村俱乐部 18-hole international standard golf course situated in Hangu. Mon-Sun 06:00-18:00. Yingcheng Hu, Hangu District 汉沽区营城湖 Tel: +86 22 6720 1818

Yang Liu Qing Golf Club 杨柳青高尔夫俱乐部 Situated 20-km from Tianjin downtown, this 36- hole golf course, covers an area of 3000 acres, offering international level golf experience. Mon-Sun 09:30-17:00. Yijing Lu, Yang Liu Qing Zhen, Xiqing District 西青区杨柳青镇一经路立交桥北 Tel: +86 22 2792 2792 www.ylqgolf.com

Gyms

Alex Fitness Club 天贝武老爱健身俱乐部 Where customers are treated more as friends. Cardio room, free weights, fixed machines and martial arts training. Mon-Sun 09:00-22:00. (Next to Modern Women Center) 3-4F, 8 Miles New Culture Plaza, Nankai District 南开区八里台新文化广场3-4层（旁妇女活动中心旁） Tel: +86 22 8988 8809

GLO Fitness & Health Club 焕 - 健康中心 Boasts of a comprehensive gym fully equipped with modern fitness equipments, an aerobics class, indoor swimming pool, separate sauna and Jacuzzi for men and women. Mon-Sun 06:00-23:00. 6F, Hotel Nikko Tianjin, No. 189, Nanjing Lu, Heping District 和平区南京路189号天津日航酒店6层 Tel: +86 22 8319 8888 ext. 3290

International Building Fitness Centre 国际大厦健身中心 Fitness facility equipped with fitness machines, strength training equipment, personal trainers, yoga, boxing and more. Mon-Sun 06:00-22:00. 3F, International Building, No. 75, Nanjing Lu, Heping District 和平区南京路75号国际大厦3层 Tel: +86 22 2330 6666

Powerhouse GYM 宝力豪健身俱乐部 From the American chain, this mega-gym has three swimming pools, indoor driving range, indoor basketball court, squash court, yoga, spa and of course the training area. Mon-Sun 07:00-22:00. Binshui Xi Dao, Nankai District 南开区宾水西道 Tel: +86 22 2338 2008 www.powerhousegym.com.cn

Sheraton Hotel Fitness Centre 喜来登健身美容中心 The naturally lit exercise room offers a range of treadmills, bicycle, resistance training equipment, cross-trainers, dumbbells, and sandbags. Mon-Sun 00:00-00:00. Inside Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District 河西区紫金山路天津喜来登饭店内 Tel: +86 22 2731 3388 ext. 2228

Start Point Fitness Club 起点健身俱乐部 Equipped with modern body fitness machines, swimming pool and trainers on the floor. Mon-Sun 09:00-21:00. 5F, New World of Friendship Building, No. 208, Binjiang Dao, Heping District 和平区滨江道208号友谊新天地5层 Tel: +86 22 2331 8222

Tina Dancing Class 舞蹈健身中心 Professional belly dance courses provided for different level. Every Tue & Thu 18:45-19:45; Sat 14:00-15:00. Room 805, bldg. B, Caifu Building, Weijin Lu, Nankai District 南开区卫津路财富大厦B座805室 Tel: +86 22 2781 6644

Tudor Gymnasium Club 都铎健身俱乐部 First class facilities coupled with excellent services making a leading health club. Mon-Sun 09:00-22:00. 8F, Center Plaza, No. 118, Jiefang Bei Lu, Heping District 和平区解放北路118号信达广场8层 Tel: +86 22 5829 8731 www.tudorgym.com

Westin WORKOUT® 威斯汀健身馆® Provides state of the art workout with complementary 24-hour access to hotel guests featuring latest cardio and strength equipment. Mon-Sun 00:00-00:00. 5F, 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5层 Tel: +86 22 2389 0088

Outdoor Club

Y. Q. B. Outdoor Sports Club 坚石游骑兵户外俱乐部 Offers camping, hiking, mountain climbing, skiing equipments. Mon-Sun 10:30-20:00. No. 400, Anshan Xi Dao, Nankai District 南开区鞍山西道400号 Tel: +86 22 2737 3435

Swimming Pools

GLO Fitness & Health Club Swimming Pool 焕 - 健康中心游泳池 Take a dip and relax in the 20-metre heated indoor swimming pool. Mon-Sun 08:00-22:00. 6F, Hotel Nikko Tianjin, No. 189, Nanjing Lu, Heping District 和平区南京路189号天津日航酒店6层 Tel: +86 22 8319 8888 ext. 3290

Indoor Swimming Pool 室内游泳池 Heated indoor swimming pool adjacent to the sauna and fitness club. Mon-Sun 06:00-23:00. 4F, Health Club, Holiday Inn Tianjin Riverside, Phoenix Shopping Mall, Haihe Dong Lu, Hebei District 河北区海河东路凤凰商贸广场天津海河假日酒店4层 Tel: +86 22 2627 8888 ext. 2318

Sheraton Hotel Tianjin Swimming Pool 喜来登酒店游泳池 Clean locker rooms and a heated indoor pool overlooking the tranquil garden with separate steam room facilities. Mon-Sun 06:00-22:00. 1F, Sheraton Hotel Tianjin, ZiJin Shan Lu, Hexi District 河西区紫金山路天津喜来登大酒店1层 Tel: +86 22 2731 3388

Saixiang Hotel Tianjin Swimming Pool 天津赛象酒店游泳池 Indoor Swimming Pool with constant temperature. Mon-Sun 6:00-22:00; 4F, NO. 8, Meiyuan Road, Saixiang Hotel, Tianjin南开区梅苑路8号天津赛象酒店四层Tel: +86 22 23768888 ext.3904

Swimming Pool at Radisson Plaza Hotel Tianjin Heated indoor swimming pool in a calm environment. Mon-Sun 06:00-23:00. 4F, Radisson Plaza Hotel Tianjin, No. 66, Xinkai Lu, Hedong District 河东区新开路66号天津天诚丽笙世嘉酒店4层 Tel: +86 22 2457 8888

Swimming Pool by Westin 威斯汀室内游泳池 Invigorate your senses and take a dip or just recline and enjoy the sky view through the giant glass ceiling. Mon-Sun 06:00-22:00. 5F, 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5层 Tel: +86 22 2389 0088

Tudor Gymnasium Club Swimming Pool 都铎健身俱乐部游泳池 Indoor swimming pool which is accessible by membership card in the gym. Mon-Sun 09:00-22:00. 8F, Center Plaza. No. 118, Jiefang Bei Lu, Heping District 和平区解放北路118号信达广场8层 Tel: +86 22 5829 8731

Tennis Courts

Tianjin People's Stadium Tennis Court 人民体育馆网球场 Indoor and outdoor courts available @15RMB per hour daytime and 20RMB per hour nighttime. Mon-Sun 08:00-22:00. The junction of Chengdu Dao and Guizhou Lu, Heping District 和平区贵州路与成都道交口 Tel: +86 22 2339 0979

Tianjin Tennis Center 天津市网球中心 Six courts allow the Tianjin Tennis centre to host up to six matches at one time. Indoor and outdoor courts available. Mon-Sun 00:00-00:00. No. 9, Fukang Lu, Nankai District 南开区复康路9号 Tel: +86 22 2359 1964

Decoration

Deng Fa Zhuang Shi Cheng 登发装饰城 Explore the first floor with over twelve categories of shops that includes tiles, ceiling fixtures, glass, carpet, lamps, and stairs. Other floors are good to find decoration items and furniture. Mon-Sun 09:00-17:30. No. 873, Dagu Nan Lu, Hexi District 河西区大沽南路873号 Tel: +86 22 2828 9718

Dick's Home Decoration Shop 迪克家私专卖店 Shop for quality and affordable home decor. Mon-Sun 09:00-17:00. 1F, bldg. B, Rainbow Furniture City, Behind Zhong Huangxian Rainbow Garden, Changjiang Dao, Nankai District 南开区长江道中环线长虹公园对面长虹家具城B区1层 Tel: +86 22 2763 5886

Home Basix 百事克居家超市 A new concept supermarket where people can find various kinds of environmental friendly materials. Mon-Sun 09:00-18:00. No. 1476, Fu Li Cheng Tian Xue Yuan, Nancheng Jie, Nankai District 南开区南城街富力城天霖园1476号底商 Tel: +86 22 2726 6108

Jiayi Furniture Market 加宜家居 One of the city's greatest furniture markets also offering a wide range of interior decoration needs. Mon-Sun 09:00-17:00. No. 7, Nan Men Wai Dajie, Heping District 和平区南门外大街7号 Tel: +86 22 2733 2733 www.jiayijiaju.com

Macalline 红星美凯龙国际家居广场 Also known as Red Star Home, this is a massive interior design super-complex, which can satisfy any renovation needs. Mon-Sun 09:00-17:00. No. 29, Hei Niu Cheng Dao, Hexi District 河西区黑牛城道 29 号 Tel: +86 22 8831 0888 www.chinaredstar.com

Mingjia Decoration City 名家装饰城 Mainly offers high-quality construction materials and decoration materials. Mon-Sun 09:00-17:00. No. 59, Jintang Lu, Hedong District 河东区津塘路59号 Tel: +86 22 2402 1616 www.mjzsc.com

Perfect Life 完美生活 A lovely decoration store with essential oils, silky towels, incense sticks, chinaware, candlesticks, candles, jewellery, you name it and you'll find it here. Mon-Sun 10:00-21:00. -1F, Land Share Shopping Street, Tianjin Concert Hall, Xiao Bai Lou, Heping District 和平区小白楼音乐厅朗香街广场负1层 Tel: +86 22 2330 9379

The Home Depot 家得宝 The American based home interior company offers great choices in decoration services. Mon-Sun 09:00-20:00. No. 242, Hongqi Lu, Nankai District 南开区红旗路242号 Tel: +86 22 8761 3636 www.homedepot.com.cn

This Life 爱丽思生活馆 A wonder for the modern buyer, the one that follows the trends. Elegant products that will surely bring out a lighter atmosphere in your house. Mon-Thu, Sun 10:00-21:00; Fri-Sat 10:00-21:30. -2F, Land Share Shopping Street, Tianjin Concert Hall, Xiao Bai Lou, Heping District 和平区小白楼音乐厅朗香街广场负2层 Tel: +86 22 2311 2900

Electrical Appliances

Buynow Mall 百脑汇 A shopping complex for computers and computer accessories, cameras and all sorts of electric gadgets. Mon-Sun 09:00-19:00. No. 366, Anshan Xi Dao, Nankai District 南开区鞍山西道366号 Tel: +86 22 5869 7666 www.buynow.com.cn

Core Mall 时代数码广场 A complex for computers, household appliances,cameras and all sorts of electric products. Mon-Sun 9:00-18:00. No. 259, Anshan Xi Dao, Nankai District 南开区鞍山西道259号 Tel: +86 22 2305 9000 www.coremall.cn

Cybermart Digital Squre 赛博数码广场 The ideal place for techies and those who are looking for computers, phones, gadgets, you name it! Mon-Sun 09:00-18:00. No. 381, Anshan Xi Dao, Nankai District 南开区鞍山西道381号 Tel: +86 22 2746 9951 www.cybermart.com.cn

Gome 国美电器 Find all the electronic appliances that your house needs and prices are open to negotiation. Mon-Sun 09:30-18:30. The junction of Dagu Nan Lu and Jiefang Nan Lu, Hexi District 河西区解放南路与大沽南路交口 Tel: +86 22 5866 3111 www.gome.com.cn

Su Ning 苏宁电器 One of the largest home appliance retail chain in China fully equipped with electrical appliances at a reasonable price. Mon-Sun 09:00-20:30. No. 88, Zhongshan Lu, Hexi District 河北区中山路88号 Tel: +86 22 2629 1502 www.cnsuning.com

House Services

Butler Wing 管家婆 Offering service to overseas families in Tianjin, which bring new, high-quality, professional family service experience for clients. Mon-Sun 08:30-17:30. No. 17, Tai'er Zhuang Lu, Heping District 和平区台儿庄路17号 Tel: +86 138 2118 6363

Sunshine Jiaxin Cleaning Service Co., Ltd. 阳光嘉信保洁服务有限公司 Provides maid service that is thorough, dependable and worry-free. Mon-Sun 08:30-17:30. Room 427, bldg. C, Yunlang Building, No. 149, Weijin Lu, Heping District 和平区卫津路149号云琅大厦C座427室 Tel: +86 22 2353 5103

Tianjin LeBaiBang Family Service Limited Company 乐百邦家政服务有限公司 Services: Live-in nanny, infants' nurse, window cleaner, hourly worker, accompanied shopping, nurse practitioner for the old and the disabled, etc. Mon-Sun 08:30-17:30. 1-1-1204, Lida Bolan Apartment, Hei Niu Cheng Dao, Hexi District 河西区黑牛城道立达博兰公寓增1-1-1204 Tel: +86 22 2395 3196, +86 136 8218 2319 (English) www.lbblife.com

Tianjin Shuimeilian House Cleaning Service 天津睡美莲家政服务 Experienced services make your home professionally cleaned. Mon-Sun 10:00-18:00. No. 904, bldg. B, Caifu Building, No. 43, Weijin Lu, Heping District 和平区卫津路43号财富大厦B座904号 Tel: +86 22 2781 9805

Laundries

Cheng Wu Laundry 诚屋洗衣 Offers portable washing machines, septic tank systems, clothes dryer and environmentally friendly laundry equipment. Mon-Sun 08:00-20:00. No. 4, Hualong Dao, Hedong District 河东区华龙道4号 Tel: +86 22 2441 7616

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

Ilsa Laundry 伊尔萨洗衣店 A small but very efficient laundry specialised in dry cleaning, laundry washing and delicate fabrics. Mon-Sun 08:30-20:30. Room 101, A-2, Cuihu Hot Spring Garden, Xiaguang Dao, Nankai District 南开区霞光道翠湖温泉花园A-2 101室 Tel: +86 22 8575 4846 www.ilsa.com.cn

Hotels

★★★★★

Golden Crown Hotel 金皇大酒店 Located in the heart of Hexi District, it has become a landmark in Tianjin's CBD. Each of its rooms is equipped with IDD, Internet broadband access, cable TV, and much more. No. 18, Nanjing Lu, Hexi District 河西区南京路18号 Tel: +86 22 2303 8866 www.gcthotel.com

Golden Ocean Hotel 金泽大酒店 Great location, right at the centre of Kowloon, good for shopping and all local transportation is within reach. Room is clean, but quite small. No. 338, Nanjing Lu, Nankai District 南开区南京路338号 Tel: +86 22 2746 6666

Harbor Centre Hotel 港湾中心酒店 The first small-scale European style hotel in located in downtown Tianjin, right beside the Hai River, adjacent to City Hall and near commercial streets and shopping centres. No. 240, Zhangzi Zhong Lu, Heping District 和平区张自忠路240号 Tel: +86 22 8331 0888

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

Hotel Nikko Tianjin 天津日航酒店 Located in the commercial centre of Tianjin. The hotel's modern amenities and luxurious ambience make it an oasis of comfort and well-being in a bustling urban setting. No. 189, Nanjing Lu, Heping District 和平区南京路189号 Tel: +86 22 8319 8888 www.nikkotianjin.com

Hyatt Regency Jing Jin City Resort & Spa 京津新城凯悦酒店 The resort resembles an ancient, mythical royal palace surrounded by a labyrinth of pathways, archways and waterways; creating a unique oasis that commands and dominates the surrounding skyline. No. 8, Zhujiang Da Dao, Zhouliang Zhuang, Baodi District 宝坻区周良庄珠江大道8号 Tel: +86 22 5921 1234

Radisson Plaza Hotel Tianjin 天津天诚丽笙世嘉酒店 Strategically located in the new financial hub of Hedong District and close to the newly renovated Tianjin train station, which is the ideal choice for the discerning business and leisure traveller looking for a comfortable and memorable stay in Tianjin. No. 66, Xinkai Lu, Hedong District 河东区新开路66号 Tel: +86 22 2457 8888

Raffles Tianjin Hotel 天津莱佛士酒店 The city's tallest 'penthouse hotel', sits right in the heart of the business and retail districts atop the Tianjin Centre. Featuring 116 oversized rooms and suites with residential charm. No. 219, Nanjing Lu, Heping District 和平区南京路219号 Tel: +86 22 2321 5888

Renaissance Tianjin Hotel 天津滨江万丽酒店 A contemporary landmark building in the CBD of Tianjin for the "young at heart" business travelers. No. 105, Jianshe Lu, Heping District 和平区建设路105号 Tel: +86 22 2302 6888

Renaissance Tianjin Lakeview Hotel 万丽天津宾馆 This elegant hotel is located within walking distance to Tianjin Municipal People's Government Offices and near shopping areas, night life venues, the Tianjin International Exhibition Centre (INTEX) and new Meijiang Convention Centre. No. 16, Binshui Dao, Hexi District 河西区宾水道16号 Tel: +86 22 5822 3388

Sheraton Hotel Tianjin 天津喜来登大酒店 This globally recognized five-star hotel is 8 km from the railway station, and 5 km from the city centre. Hotel facilities include a gymnasium and an indoor swimming pool. It has five restaurants and bars that serve Western, Japanese, and Chinese cuisines. Zi Jin Shan Lu, Hexi District 河西区紫金山路 Tel: +86 22 2731 3388 www.sheraton.com

TEDA International Club Tianjin 天津泰达国际会馆 Hotel facilities include a swimming pool, a sauna, a massage centre and more. Guests can enjoy Chinese and international cuisine at its restaurants. It also has a TGI Fridays. No. 7, Fukang Lu, Nankai District 南开区复康路7号 Tel: +86 22 5869 5555 www.tedatjclub com.cn

The Astor Hotel Tianjin, A Luxury Collection Hotel 天津利顺德大饭店豪华精选酒店 First opened in 1863 and refurnished in 2010, the hotel is a landmark in Tianjin's history. Favoured for its traditional appeal and high-standards. No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号 Tel: +86 22 2331 1688

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 rechnology. No. 101, Nanjing Lu, Heping Distric 和平区南京路101号 Tel: +86 22 2389 0088

Tian Bao International Hotel 天津天保国际酒店 A 5 star business hotel with totally 143 guest rooms located in the tariff free zone of Tianjin where you can enjoy convenient traffic. No. 368, Jingmen Da Dao, Baoshui District 保税区京门大道368号 Tel: +86 22 2576 1588 www.tbhotel.com

Tianjin Saixiang Hotel 天津赛象酒店 Presents its unique five star services as a luxury business hotel to guests around the globe. No. 8, Meiyuan Lu, Huayuan Industrial Area, Nankai District 南开区华苑产业区梅苑路8号 Tel: +86 22 2376 8888 www.tjsaixianghotel.com

★★★★

Best Western Byronn Hotel Tianjin 天津空港白云酒店 This elegant 4-star hotel is situated close to Binhai airport. No. 90, Xi'er Dao, Airport-Industrial Park. 空港物流加工区西二道90号 Tel: +86 22 8486 0000

The Sport of Kings

Asia's First 'Snow Polo' Challenge

Asia's first snow polo tournament, at the region's newest and largest polo grounds right here in Tianjin, came to a close last month after a successful five-day run. With six top global teams, the event promoted the luxury sport to the nation's new and growing ranks of wealthy.

Though an early form of polo was once popular with China's upper classes during the Tang dynasty more than 1,000 years ago, the sport of kings died out almost entirely until a recent surge of interest in foreign sports seen as high class.

The event started off with the parade of the six national teams from Argentina, England, France, New Zealand, Australia, and Team Hong Kong Goldin. The opening parade was followed by Mr. Pan, Chairman of Goldin Properties, tossing the snow polo ball onto the field, to commence Asia's first Snow Polo Challenge.

A snow machine had blown artificial flakes across the polo field for the past several weeks in preparation for the tournament - a variation of standard polo that originated in Switzerland and involves three riders on the field, instead of the usual four, as well as a bigger ball.

The snow polo field, uses the same grass field that featured in the opening matches in 2010, measuring 100 yards by 50 yards, and prepared since January 2011. Man-made snow has been laid in order to guarantee the quality. The compacted snow is 25cm deep.

All 60 polo ponies are Australian-bred and provided by the Metropolitan Polo Club. Each horse has been padded with anti-slip pads, and studded horseshoes for cushioning and better grip.

China's latest polo venue features state-of-the-art equestrian facilities including two international-sized polo fields and stabling for 150 horses, training facilities, riding school and a luxury club hotel. The operation is managed by a team of international polo and hospitality professionals.

Crystal Palace Hotel Tianjin 天津水晶宫饭店 This Bauhaus architectural styled hotel is on the edge of a lake and within 20 minutes of the city centre and other industrial areas, providing comfort, class and convenience. No. 28, Youyi Lu, Hexi District 河西区友谊路28号 Tel: +86 22 2835 6666

Geneva Hotel 津利华酒店 Adjacent to Tianjin International Exhibition centre, making it convenient to travel around the city and also provides a variety of cuisines, from Chinese to Japanese, Korean and Western dishes. No. 32, Youyi Lu, Hexi District 河西区友谊路32号. Tel: +86 22 2835 2222 www.genevahotels.com.cn

Jinbin International Hotel 滨国际大酒店 Situated along Weijin road and close to Tianjin's CBD, cultural and shopping streets. No. 135, Anshan Dao, Heping District 和平区鞍山道135号 Tel: +86 22 8331 1818

Tianyu Hotel 天津天宇大酒 You cannot miss the rocket shaped hotel that neighbours Tianjin's TV station. Has easy access to Tianjin's major cultural attractions and business disctrict. No. 19, Diantai Dao, Heping District 和平区电台道19号 Tel: +86 22 2360 3388 www.ty-hotel.com

★★★

East Asia Hotel 东亚大酒店 Offers easy access to the cultural street and the Haihe river and fully equipped with a coffee-shop, bar and karaoke bar. No. 41, Hanyang Dao, Heping District 和平区汉阳道41号 Tel: +86 22 2783 8888 www.east-asia-hotel.com

Friendship Hotel 友谊宾馆 Located in the bustling commercial centre, its novel design, unique and elegant architectural style, advanced facilities and good services, make it and ideal place to stay. No. 94, Nanjing Lu, Heping District 和平区南京路94号. Tel: +86 22 2331 5334 www.youyihotel.com

Liulin Hotel 柳林宾馆 Offers a wide range of services and facilities to meet guests' needs. Business travellers will appreciate the convenient conference facilities available here. Dagu Nan Lu, Hexi District 河西区大沽南路 Tel: +86 22 2812 4848

Tianjin First Hotel 第一饭店 Built in 1922, the historic Tianjin First Hotel combines the elegance and charm from a bygone era, and the uncompromising comfort and amenities of a modern hotel. No. 158, Jiefang Bei Lu, Heping District 和平区解放北路158号 Tel: +86 22 8824 3372

Apartments

Astor Apartment 利顺德公寓 Apartment style accommodation close to the CBD. No. 32, Tai'er Zhuang Lu, Heping District 和平区台儿庄路32号 Tel: +86 22 2303 2888

Crystal Palace Hotel Apartment 水晶宫饭店公寓 All rooms are available with satellite TV, mini-bar, IDD telephone, air-conditioning and 24-hour room service. No. 28, Youyi Lu, Hexi District 河西区友谊路28号 Tel: +86 22 2835 6666

Modena Residence Heping Tianjin 天津和平名致精品酒店公寓 Located in city centre, The spacious apartments are boast modern designs and elegant furnishings. Each apartment has a well-equipped kitchen, a separate living area and en suite bathroom. No. 37 Xining Road, Heping District 和平区西宁道37号 Tel:+86 22 2781 2288

Sheraton Apartment 喜来登公寓 An apartment community located close to city centre. Zi Jin Shan Lu, Hexi District 河西区紫金山路 Tel: +86 22 2731 3388

SOMERSET
SERVICED RESIDENCE
成就服务公寓

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

Somerset Youyi Tianjin
No. 35, Youyi Road, Hexi District
Tel: +86 22 2810 7888
天津盛捷友谊服务公寓
河西区友谊路35号

Somerset International Building Tianjin
No 75 Nanjing Road, Heping
Tel: +86 22 2330 6666
天津盛捷国际大厦服务公寓
和平区南京路75号

TEDA International Club Tianjin 天津泰达国际会馆公寓 The excellent hotel-style apartments with high standard equipment and five-star service are really the guests' home away from home. No. 7, Fukang Lu, Nankai District 南开区复康路7号 Tel: +86 22 5869 5555

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. No. 16, Binshui Dao, Hexi District 河西区宾水道16号 Tel: +86 22 5822 3322

Tianjin Centre Residences 天津中心公寓 Offers spacious homes elegantly decorated in soothing tones that allow long-term guests to add their own personal touches. No. 219, Nanjing Lu, Heping District 和平区南京路219号 Tel: +86 22 5868 2888

Art Districts

C-92 Art District C92创意集聚区 The place to enjoy outdoors creativity with a unique layout of art vendors, local exhibitions, sculptures and artists. Mon-Sun 08:00-19:00. The junction of Hongqi Lu and Changjiang Dao, Nankai District 南开区长江道与红旗路交口

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. Mon-Sun 10:00-23:00. No. 29-39, Changde Dao, Heping District 和平区常德道29-39号 www.minyuanxili.com

No. 6 Art Building 6号院创意产业园 A delightful area in front of the Haihe to peacefully enjoy ancient, modern and contemporary art. Mon-Sun 09:00-16:00. No. 6, Tai'er Zhuang Lu, Heping District 和平区台儿庄路6号 Tel: +86 22 2332 2195 www.6art.net.cn

Art Galleries

Hui Tai Art Centre 汇泰艺术中心 One of the few art galleries in Tianjin that embodies the spirit of being so. More like a finely decorated warehouse, the owner Mr. Sun is one of the few Maecenas who support exhibitions by foreign artists. Tue-Sun 13:30-17:30. 3F, bldg. E, No. 6 Art Building, Tai'er Zhuang Lu, Heping District 和平区台儿庄路6号院创意产业园E座3层 Tel: +86 22 2339 7759 www.ht-art.com.cn

Tianjin Academy of Fine-Arts 天津美院美术馆 This gallery is located to the north of Tianjin Art College. The multifunctional museum has an exhibition hall, a library, a cultural product shop and a conference centre. Mon- Sun 08:30-17:00. No. 4, Tianwei Lu, Hebei District 河北区天纬路4号 Tel: +86 22 2624 1540 www.tjarts.edu.cn

Tianjin Art Gallery 天津美术展览馆 Situated in what looks like a residential building, this small art gallery might be hard to find but you will be delighted upon discovery. They display interesting works inspired by Western and Chinese influences. Mon-Sun 09:30-16:30. Wenlian Building, No. 237, Xinhua Lu, Heping District 和平区新华路237号文联大楼 Tel: +86 22 2330 4156

Western Shore Art Gallery 西岸艺术馆 Unique gothic-style building engaged in elegant music performances, art exhibitions, poetry reading, music and dance classes and wedding ceremonies. Fri-Sat 20:00-21:30. 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. Tel: +86 22 2326 3515

Yang Liu Qing New Year Pictures Workshop 杨柳青年画作坊 One of China's three famous folk New Year picture styles, Yangliuqing New Year pictures originated in Yangliuqing Town, in the western suburbs of Tianjin City, in the early 17th century. Mon- Sun 09:00-21:00. Room 102, door 4, bldg. 17, Shiji Xinwan, Yang Liu Qing Zhen 杨柳青镇世纪新苑17号楼4门102室 Tel: +86 22 2739 4834

Billiards

Ju Chuan Billiards Town 巨川台球城 They have membership and non-membership prices. Mon-Sun 09:00-01:00. No. 16, Diantai Dao, Heping District 和平区电台道16号

Bowling

Pilibao Bowling Center 霹雳保保龄中心 They have membership and non-membership prices. Mon- Sun 09:00-01:00. 5F, New World Shopping Centre, No. 138, Dongma Lu, Nankai District 南开区东马路138号新安购物广场5层 Tel: +86 22 8734 0958

Tianma Entertainment City Bowling Alley 天马娱乐城保龄球场 A great place to go bowling and hang-out with friends. Mon-Sun 10:00-22:00. 10F, Jili Building, Nanjing Lu, Heping District 和平区南京路吉利大厦10层 Tel: +86 22 2722 1086

Xiaoxian Dao Bowling Center 消闲岛保龄中心 Great place to hangout and bowl. Mon-Sun 10:00-24:00. No. 18, Huanhu Zhong Lu, Hexi District 河西区环湖中路18号 Tel: +86 22 2391 1555

Museums

China House Museum 瓷房子博物馆 Homage to Chinese culture, it's all decorated with ancient pieces of porcelain, crystal, white marble, jade figurines, rare jewels and antique furniture, from all the dynasties. Mon-Sun 09:00-17:30. No. 72, Chifeng Dao, Heping District 和平区赤峰道72号 Tel: +86 22 2314 6666

Chinese Museum of Finance 中国金融博物馆 Full of interesting facts and curiosities, it showcases the historical and social evolution of Tianjin and Jiefang Bei Lu, the old Chinese Wall Street. Tue-Sun 14:00-22:00. No. 29, Jiefang Bei Lu, Heping District 和平区解放北路29号. Tel: +86 22 2835 9685 www.mocf.org.cn

Folklore Museum 民俗博物馆 Located at the Ancient street Tianjin's local folk museum displays a collection of more than 2000 pieces of local artefacts. Mon-Sun 09:00-22:00. No. 80, Ancient Culture Street, Nankai District 南开区古文化街80号 Tel: +86 22 2727 5062

Jade Buddha Museum 玉佛宫 Fine display of unearthed priceless treasures of jade Buddha sculptures and artefacts. Tue-Sun 09:00-17:00. Jingjin Xincheng Xiangrui Dajie, Baodi District 宝坻区京津新城祥瑞大街 Tel: +86 22 2249 8995

Memorial Hall to Zhou Enlai and Deng Yingchao 周恩来邓颖超纪念馆 Dedicated to the memory of premier Zhou En-lai and his wife, Deng Yingchao, and features photos, documents and dioramas of significant events in their lives. Mon-Sun 08:00-17:00. Shuishang Gongyuan Bei Lu, Nankai District 南开区水上公园北路 Tel: +86 22 2359 2257

Natural History Museum 自然博物馆 Collections of fossils with more than 38,000 specimens. Tue-Sun 09:00-16:30. No. 206, Machang Dao, Hexi District 河西区马场道206号 Tel: +86 22 2334 7988 www.tjnhm.org

The Astor Hotel Tianjin Museum 天津利顺德大饭店博物馆 Homage to Tianjin's history, the museum shows the importance of the hotel in the city's social scene. Politicians, Peking Opera king, movie stars, emperors and empresses all stayed in the most dynamic place of the British Concession since the late 1800's. Mon-Sun 10:00-21:30 (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） Tel: +86 22 2331 1688

Tianjin Museum 天津博物馆 For the fluent Chinese speaker, it's a walk through China's most emblematic periods in arts like ceramics. Tue-Sun 09:00-16:30. No. 31, Youyi Lu, Hexi District 河西区友谊路31号. Tel: +86 22 5879 3000 www.tjbwg.com

Tianjin Planning Exhibition Hall 天津市规划展览馆 An architectural wonder in the Italian District, introducing the urban renovated and sustainably developed side of Tianjin. Tue-Sun 09:00-16:00. The junction of Bei'an Dao and Bo'ai Dao, Hebei District河北区博爱道和北安道交口 Tel: +86 22 2445 6501 www.tpeh.net

Tianjin Princess Residence Museum 天津格格府典藏博物馆 Known as Gege Fu, stands in Gulou, revives greatest treasures as jades, bronzes, ceramics, calligraphy, from the early dynasties. Princess Derling was the personal translator of Empress Cixi. Mon-Sun 08:30-17:00. No. 30-32, Gulou Nan Jie, Nankai District 南开区鼓楼南街30-32号 Tel: +86 22 2727 7755

Yang Liu Qing Museum 杨柳青博物馆 One of Tianjin's antique flavour musuems boasting of exquisite brick, wood and stone carvings. Mon-Sun 09:00-16:30. No. 47, Guyi Jie, Yang Liu Qing Zhen, Xiqing District 西青区杨柳青镇估衣街47号 Tel: +86 22 2739 1617

Parks

Changhong Park 长虹公园 All sorts of entertainments from sports, music and dance. Has a children's playground and an elderly court. Mon-Sun 06:00-22:00. Huanghe Dao, Nankai District 南开区黄河道

Er Gong Park 二宫公园 Entering this park feels like entering an ancient Chinese garden. Mon-Sun 06:00-22:00 Guanhua Lu, Hedong District 河东区光华路

Hedong Park 河东公园 Covering a 10.000sqm, the park has different species of trees and plants. Mon-Sun 06:00-22:00. No. 120, Chenglin Dao, Hedong District 河东区程林庄道120号

Jin Gang Park 金钢公园 Recently renovated with a fitness corner, you will find elderly people busy with their morning exercises. Mon-Sun 06:00-23:00. No. 286, Zhongshan Lu, Hebei District 河北区中山路286号

Munan Park 睦南公园 Take a walk, do your morning run or just unwind in a calm open-air environment. Mon-Sun 24 hours. The junction of Yunnan Lu to the northeast.Kunming Lu to the southwest, Munan Dao to the southeast and Dali Dao to the northwest, Heping District 和平区大理道（北西）睦南道（南东）昆明路（西南）云南路（东北）

Nan Cui Ping Park 南翠屏公园 Scenic hillside scenery, watch kite-flyers or just take a walk. Open 24hrs. Binshui Xi Dao, Nankai District 南开区宾水西道

The People's Park 人民公园 A cosy ambience surrounded by water and luxurious gardens. Mon-Sun 06:00-22:00. No. 29, Huizhou Dao, Hexi District 河西区徽州道29号 Tel: +86 22 2324 0371

Tianjin Botanical Garden 天津植物园 Recreation of a tropical environment with tropical animals, plants, flowers, waterfalls, nationality villages, and a lot of animation. Mon-Sun 08:00-17:00. 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 Tel: +86 22 2794 8011 www.tjzwy.com

Tianjin Water Park 天津水上公园 Tianjin's best well-preserved park. A year-round attraction for nature lovers with nine islands and three lakes. Mon-Sun 06:00-19:00. No. 33, Shuishang Gongyuan Bei Lu, Nankai District 南开区水上公园北路33号 Tel: +86 22 2335 0095 www.tjwaterpark com.cn

Tianjin Zoo 天津动物园 Neighbouring the water-park, Tainjin zoo currently houses approximately 3,000 animals of 200 species. Mon-Sun 08:30-17:00. Shuishang Gongyuan Dong Lu, Nankai District 南开区水上公园东路 Tel: +86 22 2391 5066 www.tjzoo.com.cn

Zhongshan Park 中山公园 Historical park covering an area of 20,000 sqm. Mon-Sun 08:00-019:00 No. 286, Zhongshan Lu, Hebei District 河北区中山路286号

Theatres and Cinemas

Binhu Theatre 滨湖剧院 Features modern Beijing opera, Opera, music performances, children's plays and movies. Mon-Sun09:00-21:00. No. 6, Huanhu Zhong Lu, Hexi District 西区环湖中路6号 Tel: +86 22 2335 2226 www.tjbhjy.com.cn

Imax China Film 中影国际影城 Located in the magnificent Jin Wan plaza and usually show English and Chinese films in 2D and 3D. Mon-Sun 09:30-22:00. 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 Tel: +86 22 2321 9060 www.imax.com.cn

Jinyi International Cinema 金逸国际电影城 It has a lot of different discounts throughout the week; aside from special deals for those with membership cards, discounts for certain days and times of viewing are also provided. (Every Tuesday half price). Mon-Sun 10:00-24:00. 3F, bldg. B, Magnetic Capital, No. 8, Binshui Xi Dao, Nankai District 南开区宾水西道8号时代奥城商业广场B区3层 Tel: +86 22 2385 5088 www.jycinema.com

Land Share International Cinema 天影朗香国际影城 A nice, cosy cinema, well decorated with a very comfortable VIP room. Mon-Sun 10:00-22:00. -2F, Land Share Shopping Street, Tianjin Concert Hall, Xiao Bai Lou, Heping District 和平区小白楼音乐厅朗香街广场负2层 Tel: +86 22 2339 3998

Paradise Cinema 天堂电影院 Perfect place to end a date or eat-out in the Italian Style Town. A nice, cozy cinema showing classic movies. Mon-Sun 10:00-22:00. No. 35, Tianjin Italian Style Town, Ziyou Dao, Hebei District 河北区自由道意大利风情街35号 Tel: +86 22 2446 4969

Tianjin Concert Hall 天津音乐厅 Opened in 1922, it is full of history and magical moments. It is now one of the grand stages of China and it offers daily musical events of interest to all. Mon-Sun 8:30-20:30. No. 88, Jianshe Lu, Heping District 和平区建设路88号. Tel: +86 22 2332 0068 www.tjconcerthall.com

Tianjin Grand Theatre 天津大剧院 Tianjin Grand Theatre undertakes international and domestic conferences and concerts, variety shows, musical performances and other large functions. Mon-Sun 08:30-11:30; 14:00-17:00. The junction of Binshui Dao and Youyi Lu, Hexi District 河西区友谊路与宾水道交口 Tel: +86 22 2835 6028

Tianjin People's Art Theatre 天津人民艺术剧院 Established in 1951, it has been a venue for many dramatic performances. Famous drama masters like Guo Muruo, Lao She, Cao Yu and Jiao Juyin have been well received as critics of the various performances that the theatre has produced Mon-Fri 09:00-12:00; 14:30-17:30. No. 43, Pingshan Dao, Hexi District 河西区平山道43号 Tel: +86 22 2334 1090 www.tjry.com

Wanda Warner International Cinema 华纳万达影城 The perfect place to end your shopping spree in Binjiang Dao or to fill you lazy Sunday afternoons, with the great advantage of having movies in original English. Every Wednesday is half priced. Mon-Sun 09:30-01:30. 2F, Block E, Wanda Business Square, No. 168, Heping Lu, Heping District 和平区和平路168号万达商业广场E座2层 Tel: +86 22 2722 6619 www.wandafilm.com

Associations

ICCO (International Committee for Chinese Orphans) ICCO is a volunteer organisation dedicated to improving the lives of Tianjin's disabled orphans. iccosecretary@gmail.com; www.tjicco.org

Tianjin Toastmasters Club The club helps men and women learn and practice the arts of public speaking, listening, and leadership in a friendly social environment. victorwangwq@yahoo.com.cn

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

Education

High/Middle Schools

Nankai High School 南开中学 Chinese middle school that specialises in organising international exchange programmes between students and middle scholars in other countries. Mon-Fri 08:00-17:00. No. 22, Nankai Sima Lu, Nankai District 南开区南开四马路22号. Tel: +86 22 2748 3391 www.nkzx.cn

No. 1 High School 天津第一中学 One of the best local high schools in Tianjin which also offers international exchange programmes. Mon-Fri 08:00-17:00. No. 117, Xi'an Dao, Heping District 和平区西安道117号 Tel: +86 22 2339 1126 www.tjyz.org

Tianjin Experimental High School 天津实验中学 Another middle school specialising in government-monitored exchange programmes. Mon-Fri 08:00-17:00 No.1, Pingshan Dao, Hexi District 河西区平山道1号 Tel: +86 22 2335 4658 www.tjsyzx.cn

Tianjin Xinhua High School 天津新华中学 A government-run middle school which also offers international student exchange. Mon-Fri 08:00-17:00. No. 99, Machang Dao, Hexi District 河西区马场道99号 Tel: +86 22 8165 3068 www.xinhuaedu.cn

International Schools

Cathay Future World Children's Painting Gallery 华夏未来 Dedicated to nurturing young talents, displaying paintings from children all around the world and also holds competitions all in an effort to produce great future artists. Mon-Sun 00:00-00:00. No. 3, Ti Yuan Bei, Huanhu Zhong Lu, Hexi District 河西区环湖中路体院北3号 Tel: +86 22 2351 6670 www.cathayfuture.com

Scholarship and Bursary Programme Evening

A Proud Tradition, Educating for the Future

Wellington College International Tianjin introduced its Scholarship and Bursary Programme at a cocktail reception at the Nikko Hotel on Tuesday, 22 February. The event was presided over by Dr. Anthony Seldon, Master of Wellington College in the UK, and Mr. David Cook, Founding Headmaster of the College in Tianjin. They were joined by governors and several members of the teaching staff at the new College, due to open in August 2011, including Mr Murray Fowler and Mr John Zermani, respectively Deputy Head and Head of the Junior School. Various heads of department from Wellington Colleges in the UK, making their first visit to Tianjin, also attended.

In the elegant atmosphere of the Nikko Hotel's Diamond Room, Dr. Seldon spoke eloquently on the enviable reputation Wellington College had in international education, and on his hopes and expectations for the partnership between the two schools and, more generally, that between China and the UK. He then spoke about the Eight Aptitudes model of education, Wellington's unique brand of learning, which will now be replicated at the College here in Tianjin.

Dr. Seldon concluded with a very clear prediction, drawing applause from all those gathered. "We aim high at Wellington and we know the College in Tianjin will become the leading international school in China. All our students will be encouraged to pursue their goals with self-belief and ambition, while seeking out those areas in which they can excel, supported by the highly-committed staff and the outstanding facilities at their disposal."

It fell to Mr David Cook to announce the Scholarship and Bursary Programme. The Wellington Scholarships will be awarded on merit at all age groups from Year 7 to Year 12, and will cover five disciplines: academic, sporting, music, drama and art. Most international schools only offer academic scholarships at Year 12. When asked why Wellington was being more ambitious in its provision, Mr Cook responded, "Wellington College is an exceptional school, and we want to help exceptional people meet their full potential. By offering the scholarship programme from an earlier stage and in a far wider field of disciplines, we are investing more time and expertise in helping our students reach their potential, whatever the activity, and therefore giving them the best possible start to their future university pursuits and career aspirations." Further information on the Wellington Scholarship and Bursary Programme can be found at www.wellingtoncollegeintl.cn.

Wellington College International Tianjin will be holding Open Days on 2 April and 14 May this year. Places at the Open Days will be limited, so if you are interested in attending, early booking is encouraged. For bookings and general enquiries, please call +86 22 8758 7199 or +86 187 2248 7836. You may also register for the Open Days by emailing registrar@wellingtoncollegeintl.cn.

International School of Tianjin 国际学校天津分校 One of the international schools in Tianjin with a comprehensive curriculum and a big international community. Mon-Fri 07:30-16:30. Weishan Lu, Jinnan District 津南区津南微山路 Tel: +86 22 2859 2001 www.istianjin.org

Tianjin International School 天津国际学校 With a philosophy based on Christian-teaching, TIS offers pre-school through to high school programmes to children of expatriates living in Tianjin. Mon-Fri 08:00-17:00. No. 1, Meiyuan Lu, Huayuan Industrial Area, Nankai District 南开区华苑产业区梅苑路1号 Tel: +86 22 8371 0900 www.tjtis.com

Tianjin Rego International School 天津瑞金国际学校
No. 38, Huandao Xi Lu, Meijiang South, Hexi District 河西区梅江南环岛西路38号
Tel: +86 22 8816 1180 ext. 212
Mobile: +86 138 2090 0420
E-mail: j.zheng@regoschool.com
Web: www.regoschool.org

Wellington College International Tianjin 天津惠灵顿国际学校 Being a partner with Wellington College, Crowthorne, UK, the Tianjin college, offers a British-curriculum. Mon-Sun 08:30-17:30 No. 1, Yide Dao, Hongqiao District 红桥区义德道1号 Tel: +86 22 8758 7199 ext. 8001 www.wellingtoncollegeintl.cn

Kindergartens

Amy Baby Early Education Centre 艾米国际教育 Dedeicated to preparing your little one for higher level education. It provides an English environment which is bound to ignite your child's curiosity. Mon-Fri 10:00-16:00; Sat-Sun 09:30-16:00. 2-141-1, Meijiang New Bay Plaza, Youyi Nan Lu, Hexi District 河西区友谊南路梅江新海湾商业广场2-141-1 Tel: +86 22 2373 0000 www.amybaby.net.cn

Hopeland International Kindergarten & Day Care Center 华兰国际幼稚园 Hopeland offers on English speaking environment for children in their toddler through kindergarten programmes. Admits foreign and local children to participate in a nurturing environment. Mon-Fri 10:00-16:00; Sat-Sun 09:30-16:00. No. 46, Xiaguang Dao, Weijin Nan Lu, Nankai District 南开区卫津南路霞光道46号 Tel: +86 22 2392 3803 www.hik.cn

Language Schools

Alliance Française de Tianjin天津法盟 Part of the global Alliance Francaise network that offers French classes in a French speaking environment. 2F, Education Centre Building, North gate of Balitai Campus, Tianjin Normal University, Wujiayao Street, Hexi District 河西区吴家窑大街师范大学八里台校区北门教育中心大楼二层Tel: +86 22 2354 0218/0229 Email: info.tianjin@afchine.org www.aftianjin.org

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

Goethe German Language Centre, Tianjin Foreign Studies University 天津外国语学院 歌德语言中心 Institute specialising in German language studies. Mon-Fri 09:00-12:00, 13:00-17:00 Bldg. 3, Tianjin Foreign Studies University, No. 177, Machang Dao, Hexi District 河西区马场道117号天津外国语学院3号楼 Tel: +86 22 2326 5642 www.goethe-slz.tj.cn

King's English for Kids 皇家少儿英语 One of the largest ESl schools in China. Tue-Sun 09:00-20:00 A4, Magnetic Capital, Binshui Xi Dao, Nankai District 南开区宾水西道时代奥城商业广场A4 Tel: +86 22 5862 7779

Pingu's English Uses creative exercises and interactive activites bound to intrigue your child's curiosity in English learning. Mon-Fri 09:30-19:30 Sat-Sun 09:00-18:00. No. 1-9, bldg. A, Shang Gu, Tianta Dao, Nankai District 南开区天塔道上谷商业街A座1-9号 Tel: +86 22 2341 7272

Tianjin China Cultural Institute 天津中华文化学院 The training center is under the Tianjin University of Chinese culture striving to create high-tech enterprises for talent. Mon-Fri 09:00-17:30. No. 340, Anshan Xi Dao, Nankai District 南开区鞍山西道340号 Tel: +86 22 2741 3545

TLI Language Institute in Tianjin 中华语文研习所 Offers Chinese language classes with schools around China and around the world. Mon-Fri 08:00-18:00 Sat 08:30-12:00 Room 1808, bldg. B, Sunny Square, Shiyijing Lu, Hedong District 河东区十一经路三联大厦B座1808室 Tel: +86 22 2421 8989

Universities

German Language Centre, Tianjin Foreign Studies University 天津外国语学院 歌德语言中心 Institute specialising in German language studies Mon-Fri 09:00-12:00, 13:00-17:00 Bldg. 3, Tianjin Foreign Studies University, No. 177, Machang Dao, Hexi District 河西区马场道117号天津外国语学院3号楼 Tel: +86 22 2326 5642 www.goethe-slz.tj.cn

Nankai University 南开大学 Rated as one of the best universities in China. Former premier Zhou Enlai graduated from this Uni. It has a strong focus on liberal arts and humanities. Mon-Fri 08:00-12:00; 14:00-17:00. No. 94, Weijin Lu, Nankai District 南开区卫津路94号.Tel: +86 22 2350 1583 www.nankai.edu.cn

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. Block H, No. 28, Jinjing Lu, Xiqing District 西青区津静路28号H座 Tel: +86 22 2378 9535 ext. 502

Tianjin Foreign Studies University 天津外国语学院 Offers Chinese and foreign language studies. Mon-Fri 08:00-12:00; 14:00-17:00. No. 117, Machang Dao, Hexi District 河西区马场道117号 Tel: +86 22 2326 2460 www.tjfsu.edu.cn

Tianjin Medical University 天津医科大学 Majors in modern medicine studies and offers post-graduate and undergraduate courses. Mon-Fri 08:00-12:00; 14:00-17:00. No. 22, Qi Xiang Tai Lu, Heping District 和平区气象台路22号. Tel: +86 22 2354 2621 www.tijmu.edu.cn

Tianjin Normal University 天津师范大学 Teachers' training and research university offering undergraduate and post-graduate courses. Mon-Fri 08:00-12:00; 14:00-17:00. No. 241, Weijin Lu, Hexi District 河西区卫津南路241号 Tel: +86 22 2354 0091 www.tjnu.edu.cn

Tianjin Polytechnic University 天津工业大学 Offers post-graduate and undergraduate courses in applied sciences. Mon-Fri 08:30-12:00; 14:00-17:30. No. 63, Chenglin Dao, Hedong District 河东区成林道63号 Tel: +86 22 2452 8022 www.tjpu.edu.cn

Tianjin University 天津大学 One of the universities under the direct administration of the Ministry of Education of China, it is the first university in modern Chinese education history with a strong focus on engineering and the sciences. Mon-Fri 09:00-12:00 14:00-18:00. No. 92, Weijin Lu, Nankai District 南开区卫津路92号 Tel: +86 22 2740 7575 www.tju.edu.cn

Tianjin University of Finance and Economics 天津财经大学 One of the earliest universities offering applied economics and business administration in China. Mon-Fri 08:00-12:00; 14:00-17:00. No. 25, Zhujiang Dao, Hexi District 河西区珠江道25号 Tel: +86 22 2817 1399 www.tjufe.edu.cn

Tianjin University of Science and Technology 天津科技大学 An engineering based multi-discipline University offering undergraduate and post-graduate courses in sciences, engineering, humanities and management. Mon-Fri 08:00-12:00; 14:00-17:00. No. 1038, Dagu Nan Lu, Hexi District 河西区大沽南路1038号 Tel: +86 22 6027 3336 www.tust.edu.cn

Tianjin University of Traditional Chinese Medicine 天津中医学院 The University is China's only institution to be authorised by Ministry of Education as the International University of Traditional Chinese Medicine. The school's Acupuncture and Moxibustion Science courses are key state-level programmes. Mon-Fri 09:00-12:00 14:00-17:00. No. 312, Anshan Xi Dao, Nankai District 南开区鞍山西道312号 Tel: +86 22 2748 6658 www.tjutcm.edu.cn

Exhibition Centres

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

Tianjin Meijiang Exhibition Centre 天津梅江会展中心 Located in the growing area of Meijiang makes it an attractive choice for holding major international conferences. Mon-Sun 09:00-17:00. No. 18, Youyi Nan Lu, Hexi District 河西区友谊南路18号. Tel: +86 22 8838 3300 www.mjcec.com

Library

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

Real Estate

CB Richard Ellis Tianjin 世邦魏理仕天津分公司 Providing high quality real estate services to developers, investors and occupiers throughout Greater China. 9th Floor, Unit 903, Tower 1, The Exchange, No.189, Nanjing Road, Heping District.和平区南京路189号津汇广场写字楼1号楼9层903单元 Tel : +86 22 8319 2178 www.cbre.com.cn

DTZ Tianjin 戴德梁行天津办事处 Providing leading-edge property insight and on-the-ground delivery to investors, developers, corporate and public sector occupiers and financial intermediaries.12th Floor, Tower 1, The Exchange, No.189, Nanjing Road, Heping District.和平区南京路189号津汇广场1号楼12层 Tel: +86 22 2313 9751 www.dtz.com/cn

Jones Lang LaSalle, Tianjin 仲量联行天津分公司 A financial and professional services firm specialising in real estate services and investment management. Unit 3509, The Exchange Tower 1, No. 189, Nanjing Road, Heping District 和平区南京路189号津汇广场写字楼1号楼3509室 Tel: +86 22 8319 2233 www.joneslanglasalle.com

Savills Tianjin 第一太平戴维斯天津 With world-class knowledge & expertise in all industry segments, providing "Best in Class" services for premium property projects. Unit 2601-02, Centre Plaza, No. 188, Jiefang Road, Heping District和平区解放路188号信达广场塔楼2601-02室 Tel: +86 22 5829 3388 www.savills.com

Tianjin Dongyang Real Estate Development Company 天津东洋房地产经纪有限公司 Provides real estate services for both private and commercial purposes. Mon-Sun 09:00-21:00; 19-920, Magnetic Capital, Binshui Xi Dao, Nankai District 南开区宾水西道时代奥城商业广场19-920 Tel: +86 131 3215 9487

Relocation Companies

E-Smart Relocation Consultants Co., Ltd. 天津市伊斯玛特房地产服务有限公司 Expert in expat housing and relocation around Tianjin, Teda and Beijing. Mon-Sun 08:30-17:30. 19B, bldg. 2, Zijin Garden, No. 15, Binshui Dao, Hexi District 河西区宾水道15号紫金花园2座19B Tel: +86 22 2836 0997

LC Relocation C21 Provides housing and relocation services to expats around Tianjin. Mon-Fri 09:00-18:00. Office 708, Galaxy Mansion, No. 68, Yuexiu Lu, Hexi District 河西区越秀路68号银河大厦708室 Tel: +86 138 2099 1956 www.lcrec21.com

Royal Relocation Consultants 荣联房地产服务有限公司 Offers house and office relocation services to expat families and foreign businesses in Tianjin. Mon-Fir 09:00-17:00. 20B, bldg. 2, Zijin Garden, No. 15, Binshui Dao, Hexi District 河西区宾水道15号紫金花园2座20B Tel: +86 22 2813 6943

Travel Agencies

China Youth Travel Agency 中国青年旅行社 Specialising in domestic and international ticket booking, domestic group tours, hotel booking, car hire services and cruise-ship services. Mon-Sun 09:00-19:00. 2F, New Culture Garden, Rongye Dajie, Heping District 和平区荣业大街新文化花园2层 Tel: +86 22 2731 6688 www.cytsonline.com

Classical Holiday Travel Service 经典假期旅行社 Organises domestic group tours and also offers cruise booking services. Mon-Fri 09:00-18:00; Sat-Sun 09:00-18:30. 27F, block B, Triumphal Arch Building, No. 66, Nanjing Lu, Hexi District 河西区南京路66号凯旋门大厦B座27层 Tel: +86 22 2302 1813 www.chts.com.cn

Tianjin China International Travel Service (CITS) 天津中国国际旅行社 Founded in 1954, it used to serve as an important foreign affairs reception working unit. Now it organises domestic and international group tours and travel plans and trains students aspiring to work in the travel industry. Mon-Fri 08:30-17:30 Sat-Sun 09:00-17:00. No. 22, Youyi Lu, Hexi District 河西区友谊路22号 Tel: +86 22 5855 9988 www.tj-cits.com

Tianjin China Travel Service 天津市中国旅行社 Organises group tours and offers flight and cruise booking services. Mon-Sun 08:00-12:00; 13:30-18:00. No. 16, Pingshan Dao, Hexi District 河西区平山道16号 Tel: +86 22 2430 1330 www.tjcts.com.cn

Tianjin CITIC International Travel Co., Ltd. 天津中信国际旅行社有限公司 Organises international and domestic tours and offers flight, hotel booking services. Mon-Sun 09:00-18:00. No. 2, Zhengzhou Dao, Heping District 和平区郑州道2号 Tel: +86 22 2316 1795

Tianjin Daya Travel Service 天津大亚旅行社 Organizes domestic & international holiday and seasonal tours and also offers flight, hotel and cruise booking services. Mon-Fri 09:00-18:00 Sat-Sun 09:00-17:00. Office 616, Buynow Mall, Anshan Xi Dao, Nankai District 南开区鞍山西道百脑汇科技大厦616室 Tel: +86 22 5869 7537 www.tjdygl.com

Tianjin Kanghui Travel Service 天津康辉旅行社 Offers domestic and international flight, cruise and hotel booking services. Mon-Sun 09:00-18:00. Office 1701, Xinhua Building, Xinhua Lu, Heping District 和平区新华路新华大厦1701室 Tel: +86 22 2313 3872

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Antiques & Souvenirs

Ancient Culture Street 古文化街 Famous for its traditional architecture located inside the street, the temple, a tourist attraction for all the souvenir shopping. Mon-Sun 09:00-17:00. Ancient Culture Street, Nankai District 南开区古文化街

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. Mon-Sun 09:00-17:00. Drum Tower, Nankai District 南开区鼓楼

Shenyang Antiques Market沈阳道古物市场 A picturesque market full of traditional Chinese artefacts, memorabilia and real antiques. Mon-Sun 09:00-18:00. Shenyang Dao, Heping District 和平区沈阳道

Art and Craft Stores

Clay Figure Zhang 泥人张 One of Tianjin's most famous and delicate folk arts. Mon-Sun 09:00-18:00. No. 17, Gu Wenhua Jie, Nankai District 南开区古文化街17号 Tel: +86 22 2727 5081 www.nirenzhangwr.com

JARLL 讚尔艺术 A chain store specialized in high-grade handicrafts.Advancing in expression and digesting in style, every piece of its craft coming with a pure handmade process and a unique design. 1) 2F, Fareast Department Store, No.168, Dongma Lu, Nankai District. 南开区东马路168号远东百货2楼 Tel: + 86 22 2725 1769; 2) 6F, Isetan, No.108, Nanjing Lu, Heping District. 和平区南京路108号伊势丹6楼

Wei Kite 风筝魏 You can get kites of all kinds of shapes, sizes and colours. Mon-Sun 10:00-17:00 2F, east wing, Gulou Bei Jie, Nankai District 南开区鼓楼北街东侧2层 Tel: +86 22 2728 0650

Yang Liu Qing New Year Pictures 杨柳青年画 One of China's three famous folk New Year picture styles, Yangliuqing New Year pictures originated in Yangliuqing Town, in the western suburbs of Tanjin City, in the early 17th century. Mon-Sun 11:00-24:00. Mingqing Jie, Yang Liu Qing Zhen, Xiqing District 西青区杨柳青镇明清街 Tel: +86 22 2739 8205 www.yangliuqingnianhua.com

Bookstores

Hai Guang Si Book City 海光寺书城 With two floors and a pleasant, quiet, wood-furnished atmosphere, the English section is on the upper floor, just off the top of the stairs. Mon-Sun 09:30-18:30. Xindu Building, Hai Guang Si, Weijin Lu, Nankai District 海光寺卫津路新都大厦 Tel: +86 22 2777 8505

Tianjin Book Building 天津图书大厦 The biggest book store in Tianjin with everything from books and magazines to electronic reading materials and accessories, toys, music Cd's etc. Mon-Sun 09:30-20:00. No. 362, Dagu Nan Lu, Hexi District 河西区大沽南路362号 Tel: +86 22 2306 2335 www.tjbb.com

Tonglou Foreign Languages Bookstore 佟楼外文书店 Chinese and foreign languages bookstore and also offering study accessories. Mon-Sun 09:30-18:30 No. 184, Machang Dao, Hexi District 河西区马场道184号 Tel: +86 22 2335 8058

Beauty Stores

Mannings 万宁 Offers imported and local brands beauty, health and cosmetics products.1) Mon-Sun 10:00-22:00 1F, Milenio, Jili Building, No. 209, Nanjing Lu, Heping District 和平区南京路209号吉利大厦米莱欧百货1层 Tel: +86 22 2722 0346; 2) Mon-Sun 10:00-21:30. 1F, Robbinz Department Store, No. 128, Nanjing Lu, Heping District 乐宾百货店, 和平区南京路128号乐宾百货1层 Tel: +86 22 2716 8136 www.mannings.com.cn

Sephora Tianjin Milenio Store 丝芙兰天津米莱欧店 Leading beauty retailer offering the best cosmetics, skin care, makeup, fragrance & perfume, hair, beauty products and makeup tips. Mon 10:00-22:00. 1F, Milenio, Jili Building, No. 209, Nanjing Lu, Heping District 和平区南京路209号吉利大厦米莱欧百货1层 Tel: +86 22 2721 0571 www.sephora.cn

Watsons 屈臣氏 A popular store for cosmetics, personal beauty and health products. Mon-Sun 10:00-21:30. 1F, New World Shopping Centre, No. 138, Dongma Lu, Nankai District 南开区东马路138号新安购物广场1层 Tel: +86 22 8734 0922 www.watsons.com.cn

Clothing Stores

Baby Shop 婴之宝 An adorable baby's clothing and accessories store offering infant and maternal products. Mon-Sun 10:00-19:30 A4, Magnetic Capital, Binshui Xi Dao, Nankai District 南开区宾水西道时代奥城商业广场A4 Tel: +86 22 2385 5117

Fudeng Qipao Store 福登旗袍店 Have yourself fitted for a Chinese cheongsam at an affordable price. Mon-Sun 09:00-18:00. No. 110-1, Ancient Culture Street, Nankai District 南开区古文化街110-1号 Tel: +86 22 2725 0912

Gucci 古琦 Internationally acclaimed brand offering luxurious clothing and accessories. Thur-Sun 10:00-21:30; Fri-Sat 10:00-22:00. 1F, Hisense Plaza, No. 188, Jiefang Bei Lu, Heping District 和平区解放北路188号海信广场1层 Tel: +86 22 2319 8138

H&M Fashionable casual wear for men and women sold at a reasonable price. Mon-Sun 10:00-21:30. 1F, Robbinz Department Store, No. 128, Nanjing Lu, Heping District 和平区南京路128号乐宾百货1层

Milano Luxury 华丽米兰 Luxurious and high-quality suits and official wear. Thur-Sun 10:00-21:00; Fri-Sat 10:00-21:30. 2F, bldg. A, International Department Store, No. 211, Nanjing Lu, Heping District 和平区南京路211号国际商场A座2层 Tel: +86 22 2782 3302

Promod 波芒得 Women's world renowned French fashion brand. Mon-Sun 10:00-21:30. 1F, Robbinz Department Store, No. 128, Nanjing Lu, Heping District 和平区南京路128号乐宾百货1层

Uniqlo 优衣库 The ideal place to find comfortable casual wear at very affordable prices. Thur-Sun 10:00-21:00; Fri-Sat 10:00-21:30. 1F, bdlg. A, International Department Store, No. 211, Nanjing Lu, Heping District 和平区南京路211号国际商场A座1层 Tel: +86 22 2783 2789 www.uniqlo.cn

Zara 飒拉 The internationally acclaimed clothing retail store with fashionable and reasonably-priced products. Be sure to check out the seasonal sale. Mon-Sun 10:00-22:00. 1-2F, Milenio, Jili Building, No. 209, Nanjing Lu, Heping District 和平区南京路209号吉利大厦米莱欧百货1-2层 Tel: +86 22 2721 1917

Department Stores & Shopping Malls

8 Miles New Culture Plaza 八里台新文化广场 One of the most popular department stores featuring trendy and fashionable products at a very affordable price. Mon-Sun 10:00-21:00. No. 109, Weijin Nan Lu, Heping District 和平区卫津南路109号. Tel: +86 22 2351 3366 www.balitai.com.cn

Binjiang Shopping Center 滨江购物中心 Located at the trendy Xiaobai Lou area this department store features affordable and high-quality brand products for adults and children. Mon-Sun 10:00-20:30 No. 29, Kaifeng Dao, Xiao Bai Lou (1902 Street), Hexi District 河西区小白楼开封道29号 Tel: +86 22 2330 6218 www.tjbgo.com

Far Eastern Department Store 远东百货 7-storey department stores with a wide array of products including men, women & children fashion wear & accessories, beauty products, home appliances, a supermarket and restaurants. Thur-Sun 10:00-21:00; Fri-Sat 10:00-21:30 No. 128, Nanjing Lu, Heping District 和平区南京路128号 Tel: +86 22 2727 1688 ven.feds.com.cn

Hisense Plaza 海信广场 One of the most prestigious department stores in town featuring the most famous luxury brands in the world like Rolex and Gucci. Thur-Sun 10:00-21:30; Fri-Sat 10:00-22:00 No. 188, Jiefang Bei Lu, Heping District 和平区解放路188号 Tel: +86 22 2319 8888 www.hisense-plaza.com

Howhy 号外时尚馆 Located in Tianjin's busy commercial district it is a popular choice among expats for affordable and quality brand products. Mon-Sun 10:00-21:00 No. 199, Nanjing Lu, Heing District 和平区南京路199号 Tel: +86 22 2782 6321

International Department Store 国际商场 Shoppng complex with two buildings both providing Chinese and International brand products. Thur-Sun 10:00-21:00.Fri-Sat 10:00-21:30. No. 211, Nanjing Lu, Heping District 和平区南京路211号 Tel: +86 22 2781 4108

Isetan 伊势丹 One of the most famous department stores in Tianjin. Japanese-owned, it gives customers the best in luxury brands, household appliances and a fantastic supermarket with foreign goods. Mon-Sun 10:00-21:00. Block C, Modern Town, No. 108, Nanjing Lu, Heping District 和平区南京路108号现代城 C区 Tel: +86 22 2722 1111

Jin Wan Plaza 津湾广场 A shopping mall dedicated to offer more than just shopping. It has a breathtaking view and a lot of entertainment for all. Daily, Jiefang Bei Lu, Heping District 和平区解放北路

Maigo 麦购体闲广场 Located in the busy street of Bingjiang dao it is one of the most popular choices among expats and locals to find the trendiest styles at an affordable price. Thur-Sun 10:00-21:00; Fri-Sat 10:00-21:30. No. 211, Binjiang Dao, Heping District 和平区滨江道211号 Tel: +86 22 2711 8861 www.maigo.com.cn

New World Shopping Centre 新安购物广场 Located close to the Ancient Culture street, food street and Temple of Literature, this department store gives you an elegant and spacious shopping atmosphere. Mon-Sun 09:00-21:00. No. 138, Dongma Lu, Nankai District 南开区东马路138号 Tel: +86 22 8734 1858

Parkson Shopping Centre 百盛购物广场 One of the most popular department stores featuring affordable local and international brand products. Mon-Thur 09:30-21:30; Fri-Sun 09:30-22:00. No. 162, Heping Lu, Heping District 和平区和平路162号 Tel: +86 22 8558 6688 www.parkson.com.cn

Robbinz Department Store 乐宾百货 Most popular among expats for the restaurant venue, this 6-storey department store also offers Chinese brand products Mon-Sun 10:00-21:30. No. 128, Nanjing Lu, Heping District 和平区南京路128号 Tel: +86 22 2718 8080

The Exchange 津汇广场 Located in the centre of Tianjin's commercial area it is one of the most popular choices among expats with Starbucks, Papa John's and plenty high-quality clothing stores. Mon-Sun 10:00-22:00. No. 189, Nanjing Lu, Heping District 和平区南京路189号 Tel: +86 22 8319 1818

Tianjin Friendship Department Store 天津友谊 One of the most prestigious department stores featuring famous luxury brands in the world. Mon-Thur 10:00-21:30; Fri-Sun 10:00-22:00. No. 21, Youyi Lu, Hexi District 河西区友谊路21号 Tel: +86 22 6086 0000 www.tffstore.com

Tianjin Quanye Bazaar 天津劝业场 Designed in 1928 by a French engineer and located at the junction of Bingjiang road and Heping road, this depertment store offers an elegant and spacious shopping atmosphere. Mon-Sun 09:30-21:00. No. 290, Heping Lu, Heping District 和平区和平路290号 Tel: +86 22 2730 3771 www.qyc.com.cn

International Products Store

7-Eleven The well-known convenience store is usually the first choice when looking for dispensable goods, including magazines, snacks, and personal items. Mon-Sun 24 hours. No. 29, Binjiang Shopping Center, Kaifeng Dao, Xiao Bai Lou (1902 Street), Hexi District 河西区小白楼开封道滨江购物中心29号 Tel: +86 22 2330 5040 www.7-eleven.com

Jewellery and Watches Stores

Rolex 劳力士 World famous watch brand where you can find yourself elegant and classic watches. Thur-Sun 10:00-21:00; Fri-Sat 10:00-21:30. 1F, Hisense Plaza, No. 188, Jiefang Bei Lu, Heping District 和平区解放北路188号海信广场1层 Tel: +86 22 2319 8121 www.rolex.com/zh-hans

Swarovski 施华洛世奇水晶轩 Luxurious jewellery brand where you can get elegant crystallised jewellery. Thur-Sun 10:00-21:00; Fri-Sat 10:00-21:30. 1F, Hisense Plaza, No. 188, Jiefang Bei Lu, Heping District 和平区解放北路188号海信广场1层 Tel: +86 22 2319 8108

Music Stores

Gold Music 金色琴行 This music store specialises in classic pianos and keyboards. Mon-Sun 10:00-21:00. Music Street, the junction of Shisi Jing Lu and Bawei Lu, Hedong District 河东区八纬路与十四经路交口音乐街 Tel: +86 139 2083 2047 www.pianoyx.cn

Highway Musical Co., Ltd. 海巍乐器有限公司 The ideal spot to find your dream guitar and gear in any style, from vintage Gibsons to Fenders and Hi-Watt amps. Tue-Sun 10:00-18:00. New World of Friendship Building, No. 65-10, Binjiang Dao, Heping District 和平区滨江道65-10号友谊新天地 Tel: +86 22 2721 6267 www.highwayguitar.com

Ming Ren Musical Instruments 鸣人乐器 This store specialises in Western wind instruments including saxophones, clarinets and trombones. Mon-Sun 09:00-19:00. Music Street, the junction of Shisi Jing Lu and Bawei Lu, Hedong District 河东区八纬路与十四经路交口音乐街 Tel: +86 133 0202 1299

Philharmonic Sound 爱乐之声 Offers musical instruments at wholesale &retail price, music education &interpretation and other music related businesses. Mon-Sun 09:00-18:30. Music Street, the junction of Shisi Jing Lu and Bawei Lu, Hedong District 河东区八纬路与十四经路交口音乐街 Tel: +86 22 2326 0913

Spin Guitar 森格乐器 Get good-quality music instruments and appliances. Mon-Sun 09:00-19:00. Music Street, the junction of Shisi Jing Lu and Bawei Lu, Hedong District 河东区八纬路与十四经路交口音乐街 Tel: +86 22 2412 9490 www.spinguitar.com

Zhang's Musical Instruments 乐器张 This store is loaded with all kinds of musical instruments from Chinese traditional music instruments to acoustic guitars, keyboards and violins. Mon-Sun 09:00-17:30. Music Street, the junction of Shisi Jing Lu and Bawei Lu, Hedong District 河东区八纬路与十四经路交口音乐街 Tel: +86 22 2728 9866

Markets

Caozhuang Flower Market 曹庄花卉市场 A scented wonder for those who love flowers. The biggest flower market in northern China. Mon-Sun 08:00-17:00. 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

Minlong Tea Market 闽龙茶叶批发市场 Bulk selling of all sorts of tea varieties with plenty tea shops. You can also find china, wooden furniture and jewelry. Mon-Sun 10:00-17:00. No. 47, Zhujiang Dao, Hexi District 河西区珠江道47号

Shu Guang Li Market 曙光里市场 A popular market among foreigners and locals for cheap and affordable clothing. Mon-Sun 09:00-17:30. The junction of Jianshan Lu and Hei Niu Cheng Dao, Hexi District 河西区黑牛城道与尖山路交口

Tianjin Fabric Market 布料市场 A wide range of fabrics, patterns and colours at good prices. Mon-Sun 09:00-17:00. No. 123, Guangdong Lu, Hexi District 河西区广东路123号

Yong'an Food Market 永安菜市场 You can get fresh vegetables and fruits at a retail or wholesale price. Mon-Sun 06:00-18:00. Yong'an Dao, Hexi District 河西区永安道

Supermarkets

Carrefour 家乐福 A favourite choice among shoppers with a wide selection of imported and local products. 1) Mon-Sun 09:00-22:00 No. 302, Nanjing Lu, Nankai District 南开区南京路302号 Tel: +86 22 2721 0850; 2) Mon-Sun 09:00-22:00. No. 138, Dongma Lu, Nankai District 南开区东马路138号 Tel: +86 22 2726 9696 www.carrefour.com.cn

Century Mart 世纪联华超市 Variety of consumer good and services. Mon-Sun 07:30-16:00. No. 60, Guangdong Lu, Hexi District 河西区广东路60号 Tel: +86 22 2324 1688

Crystal Palace Supermarket 水晶宫超市 Has a variety of consumer products. Mon-Sun 09:00-21:30. No. 28, Youyi Lu, Hexi District 河西区友谊路28号 Tel: +86 22 2835 6888

E-Mart Supercenter 易买得超市奥城店 The Korean chain supermarket offering both imported and local products. Mon-Sun 09:00-22:00. The junction of Lingbin Lu and Binshui Xi Dao, Nankai District 南开区宾水西道与凌宾路交口 Tel: +86 22 5869 1234 www.e-mart.com.cn

Hisense Supermarket 海信超市 Located on B1 of Hisense Plaza, this supermarket offers a wide array of imported products. Thur-Sun 09:30-22:00; Fri-Sat 10:00-22:00. -1F, Hisense Plaza, No. 188, Jiefang Bei Lu, Heping District 和平区解放北路188号海信广场负1层 Tel: +86 22 2373 1998

Isetan Supermarket 伊势丹超市 Located on the basement floor or Isetan, this Japanese-owned supermarket offers a huge selection of high-quality imported products. Mon-Sun 10:00-21:00. -1F, Isetan, No. 108, Nanjing Lu, Heping District 和平区南京路108号伊势丹负1层 Tel: +86 22 2722 1111

METRO Supermarket 麦德隆超市 Offering both local and imported products. Mon-Sun 07:00-23:00. No. 75, Xiqing Dao, Hongqiao District 红桥区西青道75号 Tel: +86 22 2732 8888 www.metro.com.cn

Tesco Supermarket 乐购 Britain's leading retailer store with a big selection of both imported and local products. Mon 07:30-22:00. No. 60, Youyi Bei Lu, Hexi District 河西区友谊北路60号 Tel: +86 22 5879 4300 www.cn.tesco.com

Vanguard Supermarket 华润万家 Chinese chain supermarket with both local and imported products. Mon-Sun 09:00-21:00. No. 98, Qi Xiang Tai Lu, Heping District 和平区气象台路98号 www.crv.com.cn

Wal-Mart 沃尔玛超市 The American chain franchise with a wide range of imported and local products. 1) Mon-Sun 08:00-22:00. The junction of Xinkai Lu and Huachang Dajie, Hedong District 河东区华昌大街与新开路交口 Tel: +86 22 2433 2599; 2) Mon-Sun 08:00-22:00. No. 66, Fu'an Dajie, Heping District 和平区福安大街66号 Tel: +86 22 5829 2955 www.wal-martchina.com

Wine Stores

Cave d'Emma 酒窖 Located in the picturesque area of 5th avenue, and offering high-quality imported French wines and champagnes. Mon-Sun 10:00-23:00. No. 35, Changde Dao, Heping District 和平区常德道35号 Tel: +86 22 2339 1935

Le Select 西来克红酒体验吧 Good-quality local and imported wines at a very reasonable and affordable price. Mon-Sun 10:00-01:00. No. 24, Kaifeng Dao, Xiao Bai Lou (1902 Street), Hexi District 河西区小白楼开封道24号 Tel: +86 22 2311 1778

Madame He Imported Wine & Beer 何夫人进口酒水专卖店 Already has 8 branches around China, the store offers high-quality imported wines at a reasonable price. Mon-Sun 08:30-17:00. No. 291, Nan Men Wai Dajie, Heping District 和平区南门外大街291号 Tel: +86 22 2697 8079

Teresa Fine Wines 珊珊清品酒屋 Located inside E-Mart's building, it offers reasonably priced wines of the highest quality. Mon-Sun 10:00-21:00. A1-12, Magnetic Capital, Binshui Xi Dao, Nankai District 南开区宾水西道时代奥城商业广场A1-12 Tel: +86 22 8833 3237

Churches

St. Joseph's Cathedral 西开教堂
No. 9, Xining Dao, Heping District
和平区西宁道9号
Roman Catholic English Mass
Every Sunday 11:30 + Christmas Day Mass
Facebook: Our Lady of China
Yahoo Group: OLCTJ

Shanxi Road Church 基督教会山西路教堂 Also called Wesley Church; it was built in memory of the British man Wesley, the founder of the Methodist Church. Every Sunday 08:30-10:00. No. 62, Shanxi Lu, Heping District 和平区山西潞62号 Tel: +86 22 2730 2758

Mosques

Tianjin Great Mosque 清真大寺 Splendid fusion of art, architecture and spirituality within a religious space. Mon-Sun 09:00-17:00. No. 8, in front of the Xiaohuo Xiang Temple, Xibei Jiao, Hongqiao District 红桥区西北角小伙巷大寺前8号

Temples

Queen of Heaven Temple 天后宫 In the heart of the Ancient Culture Street, it's one of the three remaining Mazu Temples in the world. Mon-Sun 09:00-16:45 Ancient Culture Street, Nankai District 南开区古文化街

Temple of Compassion大悲禅院 From the Qing Dynasty, the biggest Buddhist temple in Tianjin. Mon-Sun 09:00-16:30. No. 40, Tianwei Lu, Hebei District 河北区天纬路40号 Tel: +86 22 2626 1768 www.tjdabeiyuan.com

Temple of Solidarity Joy 独乐寺 1000 years of history, now considered a historical relic. Mon-Sun 08:30-17:00. No. 41, Cheng Nei Wu Ding Jie, Ji Xian 蓟县城内武定街41号 Tel: +86 22 2914 2907 www.dulesi.com

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Bakeries

Craft Gourmet 万丽美食阁 Home-made crafted pastries and bakery products. Fresh deli sandwiches and healthy salads to go. Mon-Sun 05:30-21:00 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 Tel: +86 22 6621 8888 ext. 3711

Felicity 飞利西蒂 Delicious cakes and baked products in a colourful, cosy setting. Mon-Sun 09:00-21:30 Back street of King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰仟佰汇商业广场后街 Tel: +86 22 6629 5517

Maky Bakery 米旗 Scrumptious western and Chinese baked products. Mon-Sun 08:00-21:30 No. 27, 3rd Avenue, TEDA 开发区第三大街27号 Tel: +86 22 6620 8462 www.maky.com.cn

Brazilian

Salsa Churrasco 巴西烧烤餐厅 A typical Brazilian barbecue restaurant with waiters going from table to table with skewers of picanha. Mon-Sun 11:30-14:30; 17:30-22:00 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 Tel: +86 22 6628 3388 ext. 2740

Cantonese

Dilong Cantonese Restaurant 帝龙粤鲜楼 Authentic Cantonese food served in a comfortable environment to suit all occasions. Mon-Sun 10:30-14:00; 17:00-21:30 Binhai Development Building, No. 42, 2nd Avenue, TEDA 开发区第二大街42号滨海发展大厦底商 Tel: +86 22 6628 5222

Chinese

Fortune Restaurant 富淳中餐厅 Experience Cantonese, Sichuan and Hainan cuisines served in an elegant setting. Mon-Sun 11:30-14:30; 17:30-22:30 2F, Crowne Plaza Tianjin Binhai, No. 55, Zhongxin Da Dao, Airport Industrial Park 空港物流加工区中心大道55号天津滨海圣光皇冠假日酒店2层 Tel: +86 22 5867 8888 ext. 2355

Seaport Well-known Restaurant 海港世家大酒楼 Fresh seafood and Cantonese food in a luxurious ambience. Mon-Sun 11:30-14:30; 17:30-22:30 No. 33, 2nd Avenue, TEDA 开发区第二大街33号 Tel: +86 22 5981 5988

Wan Li Chinese Restaurant 万丽轩中餐厅 An up-market Chinese restaurant offering the finest classical Cantonese cuisine in a refined, elegant yet relaxed atmosphere. Mon-Sun 11:30-13:30; 17:30-22:00 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2层 Tel: +86 22 6621 8888 ext. 6750

Warner Chinese Restaurant 华纳中餐厅 Experience Chinese Cuisine in an elegant ambience and top-quality service. Mon-Sun 11:00-14:00; 17:00-21:00 2F, Warner International Golf Club, No.1, Nanhai Lu, TEDA 开发区南海路1号华纳高尔夫俱乐部2层 Tel: +86 22 2532 6009

Yue Chinese Restaurant 采悦轩中餐厅 Providing tantalising Chinese cuisine in a relaxing atmosphere. Mon-Sun 11:30-14:30, 17:30-22:00 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 Tel: +86 6528 8888 ext. 6220/6222

Zen Chinese Restaurant Zen中餐厅 Try the authentic Cantonese and Chinese flavours in a restaurant with plenty of variety of soups, appetisers and yummy seafood. Mon-Sun 11:30-14:30; 17:30-22:30 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 Tel: +86 22 6628 3388

Zhou Ji 周记名都 Fresh seafood and typical Chinese cuisine in a relaxed atmosphere. Mon-Sun 09:00-15:00; 16:30-21:30 TEDA New Field, No. 12, Nanhai Lu, TEDA 开发区南海路12号泰达新天地. Tel: +86 22 6628 1989

Dumpling

Bai Jiao Yuan 百饺园 Enjoy 100 different types of Chinese dumplings including a wide range of Chinese gourmet varieties. Mon-Sun 11:30-13:30; 17:30-22:00 No. 27, bldg. A, Guoxin Building Zhangwang Lu, 2nd Avenue, TEDA 开发区第二大街展望路国信大厦A座27号 Tel: +86 22 6202 1188 www.baijiaoyuan.com

Fast Food

Macdonald's 麦当劳 Contact the 24hr service hotline for delivery to your doorstep. Mon-Sun 24hrs No. 888, Shanghai Dao, Tanggu District 塘沽区上海道888号 Tel: +86 22 2587 6265 www.mcdonalds.com.cn

Indian & Thai

Sawasdee Thai & Indian Food 萨瓦哩泰国餐厅 Great range of Thai and Indian delicacies, from breads to curries and soups. Mon-Sun 10:00-14:00; 16:30-22:00 No. 1-4-7, King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰仟佰汇商业广场1-4-7号 Tel: +86 6629 2120

Italian

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. Mon-Sun 17:30-23:30 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 Tel: +86 6528 8888 ext. 6230/6232

Japanese

Kasumi 霞日式料理 The finest Japanese cuisine offered in a modern setting, specialising in teppanyaki prepared in open kitchen and an open sushi bar. Mon-Sun 11:30-14:30; 18:00-22:00 1F, Crowne Plaza Tianjin Binhai, No. 55, Zhongxin Da Dao, Airport Industrial Park 空港物流加工区中心大道55号天津滨海圣光皇冠假日酒店1层 Tel: +86 22 5867 8888 ext. 2322

Kuinoi 云井日本料理店 Experience a unique dining experience in a luxurious, elegant atmosphere with top-class service.

Mon-Sun 10:30-00:00 (Next to KFC) King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰仟佰汇商业广场（肯德基旁） Tel: +86 22 6529 8581

Mayfair Hotel Japanese Restaurant 美华酒店日料厅 Offers authentic Japanese cuisine served in fine Tatami private room. Dine as you enjoy a panoramic view from the restaurant. Mon-Sun 06:00-00:00 Mayfair Hotel, No. 10, Huanghai Lu, TEDA 开发区黄海路10号 Tel: +86 22 2528 1000

Qingshui Mu 清水木 Offers various kinds of Japanese food at a competitive price, beef hot pot is a popular special. Mon-Sun 11:30-14:00; 17:30-22:00 (Next to Beautiful China Building) 1st Avenue, TEDA 开发区第一大街（美华大厦旁） Tel: +86 22 2528 1020

Rengaya 炼瓦家 Indulge your taste buds in authentic Japanese cuisine & sushi and mix it up with sake. Mon-Sun 11:00-13:30; 17:00-21:30 (Next to Friendship Store) No. 19, Huanghai Lu, TEDA 开发区黄海路19号（友谊名都旁） Tel: +86 22 2532 4574

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

Taishi-tei Japanese Restaurant 太子亭 Experience a stylish, elegant and modern dining with fine Japanese ingredients and a good range of wines. Mon-Sun 11:00-14:00; 17:00-22:00 Pengren Yuan, No. 31-3, 3rd Avenue, TEDA 开发区第三大街蓬仁园31-3号 Tel: +86 22 6200 1656

Tokugawa 德川日本料理 Opened in 1998, the restaurant still maintains its beauty and quality. Preparation of the food is on display and you can try a huge variety of sushi and sashimi. The tatami rooms are the perfect Japanese experience. Mon-Sun 11:00-14:30, 17:00-22:00 No. 34, 1st Avenue, TEDA 开发区第一大街34号 Tel: +86 22 2528 0807

Yinghua House 樱花屋 Named after Japan's national flower, Yinghua House provides traditional Japanese soups, noodles and different kinds of delicious dishes. Mon-Sun 11:00-14:00; 17:00-22:00 Bldg. C, King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰仟佰汇商业广场C座 Tel: +86 22 6629 0992

Pizza

Papa John's 棒约翰 "Better Ingredients. Better Pizza." Delivery. Mon-Sun 11:00-22:00 No. 566, bldg. E, Juchuan Jin Hai'an Building, Shanghai Dao, Tanggu District 塘沽区上海道巨川金海岸E区566号 Tel: +86 22 2530 4862 www.papajohnschina.com

Pizza Hut 必胜客 An old Tianjin favourite providing yummy pizzas, open salad stands and western food. Mon-Sun 11:00-22:00 No. 453, Juchuan Jin Hai'an Building, Jiefang Lu, Tanggu District 塘沽区解放路巨川金海岸商界453号 Tel: +86 22 2530 0242 www.pizzahut.com.cn

Roast Duck

Jin Bai Wan 金百万 A branch of one of the best Beijing roast duck restaurants. Enjoy yummy roast duck carefully prepared to incorporate flavour. Mon-Sun 10:30-21:30 No. 581, Xingang Lu, Tanggu District 塘沽区新港路581号 Tel: +86 22 2579 9888 www.jinbaiwan.com

Sichuan

Red House 红房子酒店 Spice up your taste buds with hot and spicy food from Sichuan. Mon-Sun 11:00-21:00 No. 88, Huanghai Lu, TEDA 开发区黄海路88号 Tel: +86 22 6620 9438

Teppanyaki

Baiyi Teppanyaki 百一铁板烧 One of the best choices for teppanyaki in TEDA. You can choose from an extensive menu and watch while the chef perpares your food with art. Mon-Sun 10:00-22:00 No. 2-1-6, King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰仟佰汇商业广场2 - 1 - 6号 Tel: +86 22 6629 5488

Qiyo Teppanyaki 清友铁板烧 Teppanyaki, seafood and Japanese food offered by buffet or a la carte, very popular and enjoyable. Mon-Sun 11:00-14:00; 17:00-22:00 Fortune City Plaza, No. 25-26, 3rd Avenue, TEDA 开发区第三大街25-26号财富星座 Tel: +86 22 2532 6633

Yupin Teppanyaki Restaurant 御品法式铁板烧 Watch the chef skilfully prepare the food in this quiet, intimate, comfortable dining environment. Mon-Sun 11:00-14:00; 17:00-21:00 Royal Palace, No. 10, 2nd Avenue, TEDA 开发区第二大街10号御景园 Tel: +86 22 6621 8038

Western

Brasserie Restaurant 万丽西餐厅 Contemporary daily breakfast, lunch & dinner buffets, featuring European & Asian selections served from a large open show kitchen. Full a la carte menu available. Mon-Sun 06:00-00:00 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 Tel: +86 22 6621 8888 ext. 3711

Delights Restaurant & Bar 狄拉西餐厅 One of TEDA's most popular restaurants. Known for their mouth-watering entrees and steaks from Australia. Mon-Sun 10:00-01:00 The junction of Huanghai Lu and 2nd Avenue, TEDA 开发区第二大街与黄海路交口 Tel: +86 22 6620 9874

Feast All Day Dining Restaurant 盛宴全日制西餐厅 Signature all-day-dining restaurant featuring a tapestry of bright décor and culinary delights from around the world. Mon-Sun 06:00-00:00 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 Tel: +86 6528 8888 ext. 6210

Parrot Restaurant & Bar 鹦鹉西餐厅酒吧 Established in 1999, this restaurant has earned a reputation of having great western food, draft beer and imported wine in a warm, relaxed, and friendly atmosphere. Mon-Sun 10:30-23:00 No. 88, Huanghai Lu, TEDA 开发区黄海路88号 Tel: +86 22 6620 1663

Wyndsong Restaurant 风之细语西餐厅 Continental and Asian cuisine is the fare, with a large open kitchen and a delicious à la carte menu. Mon-Sun 06:00-00:00 1F, Crowne Plaza Tianjin Binhai, No. 55, Zhongxin Da Dao, Airport Industrial Park 空港物流加工区中心大道55号天津滨海圣光皇冠假日酒店1层 Tel: +86 22 5867 8888 ext. 2333

Coffee Shops

SPR Coffee SPR 咖啡 Enjoy a refreshing cup of coffee in an intimate and relaxed atmosphere. Mon-Sun 09:00-00:00 No. 3, Hongda Jie, TEDA 开发区宏达街3号 Tel: +86 22 6629 2566 www.sprcoffee.com

Starbucks Coffee 星巴克咖啡 This American chain giant provides coffee with a selection of tasty muffins, sandwiches and fruit cups). 1) Mon-Sun 09:30-22:00 C102, Juchuan Jin Hai'an Building, No. 453, Jiefang Lu, Tanggu District 塘沽区解放路453号巨川金海岸商界C102; 2) Mon-Fir 07:30-22:30; Sat-Sun 08:30-23:00 No. 19, Huanghai Lu, TEDA 开发区黄海路19号 www.starbucks.com.cn

UBC Coffee 上岛咖啡 Relax in a quiet atmosphere as you enjoy coffee and western cuisine. Mon-Sun 05:30-00:00 No. 39-10, 3rd Avenue, TEDA 开发区第三大街39-10号 Tel: +86 22 6620 9522 www.ubccn.com

Tea Houses

Aiwan Ting Tea House 爱晚亭茶苑 Watch and learn the art of preparing Chinese tea in this traditional Chinese ambiance. Refresh your mind and soul with fragrant flavours of Chinese tea. Mon-Sun 10:00-02:00 1F, Section F, Century Village, 3rd Avenue, TEDA 开发区第三大街世纪新村 Tel: +86 22 6529 9541

Bars & Discos

Babi Club 芭比俱乐部 Music is central to BABI, as purveyor of pure slow rock. Its professional attitude makes BABI a leader of electric sounds. Mon-Sun 20:30-04:00 No. 39, Cuiheng Plaza, 3rd Avenue, TEDA 开发区第三大街翠亨广场39号 Tel: +86 22 6629 1188

Dublin Irish Pub 督伯林爱尔兰西餐吧 Where the food is great, the fireplace is warm and the pints stay full. You can enjoy timeless pub comforts here. Mon-Sun 10:30-02:30 No. 137, 3rd Avenue, TEDA 开发区第三大街137号 Tel: +86 22 6629 2963

Euro Bar 欧罗吧 A relaxed and fun venue for unwinding, it offers beverage, snacks, live entertainment, pool tables and live sports TV. Mon-Sun 14:00-02:00 1F, Crowne Plaza Tianjin Binhai, No. 55, Zhongxin Da Dao, Airport Industrial Park 天津空港物流加工区中心大道55号天津滨海圣光皇冠假日酒店1层 Tel: +86 22 5867 8888 ext. 2355

Happy Soho Live Music & Dance Bar 欢乐苏荷酒吧 Dark, wooden, lit by red rose-shaped lampshades. Filipino live band. Mon-Sun 20:00-02:00 (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） Tel: +86 22 2532 2078

Jacky's Pub Built in a Texas fashion, ideal for a quick bite or a filling meal. One of the favourite spots of TEDA's expats. Mon-Sun 10:00-01:00 2nd Avenue, TEDA 开发区第二大街 Tel: +86 22 6629 9197

Lobby Bar 大堂吧 1st floor a choice of refreshments along with delicate pastries served in a warm and inviting lounge, with cozy seating, and attentive service. Mon-Sun 09:00-00:00 2F, Crowne Plaza Tianjin Binhai, No. 55, Zhongxin Da Dao, Airport Industrial Park 空港物流加工区中心大道55号天津滨海圣光皇冠假日酒店2层 Tel: +86 22 5867 8888 ext. 2355

O'Leary Irish Pub 欧莱瑞爱尔兰西餐吧 A typical Irish pub with plenty quality beers like Guinness and outstanding whiskies. Mon-Sun 10:00-00:30 1F, Ginza Building, No. 35, 2nd Avenue, TEDA 开发区第二大街35号银座大厦1层 Tel: +86 22 6628 0333

Renaissance Lounge 万丽泰达酒店酒廊 Complemented by the grace of Asian service. Daily live entertainment complements the atmosphere. Mon-Sun 10:00-01:00 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 Tel: +86 22 6621 8888

TEDA Bar 泰达酒吧 Offering an extensive beverage selection, this contemporary bar is known for its vast range of malt whiskies, vodkas & premium spirits. Mon-Sun 10:00-01:00 1F, Renaissance Tianjin TEDA Hotel & Convention Centre, No. 29, 2nd Avenue, TEDA 开发区第二大街29号万丽泰达酒店及会议中心1层 Tel: +86 22 6621 8888 ext. 6722

Lobby Lounge 大堂吧 The right place for a coffee experience or an order from the extensive beverage selection in the "Focus" of the lobby. Mon-Sun 10:00-00:00 1F, 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1层 Tel: +86 22 6628 3388 ext. 2761

W&H Pub 韦哈酒吧 One of the oldest pubs in TEDA, it's always visited by expats looking for a quick meal, drinks or regular chats. Mon-Sun 09:00-02:00 2nd Avenue, TEDA 开发区第二大街 Tel: +86 22 2529 3628

KTV

Eastern Pearl 东方之珠 KTV offers top equipments,ideal venue for people to play, party and sing. Mon-Sun 10:00-05:30 No. 507, Jiefang Lu, Tanggu District 塘沽区解放路507号 Tel: +86 22 2586 2222

Beauty Salons

Natural Beauty 自然美 Visit this ultramodern beauty parlour, give your hair a make-over and leave feeling glamorous. Mon-Sun 09:00-21:00 1F, Pengren Garden, 3rd Avenue, TEDA 开发区第三大街蓬仁园1层 Tel: +86 22 6620 2169 www.nblife.com

Massages

Orchid Massage and Nail Spa 兰轩美甲休闲 Relax your mind, body and soul, get a manicure and pedicure, and just let go of all worries in a most soothing atmosphere. Mon-Sun 10:00-22:00 Bldg. 3, Bomei Yuan, No. 18, Huanghai Lu, TEDA 开发区黄海路18号博美园底商3号楼 Tel: +86 22 2532 2311

Timeless Foot Massage 康足会所 Take care of your feet treat them to some much needed treatment and revivify them! Mon-Sun 11:30-00:00 2F, King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰仟佰汇商业广场2层 Tel: +86 22 6621 1111

Spas

Blu Spa Blu Spa 会所 Indulge yourself in luxurious relaxation and rejuvenate your sore feet with some famous Chinese foot massage therapy. Mon-Sun 24 hours No.10, Huanghai Lu, TEDA 开发区黄海路10号 Tel: +86 22 2528 1352 www.bluspa.com

Tea Tree Spa 茶树水疗中心 The Spa embraces a holistic approach to physical and spiritual vitality. Inspired by traditional healing philosophies from China. Mon-Sun 13:00-00:00 1F, Crowne Plaza Tianjin Binhai, No. 55, Zhongxin Da Dao, Airport Industrial Park 空港物流加工区中心大道55号天津滨海圣光皇冠假日酒店1层 Tel: +86 22 5867 8888 ext. 2400

Touch Spa If you need to relieve yourself, revive your soul, refresh your mind, meditate and unwind in an elegant and impressive way, this is the place to go to. Ultimate relaxation in a soothing atmosphere. Mon-Sun 06:00-23:00 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 Tel: +86 22 6570 9504

Yue Spa Decorated with tasteful antiques with beautiful lighting. The perfect place to heal and relax. Mon-Sun 10:00-02:00 15F, 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15层 Tel: +86 22 6628 3388

Dental Clinic

Aichi International Dental Center 爱齿口腔医疗中心 International-standard dental care in a clean, sanitary environment. Give yourself that much desired toothy smile. Mon-Fri 09:00-21:00; Sat-Sun09:00-17:00 Cuiheng Plaza, No. 211, 3rd Avenue, TEDA 开发区第三大街211号翠亨广场 Tel: +86 22 6629 1079

Hospitals

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. No. 65, 3rd Avenue, TEDA 开发区第三大街65号 Tel: +86 22 6520 2000 www.tedahospital.com.cn

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

Western Hospital 名医会馆 United Family Healthcare, friendly and English-speaking staff. Mon-Sun 08:00-20:00 1F, Jiafu Garden, 2nd Avenue, TEDA 开发区第二大街加孚园底商 Tel: +86 22 6620 8676

Electrical Appliances

Gome 国美电器 One of China's largest electrical appliances store packed with all kinds of home appliances. Mon-Sun 09:00-21:00 No. 94, Shanghai Dao, Tanggu District 塘沽区上海道94号 Tel: +86 22 2586 3727 www.gome.com.cn

Su Ning 苏宁电器 One of the largest home appliance retail chains in China. Mon-Sun 09:00-20:30 2F, New Ocean Century Building, No. 29, Hebei Lu, Tanggu District 塘沽区河北路29号新洋世纪商厦2层 Tel: +86 22 2586 3477 www.cnsuning.com

Laundries

CAS Laundry 美国CAS 国际干洗店 An American dry-cleaning franchise. Mon-Sun 09:00-19:00 (Behind Renaissance Tianjin TEDA Hotel) Fada Jie, TEDA 开发区发达街（万丽酒店后面） Tel: +86 22 6621 6367

Fornet 福奈特 Largest high-quality professional laundry service chain in China. Mon-Sun 08:30-22:30 Taifeng Jia Yuan, No. 112, 4th Avenue, TEDA 开发区第四大街112号泰丰家园底商 Tel: +86 22 2532 5353 www.fornet.com.cn

Jie Li Te Laundry 洁利特洗染中心 Uses advanced petroleum dry cleaning technology, which is environmentally and consumer friendly. Mon-Sun 08:00-19:00 S-028, Royal Palace, 2nd Avenue, TEDA 开发区第二大街御景园底商S-028号 Tel: +86 22 6539 1273

Hotels

★★★★★

Crowne Plaza Tianjin Binhai 天津滨海圣光皇冠假日酒店 An International five star hotel with a stylish Lobby Lounge, Luxurious western and Chinese restaurants and elegant accommodation. Staff can speak Chinese, English and Japanese. No. 55, Zhongxin Da Dao, Airport Industrial Park 空港物流加工区中心大道55号 Tel: +86 22 5867 8888

Dosen Residences 德圣公馆 Dosen is not just on apartment, but also a foreign premium apartment like a hotel with hotel service. TEDA Fashion Plaza, Aoyun Lu, TEDA 开发区奥运路泰达时尚广场 Tel: +86 22 6628 5656

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

Holiday Inn Express Tianjin Binhai 天津滨海快捷假日酒店 You'll receive a warm welcome from friendly staff at Holiday Inn Express Tianjin Binhai, where sleek white marble and low lighting create a soothing atmosphere. TEDA Fashion Plaza, No. 11, Aoyun Lu, TEDA 开发区奥运路11号泰达时尚广场 Tel: +86 22 5988 8999 www.hiexpress.com

Renaissance Tianjin TEDA Hotel & Convention Centre 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. No. 29, 2nd Avenue, TEDA 开发区第二大街29号 Tel: +86 22 6621 8888

SHERATON TIANJIN BINHAI HOTEL 天津滨海喜来登酒店 Located in the heart of the TEDA Tianjin Economic-Technological Development Area, Blending contemporary, upbeat and signature design elements, it's a warm and convenient choice for business or leisure. No. 50, 2nd Avenue, TEDA 开发区第二大街50号 Tel: +86 22 6528 8888 sheraton.com/tianjinbinhai

TEDA International Hotel & Club 泰达国际酒店暨会馆 Standing proud, the Tianjin TEDA International Hotel and Club is a bright pearl in the Bohai basin area, a stylish leisure world of accommodation, recreation, business, catering, and meeting and conventions offering top-class service. No. 8, 2nd Avenue, TEDA 开发区第二大街8号 Tel: +86 22 2532 6000 www.tedahotel.com

Tianjin Ruiwan Hotel 天津瑞湾酒店 This grand five-star property is surrounded by tranquil scenery, situated in Tianjin Binhai Area on the bay of Bohai. Ruiwan Hotel offers the perfect mix of convenient and comfort in a peaceful area. No. 2527, Yihao Lu, Xingang, Tanggu District 塘沽区新港一号路2527号 Tel: +86 22 2578 0001 www.ruiwanhotel.com

★★★★

Baiyun Hotel 白云酒店 Large rooms with large marbled bathrooms. Free rocket fuelled internet a good choice for business travellers. No. 12, the junction of Fada Jie and Nanhai Lu, TEDA 开发区南海路与发达街交口12号 Tel: +86 22 6620 8888 www.baiyun-hotel.com

D. D. Center 大地中心酒店 2 kilometres from the light rail station and 20 kilometres from the railway station, it features a swimming pool, a gym and a sauna centre. No. 26, Jieda Lu, 3rd Avenue, TEDA 开发区第三大街捷达路26号 Tel: +86 22 2532 0088

Mayfair Hotel 美华酒店 Four star hotel managed by Canada ANGUS MANAGEMENT INC, offers great varieties of luxury rooms, restaurants, business, leisure & entertainment. No. 10, Huanghai Lu, TEDA 开发区黄海路10号 Tel: +86 22 2528 1000 www.mayfairhotel.com.cn

TEDA Center Hotel 泰达中心酒店 Teda Central Hotel Tianjin is a 4 star business hotel invested by TEDA Group, which offers 218 guest rooms. No. 16, 3rd Avenue, TEDA 开发区第三大街16号 Tel: +86 22 2520 6788 www.teda-hotel.com

Tianjin East Harbour Hotel 天津滨海东方商务酒店 A modern business hotel, situated in the Economic and Technique Development Zone. This 7-storey hotel offers 105 rooms and suites. No. 31, 3rd Avenue, TEDA 开发区第三大街31号 Tel: +86 22 2529 1111 www.eastharbourhotel.com

Tianjin Easy Hotel 天津怡家时尚酒店 A budget hotel which provide business travellers or visitors clean rooms and good services at a good value price. No. 17, the junction of Nanhai Lu and 3rd Avenue, TEDA 开发区第三大街与南海路交口17号 Tel: +86 22 6625 1111

Tianjin Elegance Hotel 天津惠中酒店 There are 151 deluxe rooms in Elegance Hotel. The warmness and elegance of the room pattern produce an original beauty, and the modern intelligent management system can meet different demands of guests of different ranks. Bldg. A, Fanglin TEDA Garden, 3rd Avenue, TEDA 开发区第三大街芳林泰达园A座 Tel: +86 22 5981 1111 www.elegancehotel.cn

Victory Hotel 胜利宾馆 This magnificent hotel is an integral part of a 15 storey, multi-purpose development, building, which comprises of 391 hotel rooms and suites. No. 1369, Jintang Gong Lu, Tanggu District 塘沽区津塘公路1369号 Tel: +86 22 2534 4783 www.victoryhotel.com

★★★

Hotel Ibis Tianjin TEDA 天津泰达宜必思酒店 The hotel features 222 rooms, a restaurant and a bar. Guests also have the convenience of variety of local restaurants and shops nearby the hotel. No. 30, 3rd Avenue, TEDA 开发区第三大街30号 Tel: +86 22 5981 5100

Juchua Holiday Inn 巨川假日酒店 Located in the central area of Tanggu Foreign Commodity Market space, which has modern and comfortable guestrooms of various types. No. 4, Jiefang Lu, Tanggu District 塘沽区解放路4号 Tel: +86 22 2589 8866

Today's International Hotel 今天国际酒店 A luxury hotel invested by Tianjin Gortson Corporation and governed by Tianjin Gortson Management Co., Ltd. which offers 187 suites to satisfy diverse needs of business travellers. No. 1661, Xingang Erhao Lu, Tanggu District 塘沽区新港二号路1661号 Tel: +86 22 2578 9999

Zhongtai Hotel 中泰酒店 Located in the famous Bohai bank, Binhai development central area, and has more than 170 various guest rooms. No. 588, Heping Lu, Tanggu District 塘沽区和平路588号 Tel: +86 22 6527 1788 www.zhongtaihotel.com

Art Gallery

TEDA Contemporary Art Museum 泰达当代艺术博物馆 A place of great interest for art lovers, being the first contemporary display of contemporary art in TEDA. Tue-Sun 10:00-16:00 No. 39, Huanghai Lu, TEDA 开发区黄海路39号 Tel: +86 22 5982 9590

Cinema

Hongtai Movie City 鸿泰影城 It has 8 luxurious screening rooms and comfortable seating providing high-level viewing. Mon-Sun 4F, King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰仟佰汇商业广场4层 Tel: +86 22 6622 0886

Parks

Binhai Aircraft Carrier Theme Park 滨海航母主题公园 A military theme park featuring all sorts of adventure. Mon-Sun 09:00-17:00 Ba Gua Tan, Yingcheng Zhen, Hangu District 汉沽区营城镇八卦滩 Tel: +86 22 5991 8888 / 8007 binhaipark@163.com; www.binhaipark.cn

Hebin Park 河滨公园 One of the biggest parks in TEDA, take a walk, relax, meditate or even take your kids to the zoo. Zhongxin Bei Lu, Tanggu District 塘沽区中心北路

Taifeng Park 泰丰公园 This expansive park has a crystalline lake, verdant lawns and plentiful trees. 4th Avenue, TEDA 开发区第四大街

The Bund Park 外滩公园 A scenic visitors area cordoned by three great abstract dragons. It has scenic sites such as Buddhist temples and parks. Mon-Sun Shanghai Dao, Tanggu District 塘沽区上海道

Education

International Schools

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

Tianjin TEDA Maple Leaf International School 天津泰达枫叶国际学校 A Chinese firm that currently operates 20 schools in China enrolling more than 6,750 students, which provides quality educational programs by blending the best of East and West educational practices. No. 71, 3rd Avenue, TEDA 开发区第三大街71号 Tel: +86 22 6622 6888 tianjin.mapleleaf.net.cn

Kindergarten

Gymboree Play & Music 金宝贝 The global leader in early childhood development programmes with over 30 years of experience. 2F, bldg. 1, Golden Street Center, Zhongxin Bei Lu, Tanggu District 塘沽区中心北路阳光金地中心1号楼2层 Tel: +86 22 6636 7699 www.gymboree.com.cn

University

TEDA College of Nankai University 南开大学泰达学院 Branch school of Nankai University. No. 23, 3rd Avenue, TEDA 开发区第三大街23号 Tel: +86 22 6622 9400 teda.nankai.edu.cn

Exhibition Centre

Tianjin Binhai International Convention & Exhibition Centre 天津滨海国际会展中心 Organises and undertakes exhibition programs suitable with regional development according to the demand of the economic development of Binhai New Area and Bohai Rim Region. 5th Avenue, TEDA 开发区第五大街 Tel: +86 22 6530 2888 www.bicec.com.cn

Library

TEDA Library 泰达图书馆 A multifunctional and comprehensive five-floor structure with the latest technology, spacious leisure area, magazines and newspapers, reading are for children collection of Chinese books, e-documents, lecture hall, multimedia AV room, music salon, and individual music AV. Mon-Sun 09:00-22:00. No. 21, Hongda Jie, TEDA 开发区宏达街21号 Tel: +86 22 2520 3122 www.tedala.gov.cn

Real Estate

Ane Househunting & Consultant Co., Ltd. 安逸房地产信息咨询有限公司 Provides real estate information including homes for sale, comparable homes, home valuation tools and more. Mon-Sun 00:90-18:00. Fanglin TEDA Garden, No. 3, Hongda Jie, TEDA 开发区宏达街3号芳林泰达园 Tel: +86 22 6629 2345

Century Home Service 天津世嘉行地产顾问有限公司 Established in 1998, it is the pioneer supplier for real estate service in Tianjin Binhai New Area. Mon-Sun 09:00-18:00. Bldg. E7, Room A503, Binhai Finance Zone, No. 20, Guangchang Dong Lu, TEDA 开发区广场东路20号滨海金融街E7A区A503室 Tel: +86 22 6623 9596 www.tedachs.com

Joanna Real Estate 嘉园置地房地产经纪有限公司（天津分公司） Deals with real estate investment consultation, real estate investigation, marketing schemes, property management, relocation service, etc. Mon-Fri 00:90-18:00. Room 104, bldg. E4C, Binhai Finance Zone, No. 20, Guangchang Dong Lu, TEDA 开发区广场东路20号滨海金融街E4C区104室 Tel: +86 22 6628 3456

Tianjin TEDA Henry Rental & Real Estate Service 天津开发区亨利商务信息咨询有限公司 A full-service real estate organisation helps you search for houses, residential lots and land or commercial rentals. Mon-Sun 08:30-18:00. Block E, Fanglin. TEDA Garden, No. 3, Honda Jie, 3rd Avenue, TEDA 开发区第三大街宏达街3号芳林泰达园E座底商 Tel: +86 22 6629 2233

Travel Agency

Tianjin China International Travel Service (CITS) 天津中国国际旅行社 A leading enterprise in China travel industry, an all- inclusive tour operator for booking holiday packages & customising your trip. Mon-Sun 09:00-17:00. Room 104, west bldg., No. 39, 3rd Avenue, TEDA 开发区第三大街39号西区104室 Tel: +86 22 6629 0560 / 6629 2702 www.tj-cits.com

Department Stores & Shopping Malls

Citizen Plaza 市民广场 A comprehensive multi-purpose shopping plaza. No. 86, 1st Avenue, TEDA 开发区第一大街86号

Cuiheng Plaza 翠亨广场 Multi-purpose building with modern eating and shopping facilities. 3rd Avenue, TEDA 开发区第三大街

Fortune City Plaza 财富星座 Modern shopping, dining and culture facilities available. No. 28, 3rd Avenue, TEDA 开发区第三大街28号 Tel: +86 22 6621 8022

Juchuan Jin Hai'an Building 巨川金海岸 A comprehensive multi-purpose building with modern shopping and dining facilities. Shanghai Dao, Tanggu District 塘沽区上海道

King Buyer Shopping Mall 鸿泰仟佰汇商业广场 Shop, relax and dine in this modern multipurpose mall. No. 32, 3rd Avenue, TEDA 开发区第三大街32号 Tel: +86 22 6622 0886

TEDA Friendship Department Store 泰达友谊商厦 Houses a range of world famous luxury brands. The junction of Huanghai Lu and 2nd Avenue, TEDA 开发区第二大街与黄海路交口

Clothing Store

Decathlon TEDA 迪卡侬天津泰达店 The world's leading sports megastore has a vast array of sporting equipment. Mon-Sun 09:00-21:00. No. 19, Aoyun Lu, TEDA 开发区奥运路19号 Tel: +86 22 6628 5788

Supermarkets

E-Mart Supercenter 易买得超市 Korean chain supermarket selling Chinese and imported products. Mon-Sun 08:00-22:00. Xiugu Business Center, No. 1168, Jintang Gong Lu, Tanggu District 塘沽区津塘公路1168号秀谷商业广场 Tel: +86 22 5982 1234 www.e-mart.com.cn

Jia Shun Supermarket 佳顺自选店 Good selection of imported wines, alcohol and pastas. Mon-Sun 00:00-00:00. 1F, Youyi Mingdu Department Store, No. 19, Huanghai Lu, 2nd Avenue, TEDA 开发区第二大街黄海路19号友谊名都1层 Tel: +86 22 6620 1930

Natural Farmers Market 邑农达超市 Retail sale of pre-packaged foods, tobacco, vegetables, and fruit. Wholesale provided on aquatic products. Mon-Sun 08:30-17:00. No. 123-129, the junction of 4th Avenue and Taifeng Lu, TEDA 开发区泰丰路与第四大街交口123-129号 Tel: +86 22 6200 3688

Opus Food & Wine Cellar 欧宝酒苑 Selection of imported foods, alcohol and wine. Mon-Sun 09:00-22:00. Fanglin TEDA Garden, the junction of 3rd Avenue and Nanhai Lu, TEDA 开发区南海路与第三大街交口芳林泰达园 Tel: +86 22 5981 5646

Times Grocery Store 时代杂货商店 Sells a good selection of foreign foods hard to find elsewhere. Mon-Sun 09:00-22:00. S-018, Royal Palace, 2nd Avenue, TEDA 开发区第二大街景园邸3期高层底堉S-018 Tel: +86 22 5981 1208

Golf Club

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. Mon-Sun 00:60-22:00. No. 1, Nanhai Lu, TEDA 开发区南海路1号 Tel: +86 22 2532 6009 www.warnergolfclub.com

Gyms

Champs Elysees 香榭丽舍健身俱乐部 Fully equipped with cardiovascular equipment, free weights, sauna, and swimming to keep you in top shape. Towels are provided at the swimming pool. Mon-Sun 06:00-23:00. 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2层 Tel: +86 22 6621 8888

Holiday Inn Binhai Hotel Fitness Center 天津滨海假日酒店健身中心 Well-equipped fitness centre and spa facilities. Mon-Sun 06:00-22:00. 15F, 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15层 Tel: +86 22 6628 3388 ext. 2960

Outdoor Club

Tianjin Freetrek Outdoor Sports Club 天津自由行户外俱乐部 For all the sports freaks that are looking to explore more of the city. They offer customized trekking tours, trips to fantastic places in China, and weekend trips to areas surrounding Tianjin. Also offers equipment and clothing for trekking. Mon-Sun 09:00-20:00 No. 1038, Jintang Gong Lu, Tanggu District 塘沽区津塘公路1038号 Tel: +86 22 2582 9366 www.freetrek.net

Polo Club

Tianjin Goldin Metropolitan Polo Club 天津环亚国际马球会 Located in an 898,000sqm urban precinct in the thriving Binhai Hi-tech Park, is a prestigious polo club with the largest facilities in China, featuring two international-sized polo fields , one indoor arena, stabling for 150 horses, and a 167-room luxurious club hotel. Polo Club No.16 Hai Tai Hua Ke Jiu Lu, Bin Hai Gao Xin Qu, Tianjin天津滨海高新区海泰华科九路16号 Tel: + 86 22 8373 8888

Wuzhen

The Venice of the East

Although Northern China is still downright cold this time of year, spring blooms early in Zhejiang province. Located due South from Shanghai and Jiangsu Province, fresh brisk air arrives as soon as February and the first signs of blossoming flowers can be seen in March, giving the tiny water town of Wuzhen a tranquil feel.

The Chinese have a tendency to plan things on a massive scale; hence, ancient wonders like the Great Wall and Forbidden City. Another achievement which testifies to the Chinese flair for extravagance is the Grand Canal. Stretching from Beijing to Hangzhou, the Canal runs North-South for over 1700 kilometres. A main source of trade from the 6th Century AD, hundreds of towns sprang up around it as a result, and Wuzhen is just one of the cities given birth by the prosperity of the Canal. This ancient city is steeped in history, as an early trading hub and known for its indigo silk dying and handicrafts. Walking down the cobbled streets at night or watching the lights dance on the canal is about as peaceful of an experience you can find, and far away from the hustle and bustle of most Chinese cities.

Getting there

The city is within striking distance from Shanghai, only about two hours by long distance bus. If you take the overnight train to Shanghai Hongqiao Station from Tianjin (CNY 580), you can connect to Shanghai South station via the metro. From there, you can grab a long distance bus which will put you in Wuzhen in good time. Take a tuk tuk from the bus station into town or arrange for your hotel to pick you up at the bus station.

Where to stay

Unless you are visiting Wuzhen during peak travel times, hotels are fairly inexpensive. The city is split in half and the atmosphere in Dong Zha (East Village) is much different than Xi Zha (West Village). Both are considered Scenic Zones and attract throngs of tourists, but Xi Zha is controlled by the Wuzhen Tourism Development Company and is more of a village-turned-theme park than an authentic, living and breathing city. Dong Zha, although an admission fee is still required, is where all of the displaced residents of Xi Zha now live. Because of this, staying in Dong Zha is considerably cheaper than in Xi Zha. The admission is CNY 100 for the East Village, CNY 150 for the West Village, so factor this into your decision making – it may be worth getting a more expensive guesthouse in Xi Zhen because you can avoid the entrance fee by staying there.

What to do

The contrast between the East Village and West Village is vast. Dong Zha seems to be what Xi Zha probably was ten years ago, before developers came in and sterilised it. Tourists scurry through the narrow alleyways and snap photos while the residents do household chores and go about their normal routines. Although not as tidy as Xi Zha, the East Village has its own charm. More authentic in feeling and definitely more alive, it's common to see tiny restaurants serving up tasty plates of liang mian and hun tun along with street vendors

selling xianr bing and the famous Wuzhen yang rou. The West Village is flanked by a gigantic parking lot and has more of a theme park feel to it. The restaurants were installed by the Tourism Development Company, and therefore aren't as good, but there are some treasures to be found, if you keep your eyes peeled. There are several museums inside, including the Foot Binding Museum which is worth a look, as well as the former residence of Mao Dun, a famous writer and poet and a Wuzhen native. The West Village feels a little too sterile at times, especially during the day, but is gorgeous at night. The main street through the centre of town is lit by orange lanterns and aspiring photographers jostle for position on the stone bridges trying to capture the perfect shot. The canals glimmer with lights and the Liuhe Pagoda is illuminated and spectacular. There are no streets and therefore no cars, so the village is serene and perfect for a romantic stroll.

Two days in Wuzhen should be enough - it's reasonable to spend a day each strolling through the East and the West. It's a nice escape and certainly worth a visit if you are passing through Shanghai or Hangzhou.

Haihe River
海河

The "Mother River" of Tianjin, the Haihe covers 300, 000 square kilometres. It is appreciated for its natural beauty and historical importance.

Former Residence of Liang Qichao
梁启超故居

Idealist of the Chinese Bourgeois Movement, Liang was one of the greatest scholars and journalists in China. The residence is homage to his memory, with a vast collection of literature, illustrations and photographs.

No. 44-46, Minzu Lu, Hebei District
河北区民族路44-46号

+86 22 2445 0856

Tue-Sun, 09:00 - 17:00

¥ 10CNY

690 (07:00-17:00 1.5CNY)
27 (05:00-23:10 1.5CNY)

Temple of Compassion
大悲禅院

Dating from the Qing Dynasty, it is the biggest Buddhist temple in Tianjin and also an important activity centre for Buddhism. It became well-known for offering sacrifices to the bones of Xuan Zang, a Tang Dynasty monk.

No. 40, Tianwei Lu, Hebei District
河北区天纬路40号

+86 22 2626 1768

Daily, 09:00 - 16:30

¥ 5CNY

904 (06:00-21:00 1.5CNY)
863 (06:00-21:00 1.5CNY)
878 (06:00-21:00 1.5CNY)

The Observation Wheel Tianjin Eye
天津之眼天摩天轮

The world's only gigantic Ferris wheel built over a bridge. With a 110-metre diametes, it will lift visitors 120 metres above the ground.

Over The Yongle Bridge
Haihe River, Hebei District
河北区海河三岔河口永乐桥

+86 22 2628 8830

Daily, 09:30 - 21:30

¥ 50CNY

12 (05:15-23:00 1.5CNY)
878 (06:00-21:00 1.5CNY)
904 (06:00-21:00 1.5CNY)

Tianjin Italian Style Town
意大利风情街

The only well-preserved quarter of Italian architecture outside Italy. A walk in history and culture, presenting truly Mediterranean buildings.

Former Italian Concession Area
Hebei District 河北区意大利风情街

Daily

¥ Free

50 (05:00-22:20 1.5CNY)
634 (06:00-21:00 1.5CNY)
832 (06:30-21:30 2CNY)
676 (06:00-21:00 1.5CNY)

Tianjin Train Station
天津站

First built in 1888 and recently renewed, this is the terminus station for the state-of-the-art Beijing-Tianjin Intercity Rail. The area around the train station is particularly preserved and romantic during night time.

No. 1, Xinwei Lu, Hebei District
河北区新纬路1号

+86 22 6053 6053

www. tjhcz. com. cn

Daily

¥ Free

27 (05:00-23:10 1.5CNY)
28 (07:00-17:00 1.5CNY)
689 (06:00-19:00 2.5CNY)

Binjiang Dao
滨江道

Tianjin's busiest and most prosperous shopping street with the highest concentration of top department stores, both modern and traditional.

Binjiang Dao, Heping District
和平区滨江道

Daily

¥ Free

606 (06:30-22:00 1.5CNY)
669 (06:30-19:00 2CNY)
865 (06:00-21:00 1.5CNY)
867 (06:15-21:30 2CNY)
901 (06:00-21:30 1.5CNY)

China House Museum
瓷房子博物馆

Homage to Chinese culture, the house was built with millions of ancient porcelain flakes. The perfect place to appreciate Chinese porcelain bows and marble sculptures.

No. 72, Chifeng Dao
Heping District 和平区赤峰道72号

+86 22 2712 3366

Daily, 10:00 - 17:00

¥ 35CNY

865 (06:00-21:00 1.5CNY)
863 (06:00-21:00 1.5CNY)
681 (06:00-22:00 1.5CNY)
606 (06:30-22:00 1.5CNY)

Chinese Museum of Finance
中国金融博物馆

Displays the history of currency and the relation of finance, art, history and technological evolution. Most of the artefacts are genuine, some dating from 2000BC.

No. 29, Jiefang Bei Lu, Heping District 和平区解放北路29号

+86 22 2835 9685

From Tuesday to Sunday
14:00 - 22:00

¥ 10CNY

50 (05:00-22:20 1.5CNY)
650 (06:30-21:30 1.5CNY)
13 (05:00-23:00 1CNY)
858 (06:30-21:30 2CNY)

Food Street
食品街

With more than 100 restaurants, it offers an exquisite mixture of several types of cuisine and architecture.

Bldg. D, Shipin Jie, Qinghe Jie
Heping District 和平区清河街食品街D座

+86 22 5899 7866

www. shipinjie. com

Daily, 24h

¥ Free

606 (06:30-22:00 1.5CNY)
634 (06:00-21:00 1.5CNY)
659 (05:20-18:00 6CNY)
675 (06:15-21:30 1.5CNY)

Garden of Serenity
静园

Former residence of the last Chinese Emperor, Puyi. The Emperor named it Jing Yuan, literally "quiet" in Chinese, following his intention of revitalising the Qing Empire.

No. 70, Anshan Dao, Heping District
和平区鞍山道70号

Tue-Sun, 09:30-11:30
14:00 - 16:00

¥ 20CNY

865 (06:00-21:00 1.5CNY)
840 (06:15-20:30 1.5CNY)
643 (06:15-21:30 1.5CNY)
50 (05:00-22:20 1.5CNY)

Golden Street (Heping Lu)
金街（和平路）

The intersection of Binjiang Dao and Heping Lu forms the most prosperous trade area in Tianjin.

Heping Lu, Heping District
和平区和平路

+86 22 2339 6209

www. tjejj. com. cn

Daily

¥ Free

50 (05:30-23:00 1.5/2CNY)
593 (06:30-22:40 2CNY)

Jiefang North Road
解放北路

An open-air museum for architecture, housing dozens of well-preserved European-style buildings. One of the city's most sophisticated and elegant areas and a landmark in Tianjin's modern history.

Jiefang Bei Lu, Heping District
和平区解放北路

Daily

¥ Free

50 (05:00-22:20 1.5CNY)
650 (06:30-21:30 1.5CNY)
13 (05:00-23:00 1CNY)
858 (06:30-21:30 2CNY)

Jin Wan Plaza
天津津湾广场

A square for entertainment. Shopping, dining and movies are available in an outstanding setting facing the river, the train station on the other side, also neighboured by one of Tianjin's architectural pinnacles, Jiefang Bridge.

Jiefang Bei Lu, Heping District
和平区解放北路

Daily

¥ Free

50 (05:00-22:20 1.5CNY)
650 (06:30-21:30 1.5CNY)
13 (05:00-23:00 1CNY)
858 (06:30-21:30 2CNY)

Shenyang Antiques Market
沈阳道古物市场

Near Heping Lu, it stands out in one of the busiest commercial areas of the city. The market is a great opportunity to acquire Chinese antiques or simply admire them.

Shenyang Dao, Heping District
和平区沈阳道

Daily, 09:00 - 18:00

¥ Free

821 (06:00-20:00 1.5CNY)

St. Joseph's Cathedral
西开教堂

Constructed in 1917 by French missionaries, it is today the residence of the Bishop of Tianjin. It is the biggest church in Tianjin, located in the heart of the city.

No. 9, Xining Dao, Heping District
和平区西宁道9号

Mon-Fri, 05:00 - 16:30
Weekends, 05:00 - 20:00
Weekly Mass Mon-Sat, 06:00 - 07:00
Sun, 06:00 - 07:30, 10:00 - 11:30, 11:30 (Mass in English), 15:00 - 19:00

¥ Free

50 (05:00-22:20 1.5CNY)
901(06:00-21:30 1.5CNY)
865 (06:00-21:00 1.5CNY)

Natural History Museum
自然博物馆

Specialises in collections of fossils, housing more than 38,000 specimens. It also has a permanent marine exhibition and relaxing green gardens.

No. 206, Machang Dao, Hexi District
河西区马场道206号

+86 22 2335 8031

www.tjnhm.org

Tue-Sun, 09:00 - 16:30

¥ 20CNY

95 (05:00-22:40 1.5/2CNY)
855 (06:00-22:00 1.5CNY)
14 (04:50-23:00 1.5CNY)

People's Park
人民公园

Famous for entertainment for all ages. There's a playground for children, an aviary, a temple, luxurious gardens and pavilions.

No. 29, Huizhou Dao, Hexi District
河西区徽州道33号

+86 22 2324 0371

Daily, 06:00-22:00

¥ Free

803 (06:00-22:00 1.5CNY)
511 (06:30-19:30 5CNY)

Tianjin Museum
天津博物馆

A vast collection of ancient Chinese fine arts, as well as ancient and modern historical relics.

No. 31, Youyi Lu, Hexi District
河西区友谊路31号

+86 22 5879 3000

www.tjbwg.com

Tue-Sun, 09:00 -16:30

¥ Free

619 (06:00-22:00 1.5CNY)
800 (05:50-22:00 1.5/2CNY)
912 (06:00-21:45 1.5CNY)

Tianjin TV Tower
天塔

At 415.2m, this is the second highest tower in Asia and the fourth in the world. The rotating restaurant and the viewing hall on top allow a great bird's eye view over the city.

No. 1, Weijin Nan Lu, Hexi District
河西区卫津南路1号

+86 22 2334 3557

www.lotour.com/member/sight/6379/

Nov-Apr, 08:30 - 21:30
May-Oct, 08:30 -22:00

¥ 50CNY, 118CNY (meal included)

859 (05:55-21:00 1.5CNY)
832 (06:30-21:30 2CNY)
628 (06:00-21:10 1.5CNY)
686 (06:00-21:00 1.5CNY)

Wu Da Dao
五大道

Originally the centre of the British concession, the five streets shaped the area's development. European architecture abounds.

Machang Dao, Munan Dao, Dali Dao, Chongqing Dao and Chegdu Dao, Hexi District
河西区成都道, 重庆道, 大理道, 睦南道, 马场道

Daily ¥ Free

951 (07:00-20:30 1.5CNY)
906 (06:30-21:00 1.5CNY)
685 (06:15-21:00 1.5CNY)
13 (05:00-23:00 1CNY)

Exit at Xiao Bai Lou

Ancient Culture Street
古文化街

Tianjin's famous shopping street, recreating an ancient Chinese town. Purchase or simply admire China's cultural treasures: calligraphy, jade, antiques, paper-cutting, clay figures and plenty more.

Ancient Culture Street Nankai District
南开区古文化街

Daily, 09:00 - 17:00

¥ Free

836 (06:30-21:00 1.5CNY)
609 (06:00-22:00 1.5CNY)
681 (06:00-22:00 1.5CNY)
693 (06:00-21:00 1.5CNY)

Clay Figure Zhang
泥人张

Prestigious 180-year-old Tianjin traditional folk art.

No. 17, Ancient Culture Street Nankai District 南开区古文化街17号

+86 22 2727 5081

Daily, 09:00 - 18:00

¥ Free

836 (06:30-21:00 1.5CNY)
609 (06:00-22:00 1.5CNY)
681 (06:00-22:00 1.5CNY)
693 (06:00-21:00 1.5CNY)

Drum Tower
鼓楼

One of Tianjin's three treasures, characterised by strong architectural and decorative features from the Ming and Qing dynasties. The heart of ancient Tianjin city.

Drum Tower, Nankai District
南开区鼓楼

Daily, 09:00 - 17:00

¥ Free

855 (06:00-22:00 1.5CNY)
675 (06:15-21:30 1.5CNY)
642 (06:30-21:00 1.5CNY)
634 (06:00-21:00 1.5CNY)

Queen of Heaven Temple
天后宫

One of the three Mazu Temples in the world, tribute to the Goddess of the Sea. It is also the Folk Custom Museum of Tianjin.

Ancient Culture Street
Nankai District南开区古文化街

Daily, 09:00 - 16:45

¥ 6CNY

836 (06:30-21:00 1.5CNY)
609 (06:00-22:00 1.5CNY)
681 (06:00-22:00 1.5CNY)
693 (06:00-21:00 1.5CNY)

Tianjin Olympic Centre Stadium
奥林匹克中心体育场

Specially constructed for the 2008 Olympic Games, with a seating capacity of 60, 000.

Binshui Xi Dao, Nankai District
南开区宾水西道

09:00 -22:00

901 (07:00-17:00 1.5CNY)
685 (06:00-21:00 1.5CNY)
963 (06:30-20:45 1.5CNY)

Tianjin Princess Residence Museum
天津格格府典藏博物馆

House of Yu Derling during the Qing Dynasty. She was the interpreter of empress Dowager Cixi. Today it's owned by the famous actress Zang Xiuyun, it houses a spectacular collection of ceramics and bronzes.

No. 30-32, Gulou Nan Jie, Nankai District 南开区鼓楼南街30-32号

+86 22 2727 7755

Daily, 08:30-17:00 ¥10CNY

855 (06:00-22:00 1.5CNY)
675 (06:15-21:30 1.5CNY)

Water Park
水上公园

Divided into 9 islands and 3 lakes. It is famous for its beauty and lush landscapes. You can find Chinese traditional pavilions, gardens, bridges, pagodas and lakes.

No. 33, Shuishang Gongyuan Bei Lu, Nankai District
南开区水上公园北路33号

+86 22 2335 0095

www. tjwaterpark. com. cn

Daily, 06:00-19-00 ¥ Free

685 (06:15-21:00 1.5CNY)
879 (06:00-21:00 1.5CNY)
12 (05:15-23:00 1.5CNY)

Guyi Street
估衣街

Originally built during the Yuan Dynasty (1271-1368), the street was remodeled and rebuilt in 2009. The name originally means Ancient Clothing and nowadays houses Tianjin's most traditional and ancient businesses.

Guyi Jie, Hongqiao District
红桥区估衣街

Daily

¥ Free

161 (05:30-18:00 6CNY)
37 (05:15-23:15 1.5/2CNY)
906 (05:55-21:00 1.5CNY)

Tianjin Great Mosque
清真大寺

Originally built in the early stage of the Qing Dynasty and reconstructed over the centuries, the Mosque is a beautiful display of art and architecture within a religious space.

No. 8, in front of the Xiaohuo Xiang Temple, Xibei Jiao Hongqiao District 红桥区西北角小伙巷大寺前8号

Daily ¥ Free

962 (06:00-21:00 1.5CNY)
153 (05:30-22:40 2CNY)
31 (07:30-11:00 1CNY)

Music Street
音乐街

Tianjin's recently built street entirely dedicated to music. Guitars, pianos, saxophones, and much more. It is also the house of Tianjin Conservatory of Music and Tianjin Music School.

The junction of Shisi Jing Lu and Bawei Lu, Hedong District
河东区八纬路与十四经路交口

Daily

¥ Free

643 (06:20-21:30 1.5CNY)
676 (06:00-21:30 1.5CNY)
862 (06:30-21:30 1.5CNY)

Jade Buddha Museum
玉佛宫

Considered as China's jade treasury with its display of unearthed priceless treasures of jade Buddha sculptures and artefacts, most of which are believed to be from the early Chinese civilisation.

Jingjin Xincheng Xiangrui Dajie, Baodi District 宝坻区京津新城祥瑞大街

+86 22 2249 8995

Tuesday-Sunday, 09:00-17:00

¥ 260CNY

Binhai Aircraft Carrier Theme Park
滨海航母主题公园

Seven-square-kilometre military theme park featuring tours, role playing, survival training, leisure, activities and film shooting.

Baguatan, Yingchengzhen
Hangu District 汉沽区营城镇八卦滩

+86 22 5991 8888 / 8007

www. binhaipark. cn

Dec- Feb, 09:00 - 17:00
Mar- Nov, 09:00 - 17:30
High season weekends, 09:00 - 18:00
May Day & National Day, 09:00 -18: 30

¥ Full price: 110CNY
Discount price: 55CNY

133 (06:00-18:40 4. 5CNY)

Dagu Fort
大沽炮台

Originally built during the Ming Dynasty, it was expanded during the 19th century to protect Beijing. Listed as an important historical site under State protection, it is considered by Tianjin locals as one of the city's three treasures.

Tanggu District 塘沽区

Daily, 08:00 -17:00

¥ 10CNY

936 (06:30-21:00 1.5CNY)

Tanggu Bund
塘沽外滩

Part of the project to invigorate Haihe River in Tanggu District. It offers a modern city life with entertainment, dining and shopping.

The bank opposite Waitan Garden Haihe River, Tanggu District
塘沽海河外滩公园对岸

¥ 25CNY

151 (05:15-18:00 5CNY)

(Zhong Shan Men):
Exit at Yanghuo Market (Tanggu) 5CNY and then take 834 or 108

(Tanggu): 834 (06:15-21:00 1. 5CNY), 108 (06:00-21:00 1.5CNY)

Tanggu Museum
塘沽博物馆

Depiction of Tanggu's history through photographs and paintings.

Hebin Park, Zhongxin Lu
Tanggu District
塘沽区中心路河滨公园

+86 22 2586 2720

Daily, 10:00-16:00

¥ Free

151 (05:15-18:00 5CNY)
621 (06:00-20:45 6CNY)

(Zhong Shan Men):
Exit at Yanghuo Market (Tanggu) 5CNY and then take 834 or 108

Yanghuo Market
洋货市场

The proper market to stroll and find all sorts of products. Prepare to bargain.

No. 7, Fushun Dao, Tanggu District
塘沽区抚顺道7号

Daily

¥ Free

605 (06:00-17:30 5CNY)
651 (06:00-18:00 6CNY)

Caozhuang Flower Market
曹庄花卉市场

The largest flower market in northern China. A worthy visit to a market blending perfumes and colours.

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

Daily, 08:00-17:00

¥ Free

645 (05:00-22:50 1.5CNY)

Former Residence of Huo Yuanjia
霍元甲故居

Known for his passion for martial arts and patriotism, Huo was the founder of the Martial Arts Sports Association. His house portrays elements of local lifestyle at the time.

Xiao Nanhe Cun, Nanhe Xian
Xiqing District
西青区南河镇小南河村

+86 22 2398 9632

Daily, 09:00 - 17:00

¥ 10CNY

157 (06:00-18:15 2CNY)

Shi Family Grand Courtyard
石家大院

A piece of history belonging to the fourth son of one of the eight great Chinese masters. It is said to be northern China's first mansion. The imperial and southern-style gardens are particularly sumptuous.

Yuehe Bridge, Yang Liu Qing Zhen
Xiqing District 西青区杨柳青镇御河桥

+86 22 2739 1618

Daily, 09:00 - 16:30

¥ Full price: 20CNY
Discount price: 10CNY

824 (06:30-19:30 3CNY)
175 (06:30-18:40 3CNY)

Tianjin Botanical Garden
天津热带植物园

40,000 square metres of tropical plants and animals, waterfalls, a Dai nationality village, and much more. Simulations of tropical environments, such as thunder or climate changes.

Near Caozhuang Flower Market
曹庄花卉市场近旁
(see Caozhuang Flower Market)

+86 22 2794 8011

Daily

50CNY

¥ 645 (05:00-22:50 1.5CNY)

Yang Liu Qing
杨柳青

Characterised by its remarkable preservation, it was originally the house of a prosperous 19th century merchant. It is known for its intersections of courtyards, and its own theatre and school.

Li Jiao Qiao Bei, Yijing Lu
Yang Liu Qing Zhen, Xiqing District
西青区杨柳青镇一经路立交桥北

+86 22 2792 2792

Daily, 09:00 - 19:00

¥ Free

153 (05:30-22:40 2CNY)
164 (06:52-18:30 2CNY)
672 (06:30-19:00 3CNY)

Huangyaguan Section of the Great Wall
黄崖关长城

Originally built during the Qi Dynasty, it is located in an abrupt mountain range north of Tianjin.

30km north of Ji Xian 蓟县北30公里

+86 22 2271 8718

Daily, 09:00 - 17:00

¥ 50CNY

Train: 7142 (Tianjin – Ji Xian 07:36 - 10:29 8CNY); 7141 (Ji Xian – Tianjin 14:54 - 17:34 8CNY)

Jianchang Dao Bus Station (建昌道客运站) (06:30-17:00 20CNY)

Nine Dragons Mountain National Forest Park
九龙山国家森林公园

Ancient royal leisure gardens and mountains for Qing Dynasty emperors, it has 2,126 hectares of luxurious landscape.

Chuanfang Yu, 20km east of Ji Xian
蓟县东20公里穿芳峪

+86 22 2974 2069

www.jlspark.com

Daily ¥ 40CNY

Train: 7142 (Tianjin – Ji Xian 07:36 - 10:29 8CNY); 7141 (Ji Xian – Tianjin 14:54 - 17:34 8CNY)

Jianchang Dao Bus Station (建昌道客运站) (06:30-17:00 20CNY)

Pan Mountain
盘山

Famous for its high peaks, unique rock formations, clear streams and vibrant landscapes.

15km northwest of Ji Xian
蓟县西北15公里

+86 22 2982 1235

Daily

¥ 20CNY

Train: 7142 (Tianjin – Ji Xian 07:36 - 10:29 8CNY); 7141 (Ji Xian – Tianjin 14:54 - 17:34 8CNY)

Jianchang Dao Bus Station (建昌道客运站) (06:30 - 17:00 20CNY)

Temple of Solidarity Joy
独乐寺

With more than 1000 years of history, the temple is now considered a historical relic. Having survived 28 earthquakes, it still maintains its ancient architectural features.

No. 41, Cheng Nei Wu Ding Jie
Ji Xian 蓟县城内武定街41号

+86 22 2914 2907

www.dulesi.com

Daily, 08:30 - 17:00 ¥ 40CNY

Train: 7142 (Tianjin – Ji Xian 07:36 - 10:29 8CNY); 7141 (Ji Xian – Tianjin 14:54 - 17:34 8CNY)

Jianchang Dao Bus Station (建昌道客运站) (06:30-17:00 20CNY)

Dongli Lake Langju Hot Spring Happy Valley
东丽湖朗距温泉欢乐谷

A land of aquatic amusement! Open 24h a day, this is the ideal place for a fun and animated retreat.

North of Dongli Zhiguang Da Dao
Dongli Lake Tourist Resort, Dongli District 近郊东丽区东丽湖旅游度假区东丽之光大道北

+86 22 2652 2028

Daily, 24h

¥ 128CNY

462 (07:30-18:00 10CNY)
516 (07:30-17:30 5CNY)
690 (07:00-17:00 5CNY)

Tianjin D. Olympic Museum
天津大港奥林匹克博物馆

This museum inherits the concept design of the famous Lausanne Olympic Museum in Switzerland and houses collections of cultural relics.

No. 236, Bowuguan Lu, South of Guangang Lake, Dagang Binhai New Area 滨海新区大港官港湖南侧博物馆路236号

+86 22 6046 9635

www.olympicmuseum-tianjin.org

Daily, 09:00-17:00 ¥ 40CNY

621 (6CNY)
186 (6CNY)

Nan Cuiping Park

Yes, there's a hill in Tianjin, too!

Tianjin is flat - we all know that for a fact. You could drive around for 30 minutes and you wouldn't come across anything even as small as an anthill. That's why the hill in Nan Cuiping Park is a welcome sight, and a lovely exception to what was once a proven fact about Tianjin.

This area used to be a landfill and the hill (yes, it's an artificial hill) is where all the land and debris went from creating the two Olympic stadiums located a few blocks from the park. Locals still refer to it by its former name, Duishan Gongyuan,. Today, the area is a cheerful place that welcomes people of all ages to its endearing atmosphere.

In the park you'll witness grandparents taking their grandchild for a stroll, the elderly doing their morning exercises, teenagers chatting, lovers holding hands while walking, and families taking the time for bonding. All of these reflect a laid-back approach that not everybody has the time to experience.

Visible from afar is a pagoda perched on top of the hill. Many trails are available to climb to the top and a platform is connected to the pagoda for a clearer view of the surrounding area. Kids also get to enjoy the park, as there are two children's play areas. For the health conscious, jogging is the way to go, with a running track encircling the park. Food lovers have a place, too, as there are several restaurants and coffee shops inside the park.

Winter escapades also happen here, and for RMB 80, you can have an hour at one of the two sledding hills for your fill of ski madness and fun. Now this is a really good way for friends to come together and enjoy the (artificial) snow while it lasts!

Overall, the park is a great place to unwind and have fun, and whatever your reason is for visiting, whether to jog, or ski, or just to stroll around, you'll end up thankful that there is a Nan Cuiping Park in Tianjin.

Address: Nan Cuiping Park, Binshui Xidao, Nankai District

南开区宾水西道南翠屏公园

Opens daily

Buses: 901, 12, 951, 878, 301

The expat show Beijing

2011 Expat Show

Beijing welcomes you

The Expat Show Beijing has been successfully held for 3 years. It is an exhibition where you can find everything you need to feel at home. The last Expat Show Beijing was successfully held on 26-28 March 2010. It remains the biggest gathering of the Foreign Community. By visiting you will find everything you can imagine for your daily life in Beijing.

Organized by the World Events Agency, the 4th Expat Show Beijing will be held from 25-27 March 2011 at the China World Trade Center. In order to improve the experience, many new activities will be held during the 2011 Expat Show: "Live Performances" with all the International Schools and their students will entertain you Saturday and Sunday and last but not least a fantastic "Cuisine Festival" will let you enjoy what Beijing can offer. From Groceries, restaurants, wine... all food lovers will be fully satisfied over the week-end.

Expat Show will again bring you an opportunity to meet people, find everything you need, entertain your kids and spend a great time. See you all very soon in March.

For more information, please visit the official website

www.weacn.com/expatshowbeijing/

Rock and Hard Places – *Andrew Mueller*

Andrew Mueller is a rock journalist, a London-based foreign correspondent, and a travel writer. What sort of stories do you think he tells as he tries to be all three at once? The answer lies on his collection of pieces – *Rock and Hard Places*: Travel to Backstages, Frontlines and Assorted Sideshows.

Delightfully laconic, unapologetically opinionated and often humourous, Mueller shares his adventures, amongst which are going on tour with Radiohead, U2 and The Cure; seeing Def Leppard play in a cave in Morroco, travelling to Lebanon with The Prodigy, investigating the music scene in bombed-out Sarajevo and attempting to ask the Taliban which team they fancy for the World Cup. Engaging? Totally!

Rock and Hard Places:
Travels to Backstages, Frontlines and Assorted Sideshows (1999, updated 2010)
Paperback
Language: English

Sleepinairports – *budget travellers' guide to sleeping in airports*

There are reasons why people spend a night at an airport. While some have no choice because of delayed flights or layover, others choose to save a buck and instead use that inflatable raft on the airport floor.

The idea may sound strange or humiliating at first, but as you read the posts at *http: //sleepinginairports.net* , you'll soon find out that sleeping in airports is not just for the young or budget travellers but also for people of all ages.

Quirky, informative, and funny, the site reviews the major airports in dozens of cities across the globe. With ratings ranging from hell to excellent, airports are rated based on cleanliness and comfort by travellers who share their stories of spending a night in the airport. The site also has a list of the best and worst airports, airport photos, airport polls and travel surveys, sleeping in airport blog and a post not to be missed – how to sleep in an airport: 101! And, if you've been stuck in an airport before and have a funny or terrifying experience, visit sleepinginairports.net and share your story.

Jazz

Esperanza Spalding – *Chamber Music Society (2010)*

Winner of Best New Artist at the 2011 Grammy's, Esperanza Spalding is the definition of phenomenal in her third album, *Chamber Music Society*. Complex and ambitious, this album of 11 tracks incorporates Spalding's sinuous singing, Latin rhythms, a modern acoustic jazz trio, tuneful soul and other daring elements that are sure to surprise listeners. Chamber Music Society, typically for Spalding, is unconventional yet merits the wide audience it has been getting.

Country

Keith Urban – *Get Closer (2010)*

Who better to write and sing about the glories of love than Keith Urban? With Get Closer, his 7th studio album, Urban takes inspiration from his family – wife Nicole Kidman and daughter Sunday Rose – to express old standards artistically flavoured with Urban's rich and emotive voice. With tracks like "The Luxury of Knowing" and the energising "You Gonna Fly", Keith Urban strikes a chord once again.

England – *Another Year*

Genre: Drama, Comedy

Year: 2010

Cast: Lesley Manville, Jim Broadbent, Ruth Sheen

Director: Mike Leigh

Another Year is considered by many as one of Mike Leigh's best works. The film revolves around a married couple Tom (Jim Broadbent) and Gerri (Ruth Sheen) who remained happily married, while surrounded over the course a year by friends who don't share their joyful existence. Character-driven, intimate, and highlighting the extraordinary aspects of ordinary lives, *Another Year* deepens as it goes, until, at the end, you find yourself overwhelmed.

Kashmir – *Zero Bridge*

Genre: Drama

Year: 2011

Cast: Mohamad Tapa, Taniya Khan

Director: Tariq Tapa

Zero Bridge is the neo-realist film debut of Tariq Tapa, a filmmaker of Kashmiri/Jewish-American descent. Set in Srinagar, a city in Kashmir, Zero Bridge is a part of the main thoroughfare where natives, like Dilawar (Mohamad Tapa) cross Jhelum River to leave the city. Dilawar forms an uneasy alliance in Bani (Taniya Khan), a young woman whose passport he has stolen. With their hope to escape Srinagar, both discover that traversing the boundary never frees them from their despair. As if by fate, they are pulled back, if not to Zero Bridge itself but to the violence marking their lives; the bridge is, from the filmmaker's point of view, a boundary at which hope is abandoned.

Useful Info

Four seasons

Spring	Summer
Mar. to May Windy, Dry	Jun. to Aug. Less rain, Hot
7. 2°C - 19. 1°C	21. 2°C - 30. 8°C
Light and convenient coat, thin sweater.	Light and thin coat, sun-proof hat, rain gear.
Autumn	**Winter**
Sep. to Nov. Bright, Sunny	Dec. to Feb. Cold, Dry
7. 2°C - 19. 1°C	-6. 7°C - 2. 6°C
Light and convenient coat, thin sweater.	Sweater, cold-resisting overcoat.

Tianjin Province Map

Transport

Airport
Tianjin Binhai International Airport Inquiry Service: +86 22 2490 6363

Taxi
Tianjin Haihe Taxi Company Service: +86 22 2635 2844

Metro
Tianjin Metro Service: +86 22 6028 6777

Light Rail
Tianjin North Railway Station Ticket Service: +86 22 2618 1162
Tianjin Light Rail Station Service: +86 22 6570 1111

Bus
Long-distance Bus Station Service: +86 22 2727 0168
Tianjin to Beijing Airport Shuttle Bus Inquiry Service: +86 22 2305 0530

Airports & Airlines

Beijing Capital International Airport 北京首都国际机场: +86 10 6454 1100 www. bcia. com. cn
Tianjin Binhai International Airport 天津滨海国际机场: +86 22 2490 6363

National
Air China 中国国际航空: +86 4008 100 999 www. airchina. com
China Southern Airlines 中国南方航空: +86 10 95539 www. flychinasouthern. com
Hainan Airlines海南航空: +86 0180 5408 58583 global. hnair. com
Okay Airways奥凯航空: +86 10 5175 0000 www. okair. net

International
Air Canada加拿大航空: +86 400 811 2001 www. aircanada. com
Air France法国航空: +86 4008 808 808 www. airfrance. com
British Airways英国航空: +86 800 7440 031 www. britishairways. com
Cathay Pacific国泰航空: +86 400 888 6628 www. cathaypacific. com
Emirates阿联酋航空: +86 10 5108 8696 www. emirates. com
Finnair芬兰航空: +86 10 6512 7180 www. finnair. com
Japan Airlines日本航空: +86 400 888 0808 www. jal. com
KLM-Royal Dutch Airlines荷兰皇家航空: +86 400 880 822 www. klm. com
Korean Air大韩航空: +86 400 658 8888 www. koreanair. com
Lufthansa德国汉莎航空: +86 10 6468 8838 www. lufthansa. com
Qantas澳洲航空: +86 400 888 0089 www. qantas. com. au
Qatar Airways卡塔尔航空: +86 10 5923 5100 www. qatarairways. com
Singapore Airlines新加坡航空: +86 10 6505 2233 www. singaporeair. com
Swiss Air: +86 10 8454 0180 www. swiss. com
Thai Airways International泰国国际航空: +86 10 8515 0088 www. thaiairways. com
United Airlines联合航空: +86 800 810 8282 www. united. com

Area Codes

China Area Code: 0086
Beijing City Area Code: 10
Tianjin City Area Code: 22

Emergency Numbers

Fire: 119
First Aid: 120
Police Service: 110
Postal Service: 11185
Time: 117
Traffic accident: 122
Weather: 12121

Courier

DHL 800 810 8000 | FedEx Express 800 810 2338 | TNT 800 820 9868 | 宅急送 400 678 9000

Chinese Visa Applications

Beijing Exit & Entry Administration of the Public Security Bureau
No. 2, An Ding Men Dong Dajie, Dongcheng District
Beijing
Tel: +86 10 8402 0101
北京市公安局出入境管理处
东城区安定门东大街2号
Mon - Sat, 08:30-16:30

Tianjin Municipal Public Security Bureau

Exit and Entry Administration Centre
No. 19, Shou'an Jie, Hebei District, Tianjin
Tel: +86 22 2445 8825
天津市公安局出入境管理局
天津市河北区建国道寿安街19号
Mon - Thu, 09:00-11:30; 13:30-17:00
Fri, 09:00-11:30; 13:30-16:00

Hong Kong

The Commissioner's Office of China's Foreign Ministry in the Honk Kong SAR
7F, Lower Block, China Resources Building, No. 26, Harbor Road, Wanchai, Hong Kong SAR
Tel: +852 3413 2424
中华人民共和国外交部驻香港特别行政区特派员公署
香港湾仔区港湾道26号华润大厦低座7层
Mon - Fri (except HK public holidays), 09:00-12:00; 14:00-17:00

Embassies

Australia
No. 21, Dong Zhi Men Wai Dajie
Sanlitun, Chaoyang District, Beijing
Tel: +86 10 5139 4000
澳大利亚大使馆
北京市朝阳区三里屯东直门外大街21号
www. china. embassy. gov. au

Canada
No. 19, Dong Zhi Men Wai Dajie
Sanlitun, Chaoyang District, Beijing
Tel: +86 10 5140 4111
加拿大大使馆
北京市朝阳区三里屯东直门外大街19号
www. canada. org. cn

Colombia
No. 34, Guanghua Lu
Chaoyang District, Beijing
Tel: +86 10 6532 3377
哥伦比亚大使馆
北京市朝阳区光华路34号
www. embcolch. org. cn

Denmark
No. 1, Dongwu Jie, Sanlitun
Chaoyang District, Beijing
Tel: +86 10 8532 9900
丹麦王国大使馆
北京市朝阳区三里屯东五街1号
www. ambbeijing. um. dk/en

France
No. 3, Dongsan Jie, Sanlitun
Chaoyang District, Beijing
Tel: +86 10 8532 8080
法国大使馆
北京市朝阳区三里屯东三街3号
www. ambafrance-cn. org

Germany
No. 17, Dong Zhi Men Wai Dajie
Sanlitun, Chaoyang District, Beijing
Tel: +86 10 8532 9000
德国大使馆
北京市朝阳区三里屯东直门外大街17号
www. peking. diplo. de

Italy
No. 2, Dong'er Jie, Sanlitun
Chaoyang District, Beijing
Tel: +86 10 6532 2187
意大利大使馆
北京市朝阳区三里屯东二街2号
www. ambpechiNo. esteri. it

Japan
No. 7, Ritan Lu, Jian Guo Men Wai
Chaoyang District, Beijing
Tel: +86 10 6532 2187
日本大使馆
北京市朝阳区建国门外日坛路7号
www. cn. emb-japan. go. jp

Philippines
No. 23, Xiushui Bei Jie
Jian Guo Men Wai
Chaoyang District, Beijing
Tel: +86 10 6532 1872
菲律宾大使馆
北京市朝阳区建国门外秀水北街23号

Russia
No. 4, Beizhong Jie, Dong Zhi Men
Chaoyang District, Beijing
Tel: +86 10 6532 1381
俄罗斯大使馆
北京市朝阳区东直门北中街4号
www. russia. org. cn/chn

Saudi Arabia
No. 1, Beixiao Jie, Sanlitun
Chaoyang District, Beijing
Tel: +86 10 6532 5325
沙特阿拉伯大使馆
北京市朝阳区三里屯北小街1号

South Korea
No. 20, Dongfang Dong Lu
Chaoyang District, Beijing
Tel: +86 10 8531 0700
韩国大使馆
北京市朝阳东方东路20号
www. china. koreanembassy. cn

Spain
No. 9, Sanlitun Lu, Chaoyang District
Beijing
Tel: +86 10 6532 3629
西班牙大使馆
北京市朝阳区三里屯路9号
www. embassyofspain. cn

United Kingdom
No. 11, Guanghua Lu
Chaoyang District, Beijing
Tel: +86 10 5192 4000
英国大使馆
北京市朝阳区光华路11号
www. ukinchina. fco. gov. uk/zh

United States of America
No. 55, An Jia Lou Lu
Chaoyang District, Beijing
Tel: +86 10 6532 3831
美国大使馆
北京市朝阳区安家楼路55号
www. chinese. usembassy-china. org. cn

Transportation >>> Tianjin ↔ Beijing Train

Tianjin - Southern Beijing

Train	Depart	Arrive	Train	Depart	Arrive	Train	Depart	Arrive
C2002	06:25	06:55	C2032	10:50	11:20	C2064	17:05	17:35
C2202	06:40	07:15	C2034	11:10	11:40	C2066	17:15	17:45
C2004	06:55	07:25	C2036	11:35	12:05	C2068	17:45	18:15
C2006	07:10	07:40	C2038	12:00	12:30	C2210	18:15	18:50
C2008	07:25	07:55	C2040	12:30	13:00	C2070	18:30	19:00
C2010	07:45	08:15	C2042	13:20	13:50	C2072	18:40	19:10
C2012	07:55	08:25	C2206	13:30	14:05	C2074	19:00	19:30
C2014	08:20	08:50	C2044	13:50	14:20	C2076	19:10	19:40
C2016	08:35	09:05	C2046	14:00	14:30	C2078	19:20	19:50
C2018	08:45	09:15	C2048	14:25	14:55	C2080	19:45	20:15
C2272	08:55	09:25	C2050	14:50	15:20	C2082	20:35	21:05
C2020	09:20	09:50	C2052	15:05	15:35	C2212	21:00	21:35
C2022	09:30	10:00	C2054	15:20	15:50	C2084	21:15	21:45
C2024	09:55	10:25	C2056	15:35	16:05	C2086	21:25	21:55
C2026	10:05	10:35	C2058	15:55	16:25	C2088	21:35	22:05
C2204	10:15	10:50	C2060	16:20	16:50	C2090	21:55	22:25
C2028	10:30	11:00	C2208	16:30	17:05	C2282	22:05	22:35
C2030	10:40	11:10	C2062	16:45	17:15	C2092	22:15	22:45
						C2094	22:45	23:15

Southern Beijing - Tianjin

Train	Depart	Arrive	Train	Depart	Arrive	Train	Depart	Arrive
C2001	06:35	07:05	C2031	11:30	12:00	C2063	17:25	17:55
C2003	07:00	07:30	C2033	11:45	12:15	C2065	17:40	18:40
C2005	07:10	07:40	C2035	11:55	12:25	C2067	17:50	18:20
C2271	07:20	07:50	C2037	12:15	12:45	C2069	18:00	18:30
C2007	07:30	08:00	C2205	12:55	13:30	C2071	18:20	18:50
C2009	07:45	08:15	C2039	13:15	13:45	C2209	18:30	19:05
C2011	08:00	08:30	C2041	13:40	14:10	C2073	19:05	19:35
C2013	08:10	08:40	C2043	13:50	14:20	C2075	19:15	19:45
C2015	08:45	09:15	C2045	14:10	14:40	C2077	19:40	20:10
C2201	08:55	09:30	C2047	14:45	15:15	C2079	19:50	20:20
C2017	09:10	09:40	C2049	15:00	15:30	C2081	20:05	20:35
C2019	09:30	10:00	C2051	15:10	15:40	C2281	20:25	20:55
C2021	09:40	10:10	C2053	15:20	15:50	C2083	20:45	21:15
C2023	09:55	10:25	C2207	15:40	16:15	C2211	21:15	21:50
C2025	10:05	10:35	C2055	16:20	16:50	C2085	21:40	22:10
C2027	10:15	10:45	C2057	16:30	17:00	C2087	22:20	22:50
C2203	10:30	11:05	C2059	16:40	17:10	C2089	22:30	23:00
C2029	10:55	11:25	C2061	16:55	17:25	C2093	23:00	23:30

Tanggu - Southern Beijing

Train	Depart	Arrive
C2272	08:29	09:25
C2292	09:29	10:25
C2274	12:14	13:10
C2276	13:44	14:40
C2286	15:45	16:43
C2294	16:34	17:30
C2278	18:14	19:10
C2280	19:59	20:55
C2282	21:39	22:35

Southern Beijing - Tanggu

Train	Depart	Arrive
C2271	07:20	08:14
C2291	08:05	08:59
C2273	10:45	11:39
C2275	12:35	13:29
C2285	14:30	15:25
C2293	15:20	16:14
C2295	15:55	16:49
C2277	16:55	17:49
C2297	17:55	18:49
C2279	18:50	19:44
C2281	20:25	21:19

Wuqing - Southern Beijing

Train	Depart	Arrive
C2202	06:52	07:15
C2232	08:12	08:35
C2204	08:32	08:55
C2206	09:32	09:55
C2208	10:47	11:10
C2210	11:42	12:05
C2212	13:22	13:45
C2214	14:32	14:55
C2234	15:37	16:00
C2216	15:47	16:10
C2218	16:27	16:50
C2224	17:42	18:05
C2220	17:52	18:15
C2222	20:07	20:30

Southern Beijing - Wuqing

Train	Depart	Arrive
C2201	06:45	07:05
C2203	08:15	08:35
C2205	08:40	09:00
C2207	09:10	09:30
C2209	09:50	10:10
C2211	11:25	11:45
C2213	13:40	14:00
C2223	13:45	14:05
C2231	14:50	15:10
C2215	16:15	16:35
C2217	17:20	17:40
C2219	18:25	18:45
C2221	19:45	20:05
C2233	20:15	20:35

Beijing-Tianjin Bullet (C) Train Ticket Price:
First class: 69CNY
Second class: 58CNY

Beijing-Tanggu Bullet (C) Train Ticket Price:
Luxury class: 118CNY
First class: 84CNY
Second class: 70CNY

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Transportation >>> Light rail, subway, taxi, bus

Tianjin — Light Rail

Tianjin — Subway

Tianjin — Taxi

km	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
¥	8	9.7	11.4	13.1	14.8	16.5	18.2	19.9	20.8	25	27.6	30.1	32.7	35.2	37.8	40.3	42.9	45.4

TIANJIN - BEIJING AIRPORT SHUTTLE BUS — Bus

¥ 70 (one way)

Tianjin - Beijing Airport Terminals 2/3

- 04:00-18:00
  Runs every 45 minutes
- Tian Huan Distance Bus Passenger Station
  The junction of Hongqi Lu and Anshan Xi Dao
  天环客运站 鞍山西道与红旗路交口
- +86 1686 8999

Beijing Airport Terminals 2/3 - Tianjin

- 07:00, 08:00, 09:00
  Then every 30 minutes until 23:00
- Exit on the 1st floor at Gate 11/
  Terminal 2 and Gate3/Terminal 3
- +86 10 6455 8718

TEDA - BEIJING AIRPORT SHUTTLE BUS — Bus

¥ 80 (one way)

TEDA - Beijing Airport Terminals 2/3

- 06:30-19:30, runs every hour
- 1st Avenue, TEDA
  开发区第一大街
- +86 22 6620 5188

Beijing Airport Terminals 2/3 - TEDA

- 10:00-22:00, runs every hour
- Exit on the 1st floor at Gate 11/
  Terminal 2 and Gate3/Terminal 3
- +86 10 6455 8718

Transportation >>> Domestic Flights

From Tianjin

DEST	DEP	ARR	Flight No.	Days
Changchun	10:55	12:35	GS6571	1234567
Changsha	09:10	11:25	CA1467	1.34.67
Chengdu	13:00	15:30	8L9976	1234567
Chongqing	11:55	14:25	PN6238	1234567
Dalian	11:10	12:00	GS7579	1.34567
Fuzhou	07:55	11:55	MF8138	1234567
Guangzhou	13:50	17:00	HU7201	1234567
Haikou	09:10	14:05	GS7561	1234567
Hangzhou	13:15	15:00	MF8377	1234567
Harbin	16:00	17:55	CZ3125	1...5..
Huhhot	14:00	15:15	GS7468	1234567
Kunming	15:40	18:55	CA1401	1234567
Nanjing	15:00	16:35	FM9291	1234567
Qingdao	08:35	09:35	GS7575	1234567
Sanya	15:00	18:50	CA1389	1234567
Shanghai	09:00	10:50	FM9134	1234567
Shenyang	11:30	12:45	3U8861	7
Shenzhen	16:35	19:40	ZH9936	1234567
Taiyuan	11:05	12:30	GS6601	1234567
Wuhan	08:00	09:45	GS6695	1234567
Xiamen	14:30	17:05	MF855	1234567
Xi'na	08:10	09:55	GS7465	1234567
Yantai	08:20	09:20	GS7421	1234567
Zhengzhou	12:10	13:30	HU6610	1234567

To Tianjin

DEST	DEP	ARR	Flight No.	Days
Changchun	13:15	15:05	GS6572	1234567
Changsha	18:20	20:15	CA1468	1.34.67
Chengdu	09:40	12:10	8L9975	1234567
Chongqing	08:55	11:15	PN6237	1234567
Dalian	20:10	21:05	GS7580	1234567
Fuzhou	08:30	12:25	MF8137	1234567
Guangzhou	08:05	11:00	CZ3133	1234567
Haikou	14:55	19:25	GS7562	1234567
Hangzhou	21:55	23:55	MF8378	1234567
Harbin	18:45	20:45	CZ3126	1...5..
Huhhot	09:00	10:10	GS7467	1234567
Kunming	07:40	12:10	8L9975	1234567
Nanjing	22:55	00:45(+1)	FM9292	1234567
Qingdao	10:40	11:40	GS7576	1234567
Sanya	19:50	23:20	CA1390	1234567
Shanghai	12:10	14:10	FM9133	123456
Shenyang	13:35	14:55	3U8862	7
Shenzhen	12:25	15:40	ZH9935	1234567
Taiyuan	15:55	17:00	GS6602	1234567
Wuhan	20:10	22:00	GS6696	1234567
Xiamen	13:45	16:15	MF856	1234567
Xi'na	15:50	17:25	GS7466	1234567
Yantai	19:20	20:20	GS7422	1234567
Zhengzhou	19:20	21:00	HU6610	1234567

Airline Code

3U Sichuan Airlines	FM Shanghai Airlines	JD Deer Air	PN West Air
8L Lucky Air	GS Grand China	MF Xiamen Airlines	SC Shangdong Airlines
CA Air China	HO Juneyao Airlines	MU China Eastern Airlines	VD Kunpeng Airlines
CZ China Southern Airlines	HU Hainan Airlines	NS Northeast Airlines	ZH Shenzhen Airlines

(1=Mon, 2=Tue, 3=Wed, 4=Thu, 5=Fri, 6=Sat, 7=Sun)

Transportation >>> International Flights

From Beijing

DEST	DEP	ARR	Flight No.	Days
Bangkok	17:05	21:15	TG615	1234567
Dubai	23:05	03:45(+1)	EK307	1234567
Frankfurt	11:30	14:50	LH721	1234567
Hanoi	15:30	18:20	VN901	.23.567
Helsinki	11:35	14:25	AY052	1234567
Hong Kong	10:00	13:40	CX347	1234567
Istanbul	23:55	04:35(+1)	TK021	1234567
London	12:10	15:15	BA0038	12345.7
Los Angeles	21:00	16:30	CA983	1234567
Paris	13:40	17:40	AF125	1234567
San Francisco	16:00	11:20	CA985	1234567
Seoul *	11:45	14:40	KE852	1234567
	14:00	17:00	KE856	1.3.5.7
	21:20	00:15(+1)	KE854	1234567
Singapore	00:10	6:40	SQ801	1234567
Tel Aviv	22:00	03:00(+1)	LY096	.2.4..7
Tokyo	16:40	21:00	JL024	1234567
Vancouver	15:50	10:30	CA991	1234567

To Beijing

DEST	DEP	ARR	Flight No.	Days
Bangkok	10:25	15:50	TG614	1234567
Dubai	3:50	14:45	EK306	1234567
Frankfurt	17:15	09:30(+1)	LH720	1234567
Hanoi	10:05	14:30	VN900	.23.567
Helsinki	18:00	07:55(+1)	AY051	1234567
Hong Kong	17:00	20:15	CX312	1234567
Istanbul	23:45	15:00(+1)	TK020	1234567
London	16:30	10:25(+1)	BA0039	1234.6.
Los Angeles	0:40	5:30	CA984	1234567
Paris	18:55	11:45(+1)	AF126	1234567
San Francisco	13:50	18:05(+1)	CA986	1234567
Seoul *	9:15	10:25	KE851	1234567
	11:40	12:50	KE855	1.3.5.7
	19:00	20:10	KE853	1234567
Singapore	8:45	14:50	SQ802	1234567
Tel Aviv	21:40	13:30(+1)	LY095	1.3..6.
Tokyo	10:30	13:35	JL023	1234567
Vancouver	12:50	16:30(+1)	CA992	1234567

From Tianjin

DEST	DEP	ARR	Flight No.	Days
Hong Kong	8:35	12:00	KA1103	1234567
Seoul *	13:10	15:55	KE806	1234567
Nagoya	13:05	16:50	JL840	1234567
Kuala Lumpur	15:50	22:15	D7 2613	1.3.567

To Tianjin

DEST	DEP	ARR	Flight No.	Days
Hong Kong	13:00	16:10	KA1104	1234567
Seoul *	10:35	11:30	KE805	1234567
Nagoya	9:40	11:50	JL841	1234567
Kuala Lumpur	8:30	14:35	D7 2612	1.3.567

* Flights from Beijing/Tianjin to Seoul, from Seoul to Beijing/Tianjin provided by Korean Air.
Please be noted that summer schedules will be effective from March 27th.
Schedules are subject to government approval and may be changed without prior notice.

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Airline Code

AC	Air Canada	EK	Emirates	LH	Lufthansa	SK	Scandinavian Airlines
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(1=Mon, 2=Tue, 3=Wed, 4=Thu, 5=Fri, 6=Sat, 7=Sun)

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Trattoria Italiana
No. 443, Tianjin Italian Style Town, Shengli Lu, Hebei District

Pepper Bar
Owned by Korean bartenders this bar is famous for its electro parties during the summer season. Building 8, Shang Gu, Tianta Dao, Nankai District.

GangGang Bakery
1-115, Olympic Town, Chengdu Dao, Heping District.

Venezia Club
Situated in the heart of the Italian district this cozy restaurant is a good choice for a romantic date! No. 48, Tianjin Italian Style Town, Ziyou Dao, Hebei District.

Kiessling Western
A traditional restaurant in Tianjin, this western restaurant offers French, English and Russian cuisines. No.33, Zhejiang Lu, Heping District.

Din Tai Fung
No. 18, the junction of Zi Jin Shan Lu and Binshui Dao, Hexi District.

Haru Haru Japanese Restaurant
Tianjin, Nankai District, Tian Ta Dao, Shanggu Business Center, Building E, Unit 50.

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Cashier 出纳

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厨师
Code: CF110301

JOB DESCRIPTION:
- Eastern & Western food production and daily kitchen management

WHO WE ARE LOOKING FOR:
- Work experience in a western restaurant is a must
- Can speak simple English
- Hard-working; can endure great work-related stress

Cashier
出纳
Code: CA110302

JOB DESCRIPTION:
- Reimburse expenses, including check, signature and pay
- Receive payment by cash, check, credit cards, vouchers, wires and automatic debits
- Issue receipts, refunds, credits and change due to customers
- Pay supplier via check invoice, expense report or e-bank
- Assist in maintaining office petty cash funds
- Maintain relationship with bank
- Deal with other issues relating to cash transfer
- Deal with other issues relating to cash transfer

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Add: No. 443, Shengli Lu, Hebei District 河北区胜利路443号
Tel: +86 22 2446 0505 Valid: 1-31 March 2011

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Add: Inside Nancuiping Park, Junction of Shuishang Xi Lu and Hongqi Nan Lu, Nankai District 南开区水上西路与红旗南路交口南翠屏公园内
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河西区大沽南路与琼州道交口（下瓦房地铁站旁）
Tel: +86 22 8381 5877 Valid: 1-31 March 2011

International Women's Day 妇女节

How to pronounce each tone:

- ˉ = monotone, flat tone
- ˇ = fluttering tone, like a ball that bounces and rises, or a frog's croak
- ˊ = rising tone, like a question in English
- ˋ = falling tone, like a direct command

Today is International Women's Day, which is meant to acknowledge the achievements, contributions and struggles of women from all over the world.
今天 是 国际 妇女节(1)，它 意味 着 对 全 世界 女性 成就(2)，
Jīntiān shì guójì fùnǚ jié, tā yìwèi zhe duì quán shìjiè nǚxìng chéngjiù,

贡献(3) 和 奋斗(4) 的 认可(5)。
gòngxiàn hé fèndòu de rènkě.

Yes, today is our festival, and all my female colleagues received greeting cards from the company, which say:
是啊，今天 是 我们 的 节日(6)，所有 的 女 同事(7) 都 收到 了
Shì ā, jīntiān shì wǒmen de jiérì, suǒyǒu de nǚ tóngshì dōu shōudào le

来自 公司(8) 的 问候 卡片(9)， 上面 写 着:
láizì gōngsī de wènhòu kǎpiàn, shàngmiàn xiě zhe :

Here's wishing you a wonderful time celebrating womanhood! Happy Women's Day!
在 这里 祝 你们 欢度 这 女性(10) 的 美好 时刻(11)！ 妇女节快乐！
Zài zhèlǐ zhù nǐmen huāndù zhè nǚxìng de měihǎo shíkè! Fùnǚ jié kuàilè!

I also received a present from my husband and many SMS greetings from my friends.
我 也 收到 了 丈夫 的 一份 礼物(12) 和 许多 来自 朋友 的 问候 短信(13)。
Wǒ yě shōudào le zhàngfū de yīfèn lǐwù hé xǔduō láizì péngyǒu de wènhòu duǎnxìn.

Let's have a party to celebrate together with our friends, shall we?
让 我们 来 一个 聚会，和 朋友 共同 庆祝(14)， 怎么样？
Ràng wǒmen lái yígè jùhuì, hé péngyǒu gòngtóng qìngzhù, zěnme yang?

Perfect! Let us raise a toast to ourselves!
棒极了！ 让 我们 为 自己 举杯(15)吧！
Bàng jí le! Ràng wǒmen wéi zìjǐ jǔbēi ba!

Vocabulary

(1) 妇女节	fùnǚ jié	Women's Day	(9) 问候卡片	wènhòu kǎpiàn	greeting card
(2) 成就	chéngjiù	achievement	(10) 女性	nǚxìng	womanhood
(3) 贡献	gòngxiàn	contribution	(11) 美好时刻	měihǎo shíkè	Wonderful time
(4) 奋斗	fèndòu	struggle	(12) 礼物	lǐwù	present
(5) 认可	rènkě	acknowledge	(13) 短信	duǎnxìn	SMS
(6) 节日	jiérì	festival	(14) 庆祝	qìngzhù	celebrate
(7) 同事	tóngshì	colleague	(15) 举杯	jǔbēi	Raise a toast
(8) 公司	gōngsī	company			

If you meet any problems in learning Chinese, please send us an email at editor@tianjinplus.com We'll do our best to help you. See you next month.

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TIANJIN URBAN MAP
天津中心城区图

Hongqiao District
红桥区

Hebei District
河北区

Hedong District
河东区

Heping District
和平区

Nankai District
南开区

Hexi District
河西区

Tianjin Binhai
International Airport
天津滨海国际机场

Beima Lu
Xima Lu
Nanmenwai Da Jie
Nanjing Lu
Qufu Dao
Shizilin Da Jie
Zhongshan Lu
Jiefang Nan Lu
Jiefang Dong Lu
Hongqi Nan Lu
Hongqi Lu
Hongxing Lu
Kunlun Lu
Kunlun Dao
Shiyijing Lu
Weiguo Dao
Jingjiang Lu
Hongxing Lu
Xinwei Dao
Jinbin Da Dao
Dagu Nan Lu
Weijin Nan Lu
Weijin Lu
Wujiayao Da Jie
Weidi Dao
Fukang Lu
Hongqi Lu
Helniucheng Dao
Outer Ring 东环路
Dongxing Lu
Jiefang Nan Lu

Changhong Park
长虹公园
Water Park
水上公园
Tianjin Zoo
天津动物园
Drum Tower
GULOU 鼓楼
Ancient Cultural Street
古文化街
Tianjin Ancient Culture Museum
天津古文化博物馆
Wu Da Dao
Nankai University
南开大学
Tianjin University
天津大学
Tianjin University of Technology
天津理工大学
Tianjin University of Finance and Economics
天津财经大学
Tianjin Polytechnic University
天津工业大学
Tianjin Foreign Studies University
天津外国语大学
Tianjin Broadcasting & Television Station
天津广播电台
Tianjin Medical University Hospital
天津医科大学总医院
Tianjin Hospital
天津医院
Tianjin Chest Hospital
胸科医院
Tianjin Children's Hospital
天津儿童医院
Tianjin Tumor Hospital
肿瘤医院
Tianjin Stadium
天津体育场
Tianjin Olympic Sports Center Stadium
天津奥林匹克体育中心
Tianjin Meijing Convention and Exhibition Center
梅江会展中心
Natural History Museum
自然博物馆
History Museum
历史博物馆
Art Museum
艺术博物馆
Tianjin Museum
天津博物馆
Tianjin Art Museum
天津美术馆
Tianjin Science & Technology Museum
天津科技馆
Tianjin Children's Palace
天津少年宫
Tianjin Cultural Center
天津人文艺术中心
Tianjin Grand Theatre
天津大剧院
Tianjin Library
天津图书馆
Tianjin Exhibition Center
天津展览馆
Tianjin Industry Exhibition Hall
工业展览馆
Tianjin Binhai Library
天津滨海图书馆
Tianjin Binhai Cultural Center
天津滨海文化中心
Tianjin Binhai New Area Planning Exhibition Hall
天津滨海新区规划展览馆
Tianjin Binhai Science & Technology Museum
天津滨海科技馆
Tianjin Binhai Grand Theatre
天津滨海大剧院
Tianjin Binhai Exhibition Center
天津滨海展览馆
Tianjin Binhai Industry Exhibition Hall
天津滨海工业展览馆
Tianjin Binhai Urban Planning Exhibition Hall
天津滨海城市规划展览馆
Tianjin Binhai Science & Technology Museum
天津滨海科技馆
Tianjin Binhai Grand Theatre
天津滨海大剧院
Tianjin Binhai Exhibition Center
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Tianjin Binhai Industry Exhibition Hall
天津滨海工业展览馆
Tianjin Binhai Urban Planning Exhibition Hall
天津滨海城市规划展览馆

Holiday Inn
假日酒店
Radisson
WAL-MART
Carrefour
Wanda Cinemas
万达国际影城
Wanda International Cinema
万达影城
China Film Cinema IMAX
中影国际影城
Jinyi International Cinemas
金逸国际影城
Shelter International Cinemas
星美国际影城
Binhai Xi Dao
Binhai Zhong Dao
Binhai Dong Dao
Binhai Nan Dao
Binhai Bei Dao
Binhai Avenue
Binhai Road
Binhai Square
Binhai Plaza
Binhai Center
Binhai Mansion
Binhai Garden
Binhai Hotel
Binhai Restaurant
Binhai Cinema
Binhai Museum
Binhai Library
Binhai Exhibition Center
Binhai Industry Exhibition Hall
Binhai Urban Planning Exhibition Hall
Binhai Science & Technology Museum
Binhai Grand Theatre
Binhai Cultural Center
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Binhai Art Museum
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Binhai Tianjin Art Museum
Binhai Tianjin Museum

Metro Line
地铁
Metro Line-Under Construction
在建地铁
Metro Line-planned
规划地铁
Metro Station
地铁站
Railway Line
铁路
City Highway
快速路
Under Construction
在建
Ring Road
环路

Hospital
医院
Sits of Goverment
政府驻地
Park and Green Land
公园和绿地
Cinema
影院
Hotel
酒店

Department store
商场
School
学校
Sightseeing in Tianjin
天津观光
Restaurant
餐厅
Bar
酒吧

Carrefour
家乐福
E-MART
易买得
Wal-MART
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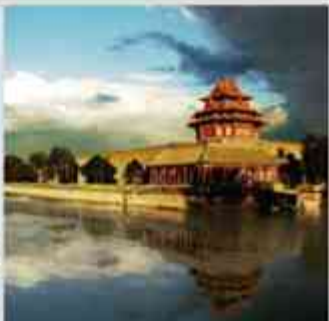

CENTRAL BINHAI NEW AREA MAP
滨海新区

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