

2012.06

津品生活

TIANJIN PLUS

Your guide to the City



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**It's the Kids' World
at Tianjin Hila City**

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Songs of a Cricket

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Passion for Dance

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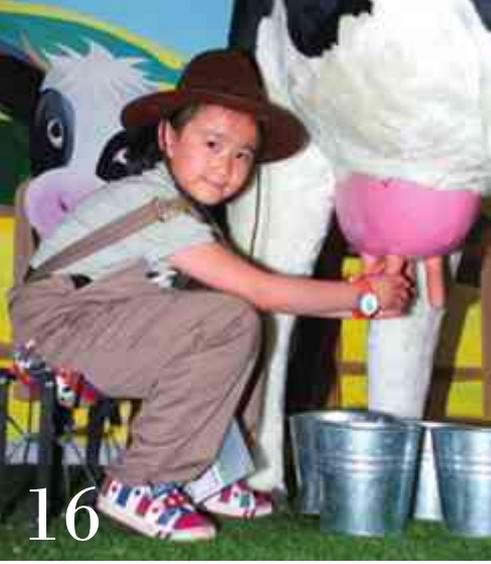
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*Above prices are subject to 15% service charge.



Ichiba Lunch Buffet

@ Hyatt Regency Jing Jin City Resort and Spa

Ichiba offers a market village dining atmosphere with sumptuous display of Japanese cuisine.

Time: 11:30-14:00 (Saturday, Sunday and Public Holiday)

Price: CNY 180* per person



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Lunch: 11:30-14:00

Dinner: 17:30-22:00



Outdoor BBQ Buffet

@ Bistro Thonet, Qing Wang Fu

Bistro Thonet has a magnificent view of the beautiful scenery and flourishing vegetation. Highly recommended: beef with honey and mustard, garlic crawns, thyme, cherry tomatoes, and BBQ.

Time: 17:00-23:00



Friday Night "Backyard BBQ"

@ Café, BLD

BBQ specialties from Asia and Western world including specialties such as prawns with chili, grilled fish, lamb chops and assorted sausages to name a few.

Price: CNY 288 net per person

Time: 17:30-22:00



A Luxurious Seafood Experience

@ Café Majestic, The Astor Hotel Tianjin

A selection of excellent deep sea delicacies from pacific oysters, grilled French langoustines to steamed river crab are waiting for you to discover.

Price: CNY 150* per person (Seafood Lunch Buffet); CNY 188* per person (Seafood Dinner and Weekend Lunch Buffet)



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@ Feast & Yue, Sheraton Tianjin Binhai Hotel

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Date: 1-30 June, daily for lunch and dinner



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2012 June Calendar

2012.06

01
FRI



Russian Circus World - Clowns Carnival

俄罗斯马戏世界——小丑嘉年华

📍 Tianjin Jinwan Grand Theatre 津湾大剧院
🕒 19:30 ¥150-380
☎ +86-610-3721

EDITOR'S PICK

Charity Dinner and Silent Auction

慈善晚会和无声拍卖会

📍 Ashanti 阿仙蒂餐厅(泰达第二大街)
🕒 18:00-20:00
¥350
☎ +86 186 2245 3267

Chinese Well-known Painting Artists Works Exhibition

《大家风范——中国油画名家作品展》

📍 Tianjin Western Art Gallery 西洋美术馆
🕒 19:00-22:00 ¥5-10
☎ +86 22 2330 3255
1-20 June

2012.06

08
FRI



EDITOR'S PICK

Snow White and the Seven Dwarfs

大型动漫儿童剧《白雪公主和七个小矮人》

📍 Tianjin Grand Auditorium 天津大礼堂
(河西区越秀路天津文化中心天津大剧院)
🕒 19:00/10:00/14:00 ¥120-260
☎ +86 22 2777 8571 8-9 June

2012.06

09
SAT



王力宏2012 Leehom Wang Music Man II World Tour Concert

火力全开世界巡回演唱会天津站

📍 Tianjin Olympic Sports Centre 天津奥体中心体育场
🕒 19:30 ¥280-1280
☎ +86 22 2777 8571

2012.06

14
TUE



EDITOR'S PICK

HAPPY SOHO BAR - The Sixth Anniversary Celebration

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2012.06

15
FRI



Melody of Fingertips - Piano Recital Concert

指尖旋律——钢琴独奏音乐会

📍 Western Shore Art Gallery 西岸艺术馆
🕒 20:00
¥100
☎ +86 22 2326 3505

2012.06

22
FRI



Funny Stage Play - Somali Pirates

开心麻花爆笑舞台剧《索马里海盗》天津站

📍 Tianjin Binhu Theatre 天津滨湖剧院
🕒 19:30
¥180-730
☎ +86 22 2777 8571

EDITOR'S PICK

2012.06

29
FRI



Small-Scaled Drama - Daisy

雏菊——西岸小型先锋话剧

📍 Western Shore Art Gallery 西岸艺术馆
🕒 20:00 ¥100
☎ +86 22 2326 3505

2012.06

02
SAT



Because of Love: Recital of Famous Poetry and Prose

爱：让我们永远在一起——中外经典诗歌散文音乐朗诵会

📍 Tianjin Grand Theatre 天津大剧院
(河西区越秀路天津文化中心天津大剧院)
🕒 19:30 ¥80-580
☎ +86 22 8388 2000 2-3 June

2012.06

03
SUN



China Pole Dance Championships 2012

第二届中国钢管舞锦标赛暨2012世界钢管舞锦标赛中国区总决赛

📍 Tianjin Guanghua Theatre 天津光华剧院
🕒 14:00 ¥100-380
☎ +86 22 2777 8571

EDITOR'S PICK

2012.06

10
SUN



EDITOR'S PICK

German Food Fiesta 德国户外美食节

📍 Terrace Café Backyard Garden Sheraton Tianjin Hotel 天津喜来登酒店燕园咖啡厅后花园
🕒 18:00-21:30 ¥258 net person+ 15% service charge
☎ +86 22 2731 3388 10-18 June

2012.06

12
TUE



Artistry on Ice, Beijing 2012 冰上雅姿盛典 北京站

📍 The Capital Stadium 首都体育馆

(海淀区西直门外白石桥5号)
🕒 19:30
¥280-1280
☎ 400-610-3721

2012.06

17
SUN



🕒 19:30
¥20
☎ 400-610-3721
9/17/23 June



Chinese Football Association Series A - Beijing Baxy United Football Club 2012

中国足球协会甲级联赛北京八喜赛区

📍 北京石景山体育场 (石景山区石景山路32号)
🕒 19:30

2012.06

19
TUE



Voice of America: Bard College Conservatory Orchestra Concert

美国之声——巴德大学音乐学院管弦乐团音乐会

📍 Tianjin Grand Theatre 天津大剧院
(河西区越秀路天津文化中心天津大剧院)
🕒 19:30 ¥30-280 ☎ +86 22 8388 2000

Special Days

- 01 June International Children's Day
- 05 June Máng Zhòng (Grain in Ear)
- 21 June Xià Zhì (Summer Solstice)
- 23 June Dragon Boat Festival



Include your events in our calendar,
e-mail editor@tianjinplus.com.
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2012.06

30
SAT



Jazz Classic Concert - Swinging Jazz

摇摆爵士——爵士经典音乐会

📍 Western Shore Art Gallery 西岸艺术馆
🕒 20:00
¥100
☎ +86 22 2326 3505

Songs of a Cricket

By Najla Rasdeen

It's not summer until the crickets sing – Chinese Proverb

Looking to adopt a pet? Thinking of a pet dog or a cat? How about a pet cricket? This may appear a bit strange but in fact, keeping crickets is not uncommon in China.

Keeping crickets is a cultural practice that emerged from China thousands of years ago; initially being kept for their 'song' and later as fighting insects. This practice, which was first popular amongst Chinese royalties, quickly spread over the general population. The prospect of having crickets were viewed as an auspicious symbol; bringing luck and happiness to ones' life.

From the early times, crickets were noticed for their incredible chirping chorus. Their chirping signified the beginning of summer and many people sit in parks and listen to their relaxing and charming tunes. Soon they began housing them in small decorative cages built from bamboo or wood so that they could carry them around and appreciate their 'songs' wherever they go. The cages often had tiny porcelain dishes containing water and food for the cricket. It was some time after this that they were used for a popular activity – 'cricket fighting'.

The first documentation of cricket fighting comes from China's Song Dynasty (1213-1275 C.E.). Although it is illegal these days, crickets are still prized as sporting pets in many parts of China and the cricket industry remains a lucrative business. Many shops, particularly in Beijing and Shanghai, openly sell different species of crickets on the streets, attracting potential buyers, roaming in search of their next 'winning fighter'.

Male crickets are most popular because they are both great singers as well as ruthless fighters. Female crickets are used mainly for breeding. Before the fight, each cricket is weighed and then paired according to colour, size, and weight. The pairs are then put into a plastic box and the owners stroke their cricket with a stick to aggravate them into fighting one another. An unbeaten cricket, better known as the 'general', can earn winnings of 100 or even 1000 RMB.

Throughout history crickets have been praised through songs and poetry. Their ability to lay hundreds of eggs correlates with the Chinese belief that the key to success is to have as many children as possible.



Looking for your good luck charm? Look no further.

Interesting facts about crickets:

- Female crickets do not chirp
- Number of chirps in 15 seconds + 37 = temperature in degrees Fahrenheit
- Cricket's lifespan is less than a year
- Crickets have wings but most cannot fly!

Bicycles In China

By Tad Miller

China, the largest car buying country in the world, also makes, and uses, more bicycles than any other countries—go figure. In villages, mid-size towns, and mega-cities they pierce traffic in pin-ball machine style. And thank God for this persisting phenomenon. People are moving forward, getting to their next destination on their own power, unless they get an affordable modern alternative like the electric bike, scooter, trike, and/or hybrid car, which remain beyond economic reach for the proletariat income.

While this is changing, there is a history leading to the contemporary bicycle culture in China. The earliest mention of these mobile contraption was made by a Chinese diplomat, *Binchun*, who was sent on a late *Qing* imperial mission to France and England with the hope to calm continuing tensions. That assignment was fraught with ulterior motives, that is, gathering intelligence. He gathered assessment on recent European industrial developments, new inventions, manufacturing techniques,

and got a realistic sense regarding how vulnerable China was relative to those far-away manipulative nations; remembering the Opium War era travesties. Wounds were raw. This was a wise visit investigating those countries then. The information that was taken home from this trip is making a valuable difference even today.

"They dash along like galloping horses", says Binchun, describing the *velocipede*—an awesome invention which was the rudimentary bicycle he saw in Paris. In his opinion, however, while fascinating, this strange mode of transportation would fail to provide any military function. The horse, back then, was agile, known, and reliable. As history has shown us, this would also change.

Then Americans *Allen* and *Sachtleben* came here in the 1890s with these remarkable self-propelling mysteries—wow, finally, bicycles made their way to China! They were an immediate wonder, in public view, eventually inspiring a sudden trade in cycles with former enemies. Their use, at that time, was only by the *nouveau riche*. In fact, the very last emperor, *Puyi*, was known to ride his bicycle all around the Forbidden City, as all little boys would have in his circumstances (remember he was seven years old when the *Qing* dynasty came tumbling—Humpty Dumpty style—into a pile on the other side of those walls). Helping China evolve with "two wheels and a pole", Binchun wrote,



trying his best to explain the clever innovative thing. In the 1920s, foreigners in Shanghai really made them popular and even fashionable. This was occurring at the time the six-day work week took effect (another Western influence), giving folks time for recreation. Polite society had a new toy while their future uses were gaining attention and gradually gained access to them.

The Communist Party of China (CPC) was the main force making bicycle riding so available here—something I personally regard as amongst their best accomplishments. They understood its value from the start—people got to work better, travel farther, and go faster on a bike. In the 1940s, China began manufacturing them. In fact, the very first *Five Year Plan* made bicycle production a top priority. The result of that effort, and their gliding, smooth poetic mechanics makes them welcome companions in every culture, but were especially essential and useful here. Recently, a new annual international bike race was held in Beijing. Finishing time was 3 hours, 30 minutes, and 30 seconds.

In Mandarin, the bicycle is *zi xing che*—self driven transit.





Josue Quispe Mayta
 20 years old
 Bolivian
 Student at Tianjin University

Where do you love to spend your kuais at night?

I love the restaurant Helen's because they have great food and drinks.



Favourite dish you've tasted in Tianjin.

There are many delicious dishes that I've tasted here such as pizza and pasta but I especially like hotpot because you can prepare and choose what you like eating. That's why it's one of my favourites.

Do you prefer to play or watch sports?

I prefer to play sports like soccer and indoor soccer. These sports are brilliant, and I like playing them very much.

Where do you and your friends usually hangout?

We often go to Binjiang Dao which is close to Nanjing Lu. Some weekends we go to the Waterpark in Weijin Nanlu. I actually think Tianjin has many beautiful places to visit.



Where do you think is the perfect place to take a date?

Go to a good Chinese restaurant and eat dumplings, hotpot, and other delicious dishes. Chinese restaurants have great variety and foods are usually delicious.



Last movie you watched.

Shanghai Knights. It's great to see Jackie Chan when he was still young. The film is also very comical.

What would you like to experience in Tianjin this summer?

First, I'd like to visit more beautiful places in Tianjin. Then, I'd like to take advantage of the weather and go swimming with friends.

What do you think are top three things any foreigner must experience in Tianjin?

Just enjoy the city, visit beautiful places and have maximum fun with your local and foreign friends.

You're welcome to participate in next month's CHITCHAT!
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www.dk1308.com

It's the Kids World at Tianjin Hila City

By Cathy Perez



With the advent of technology, many kids are stuck at home, torn between playing with I-Pad or watching TV. Nothing wrong with that, the problem comes when kids spend countless hours on them, therefore missing out on the many enjoyable things they're supposed to explore.

Enter Tianjin Hila City, a colourful 38,000 square metres museum and park that will surely put smiles on every kid's face. Groomed as one of the major tourism projects in Tianjin, Hila City is considered as kids' "career exploration park" providing 61 venues for them to explore over a hundred different kinds of professional work. From fashion design to journalism to cake making, aviation, banking, calligraphy, performance art and so many more; kids have fun whilst learning different kinds of skills in various venues.

So set aside the I-Pad, bring your kids to Tianjin Hila City, and see them become independent, socially aware, grateful, self-confident, sociable, competent and learn to understand the meaning of teamwork whilst simultaneously having fun playing and working with others.

Kids Experiencing Tianjin Hila City

Sunday is the busiest day for Tianjin Hila City as kids, accompanied by their parents, giddily troop to the park to experience the joy of exploring the different roles they can portray in the park. Kids milking cows, making cakes, preparing sushi, and taking the role of a photographer were just some of the kids Tianjin Plus interviewed.



Guo Yi Lin (Linda)
7 years old
Attended the Alpine Pasture



How was the process of cow milking?

I like it but it's difficult. I've been here in Hila City twice, but it's my first time to join the Alpine Pasture Experience.

How was your teacher?

I have to say very good... excellent!

How about your workmates?

They carefully did what the teacher told and taught them. I think we all learned something and it was a fun process.

So what exactly did you learn?

I learned how to milk a cow without any help from adults!

You've been here twice. Are you coming again?

Definitely!

Mei Wen Tao
8 years old
Attended Yummy Sushi Making



How was sushi making? Was it difficult for you?

It should be difficult but because of the teacher's help and instruction, it was easy.

So how many students were there in sushi making?

There were four of us and we have one teacher.

So after attending sushi making class, can you now say that you can make sushi by yourself?

Yes, I think I can now. I can tell you the basic process of sushi making. First, prepare the seaweed. Then cook and prepare rice and put vegetables such as cucumber and carrots as well as some meat onto the seaweed. The next step is to roll the seaweed and cut them using a knife.

Sounds like you learned a lot today...

I do. The teachers here are good and I'm looking forward to other classes that I can join later.

Will you come here again?

Yes, for fun and to learn many other things.

Lin Kai Chun (Chengcheng)
6 years old
Attended Cake Making Class



So you like making cakes?

Yes! It was fun doing it and the process is easy.

Will you come and join the class again?

No. I am only allowed to attend each class once. But I will go and attend other classes.

Can you make your own cake now?

Yes! I think I can do it by myself as it is not difficult.

Will you teach me how to do it?

Sure, I will! (laughs)



Song Huan
8 years old
Attended the Journalism Class

What are you doing at this time?

I'm now a photographer so I'll be going around taking photos.

You have a nice camera. Is that yours?

No. This is provided by my teacher so that I can practice what was taught to me.

So you know how to use this now?

Yes, here are some of the pictures I have taken (shows some photos). I took photos of architectures in the area.

Do you want to be a photographer in the future?

Yes, I would love to be. I like taking photos and from what I learned today, I think I can take my own photos now.

Is it a good experience for you to come here?

Yes! I learned something and I like my new friends, classmates and the whole environment of the place.

The Teachers

Hiring almost 400 teachers, teachers at Tianjin Hila City went through intensive training to ensure they knew how to handle different types of kids as well as fully convey to them the purpose of what they're teaching. For future pastry chefs, kids wouldn't want to miss out on Sunmile Bakery, the park's venue for cake making. Here's what the teacher told Tianjin Plus:



Teacher Ding Zhixin
Teaches Cake Making

The Process: "First, we distribute chiffon cake and butter to every kid. We then teach them how to hold the scraper well and then to use it on their own. They'll even out the butter that was distributed on top of their cakes and then we will distribute fruits to them and they'll decide on how

to decorate their cakes. For mother's day, we encouraged the kids to offer their cakes to their mums and to say "I love you" to them. We also encourage kids to name their cakes creatively like one kid named his cake Automan because he is very fond of watching the show. Another kid calls her cake Crying Grandpa because to her, the two cherries that she decorated on her cake looked like tears."

Teaching Kids: "To make sure kids understand what I teach them, I ask them questions during the process of making the cake making. Before the class ends, I also ask them again and as their reward, I give them candies when they give me the right answer. They can then put these candies on their cakes as added decoration. Kids all have different skills from one another, there are kids who can easily follow what I teach them while others, especially the young ones, may struggle a bit more. What I do is that I assist those who are having difficulty so that they can still learn a lot from the class."

Tianjin Hila City 希乐城

A: Fusheng Dao and Wanhui Lu Intersection, Xiqing District (beside Caozhuang Flower Market)
西青区阜锦道与万卉路交叉口(曹庄花卉市场内)

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W: www.hilacity.com

Brave for the kids and kids at heart...

By Chris Graham

Brave is an upcoming American 3D computer-animated fantasy adventure movie. Set in the mysterious highlands of Scotland, a skilled archer named Merida challenges destiny in order to change her fate. This headstrong princess consults a wise old woman after having defied an age-old custom, causing controversy within the kingdom. This results in Merida's family being cursed and she must undo this beastly curse in order to save the Kingdom and also discover the true meaning of bravery.

The movie has an all-star cast including Kelly Macdonald, voicing the heroine Merida, Julie Walters voicing the mysterious old woman and the legendary Scottish comedian Billy Connolly playing King Fergus.

The movie is being produced by Pixar, which became famous with Toy Story, and this, their thirteenth feature film, will be released by Walt Disney Pictures. Written by Mark Andrews, Steve Purcell, Brenda Chapman and Irene Mecchi, and directed by Andrews and Chapman with Purcell as co-director. The film is scheduled for release on 22 June 2012 in the United States. It is expected to be released in China shortly after.



Announced in April 2008 as The Bear and the Bow, Brave is Pixar's first fairy tale, and is somewhat darker and more mature in tone than their previous movies. The story takes place during the 10th century in the highlands of Scotland Brenda Chapman considers it as a fairy tale in the tradition of Hans Christian Andersen and the Brothers Grimm.

John Ratzenberger, who is Pixar's "good luck charm", having been in every Pixar film to date, has been cast in Brave, and will voice a guard in a Scottish accent.

Personally I am really looking forward to seeing this movie as Pixar's previous twelve movies have all provided high quality viewing.



For further details, please check the trailers and the official website using the following links:

Trailer video:

http://www.youtube.com/watch?v=TEHWDA_6e3M

Official website: <http://disney.go.com/brave/index.html>

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Tel: 022-87839683



Add: 5F, Somerset Youyi, Pingjiang Dao, Hebei District
地址: 天津市河西区平江道世纪服务公寓5层
Tel: 022-26107747/022-26107992

Family Fun in Beijing

By Jo Greene

With Children's Day coming up, what better way to spend some time with the family than a day trip to Beijing? There is something for everyone from the little ones to teenagers and parents... let this be your guide.

9am – From the train station, or your hotel, head to one of Element Fresh's two locations in Sanlitun or Lido. Parents can sip on bottomless coffee (hot or iced) while the kids pick at plates of bacon, eggs, fruit salad or for those with a sweet tooth the 'Elvis Presley' peanut butter & banana French toast.

10.30 – With full stomachs, head over to Bookworm for some quiet time. There are lots of kid's books to choose from and a Sunday morning story-time session, making it a great way to spend a few hours. Mum & dad will find English language books from China and abroad to stock up on, too.

12noon – Take a taxi to Baoyuan Dumplings at Maizidian, but skip the front dining room with its big windows, and head in the side door to wander through a magical path over bridges, past water pools and fish tanks. Inside you'll find big juicy dumplings in all the colours of the rainbow, purple, orange, green etc. And what is more, they taste as good as they look.

2pm – Time to get outside and play at Chaoyang Park's fun park with all the fun of a fairground back home including rides, popcorn and music. For older kids, hire tandem bikes to ride around the park and try to find the Olympic beach volleyball court, or maybe enjoy the grass and throw a Frisbee around.

5pm – For an early dinner, so the littlest ones can get to bed, nothing beats Annie's. They have great and reliable kid-friendly food, pizza, pasta & salads galore, and they also have play areas to keep the kids amused while it's being cooked. Some branches even allow the kids be chefs and make their own mini pizzas.

7.30pm – Still got some energy? Why not go see the Legend of Kungfu in action. This hour-long show will amaze those of any age and some of the performers are just kids themselves.

9pm – If you're lucky enough to have a hotel that provides an *ayi* service, tuck the kids up in bed and get some parent time. Try Apothecary in Sanlitun for classic cocktails, or Mai in Gulou for some with a modern twist.



Element Fresh
新元素

Sanlitun 三里屯 S8-33, Bldg 8, Sanlitun Village South, Chaoyang District 朝阳区三里屯Village南区8号楼S8-33



The Bookworm
书虫书吧

Courtyard 4, Gongti Beilu, Chaoyang District 朝阳区工体北路4号院



Baoyuan Jiaozi Wu
宝源饺子屋

North of 6 Maizidian Jie, Chaoyang District 朝阳区麦子店街6号楼北侧



Chaoyang Park
朝阳公园

Enter through the South Gate Chaoyang Gongyuan Nanlu, Chaoyang District 朝阳区朝阳公园南路



Annie's
安妮意大利餐厅

8 locations around the city, see <http://www.annies.com.cn/en/> for addresses and maps



The Legend of Kungfu (Red Theater 红剧场)

Workers' Cultural Palace, 44 Xingfu Dajie, Chongwen District 崇文区幸福大街44号工人文化宫
Book through your hotel or an agent to get discount tickets.



Apothecary
酒木

3/F, Nali Patio, 81 Sanlitun Lu, Chaoyang District 朝阳区三里屯路81号那里花园3层



Mai
麦

40 Beiluogu Xiang, Dongcheng District 东城区北锣鼓巷40号



Kindermusik - Sarah Peel

By Jo Greene

Canadian Sarah Peel has a positive view of the education system in China. Living in Beijing, with a daughter in a local experimental school, she works with expat and local parents by running an early childhood music and movement programme, which acts as a bridge between the Chinese and Western education systems.

How did you end up teaching 0-7 year olds in Beijing? My young daughter and I moved to Beijing in 2006. Before we lived and had Kindermusik classes in Canada meaning before we even arrived I wanted to use these classes as a way to meet people. When I realised nobody in Beijing was teaching Kindermusik, I had a light bulb moment. I could do it! I'd worked in schools in Japan, but now I wanted something different. I've always been a musician so this was a good combination for me.

How has the programme grown and adapted to the Chinese education market? My original motivation was wanting it for my child and also as a business opportunity for me. Previously nobody did this here, but now most kindergartens have some form of music and movement classes. Our programme's content is in English, but the method varies depending on who we're teaching to. When I started, I almost exclusively worked with expats, although now we're increasingly working with the local Chinese market and international schools.

What's the main difference between the Chinese and Western education system? Generally there's been a very strong push for education reform in China. High schools and preschools, who don't rely on a national curriculum, have great flexibility in what they offer. Parents are unsatisfied with the existing system and want change. In North America, there's a real move away from creative areas, music and arts programmes, and as China seemingly tries to eliminate standardised testing, North America seemingly demands it. Maybe we're going to meet in the middle!



What factors influence the future of early childhood education in China? There has been great investment in education here, which is partially down to the baby booms. The pressure for first grade placements is constantly increasing but the infrastructure can't cope with the demand. Usually economic development and expectations are connected, but whilst parents have the money and are willing to spend, schools lack resources, trained teachers and experience, which means a gap exists.

Are expats' views on education in China changing? Increasingly, kids with one or both parents holding foreign passports are going to local schools. International schools are expensive and with expat packages dying out, expat and returning Chinese parents are looking for alternatives. Parents also increasingly recognise that if their child can read and write in Chinese it will be hugely advantageous for their future, even if this future is outside of China. This has been the big change over the last 10 years and has caused an increase in bilingual schools. These schools run a Western influenced program, licensed locally and are aimed at both local and expat kids who won't write the *gaokao*, but intend to study overseas.

It's fascinating as a parent and an educator to be between the systems and to see how they work. There are so many choices here, and parents have the ability to use that choice wisely to pick the best start for their children.

BEIJING'S CHILLED AND RELAXED ART VENUE

By Matt Stuttard

Beijing's 22 International Art Plaza is a great place to relax, unwind and immerse yourself in creativity. Just southeast of Guomao, it's an eclectic and ambitious urban complex featuring studios, galleries, boutiques, apartments, bookshops, bars and restaurants - all centered around the three main buildings of the Today Art Gallery.



Launched in 2006 as the first non-government art museum, 'Today' is trying to be different by adding some class to the Beijing art scene. While the 798 may be the most well-known venue for modern Chinese art, it's far out of town and has definitely seen better days. Today is more focused and selective, and is careful about delivering high quality modern and contemporary Chinese and international art, all within a quality setting.



The three main galleries host both permanent and temporary exhibitions. Coming up in June, artist Na Wei will challenge your idea of reality in "Observation and Rhetoric", featuring his combined use of photos, oil, and ink. Running till June 18th is "Light, Sound, Movement", displaying "acoustic drawings" by Slovenian artist Milan Grygar, where the viewer can listen to the sound of the visual artwork.



Wander behind building 1, past the row of drunk and debauched bronze pigs, and be sure to catch the excellent "Research of Lost Time" by young artist Ye Funa, in the Dialogue Space till June 17th. Funa questions the perception of political and personal history, juxtaposing original magazine cover shots and their "doctored" equivalents. She even uses her own face to bring all the members of her recent family tree back to life. Over in building 2, one of the permanent exhibits not to miss is Miao Xiaochun's stunning animation "Microcosm" (complete with Wagnerian soundtrack), which I challenge anyone not to be moved by.



The gallery also hosts lectures and educational workshops. For more details, check out www.todayartmuseum.com.

It's never swarming with people. As a result, Beijing22 is a very chilled out and relaxing place to be if you're looking to escape the Beijing crowd, and let your mind wander.

The Today Art Gallery / Beijing 22 International Art Plaza is at 32 Baiziwan Lu, Chaoyang.



Passion for Dance

By Paul Crowe

The Beijing/Dance LDTX Theatre in the Dawanglu area of the capital is tucked away at the end of a street lined by half demolished hutongs and a derelict European style leisure complex.

The internationally renowned contemporary dance group was the first to be created independently of the Chinese government in 2005. LDTX- Lei Dong Tian Xia, literally translates as Thunder Rumbles Under Heaven.

The performance centre is currently the scene of intense activity as dancers from around the world prepare for the 2012 Beijing Dance Festival.

Together with the Guangdong Modern Dance Festival in Guangzhou and China Dance Forward in Hong Kong, the Beijing Dance Festival provides the largest nationwide contemporary dance platform.

The two week festival opens on July 15th with an intensive dance camp, the educational arm of the festival.

This is followed on July 22nd by the grand opening performance **SONGS** at the People's Liberation Army Theatre. It's a joint production between Beijing Dance/LDTX and award winning Scotland-based contemporary dance company, Janis Claxton Dance.

With support from the British Council, **SONGS** draws inspiration from, and pays tribute to the music of the late Polish composer, Henryk Gorecki.

Three female dancers are currently in Beijing being choreographed under Claxton's wing. They're rehearsing with LDTX members for a triple bill which promises to be the highlight of this cultural exchange between the UK and China.

Claxton is committed to collaborating with Chinese dance artists. Since receiving a British Council grant in 2009, she's divided her time between Britain and China.

She's passionate enough about her work to be studying part-time towards an MPhil in choreography at Edinburgh University while also putting her dancers through their paces for the festival.

Despite the gruelling schedule, Claxton wouldn't have it any other way, "Working with dancers in China is very exciting. I enjoy the cultural exchange where few words are used and communication is done with bodies. Dancers are an extraordinary species who cross cultures and share a common language. This is very satisfying."



Hey! Time to get fit!

By Fintan Monaghan

Bright pink shorts, goofy grin and flailing limbs... it's all part of getting fit - Swedish style. Heyrobics has been making its mark in the capital and has attracted a growing following of Hip Hutongsters looking for a new way to exercise.

As the name would suggest, it's a lot like aerobics, only with one big difference: it doesn't really require coordination or gracefulness. It's a fun and welcoming environment where the emphasis is just to keep on moving and not worry about getting the goofy moves perfect.

Linus Holmsäter is the man in the signature pink shorts who brought the crazy sport over from Sweden (where it's known as 'Jympa'). His father invented it back in the 1970s and it's still going strong, claiming 5% of the population as active devotees. We don't know how they do it back in the old country, but with the Beijing incarnation, it's Linus and his infectious enthusiasm that are a big part of the draw.

Trying to imitate the instructors' silly moves in time to the funky music, you might feel self-conscious at first, but that quickly passes. Even the people nailing the steps perfectly look a bit ridiculous, and that's part of the fun.

Heyrobics makes for a surprisingly good work-out, and after an hour of punching the air, jumping up and down, and running helter-skelter around the room, we were pleasantly exhausted. For people of a fitter disposition, there are more intensive classes available, plus they occasionally run special events that combine 3 mini-sessions broken up by 2k runs.

Heyrobics classes are available across the city in Sanlitun, Lido, CBD, Shunyi, and Beitucheng. Best of all, the price is super cheap! Just CNY 20-30.

For more details on all types of lessons on offer and when you can catch them, check out their website at www.heyrobics.com



Wudaokou Hedonist Heaven

By Keith Crane

If you really want to find the inner, more youthful you, and you've had enough of the let's admit, somewhat over-egged, over-glam, and overpriced Sanlitun hangouts, then head north to student-land.

Ideally placed on Line 13, just a short interchange connection from Line 4 and Beijing South (if you're coming straight from Tianjin), lies Wudaokou, a vast array of venues catering to the large local and international students and teaching community of Tsinghua, and Beijing Language and Cultural Universities, to name just two.

It's both cheap and cheerful, lively, and multi-cultural with a Korean emphasis, and some very decent venues worth seeking out. You can eat just about anything you want, from any continent.

The main drag is Chengfu Lu, stretching east from Beijing University. However, the concentration of life is around the Wu metro station itself.

Cheapest, cheeriest meals – burgers, pizzas and pasta and

10-25 kwai drinks can be found at La Bamba or the ubiquitous Helen's Hangout, a chain spreading faster around Beijing and Tianjin than you can say McDonalds.

They're down Caijing Donglu (East Road,) parallel to the rail line (don't be deterred by the car wash to reach Helen's).

For more up-market fare, try The Bridge or Sculpting in Time. Lush, right on the south-west corner of the main junction, offers a full 24-hour experience of live mic, quizzes and more, as well as having international range of beers and meals.

The U-Center shopping centre is home to Ganges Indian restaurant, with its huge range of northern and southern culinary delights, but make sure you enter by the lifts on the east side direct to the sixth floor.

I find the combination of an onion bhaji, tandoori chicken with a garlic naan and a curry dish unbeatable, and if you wash this down with Kingfisher beer – you can expect to pay around CNY 250 for two people.

Further down the road from Helen's is the second hidden gem, Falafel Middle Eastern Restaurant, offering real home-cooked Arabian delights and a Monday night CNY 60 buffet.

For other continents, try Avocado Tree, on the north side of Chengfu Lu for cheap Mexican burritos. And if you tire of Helen's or Pyro's pizzas, try Eatalia, squashed in close near the junction for its highly regarded take on Italian cuisine.

If you can't find anything you like, then you're either just not trying, or well, let's put it politely, past it!

Tex-Mex

By Chris Graham

Tex-Mex is a Mexican restaurant located in the AoCheng area of Tianjin. If you are travelling there by taxi, just look out for the yellow 'E-Mart' sign and the restaurant is within that shopping area.

Although this is a popular restaurant, especially with foreigners, I have never had trouble finding a seat when going for lunch or an evening meal. The menu is written in English and the waiters can also speak English, so ordering meals is not a problem. I ordered a Corona beer and three tacos at a total cost of CNY 61. Whilst this doesn't make it a particularly cheap restaurant, the food is presented extremely well and the quality is top class. As you wait, you are given nachos with a freshly chopped tomato dip, and these are complementary so come at no extra cost.

When I eat Mexican food, I am always looking for a little bit of spice, and here I was not disappointed. The tacos come with peppers, onions and mushrooms, and on every table there is a selection of Tabasco sauce. The menu offers a good selection of Mexican food and drinks, consisting of fruit juice, beer, coffees and teas. The restaurant also provides free Wi-Fi.

On the whole, the restaurant is clean, tidy, has comfortable chairs and spacious tables (I can have my laptop along with my food and there is still plenty of space). There is soft music playing in the background and a video playing on a large flat-screen television. The video shows a lot of the most beautiful, natural places in the world, and this certainly contributes to the restaurant's atmosphere.

I only visit this restaurant once a month, but every time I visit, I have been treated well. The environment is welcoming, and the high quality food is served within ten to fifteen minutes. I am happy to recommend this restaurant, especially for an evening out with your friends, family or even when on a date!

Address: No. 4-1-7, Bldg. A3, Magnetic Plaza, Binshui Xi Dao, Nankai District
南开区滨水西道时代奥城商业广场A3区4-1-7号(水上东路口)



211 House

By Chris Graham

211 House is a café located near XiKang road in Heping district and is very easy to find. Although my taxi driver didn't know exactly where the café was, he was still able to take me to the named road without any problem. It takes about ten minutes to get there from Nanjing Lu.

When I first walked in, it appeared to be an upmarket and potentially expensive coffee shop. However, I was pleasantly surprised as the prices were actually really reasonable. All tea costs less than 20 RMB and there wasn't one coffee priced over 30 RMB. The majority of the food is priced under 40 RMB, with exception to one or two larger dishes. I ordered some Earl Grey tea and a dish of French mashed potato. The tea cost 15 RMB and the potato cost 28 RMB. The potato dish was delicious and the tea also tasted great. I have personally found quite a few cafés that serve good tea in Tianjin, but this one certainly sets the standard.

The menu provides a selection of meals, appetizers, salads, fruit juice, coffee and tea. There is also a selection of wines and whiskeys, and the beers are both stored and displayed in a visible fridge.

XiKang road is not particularly busy, so there was a very quiet atmosphere with Western music playing in the background. I spent two hours studying for an upcoming Chinese examination without any disturbances, and although I hadn't finished my tea after forty-five minutes, the waiter still came to my table and filled my glass up with boiling water. The tea bag was still in my glass meaning I got a free second cup of tea!

I am happy to recommend this café for a lunch break, somewhere quite to study, or a good place to read a book.

Address: 211 House, No. 211, Xidi Shops, Xiao Chengdu Dao, Heping District (near XiKang Lu)
和平区小成都道席地商辅211号(近西康路)

Seductive Business Lunch in Yan Ting The St. Regis Tianjin

The seductive business lunch is a lunch set promoted in Yan Ting restaurant in The St. Regis Tianjin. The St. Regis is situated alongside the picturesque Haihe River and upon entering the luxurious hall, you will immediately fall in love with this wonderful venue. It was designed by the same British designer who decorated the BurjAl-Arab in Dubai and with elegant service and an awesome environment, the St. Regis Tianjin will soon become your first choice destination for bringing your family or friends to.

On the second floor, there is a Chinese restaurant – Yan Ting. This restaurant, due to the antiques, has a classical feel which celebrates traditional Chinese style. So there's no doubt that you will enjoy the tasty Chinese food here. Actually, it is Cantonese cuisine. This superb menu is prepared by the hotel's Cantonese Executive Chef. But the menu is not a fixed one. It will often change depending on the season. The chef also slightly adjusts the menu to cater to diners' various tastes.

When you get the lunch menu, you can see more than thirty options of soup, main course, side dishes, and desserts. It is a buffet business lunch, and will only cost you CNY 99. As soon as you start reading the dishes one by one, your appetite will grow. Six series on this menu includes cold brine, specialty main courses, vegetable dishes, staple food, desserts and soups, each one of the six series is comprised of several options for you to pick. You may feel overwhelmed by the choices available, but do not worry, as an all-you-can-eat buffet you are welcome to try everything and have as much as you like.

The most attractive dishes in Yan Ting business lunch are Honey-stewed BBQ Pork (蜜汁叉烧), Seabeam Fillet with Lemon Sauce (柠汁海鱼柳), XO Sauce Pork Neck Meat (XO酱松板肉), Sweet and Sour Pork (酸甜咕嚕肉) and Foie Gras and Agrocybe Aegerita (鹅肝茶树菇). All of them are made up with healthy ingredients and tasty flavour. And if you are unsure about wish dish to choose, simply ask the kind assistant manager who will be happy to recommend some for you. Only a few of the dishes are spicy dishes, this is the characteristic of Cantonese food as well.

The porridge and desserts are worth recommending. The household utensils in Yan Ting function as the bonus point for this business lunch set. The porridge utensil seems like an old antique and is engraved with Chinese words "佛跳墙". If you touch the bowl, it is not boiling hot, just sufficiently warm enough to keep the porridge at a suitable temperature.

Come to Yan Ting in The St. Regis Tianjin. Bring your loved ones here, enjoy tasty food and appreciate the scenery of the beautiful Haihe River!

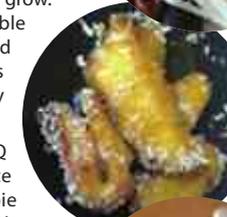


Price: CNY 99 +15% service charge

Time: 11:30-14:30, Monday - Friday, until 31 July

Address: Yan Ting, 2F, The St. Regis Tianjin,
No. 158, Zhang Zizhong Lu, Heping District

和平区张自忠路158号天津瑞吉金融街酒店二层
宴会中餐厅



ISCOT Choral Festival

By Najla Rasdeen



This year the annual International Schools Conference of Tianjin (ISCOT) Choral Festival was held at the International School of Tianjin in their very own state of the art theater. Students from Tianjin Rego International School, Tianjin International School, Teda International School and International School of Tianjin participated at this event.

ISCOT is an association that brings together international schools in Tianjin with the purpose of learning from each other by sharing ideas and experiences for the benefit of each student. The ISCOT Choral Festival provided students from each school with the opportunity to display their talent in music and arts.

This year, the host school, the International School of Tianjin, had their very own elementary and senior jazz choirs participate in the event. All choirs from each of the other schools also contributed to the occasion with their own individual performances. Family and friends all gathered at the theatre to encourage students.

The last performance marked the highlight of the evening where all the schools, with over 200 students, joined together to sing "en mass". It was indeed a spectacular event.

Tianjin Plus spoke to Mr. Karl Garrett, the Arts Department Subject Chair at the International School of Tianjin.

Due to cut backs and lack of facilities, there is a whole generation of parents and teachers who haven't had the advantage of arts in their education. Why do you think music / arts are important in schools? I think music and arts are very important. I think creativity is extremely important in the world and these days there are industries that are calling out for creative people who can problem solve, work things out quickly, look at things in new ways and think outside the box. And I think that comes from creativity which is stimulated by things like music and drama and visual art. So I think it's very important.

Not many people know about how much work and effort it takes to bring these children to sing together. What are the challenges you've met so far? I think the challenges have been more 'organisational' than they are of the singers themselves. Getting my own singers to a stage where they are at a performance level is something I do all the time throughout the year. But with something like this, I think you have to be an organised person to make everything sort of 'slot-in'. The great thing about a day like this is that we can actually learn from each other and learn to get along with people, which is really important. The challenges are something which as a music teacher, we face all the time. We do several concerts in a year and a big musical show in November and so it becomes somewhat usual.

How long did it take to organise this event? We started the initial planning at the beginning of the year and that's when we inform all the schools. But because we are doing a big show here in November, we only started organising this since Christmas. So it was really 3 to 4 months of planning.

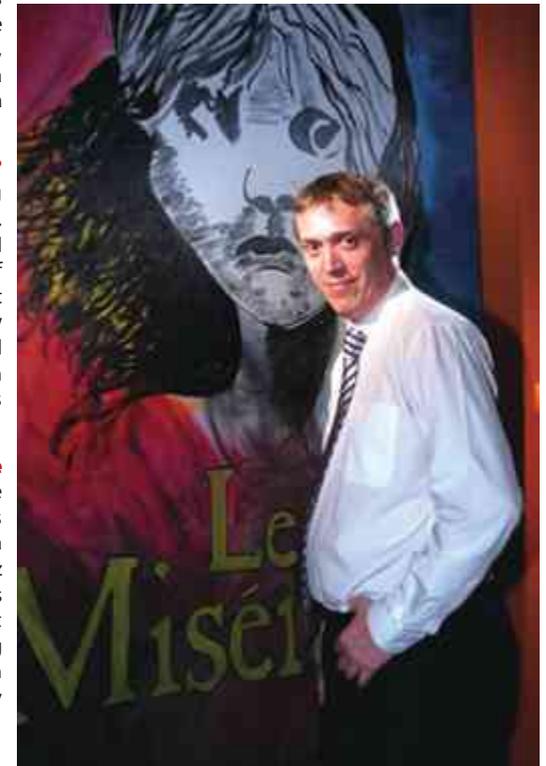
In the future, do you wish to encourage more schools to join? We definitely encourage more schools to join in. ISCOT organisation is actually just for schools in Tianjin. But we belong to other organisation like ACAMIS, the Association of Chinese and Mongolia International Schools, where there is a larger pool of schools.

What is your next big upcoming event?

So next year in April we will be hosting the ACAMIS Cultural School Convention. So lots of schools from all of China will participate. It will be a whole weekend of different arts activities. So that is my next big job. Then we have our school show this November. We also have what we call a 'Thursday Night Live' where each month we do a performing arts night where lots of students perform in different ways.

What is it that drew you to this line of work?

I've always loved music. I have also played professionally; the Piano is my main instrument. But I can play a range of different instruments-violin, jazz instruments and so on. And I've always enjoyed music and so it was inevitable that I would go into teaching. I love teaching and working with children. Watching them grow and watching them grow musically over the months in class is amazing.





My Style Notes

By Silvina Pardo

Menswear

Although every season always has new designs, trends, and shapes; most men tend to stick to their usual favourite items. This is a guide to updating classic items, and teaches you how to be creative without losing your own style.



The short short

The new generation of shorts are shorter, slimmer and tailored. They look cooler than the longer ones and are suitable for everyone as they are more flattering.

How to wear

- You can be more creative and choose something different from khaki shorts this season. Go for a statement print with a beautiful pattern or an unconventional colour.
- To make them look smarter, pair them with a long sleeved shirt with the arms rolled up.
- Wear them with a sport jacket in a contrasting colour.

Photos: Gap, J. Crew, and Loden Dager



Striped sweater

This is not the sailor stripe trend, as the stripes come in lots of different colours, not only blue and red. It is really flattering as horizontal stripes on your chest give the illusion of a broad chest.

How to wear

- The striped sweater is great for a casual look, and for the beach and weekend, but you can dress it up by wearing it under a sport jacket and chinos.
- Choose a bold statement stripe in bright colours.
- For a sporty look pair it with shorts and a green parka.

Photos: Michael Bastian, Loden Dager, J. Crew, and Burberry



The cover-up

There are three items that would update your wardrobe; an anorak, a trench and a safari jacket. The anorak is the summer version of the hoodie. It could be made

of nylon or cotton, and is half zip with a hood. This seasons trench is wider, single buttoned and without a belt. It is perfect to wear even without rain. The new safari jacket is more fitted and is made from light-weighted materials.

How to wear

- Play with the sport trend by wearing a colourful and light anorak over your casual wear.
- Choose a neutral colour trench to top off a look and make it more chic and modern.
- Pair the safari jacket with a contrasting colour to make it look more urban.

Photos: Hermes, Michael Bastian, Zegna, and Ferragamo



The Suit

This season there are two main colours to choose from: the classic grey and the new blue. A

grey suit is perfect because it suits everyone, looks good on any complexion and is easy to match shirts and ties with. The new blue is lighter than navy and it looks a little bit faded. It is great to create tonal dressing, which is different tones of blue within the same outfit.

A suit, both classic and completely modern, should be a fitted, two-button jacket with a fairly narrow lapel, and relatively trim trousers with very little break at the ankle.

How to wear

- Dress with the season; cotton or linen suits in summer and tweeds, flannels and corduroy in winter.
- The double-breasted suit is back. If you want it to look modern, keep it short and trim.
- You can't go wrong with a middle grey suit, white shirt and dark solid tie.

Photos: DKNY, Michael Bastian, and Armani



Colour trousers

It is time to give your khaki chinos a break and start being more creative by choosing some colours. The idea is to keep the rest of the outfit in neutral colours such as white, cream and grey, so the bright trousers are the only accent.

How to wear

- You can go for orange, olive, yellow or whatever colour goes better with your style.
- The new chino is more fitted and flat-fronted.
- The bright trousers feel like a holiday outfit so it looks good when rolled up and worn with tanned sandals.
- You can replace the chinos with the new cargo pants. The key is to get one slim and tailored to look chic and up-to-date. You can dress it smart with a blazer or casual with a T-shirt.
- Don't be afraid of wearing white trousers, it is as versatile as a pair of jeans but looks more polished.

Photos: Michael Bastian, Ralph Lauren, Gap, and Hermes



Shoes



The shoes are still the classic ones: oxfords, brogues, wing-tips, loafers, espadrilles, etc., but they have been updated with new materials, textures, and colours. Although suede usually looks wintery, this season is good for suede wing-tips with colourful soles and a stronger shape.

How to wear

- Classic brown and black loafers have been renewed with bold coloured soles.
- Choose suede espadrilles for casual wear. They look amazing when paired with colourful chino with roll-up legs.
- For formal occasions, go for lace-up shoes rather than slip ons, and closed laced shoes (oxfords) are preferred over open laced shoes (derbies).

Photos: Esquivel, Florsheim, Grenson, and Tom Ford





Objects of desire

This time we visited Joy City to have a wander around menswear shops. We chose three different labels with three different styles to suit everyone's taste.

French connection: Smart casual

The inspiration: Everyday workwear with a cool vibe.

The trends: Stripes, coloured chinos and the classic trench.

The collection: French connection interprets key trends for S/S 2012, as well as maintaining their wearable items. The collection features two lines; **bossy** channels a grown-up collection with more formal items such as cardigans, singled button trenches and chinos, while **playful** shows a line full of colour, prints, and new shapes with a relaxed vibe.

Staples samples from the collection are colourful chinos, striped long sleeves T-shirts, tailored shorts and printed shirts.

The accessories: The straw trilby hat, men crossover bags, and scarves.

The colours: Blue, grey, and faded red.

The web: www.frenconnection.com



IZZUE: Young Grunge

The inspiration: Under the ideology of "casual chic" Hong Kong label mixes new silhouettes with army and navy inspirations to create a unique collection for young people.

The trends: Navy-army.

The collection: The collection can be divided in three different lines. First is the casual collection which includes original T-shirts and shirts with some maritime inspirations. Second is the **izzue** collection which has a more formal vision and introduces new silhouettes that break the rules of proportion and volume. And finally, there is the army collection which includes a special Snoopy edition.

The brand usually joins forces with strategic labels such as Wrangler, Snoopy and Dr Martens to create limited edition items, thus providing amazing cross-collections.

The accessories: Military inspired hats and bags.



The colours: Classic blue and green.

The web: www.izzue.com

Guess: Denim classic

The inspiration: All American style inspired by a European influence. Symbol of a young, sexy, and adventurous lifestyle.



The trends: Denim

The collection: Guess, through their iconic images, invites viewers to go on a voyeuristic journey into their collection. This season's collection revisits classic items like jeans, T-shirts, and shirts with a navy inspiration, recreating basics such as the striped long sleeves T-shirt and trim white jeans.

The accessories: men shopper-bag in bright colours.

The colours: Blues with some touch of bright colours.

The web: www.guess.com



Natural is Beautiful

Interview with hairstylist Andy You

By Silvina Pardo

The story so far: Andy discovered he wanted to be a hairstylist when he was young and started cutting his own hair. Later in life, he was trained by renowned salons such as Tony and Guy, in Shanghai and Beijing. In 1997 he opened his first salon and remained there for three years until he accepted the job of main hairdresser at Tianjin Sheraton Hotel. He worked there for ten years and gained experience and knowledge of Western styles and tastes. He now, once again, has his own hair Parlour, which is conveniently located inside Town Spa, and specialises in men and women's haircuts, colouring, and every treatment related to hair.



Did you always want to be a hairstylist or did you start by chance? From a very young age I knew I wanted to become a hairdresser.

You can do both male and female hairstyles. Which ones do you prefer to do? I like to do both. But overall, I prefer ladies as there are so many styles you can create, multiple hair colouring options, as well as highlighting.

What products and brands do you use on a daily basis? All Wella products, especially for hair colouring.

Can you tell us some basic but effective hair care tips? The first and most important thing is getting a good haircut. Then you must take care of it when you get home. In order to do this a good shampoo and conditioner are essential, and you need to make sure that these are suitable for your hair type. Tianjin has a really cold and dry winter, and the water supply is not the best, so usually people suffer hair dehydration. Therefore, sometimes it is necessary to apply hair masks or get some spa treatment for your hair.

Do you have hair spa treatments? Yes. We have a really good one which I always recommend during autumn or winter time when hair suffers the most.

What is your advice about how often to wash the hair? Living in Tianjin, which is an industrial city with polluted air, I recommend washing your hair everyday or every two days.

What do you find to be the most common mistakes women make with their hair? There are two big mistakes: the first one is using too many products such as sprays and mousses which can damage the hair. The second one is colouring too often. Sometimes recolouring the hair again is unnecessary, as retouching the roots can be sufficient.

What is the one hair-care tool or product you simply can't live without? I love using Wax, for both women and men. It is just perfect! It doesn't damage the hair and makes it look natural and really soft.

Can anyone go red or blonde? Or do you feel some colours work best with certain skin tones and hair types? It definitely depends on skin tone and hair type. For example, if I think my client is choosing a wrong colour for her/his features, I will discreetly suggest an alternative that will suit him/her best.



Aulare manager Goncalo Silva styled by Andy You



What do you think are the best trends for this summer? For men and women this season, it is all about layers. And I recommend applying lighter colours for the summer.

Which hairstyle is your favorite? Whatever one makes my client happy!

Why do you think many foreigners choose you to style their hair? Because I worked for so many years at the Sheraton Hotel Tianjin, many of my clients followed me and recommend me to new people in town. Having lots of experience with Western people has allowed me to understand their different taste on hairstyle and this is important.

Finally, what tips and advice do you have for aspiring hairstylist who are just starting out? The most important thing to know is on how to take care of the hair. A quality hairstyle is impossible without quality hair. The second thing is to keep the hair looking natural. Natural is beautiful.

Olympic Spotlight Track & Field

by Paul Ryding

Tianjin Plus' countdown to the London Olympic Games continues as we take a look at China's prospects of glory in the track & field events.

China has become all-conquering in many Olympic events, and every four years it seems China comes out of the pack to excel in a new area. One discipline where the Middle Kingdom has historically struggled for glory has been the track & field events. With the exception of one or two athletes, China has been hugely underwhelming when it comes to athletics.

Of course, the shining beacon of China's track & field charge in London this year is the 2008 Olympic squad captain Liu Xiang.

Liu became China's first ever Olympic track champion when he won gold in Athens in 2004, a win that, it was hoped, would mark the beginning of a new dawn, and act as the catalyst for China to make the athletics arena another of its strong suits.

However, four years later Liu provided one of the most enduring images of the Beijing Games when the superstar hurdler left the track in tears after breaking down in the warm-up before his 110-meter hurdles qualifying heat. His withdrawal was met with huge disappointment from Chinese fans that had come to regard Liu as a guaranteed track & field medal winner and the anchor of Team China.

At the time, many said that Liu had struggled with the weight of expectation on him following his world record and Olympic gold four years earlier. Liu struggled with injury for a couple of years after that fateful day in Beijing, but has enjoyed a return to form over the last 12 months and after his world's best time in Shanghai on May 19, is now firmly fancied to scoop a medal in London. The potential medal battle between Liu and his Cuban nemesis Dayron Robles, and the pretenders to the throne, Americans David Oliver and world indoor champion Jason Richardson, is already capturing the imagination of athletics fans across the world and is touted to be one of the highlights of the London Games.



Liu's return to form coincides with him altering his technique this season. He has cut his stride pattern up to the first hurdle from eight to seven steps and the change seems to have served him well. He set a new Asian indoor record of 7.41 seconds in England in February to continue his winning form from 2011.

China currently stands 31st in the overall medal tally for Olympic track & field events with a total of 15 medals in athletics, five of which are gold. At the last Olympics in Beijing, the hosts failed to score any medals in the athletics events. In fact China only made the final in one event, with triple jumper Li Yanxi finishing a disappointing 10th of 12.

China has gained qualification in 28 of the 43 separate athletics disciplines in London; its highest participation rate to date. But it's hard to find a case for many of China's track & field athletes in terms of medal chances. The burden of a country's expectation will again fall on the shoulders of Liu Xiang who is seen as China's only hope on realistic track & field medal. China expects, can Liu Xiang deliver?

DID YOU KNOW?

China has won just two Olympic track & field medals in the last 12 years; Liu Xiang's gold in Athens in 2004 was preceded by Wang Liping's gold in the 20km walking event back in 2000.

At the last London Games in 1948, Guinn Smith of the US became the last pole vaulter to win a gold medal using a bamboo pole.

Sprinter Liu Chang Chun was China's only participant in the 1932 Olympics in Los Angeles. Liu carried the Chinese flag himself and competed in the 100- and 200-meter events.

FIVE STEPS TO A FLAT STOMACH!

By Najja Rasdeen



Who has never dreamed of looking like a swimsuit model with rock-hard abs and a well-toned body? Let this summer be the year you get to show it all off and look your best!

Having the desired weight and body image is important for any man or woman to feel and look confident and self-assured. By following these simple steps; a combination of simple exercise routines and a few lifestyle changes, you will be on your way to looking slimmer, and feeling sexier and more confident!



STEP 1

Get up half an hour earlier and start your day with a morning jog. Be sure to stretch your leg muscles before the jog. Your body's metabolism will be hiked-up for the day, and it will make it easier to burn off more calories from your meals. After just a 30 minute jog you will soon find that you are more active, pumped-up and focused for the entire day. At first it may be hard to wake up in the morning, but consistency is the key!

STEP 2

There are a couple of simple exercises that will help tighten up that belly. You can start slow and increase the number and intensity of exercise day by day. Here are a few that you can try out:

'Exercise Ball Crunch'

How to do:

1. Lie on the ball and position it under your lower back.
2. Keep your feet flat on the floor and raise your torso as you would in a normal crunch.
3. Lift your head towards the ceiling, keeping your neck stationary at all times.

'The Bicycle'

How to do:

1. Lie on the floor.
2. Lift one leg slightly up while bringing the knee of the other leg towards your chest.
3. Alternate the movement with both your legs so that it looks like you are cycling.



'The Plank Abdominal Exercise – with Leg Lift'

How to do:

1. Place your body in the plank position with your forearms and toes on the floor.
2. Keep your body straight, your torso tight, and your head relaxed and looking at the floor.
3. Slowly raise one leg off the floor, count to 2 and lower it back.
4. Switch legs and repeat.

STEP 3

Make sure your body is properly hydrated throughout the day! 60% of your bodyweight is made of water and your body requires an adequate amount of water to keep all your body systems functioning at an optimum level. However, it is hard to say how much of water you need a day because it varies from person to person. Cut down those carbonated drinks and switch to a more healthy formula – water!

STEP 4

Eliminate two or more of your bad food habits. For example, if you are a person that cannot resist having snacks like French fries during the day, try to avoid it completely for two weeks and see if you notice a difference in your weight. Substitute these snacks with fruits or salad. Start off with a two week trial and you will find that your body amazingly adapts to this new diet and you will never have felt better!

Increase your metabolic rate by increasing the frequency of your meals to 6-8 times a day. Try eating the right-sized portions of meals and make sure you do not over eat. Eat until you are full and then wait until you are hungry again before eating your next meal. Remember in order to lose weight you have to eat – it is the secret to turning your body into a fat-burning machine! If you try to skip meals, your body does what it is programmed to do – stop burning!

STEP 5

Finally, this step is just about thinking positively! Rome was not built in a day! All things take time to accomplish and you shouldn't expect to achieve success immediately – giving up is not an option. Surround yourself with positive things. Personally, I have found that it is beneficial for you if you have a friend or family member joining you in your quest; someone who can support you both physically and mentally. Think hard about what you really want and push yourself beyond your beliefs to achieve it!



二十四节气 24 Solar Terms



芒种 máng zhòng

Grain in Ear
(2012-06-05)

Introduction

Mang Zhong is the 9th solar term. It begins when the Sun reaches the celestial longitude of 75° and ends when it reaches the longitude of 90°. It more often specifically refers to the day when the sun is exactly at the celestial longitude of 75°.

Origin

The arrival of Mang Zhong signifies the ripening of crops such as wheat. It represents

a busy period for farmers throughout China, and this is demonstrated by numerous farm sayings that directly refer to the period such as "Getting busy with farm work in Mang Zhong." Mang Zhong is also an especially crucial time for planting rice. As the Guizhou Province saying puts it, "If you don't plant rice in Mang Zhong, planting will be in vain."

Custom

During Mang Zhong, as it is near May in lunar calendar, people hold sacrificial ceremonies to bid farewell to the flora and show their gratitude. The flora will go back to heaven and come back to earth the following year. Today, this custom is no longer

in existence. The liveliness and excitement of the ceremony during Mang Zhong can still be seen in the 27th chapter of A Dream of Red Mansions, which was written by Cao Xueqin.

Healthcare

It is suggested that vegetables with cooling properties are the best sort of fruits to have during Mang Zhong. Balsam pear is the most classic representative, although other vegetables such as cucumbers, tomatoes, eggplants, celeries, lettuces, and asparagus all belong to "cooling vegetables". These vegetables can eliminate the heat inside our bodies, expel toxins and improve digestion.

夏至 xià zhì

Summer Solstice
(2012-06-21)

Introduction

Xia Zhi is the 10th solar term, and marks the summer solstice. It begins when the sun reaches the celestial longitude of 90° and ends when it reaches the longitude of 105°. It usually specifically refers to the day when the sun is exactly at the celestial longitude of 90°.

Origin

Though the Summer Solstice is instant in time, the term is also colloquially used to refer to the day on which it occurs. Except for the Polar Regions, where

daylight is continuous for half of the year, the day on which the Summer Solstice occurs, is the day of the year when an entire hemisphere experiences its longest period of daylight. Thus, the seasonal significance of the Summer Solstice lies in the reversal of the gradual shortening of nights and lengthening of days.

Custom

The day of Summer Solstice is the longest of the year. Therefore, one saying is very popular in Shaoxing City which goes, "To play, play on the day of Summer Solstice". In ancient times, people worshipped their ancestors on this day. In addition, when Summer Solstice comes, the summer harvest of wheat is over. The tradition of eating noodles on Summer

Solstice comes from the custom of tasting the flavour of new wheat.

Healthcare

A major problem of modern society is the use of air conditioning. Hot summer is supposed to be a fervent, vigorous, and sweaty season. However, people now usually make air conditioning work too high in order not to feel hot. Because of this, air conditioning diseases are easily caught. Some people even like to let fans or air conditioning work when they sleep at night, which is very unhealthy. Therefore, air conditioning should be used sparingly, and when it is used, the temperature of it shouldn't be set too low.

How to make Zongzi

Zong Zi, steamed rice dumplings wrapped in bamboo leaves, is a traditional Chinese food that is customarily eaten during the Dragon Boat Festival (23 June, 2012). There is a very interesting legend behind this food. According to the story, the festival is held to honour Qu Yuan, a high official during the Chu Dynasty, who drowned himself after finding

out his country lost the war. The locals thought him to be a good man who loved his country, and decided to throw food into the river so that the fish would not eat Qu Yuan's body. They also scared the fish away by playing drums on long narrow boats called dragon boats. This evolved into the tradition of annual dragon boat races and Zong Zi eating that still continues today in Chinese communities around the world.

The main ingredient of Zong Zi is the glutinous rice. The next most important ingredient is the bamboo or reed leaves which form the wrapping and make Zong Zi unique from other types of Chinese dumplings. The filling often contains either dates or sweetened red bean paste.

Directions:

1. Soak the rice and dates for 12 hours or more until they are soaked thoroughly.
 2. Wash the leaves.
 3. A chopping board is necessary for laying out the leaves.
 4. Fold the leaves flat at the leafstalk to make a sheet.
 5. Hold the sheet, fold it round in the middle and make a funnel until both ends are laid over each other in one direction.
 6. Use about 1/10 kg of rice and 6 dates for each dumpling. The dates must be covered by the rice so that they won't lose too much syrup during cooking.
 7. Fold the leaves up to seal the open side of the funnel and tie the bundle with a band made of twisted leaves. Make sure that the bundle is tied neither too tight nor too loose. This helps make sure that the ingredients are all well-cooked.
 8. Put the dumplings in a pot or autoclave, cover with water, and make sure they are pressed and kept still whilst being boiled.
 9. Cooking time: 40 minutes in a pressure cooker; 2 hours in an ordinary pot.
- You can buy Zong Zi in supermarkets and bakery shops.



GRAND OPENING OF AEON MALL TIANJIN ZHONGBEI



AEON Mall Tianjin Zhongbei invested by Japan's largest retailer, AEON Retail Co., located in Zhongbei Industrial Park, Xiqing District, opened on 28 April, providing customers a fantastic new place to go shopping, relax, and have fun. The AEON Mall Tianjin Zhongbei project has a total floor area of approximately 130,000 square metres with a wide range of stores, including an Aeon supermarket, a cinema, a SuNing appliance store, an Acasia Deli Food restaurant, food court, groomer, video game city, nearly 100 clothing stores selling well-known brands, and specialty stores selling household goods. AEON Mall has 3,700 free parking spaces available for shoppers. Along the No. 2 Metro Line, with 6 free shuttle bus routes, AEON Mall's presence extends 10 kilometres into the neighbourhood, which makes it very convenient for customers to travel there.

BEIJING EXPAT SHOW 2012

The Beijing Expat Show was held at the China World Trade center on the 28th and 29th of April. The Expat show has been successfully held for the past 4 years, and this year they launched the 1st edition of the International School Tournament and a flea market!



The Beijing Expat Show brings different people, associations and companies, all under one roof, so that people can easily get to know different products and services offered. Companies can also build brand awareness and be provided with marketing tools which can help build their team. In addition, everyone enjoyed the weekend with their families and friends by participating in the many activities that are provided. Nearly 100 exhibitors gathered at the event which included our very own Tianjin Plus Magazine and Business Tianjin Magazine.

It is a great place to bring your family, meet new people, find everything you need, entertain your kids and spend a wonderful weekend! We look forward to seeing many more new faces next year!

WINE TASTING



Chateau 35 provides a European experience in Tianjin. Located close to the foreign concessions, and exotically and flawlessly decorated, the Western-friendly environment provided the perfect setting for a wine-tasting event.

Whilst the words "wine tasting event" typically conjures up images of old men in dinner jackets spitting it into a silvery spittoon, this experience resembled a relaxed cocktail party, or the kind of event your expert friend

might host at their home. Wine was served to the majority of the Western crowd, and adhered to the conventional order of white to rose to red.

This event, which takes place the first Saturday of every month, is a "safe haven for wine lovers" and lovers of good conversation. Don't miss Chateau 35's next wine tasting event where the wine set will be entirely composed of Jacob's Creek label's wines.

WELLINGTON COLLEGE HOSTS ITS INAUGURAL SUMMER FAYRE

On Saturday, 19 May, Wellington College International Tianjin held its first Summer Fayre, which saw around 700 pupils, parents, and friends of the school come together for a wonderful day of family fun.

The event opened with songs performed by the Junior School students, after which, the Master of Wellington College, David Cook, declared the fayre open. There was an international food hall featuring foods from the many countries represented among the student body at the school, along with a BBQ area, popcorn and candy floss, a beer tent, and wine tasting area. The day ended with a dance performance and a raffle where prizes included hampers, wine, hotel vouchers, air tickets, and children's bicycles. Following the success of the Summer Fayre, plans are already underway for a Christmas event at the end of the year.



THE WEDDING EXPO AT WARNER GOLF CLUB



Weddings are significant life events. And in China, they also represent as a growing business.

The first ever Tianjin Warner Golf Club Wedding EXPO was held in TEDA in April. Over 200 potential husbands and wives, industry consultants (planners), and curious expatriates came to view fashion shows featuring recent wedding gowns and tuxedo styles, meet numerous vendors, learn about possible venues, and enjoy the entertainment. The two day event was an evidence that

weddings in China are fast adopting Western motifs.

"It was an opportunity for couples to affirm their love" says Silvia Huang, the Media Manager for the Tianjin Warner International Golf Club. "Family and friends of the brides and grooms also came to approve of the pending nuptials" she adds. Indeed, it was a matrimonial extravaganza.

PAULANER TIANJIN OPENING



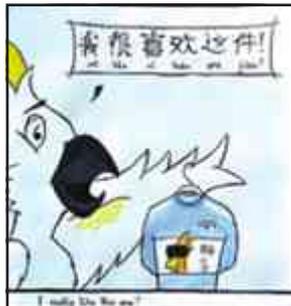
Located in Tianjin's Italian Style Town, Paulaner Tianjin was grandly opened on 12 May. It is the only Paulaner's flagship store authorised by the headquarters in Munich, Germany. Along with municipal leaders of Tianjin, Dr. Hardy Boeckle - the Consul-general of the German Embassy in China, Mr. Schenk Jurgen - the CEO of Paulaner Beer Coporation, and Ms. Zhang Baolian - the Executive Director of Paulaner Tianjin Catering Management Co. Ltd., all attended the opening ceremony.

Here provides authentic German cuisine and considerate service for all the customers. And Paulaner series beers, which are imported by sea from Munich, are also available in Paulaner Tianjin. Frankfurters, Munich sausages, smoked pork chops, fried minced pork, and must-haves for Germans such as sausages and cheese, all come with imported German seasonings.

The Paulaner Tianjin is decorated by a famous German designer. The whole style is designed in accordance with a German century-old shop, with wood as the overall structure. The reserved and elegant style of both the signboard and external decoration shows authentic German charm.

A CHANGE OF STYLE

By Chris Graham



Shortly after discovering how to get around Tianjin, the company that I worked for introduced a dress code which required all the male workers to wear a collared shirt. This gave me the opportunity to learn how to buy clothes as well as practice some small talk conversations. I needed to learn simple expressions such as, 'I would like', 'where are', 'bigger and smaller' as well as learning the names of items of clothing such as socks, shoes, T-shirts and trousers.

First of all, I needed to find a shopping mall that had a variety of clothing. I consulted with the girls who I worked with, as they were all enthusiastically keen shoppers, and from this I discovered that there were many malls and shops on a street called, 'bin jiang dao' (滨江道). This is just off Tianjin's main road, 'nan jing lu' (南京路) in 'ying kou dao' (营口道). I realised that carrying around the hanzi for 'bin jiang dao' was particularly useful as you can show it to a passers by, or look out for the road signs, which display both pinyin and Chinese characters.

So I began to stroll around 'bin jiang dao', simply walking into shops and asking whether or not certain clothing was available. I know that I mentioned I was looking for collared shirts, but if these weren't available, I would still ask if they had any trousers or T-shirts. This allowed me both to practice my Chinese and see the selection of clothing that was available within this city.

When asking if the shop had a particular type of clothing available, I initially said, 'ni you niu zai ku/ti xu shan/chen shan/lv you xie' (你有牛仔裤/T恤衫/衬衫/旅游鞋) – do you have jeans/t-shirt/shirt/trainers? I later discovered that I could say, 'type of clothing' zai na (在哪儿)? Where are the: 'type of clothing'?

In England, I am a 'medium' with regards to the size of my shirts. But I quickly discovered that in China, the sizes are generally smaller than in England, and can differ from store to store. Taking both medium and large sized shirts to the changing rooms to see which one would fit easily solved this problem, but I still needed to know how to ask for a medium and/or large size. I started by saying, 'xiao de, zhong de or da de' (small, medium or large), something I would normally say when buying coffee. This isn't grammatically correct as the Chinese language has many 'countable' nouns, although I found that using the previous three terms isn't a problem at all. If in doubt, use your hands to explain differences in size, as that has helped me quite a bit! However, if you are curious to learn the 'countable' nouns, please take a look at the following: A pair of jeans, yi tiao niu zai ku (一条牛仔裤) Two T-shirts, liang jian ti xu shan (两件T恤衫), Three shirts, san jian chen shan (三件衬衫), a pair of trainers, yi shuang lv you xie (一双旅游鞋).

So this now gave me enough Chinese to roam around stores and ask any assistants whether or not they had the clothes that I was looking for. If you have a spare hour or two on your day off work, then it can be an enjoyable experience spending the time to wander around shops, asking for clothing and discovering if you actually are a 'medium'!

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Bakeries & Desserts

H P **Bengons 宾果士** They're known for their delicious anniversary cakes and their brown bread. 07:00-21:00. **A:** Tong'an Xinti, No. 20, Tong'an Dao, Heping District 和平区同安道20号同安新里 **T:** +86 22 2351 9666 **W:** bengons.com

Cold Stone Creamery 酷圣石冰淇淋 The best place in Tianjin to enjoy ice cream full of flavours and mix-ins. 10:00-22:00. **A:** 1-115, The Exchange Mall, No. 189, Nanjing Lu, Heping District 和平区南京路189号津汇广场负1层 **T:** +86 22 8319 1576 **W:** coldstone.com.tw

GangGang Bakery 冈冈面包房 Great bread and pastries, plus other stuff like cookies and sandwiches. Very reasonable prices. **A:** 1-115, Olympic Tower, Chengdu Dao, Heping District 和平区成都道126号奥林匹克大厦1层115 **T:** +86 22 2334 5716

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

K N **Mighty Deli 美琪食品** Imported goods supermarket with pastas, sauces, cheeses, salamis, cereals, wines. Also good to enjoy a quick sandwich or pasta cooked at their dining section. **A:** 09:00-21:00. No.85-87, Water Park West Road, Nankai District 南开区水上公园西路85-87号 **T:** +86 22 2355 6789 **A:** 09:00-21:00. 5F, Somerset Youyi Tianjin, No.35, Youyi Lu, Hexi District 河西区友谊路35号天津盛捷友谊服务公寓5层 **T:** +86 22 2810 7992



H P **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. 10:00-21:30. **A:** Magnetic Plaza, Building A1, Binshui Xi Dao, Nankai District 南开区滨水西道时代奥城A1座 **T:** +86 22 2393 3070 **W:** parisbaguette.com.cn

B D **Pastry Shop 酥园** Offers all-day Chinese tea, wines, and beverages. Also available is the dessert, pastry and chocolate corner. 06:00-00:00. **A:** 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 **T:** +86 22 5921 1234

Chinese

H P **Go Buling 狗不理** The famous dumpling restaurant from Tianjin featuring the best in baozi. **A:** 09:00-22:00. No. 77, Shandong Lu, Heping District 和平区山东路77号 **T:** +86 22 2730 2540 **W:** chinagobuli.com

Jiangnan Xiao Chu 江南小厨 Offering the finest classical Jiangnan cuisine in an elegant atmosphere. 11:30-14:00; 17:30-21:30. **A:** 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 **T:** +86 22 2331 5656



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

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

Shanghai Min (Xiao Nan Guo) 上海小南国 Offering classic Shanghai cuisine. Available for holding business banquets, weddings, and other activities. **A:** Jinwan Branch: 1F-3F, E Door, Building No. 3, Jinwan Square, Jiefang Bei Lu,

Heping District, 和平区解放北路天津湾广场3号楼E1-3层 **T:** +86 22 2321 9070 **A:** Xiguang Branch: Building No. 31, Park Villa, the Junction of Weijin Nan Lu & Liangli Dao, Nankai District 南开区卫津南路与亮丽道交口花园别墅31号楼 **T:** +86 22 8380 5007

Shui An 水岸中餐厅 Shui An takes its inspiration from the land and sea specialties of the city and re-imagines them for the sophisticated, global traveller. 11:30-14:00; 17:30-22:00. **A:** 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 **T:** +86 22 2331 1688 ext. 8920

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. 11:30-14:00; 17:30-22:00. **A:** 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 **T:** +86 22 8319 8888 ext. 3561

Xiangjiang Yupin Seafood Hot Pot 香江御品 Offering healthy Hong Kong style Seafood Hotpot. **A:** Water Park Branch: 11:00-04:00. A-36, Shang Gu Business Centre, Shuishang Dong Lu, Nankai District 南开区水上东路上谷商业中心A区36号 **T:** +86 22 2341 0688

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 every day. 11:30-14:00; 17:30-22:00. **A:** No. 283-285, Hebei Lu, Heping District 和平区河北路283-285号 **T:** +86 22 2339 8888

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

Zen5es 中国元素中餐厅 A wonderful atmosphere to enjoy a real, tasty Chinese flavour. 11:30-14:30; 17:30-22:30. **A:** 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 **T:** +86 22 2389 0088

K K **Oak Tree Garden Restaurant 橡树花园餐厅** Special environment gives you unique feeling: sitting in the garden with a cup of coffee. What a beautiful day! **A:** No.101, Building 34, Magnetic

Capital, Binshui Xi Dao, Nankai District 南开区滨水西道时代奥城34号楼101号 **T:** +86 22 8379 3659

Mei Mansion 梅府家宴 This restaurant serves the cuisine preferred by Mei Lanfang, the well known actor of Beijing opera, it is called Mei Mansion. **A:** No.5, Tongqing Li, Ancient Culture Street, Nankai District 南开区古文化街通庆里5号 **T:** +86 22 2728 8182 **W:** meifujuyan.com



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

Celestial Court Chinese Restaurant 天宝阁中餐厅 Sheraton's premier restaurant with traditional decor gives special care to dishes' details and presentation. 11:30-14:00; 17:30-21:30. **A:** 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 **T:** +86 22 2731 3388 ext.1825/1826

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

Southern Beauty 俏江南 One of the top restaurants in town with an opulent setting and lavish dishes. 09:00-22:00. **A:** 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 **T:** +86 22 2325 9327 **W:** southbeautygroup.com

H B **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. 12:00-14:00; 17:30-22:00. **A:** 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 **T:** +86 22 2627 8888 ext. 2211

Hank's Sports Bar & Grill, the number one and oldest western bar and grill in Tianjin has added a new outdoor beer garden for your spring, summer and fall outdoor dining and drinking.

Join us for one of our famous pig roast or see us to plan your own event. One hundred square meters of fenced off privacy to celebrate birthdays, anniversaries or company parties.

Add: First Floor, Bldg B, Shang Gu, Tian Tu Dao
地址: 天津水上公园北侧上谷B1楼

H D **China Station 中国站** A divine place to enjoy a traditional yet sophisticated Chinese meal. Baozi is a must try. 11:30-14:00; 17:30-22:30. **A:** 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 **T:** +86 22 2457 8888

B D **Fountain Lounge 碧泉茶园** Offers all-day dining featuring Chinese and western comfort food, selection of fine Chinese tea, wines, and beverages. 06:00-00:00. **A:** 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 **T:** +86 22 5921 1234

The Garden 8号紫园 Tastefully designed, the restaurant serves authentic Cantonese cuisine and provides an exclusive dining experience. 11:30-14:30; 17:30-22:00. **A:** 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 **T:** +86 5921 1234

French

RIVIERA 蔚蓝海
H P **Riviera Restaurant 蔚蓝海法餐厅** Refined brasserie with great furniture, china and glassware. 18:30-22:00. **A:** 1F, The St. Regis Tianjin, No. 158, Zhang Zizhong Dao, Heping District 和平区张自忠路158号天津瑞吉金融街酒店一层 **T:** +86 22 5830 9962

H B **La Seine 赛纳河法国餐厅** A very good French restaurant. Gourmet dishes and a great wine cellar. 11:30-14:30; 17:30-21:30. **A:** No. 50, Tianjin Italian Style Town, Ziyu Dao, Hebei District 河北区

自由道意大利风情街50号
T: +86 22 2446 0388

Brasserie Flo Tianjin 福楼 Brasserie Flo is a real Parisian Brasserie, serving authentic French cuisine. From seasonal recommendations to French oysters, Brasserie Flo provides an authentic Parisian dining experience. Wine cellar, imported seafood and private VIP room available. **A:** No.37, Guangfu Dao, Italian Style Town, Hebei District 河北区意大利风情区光复道37号 **T:** +86 22 2662 6688 **F:** +86 22 2445 2625

Indian

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

Italian

H P **Prego 意大利餐厅** Italian music, Italian olive oil, Italian wine and tasteful Italian ambience and along with dishes bursting with taste. 11:30-14:00; 18:00-22:00. **A:** 3F, The Westin Tianjin, No. 101, Nanjing Lu, Heping District 和平区南京路101号天津君隆威斯汀酒店3层 **T:** +86 22 2389 0088

H B **Venezia Club 威尼斯酒吧** Simply must try the pastas, the garlic bread and the cheeses. 11:00-02:00. **A:** No. 48, Tianjin Italian Style Town, Ziyu Dao, Hebei District 河北区自由道意大利风情街48号 **T:** +86 22 8761 3413

Nuovo Cinema Paradiso Movie Restaurant Café 新天堂电影院意式餐厅 New style restaurant cafe where you can enjoy nice movies while having fantastic and authentic Italian food selected by their Italian chef in a wonderful 2-floor building. 10:00-22:00. **A:** No.35 Guangfu Road, Italian Style Town, Hebei District 河北区意大利风情街光复道35号
T: +86 22 2446 4969

Trattoria Italiana 意大利人餐厅 A gorgeous three-story building in the Italian District with a chef hailing from the food's paradise of Italy. 19:00-22:00. **A:** No. 443, Tianjin Italian Style Town, Shengli Lu, Hebei District 河北区胜利路意大利风情街443号
T: +86 22 2446 0505

Japanese

PH Benkay Japanese Dining 弁度日本料理餐厅 Offers the best and freshest delicacies as well as seasonal items direct from Japan. 11:30-14:00; 17:30-22:00. **A:** 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
T: +86 22 8319 8888 ext. 3558

Sôu 思创 Features contemporary Japanese and European cuisine and offers a spectacular view of the city skyline, creating an exquisite ambience for romantic dinners. 18:30-23:00. **A:** 49F, Tianjin Centre Hotel, No.219 Nanjing Road Heping District 和平区南京路219号天津中心酒店49楼
T: +86 22 2321 5888 ext.5109

KN UCHIDA Japanese Restaurant 内田日料 An authentic Japanese restaurant which makes handmade Japanese Soba Noodles which is a kind of thin noodle made from buckwheat. **A:** No.1, Block B, Magnetic Plaza, Lingbin Lu, Nankai District 南开区凌宾路时代奥城商业广场B区1号(近金逸影城)
T: +86 22 2385 5021

Haru Haru Fashionable Restaurant 通天阁新派料理 Great buffet with sushi, sashimi, noodles, and more. A la carte also available. 11:00-14:30; 17:00-22:00. **A:** No. 50, bldg. D, Shang Gu, Tianta Dao, Nankai District 南开区天塔道上谷商业中心E座50号
T: +86 22 2341 0988
A: No.126, No.18 Building, Magnetic Plaza, Nankai District 南开区时代奥城商业广场18号楼126号
T: +86 22 8378 8223

Kintaiikyô 锦带桥日餐厅 Tasting the phenomenal Japanese cuisine and enjoying traditional Japanese culture in our over 300^{m2} Japanese Restaurant will offer you a



wonderful dining experience. 11:00-14:30; 17:30-21:30. **A:** 2nd floor, NO. 8, Meiyuan Road, Saixiang Hotel, Tianjin 南开区梅苑路8号天津赛象酒店2层
T: +86 22 2376 8888 ext.3826

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 CNY 168/person. 11:30-14:30; 17:30-22:30. **A:** Bldg. C, 12A, Shang Gu, Tianta Dao, Nankai District 南开区天塔道上谷商业街C座12A
T: +86 22 2341 1718

HX Seitaro 清太郎日本料理 One of Tianjin's best Japanese Restaurants which features a wide selection of regional specialties for lunch and dinner including a teppan and sushi counter. 11:30-14:30; 17:00-22:30. **A:** 2nd Floor, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District 河西区紫金山路喜来登大酒店2楼
T: +86 22 2457 8888

HD 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. 17:30-22:30. **A:** 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
T: +86 22 2457 8888

Korean

HX Han Luo Yuan 韩罗苑 Offering Korean BBQ and other traditional Korean food. 10:30-23:00. **A:** 1F, Golden Crown Building, No. 20, Nanjing Lu, Hexi District 河西区南京路20号金星大厦1层
T: +86 22 2302 9888

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

Muslim

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

Pizza

HP Papa John's Pizza 棒约翰比萨 Better Ingredients. Better Pizza. 10:00-22:00. **A:** -1F, The Exchange Mall, No. 189, Nanjing Lu, Heping District 和平区南京路189号津汇广场负1层
T: +86 22 8319 1616
W: papajohnschina.com

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

KN 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, not expensive. 10:00-21:00. **A:** Fukang Garden, Nankai District 南开区富康花园
T: +86 22 2367 1318

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

Thai

PH Banana Leaf 蕉叶泰国餐厅 Restaurant offers fresh, distinct and well seasoned Thai cooking ranging from Pad Thai to Tom Yum. 11:00-21:00. **A:** 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
T: +86 22 2727 5999

Kudos Thai Restaurant & Lounge Bar 泰廷泰国餐厅 National cuisine of Thailand, which places emphasis on lightly prepared dishes with strong aromatic components. **A:** No.88 Chengdu Dao, Heping District 和平区成都道88号
T: +86 22 2332 9988
W: livekudos.org

YY Beer House 粤园泰餐厅 Cozy, genuine and simply delightful are the words to describe this exotic

Thai cuisine. 11:30-02:00 (Behind International Building). **A:** No. 3, Aomen Lu, Heping District 和平区澳门路3号(国际大厦后侧)
T: +86 22 2339 9634

Vegetarian

HP Kind Lotus 并蒂莲素食餐厅 Provides vegetarian and vegan menu selections, including vegetarian and vegan desserts. 11:30-22:00. **A:** 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
T: +86 22 2331 8629

LEP Vegetarian Restaurant 喜相 随果蔬食养健康料理 Offers healthy vegetarian food of high energy, low sugar, low fat, low cholesterol. 10:30-23:00. **A:** 2F, Sheraton Tianjin Hotel Apartment Building, Zi Jin Shan Lu, Hexi District 河西区紫金山路喜来登大酒店公寓楼2楼
T: +86 22 2351 1339

Seven Leaves Vegetarian Restaurant 七叶素食餐厅 For those who don't always feel comfortable reading a whole menu in Chinese and are vegetarian, this restaurant is inviting and comfortable and offers a versatile selection of dishes. 11:00-14:00; 17:00-21:00. **A:** 2F, Yuanyang Building, the junction of Huayue Dao and Xinkai Lu, Hedong District 河东区新开路与华跃道交口远洋地产2层
T: +86 22 2337 1479

Western

PH Drei Kronen 1308 Brauhaus 路德维格·1308 德餐啤酒坊 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. Till 2am. **A:** 1F-2F, bldg. 5, Jinwan Plaza, Jiefang Bei Lu, Heping District 和平区解放北路津湾广场5号楼1-2层
T: +86 22 2321 9199

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. 18:00-22:00. **A:** 1F, The Astor Hotel Tianjin, No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号天津利顺

德大饭店豪华精选酒店1层
T: +86 22 2331 1688 ext. 8918

Alibaba 阿里巴巴 This restaurant is an institution. More than just a place to eat, it's a meeting point, a second home for many expats. Wi-Fi. 11:00-00:00. **A:** Wei Hua Li Xiaoqu, Tong'an Dao, Heping District 和平区安道卫华里小区
T: +86 22 2351 3976

Chateau 35 古堡35西餐厅 Wonderfully renovated villa centrally located in the heart of Wu Da Dao. The food is scrumptious and reasonably priced. 11:00-23:30. **A:** opposite to No.79, Changde Dao, Heping District (near the crossroad of changed road and Kunming road) 和平区常德道79号对面(久合里1号)
T: +86 22 2331 5678
W: chateau35.com

Café Majestic 凯旋咖啡厅 Showcases the finest fusion cuisine in the city, offering an array of dishes accentuated by the flavours of the world. 06:30-23:00. **A:** 1F, The Astor Hotel Tianjin, No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号天津利顺德大饭店豪华精选酒店1层
T: +86 22 2331 1688 ext. 8910

Helen's Already established across China. Expats enjoy it for the appealing promotions they offer daily and for wooden and cosy atmosphere. Wi-Fi. 10:00-03:00. **A:** 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楼116号
T: +86 22 2334 0071

Opera Café 欧培拉咖啡厅 Offers a wide selection of local & western specialties and is the ideal venue for a hearty breakfast or an informal business lunch. 06:00-23:00. **A:** 6F, Tianjin Centre Hotel, No. 219 Nanjing Road Heping District 和平区南京路219号天津中心酒店6楼
T: +86 22 2321 5888 ext. 5106



Pier Jolly 聚乐港 Mediterranean-style restaurant, which offers various western food such as pasta, baked dishes, pizza and parfait. 10:00-22:00. **A:** 5F, Tianjin Center Mall, No.219 Nanjing Lu 和平区南京路219号天津中心商城5楼
T: +86 22 5835 2020

promenade
河津

Promenade Restaurant 河岸国际餐厅 Cultivated Mediterranean menu, an atmosphere reminiscent of a summer residence. 06:30-22:30. **A:** 1F, The St. Regis Tianjin, No. 158, Zhang Zhong Lu, Heping District 和平区张忠路158号天津瑞吉金融街酒店一层
T: +86 22 5830 9959

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

Spectrum All-Day Dining 彩西餐厅 One of Hotel Nikko Tianjin's most popular dining outlets, a refreshingly casual eatery. 06:00-00:00. **A:** 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
T: +86 22 8319 8888 ext. 3570

KN Aaron's Kitchen 亚龙屋 Feeding Tianjin since 2001, many foreigners' go here because of their delectable Western foods, deli meats and baked goods. Tue-Sun 11:30-15:00; 17:00-21:00. **A:** No. 265 Hongqi Nan Lu, Nankai District 南开区红旗南路256号
T: +86 22 8372 8222

Aulare

urban latin restaurant
Aulare 艾伊莎巴西餐厅 Where the flavours of Spain, Italy and Latin America are completely at home in China. Available for parties and events; business meetings and galas; takeout and catering, etc. Also, the foreign bartenders will bring you exotic and tantalizing drinks from the Caribbean and South-Central America. Mon-Sun 09:00-23:00. **A:** Magnetic Plaza, Building A4, 2nd Floor, Binshui Xi Dao, Nankai District 南开区宾水西道时代奥城A4座2楼
T: +86 187 2229 0691
W: tianjin@aulare.com

Buddy's Café 巴西西餐酒吧 Cheap and tasty Western recipes and beers. Carry your iPod and play your music collection. 18:00-00:00. **A:** -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馆悦酒店负1层
T: +86 22 5839 7299

Hank's Sports Bar & Grill 汉克斯运动酒吧 Offers traditional American favourites like burgers, steaks and pizzas in a cozy, laid back environment. 11:00-23:00. **A:** No. 56, 1F, bldg. B, Shang Gu Business Center, Tianta Dao, Nankai District 南开区天塔道山谷商业街B座1层56号
T: +86 22 2341 7997

Truemans Café Bar & Dining Tianjin Truemans is located along the first lane on the right after the main crossroads on Wande Zhuang Dajie.
A: No. 2-37, Longde Li, Wang De Zhuang Street, Nankai District 南开区万德庄大街龙德里2号楼37号底商
T: +86 22 8754 4182

Tapas 美滋味 A Spanish style restaurant with authentic tapas and a chic patio area. Featured items are updated daily.
A: 11:00-22:30. Bldg. A3, Magnetic Plaza, Binshui Xi Dao, Nankai District 南开区滨水西道时代奥城商业广场A3区
T: +86 22 2385 5327

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! 10:00-00:00. **A:** No. 7-2, Fukang Lu, Nankai District 南开区复康路7-2号
T: +86 22 2300 5555
W: tgfridaysec.com.cn

H X Hamber Bar & Restaurant 汉马堡餐吧 Offer selections of cuisines from various parts of Southeast Asia. 16:30-02:00. **A:** No. 22, Kaifeng Dao, Xiao Bai



Lou (1902 Street), Hexi District 河西区小白楼开封道22号
T: +86 22 2311 2282

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

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

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

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. 06:00-23:00. **A:** 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
T: +86 22 2731 3388

Café Venice 威尼斯咖啡厅 Linger over breakfast and dine on sizzling steaks and seafood from the 24-hour open kitchen. 06:00-23:00. **A:** 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
T: +86 22 2627 8888 ext. 2271

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

PAULANER Tianjin 普拉那啤酒坊 The only Paulaner's flagship store in Tianjin authorized by the headquarters in Munich, Germany. 10:30-24:00 Sun-Thu: 10:30-02:00; Fri, Sat & Holidays **A:** Venice Square, Italian Territory, No. 429-431, Shengli Lu, Hebei District 河北区胜利路429-431号意大利风情区威尼斯广场
T: +86 22 2635 8111 or 2446 8192
W: paulaner-tj.com

H D Café@66 咖啡66 European brasserie with a twist, an all-day dining restaurant featuring both buffet and la carte menu served from the open-plan kitchen. 00:60-23:00. **A:** 1F, Radisson Plaza Hotel Tianjin, No. 66, Xinkai Lu, Hedong District 河东区新开路66号天津诚丽笙世嘉酒店1层
T: +86 22 2457 8888

Brownie Bistro Bar 布朗尼西餐酒吧 Affordable authentic western food and coffees, long islands healthy juices and beautiful background music, come and enjoy! 11:00-02:00 **A:** No.55, Music Street, Baweli Lu, Hedong District 河东区八纬路音乐街55号
T: +86 22 6089 3448 or 137 5202 0168 at Maggie

B D Glass House 水晶厨房 Offers international buffet with 7 live cooking stations, open for breakfast and dinner everyday. Mon-Fri 6:00-10:30; Sat-Sun and Public Holidays 06:00-11:30; Fri-Sat 16:30-22:00. **A:** 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
T: +86 22 5921 1234

Vietnamese

H P 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. 11:30-14:30; 17:30-21:30. **A:** No. 173, the junction of Xikang Lu and Chengdu Lu, Heping District 和平区成都道与西康路交口173号
T: +86 22 2335 9173

Coffee Shops

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

The Spot Café 聚点咖啡馆 A location favoured by many expats to hang out with friends and have a cup of American coffee. They also



organise regular cultural activities. Wifi is available. 07:30-00:00. **A:** No. 2A, Residence Marseille, Vanke City Garden, Xinxing Lu, Heping District 和平区新兴路万科都市花园马赛公寓2A号
T: +86 22 2783 7104

Starbucks Coffee 星巴克咖啡 A haven to listen to the best American songs and enjoy coffee and tasty bites with friends.

A: 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
T: +86 22 8558 6292
A: 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
T: +86 22 2313 1133

N K Book Coffee & Tea 布克咖啡与茶 Enjoy coffee, tea, ice cream and snacks with a book in an intimate and relaxed atmosphere. **A:** Magnetic Plaza, Building A4, Binshui Xi Dao, Nankai District 南开区滨水西道奥城商业广场A4
T: +86 22 2374 1180

Harvest Book & Coffee 哈维斯特咖啡 They have a great collection of muffins, scones and toasted bagels to go perfectly with their healthy smoothies. 09:00-19:00. **A:** Room 101, gate 3, bldg. 27, Jiuquaili Garden, No. 191, Yingshui Dao, Nankai District 南开区迎水道191号久华里花园27号楼3101室
T: +86 22 2373 3461

Memory Modern Coffee 摩豆记忆 Browse the walls and see traditional Chinese lifestyle like you've stepped into a picturesque cafe. Enjoy an after dinner coffee, offers free wi-fi. 09:30-23:00. **A:** A2-07, Magnetic Plaza, Binshui Xi Dao, Nankai District 南开区滨水西道时代奥城商业广场A2-07
T: +86 22 5838 7678

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

Time Coordinate Coffee 时间坐标咖啡馆 Warmly decorated making you feel at home. 10:00-00:00. **A:** 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
T: +86 22 8789 2737

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. 09:30-00:00. **A:** Yuanyang Xin Tiandi, No. 61, Xinkai Lu, Hedong District 河东区新开路61号远洋新天地
T: +86 22 6089 6520

Tea Houses

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

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

Wine

H P Cave d'Emma 艾玛酒窖 Located in the picturesque area of 5th avenue, and offering high-quality imported French wines and champagnes. 10:00-23:00. **A:** No. 35, Changde Dao, Heping District 和平区常德道35号
T: +86 22 2339 1935

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

MILAN WINES 米兰红酒
With 8 stores in Tianjin, we offer world famous wine and champagne brands at the best prices. All shops open 7 days:
TEDA Wine Shop: No.8 Eastern Apartment, 2nd Avenue, TEDA, Tianjin 开发区第二大街二号东方名居底商8号
Tel: +86 22 6539 9899
Hours: 09:00-20:00
GuangMing Wine Shop: No.1 Guangming Flat, Xiaguang Dao, Nankai District 天津市南开区霞光道光明公寓1号
Tel: +86 22 2391 5118
Hours: 09:00-20:00
BinXi Wine Shop: No.187 Binshui Xi Dao, Nankai District 天津市南开区滨水西道187号
Tel: +86 22 2337 2116
Hours: 09:00-22:00
RongYe Wine Shop: No. 175 Rongye Avenue, Heping District. 天津市和平区荣业大街175乙
Tel: +86 22 2723 1139
Hours: 09:00-20:00
4006-199-159
www.milan-wines.com

Bars & Discos

H P AJO 爱吉欧 **A:** 1F, Xidi, No. 177-179, Xiao Chengdu Dao, Heping District (close to No. 90 Middle School) 和平区小成道177-179号犀地1楼(近九十中学)
T: +86 22 2351 1908

China Blue 中国蓝酒吧 The highest bar in Tianjin, on the 50th floor of the Raffles Tianjin Hotel. Great live music with a saxophone player. 18:30-03:00. **A:** 49F, Tianjin Centre Hotel, No. 219, Nanjing Lu, Heping District 和平区南京路219号天津中心酒店49层
T: +86 22 2321 5888 ext. 5293

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

Mizu Bar 美津酒吧 The Lounge Bar serves light fare, and attracts people from all over Tianjin for daytime meetings and late night entertaining. 10:00-24:00. **A:** 1F, Hotel Nikko Tianjin, No. 189 Nanjing Lu, Heping District 和平区南京路189号天津日航酒店1层
T: +86 22 8319 8888 ext. 3514

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

O'Hara's 海维林 Offers the intimacy of an English gentleman's lounge with regal Winchester styled sofas and an oversized bar counter. 17:00-01:00. **A:** 1F, The Astor Hotel Tianjin, No. 33, Ta'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 **T:** +86 22 2331 1688 ext. 8919

Qba Bar Q吧 Savour authentic Latino food, drinks and music. Try the signature mojito and dance the night away to the sound of Latin-American music. 17:30-01:00. **A:** 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 **T:** +86 22 2389 0088

Richmond Restaurant & Paulaner Bar 里士满西餐酒吧 Join the live band on stage. You'll go for the drinks, stay for the food and stay even longer for another round. 11:00-05:00. **A:** No.23, Luoyang Dao, Heping District 和平区洛阳道23号 **T:** +86 22 2311 3398

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. 20:00-05:00. **A:** No. 55, the junction of Dagou Bei Lu and Chifeng Dao, Heping District 和平区赤峰道与大沽北路交口55号 **T:** +86 135 0218 2204

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

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

The Bar KEI 桂酒吧 20:00-01:00 (Sun-Thur), 20:00-03:00 (Fri-Sat). **A:** -1F, International Building Tianjin, No. 75, Nanjing Road, Heping District 和平区南京路国际大厦一层 **T:** +86 186 2221 6635

THE STREGIS BAR 瑞吉酒吧

The St. Regis Bar 瑞吉酒吧 Social meca of Tianjin, features unique collection of Bloody Mary cocktails. 18:00-02:00. **A:** 1F, The St. Regis Tianjin, No. 158, Zhang Zizhong Lu, Heping District 和平区张自忠路158号天津瑞吉金融街酒店一层 **T:** +86 22 5830 9958

7 Oceans 七海酒吧 **A:** No.71, bldg. D, Shang Gu, Tianta Dao, Nankai District 南开区上谷商业街D座71号 **T:** +86 22 2341 6788 or Call +86 139 2050 9872 at Mr. Ye **W:** www.sancv.com

Pepper 辣椒吧 Good places in town to start your night with delicious cocktails and a lot of fun. 11:00-02:00. **A:** 3F, bldg. B, Shang Gu Business Centre, Tianta Dao, Nankai District 南开区天塔道上谷商业街B座3层 **T:** +86 22 2341 5238

The Space Bar 空间酒吧 Down-to-earth bar with a calm and entertaining musical background. Totally unpretentious, warm and familiar. 18:00-24:00. **A:** -1 floor, Saixiang Hotel NO. 8, Meiyuan Lu, Nankai District 南开区梅苑路8号天津赛象酒店负一层 **T:** +86 22 2376 8888 ext.3655

The Lounge 澜庭聚 This is the heart and soul of the hotel with a buzz of activity and professional offering of classic cocktails, wines and foods throughout the day and night. 06:00-01:00. **A:** 1F, Renaissance Tianjin Lakeview Hotel, No.16 Binsui Dao, Hexi District, Tianjin 河西区宾水道16号万丽天津宾馆1层 **T:** +86 22 5822 3388

1618 Club 1618 会所 Enjoy your leisure time here and unwind after a busy day at work. 17:00-05:00. **A:** No. 16-18, Machang Dao, Hexi District 河西区马场道16-18号 **T:** +86 22 2314 8888

Babi Club 芭芭俱乐部 Music is the core competence of BABI, as a provider and disseminator of pure slow rock. 21:00-05:00. **A:** No. 83, Qiongzhou Dao, Hexi District 河西区琼州道83号 **T:** +86 22 8381 6006 **W:** ybbabi.com

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. 20:00-02:00. **A:** 1F, Gome Building, the junction of Jinhe Dao and Dagou Nan Lu, Hexi District 河西区大沽南路与津河道交口国美电器1层 **T:** +86 22 2825 1919



JV'S Bar Jv's 酒吧 Features a wide screen TV where you can watch Rugby and enjoy a broad selection of cocktails, beer on tap, and a live band. 17:00-01:00. **A:** 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 **T:** +86 22 2731 3388 ext. 1845

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

Soul Bar 杜尚酒吧 English style luxury decoration and lively hip-hop music gives you an unforgettable experience. 20:30-04:30 **A:** No. 291, Shaoxing Dao, Hexi District 河西区绍兴道291号 **T:** +86 22 2333 1777

13 Club Leading Tianjin's nightlife in rock and jazz concerts every weekend, in a beautiful building in the Italian District. 20:00-07:00. **A:** Tianjin Italian Style Town, Ziyou Dao, Hebei District 河北区自由道意大利风情街 **T:** +86 13612087080

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

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. 10:00-00:00. **A:** 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 **T:** +86 22 24318649

Purple Bar 葡吧 Perfect decoration, offering a relaxed, romantic and inviting atmosphere. Perfect for gatherings and enjoying new cocktails. 17:00-01:00. **A:** 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 **T:** +86 22 2457 8888

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. 11:00-01:00. **A:** Hyatt Regency Jing Jin City Resort & Spa, No. 8, Zhuliang Dao, Zhouliao Zhuang, Baodi District 宝坻区周良庄珠江大道8号京津新城凯悦酒店 **T:** +86 22 5921 1234

KTVs

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

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

Beauty Salons

TITI 佑村造型 A chic salon is in one of the busiest shopping malls, Milenio. Fashion is the word that best describes the decorated hairdressers. 10:00-22:00. **A:** 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 **T:** +86 22 2731 1512



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

Spa & Massage

Huali Massage Center 花利足疗保健中心 Aromatherapy and massage which meet your physical, emotional, and spiritual needs. 10:00-22:00. **A:** No.

11, Luoyang Dao, Heping District 和平区洛阳道11号 **T:** +86 22 2339 0708

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. 00:90-00:00. **A:** 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 **T:** +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. 12:00-23:00. **A:** 6F, Hotel Nikko, No. 189, Nanjing Lu, Heping District 和平区南京路189号凯悦酒店6层 **T:** +86 22 8319 8888

Green Bamboo Well Being Resort 青竹堂足疗养生馆 Relaxing Environment to Enjoy Essential Oil Body Massage and Traditional Massage. Home service is available. 10:00-02:00. **A:** 6-17, bldg. 17, Magnetic Plaza, Binshui Xi Dao, Nankai District 南开区滨水西道时代奥城商业广场17座6-17 **T:** +86 22 8378 8397 **M:** +86 136 0205 9458 (English) +86 151 2217 1630 (English)



Oasis SPA at Sheraton 喜来登绿洲 Great for body nurturing and simple relaxation with several beauty treatments and richly decorated rooms. 09:00-00:00. **A:** 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 **T:** +86 22 2731 3388 ext. 2227

Zheng Kang Blind Massage Centre 正康盲人按摩中心 Blind traditional massage and foot reflexology. 09:00-23:00. **A:** 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 **T:** +86 22 8826 1604

Dikara Spa 迪卡拉水疗中心 A wonderful place to boost energy with just the right treatment for your needs. 09:30-01:00. **A:** 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 **T:** +86 22 2457 8888 ext. 3910

The Balneum "道" 水疗中心 Guests can enjoy massages and facials, and use the steam, sauna, whirlpool bath, and hot and cold plunge pools. 11:00-00:00. **A:** Hyatt Regency Jing Jin City Resort and Spa, No.8, Zhujiao Road, Zhouliao Zhuang, Baodi District 宝坻区周良庄珠江大道8号京津新城凯悦酒店 **T:** +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. 11:00-21:00. **A:** No. 111, the junction of Shanxi Lu and Jinzhou Dao, Heping District 和平区山西路与锦州道交口111号 **T:** +86 22 8999 0001

Xiao Jian Tattoo 小健刺青 It has a tea corner, an extensive library of tattoo designs and some of the best artists in town. 10:00-19:00. **A:** No. 50 Xinde Building, Hebei Lu, Heping District 和平区河北路50号信德大厦 **T:** +86 22 2721 6203 **W:** xjtattoo.com

Xiao Lu Tattoo 小路の入れ墨 Conveniently located in Maigo, the staff are great, talented and the prices are good. 10:00-21:00. **A:** 5F, No. 211, Maigo, Binjiang Dao, Heping District 和平区滨江道麦购休闲广场211号5层 **T:** +86 137 5243 1941

Yoga

Hotel Nikko Tianjin Yoga 天津日航酒店瑜伽 Unwind and relax with regular Yoga classes. every Sun 15:00-16:00. **A:** 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 **T:** +86 22 8319 8888 ext. 3290



Yunshui Yoga Club 云水瑜伽会馆
Namaste! A place to restore your mental and physical shape. 10:00-19:00. **A:** 2F, bldg. 8, Yangguang Apartment, Shuishang Gongyuan Dong Lu, Nankai District **南开** 区水上公园东阳光公寓8号楼2层
T: +86 22 2338 1002
W: yunshuiyoga.com

Yogi Lotus Tianjin Branch 悠莲花瑜伽天津分店
Spread pure YOGA culture, start your YOGA life. **A:** Inside Nancuijing Park, The 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
T: +86 22 2813 2007
W: tjyhyoga.cn

Hospitals

Tianjin Medical University General Hospital 天津医科大学总医院
Tianjin's largest medical facility affiliated to Tianjin Medical University. **A:** No. 154, Anshan Dao, Heping District **和平** 区鞍山道154号
T: +86 22 6036 2636
W: tjmyh.com.cn

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. 08:00-17:00. **A:** No. 4, Gansu Lu, Heping District **和平** 区甘肃路4号
T: +86 22 2731 3336
W: oio.com.cn

Aichi International Dental Center 爱齿口腔医疗中心
International-standard dental care in a clean, sanitary environment. 09:00-18:00. **A:** 4F, Huajiang Department Store, No. 72-74, Xikang Lu, Heping District **和平** 区西康路72-74号华江百货4层
T: +86 22 8568 5606

Tianjin Congramarie Gynecology & Obstetrics Hospital 天津坤如玛丽妇产医院
Tianjin's first international 3H (Holistic-care, Hotel-style, Home-warm) gynecological hospital. **A:** No.488 Jiefang Nan Lu, Hexi District (opposite to Huan Bohai Automobile City) **河西** 区解放南路488号(环渤海汽车城对面)
T: +86 22 5878 5555
W: fck16.com

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. **A:** Ti Yuan Bei, Huanhu Xi Lu, Hexi District **河西** 区环湖西路医院北
T: +86 22 2334 0123
W: tjmuch.com

Tianjin Children's Hospital 儿童医院
Tianjin's only hospital specialising in paediatrics. **A:** No. 225, Machang Dao,

Hexi District **河西** 区马场道225号
T: +86 22 2351 8530
W: tjertong.cn



Tianjin United Family Hospital 天津和睦家医院
The first international-standard foreign funded hospital in Tianjin, offering authentic western-style medical services. **A:** No.22 Tianxiao Yuan, Tianjiang Dao, Hexi District **河西** 区潭江道天潇园22号
T: (Reception) +86 22 5856 8500
24 Hour Emergency: +86 22 5856 8555
W: ufh.com.cn

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. **A:** 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
T: +86 22 2352 0143

Golf Clubs

G&G Golf Clinic/ Pro shop/ Club Fitting 吉恩吉高尔夫诊所中心
They take your golf game to the next level. You can enjoy the latest technology to improve your Golf Skill. 08:30-22:00. **A:** -2 Floor, Huaqiao Building, No.92-1, Nanjing Road, Heping District **和平** 区南京路93号增1号华侨大厦2层
T: +86 22 2392 1937

Fortune Lake Golf Club 天津松江团泊湖高尔夫球会
The Club occupies an area of 3500 mu, including a 36 hole golf course, 4600 square metres of clubhouse, driving range, villas,



business and recreation facilities. 09:00-16:00. **A:** Jinwang Lu, Jinghai Zhen 静海县津王路
T: +86 22 6850 5299
W: songjianggolf.com

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

Gyms

GLO Fitness & Health Club 焕 - 健康中心
Boasts a comprehensive gym fully equipped with modern fitness equipment, an aerobics class, indoor swimming pool, separate sauna and Jacuzzi for men and women. 06:00-23:00. **A:** 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
T: +86 22 8319 8888 ext. 3290

Westin WORKOUT* 威斯汀健身馆*
Provides state of the art workouts with complimentary 24-hour access to hotel guests featuring the latest cardio and strength equipment. **A:** 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
T: +86 22 2389 0088

Alex Fitness Club 天贝武老爱健身俱乐部
Where customers are treated as friends. Cardio room, free weights, fixed machines and martial arts training. 09:00-22:00. **A:** (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)
T: +86 22 8988 8809

Fitness Body Comfort Club 倍体适健身
Fitness Body Comfort Club is designed in an elegant and fashionable style with all fitness equipment up to a high global standard. **A:** Central Clubhouse, Magnetic Capital, Binshui Xi Dao, Nankai District **南开** 区滨水西道时代奥城中央会所
T: 400-108-7890

NewClub Life 优莱荟
Yoga, Squash, Luxury Spa, Heated 50m pool and 2 Standard badminton courts. A brand new High-end Professional Club. We Create a Total Wellness Lifestyle for you. **A:** Diamond Hill, East Olympic Sports Centre, Weijin Nan Lu, Nankai District **南开** 区卫津南路奥林匹克体育中心东钻石山
Booking Hotline: +86 22 8391 3830



Powerhouse GYM 宝力豪健身俱乐部
From the American chain, this mega-gym has three swimming pools, an indoor driving range, indoor basketball court, squash court, yoga, spa and of course, training area. 07:00-22:00. **A:** Binshui Xi Dao, Nankai District **南开** 区滨水西道
T: +86 22 2338 2008
W: 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. **A:** 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
T: +86 22 2731 3388 ext. 2228

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. 08:00-22:00. **A:** 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
T: +86 22 8319 8888 ext. 3290

Swimming Pool at Radisson Blu Plaza Hotel Tianjin 天诚丽笙喜来登酒店游泳池
Heated indoor swimming pool in a calm environment. 06:00-23:00. **A:** 4F, Radisson Plaza Hotel Tianjin, No. 66, Xinkai Lu, Hedong District **河东** 区新开路66号天津天诚丽笙喜来登酒店4层
T: +86 22 2457 8888

Tennis Courts

Tianjin People's Stadium Tennis Court 人民体育馆网球场
Indoor and outdoor courts available CNY 15 per hour daytime and CNY 20 per hour night time. 08:00-22:00. **A:** The junction of Chengdu Dao and Guizhou Lu, Heping District **和平** 区贵州路与成都道交口
T: +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. **A:** No. 9, Fukang Lu, Nankai District **南开** 区复康路9号
T: +86 22 2359 1964

Catering Solutions



Flo Prestige 福楼外宴策划
FLO Prestige provides tailor made catering solutions, creating food for your event, matching your theme, atmosphere and expectations. **A:** No.37, Guangfu Road, Italian Style Town, Hebei District **河北** 区意大利风情区光复道37号
T: +86 22 2662 6688
F: +86 22 2445 2625

Decorations

Jiayi Furniture Market 加宜家家居
One of the city's greatest furniture markets also meets a wide range of interior decoration needs. 09:00-17:00. **A:** No. 7, Nan Men Wai Dajie, Heping District **和平** 区南门外大街7号
T: +86 22 2733 2733
W: jiayijiaju.com

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

The Home Depot 家得宝
The American based home interior company offers great choices in decoration service. 09:00-20:00. **A:** No. 242, Hongqi Lu, Nankai District **南开** 区红旗路242号
T: +86 22 8761 3636
W: homedepot.com.cn

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

IKEA 宜家家居
Well-designed, functional and affordable home furnishing products are available to everyone. 10:00-21:00. **A:** No.433,Jintang Road, Dongli District **东丽** 区津塘公路433号
T: 400-800-2345

Electrical Appliances
Yamada Denki 亚马达电器
Sells electric home appliances and audio equipment, health-related equipment, OA equipment, and network products from Japan. 09:30-21:00. **A:** Tianjin Center Mall, No.219 Nanjing Lu **和平** 区南京路219号天津中心商城
T: +86 22 5835 8688

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

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

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

Su Ning 苏宁电器
One of the largest home appliance retail chains in China fully equipped with electrical appliances at a reasonable price. 09:00-20:30. **A:** No. 88, Zhongshan Lu, Hexi District **河西** 区中山路88号
T: +86 22 2629 1502
W: cnsuning.com

House Services
Butler Rong 荣管家
Offering service to overseas families in Tianjin, bringing new, high-quality, professional family service experience to clients. 08:30-17:30. **A:** No. 18, Chang De Road, Heping District **和平** 区常德道18号
T: +86 131 3220 6067

Tianjin LeBaiBang Family Service Limited Company 乐百邦家政服务服务有限公司
Services: Live-in nanny, infants' nurse, window cleaner, hourly worker, accompanied shopping, nurse practitioner for the old and the disabled, etc. 08:30-17:30. **A:** 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
T: +86 22 2395 3196
M: +86 136 8218 2319 (English)
W: lbllife.com



Laundries

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

Movers

HP AGS Four Winds International Movers 爱集斯国际运输服务有限公司 Offering the most complete door-to-door service to move our clients anywhere across the world, within China or Tianjin. We guarantee the same top quality service from departure to arrival. **A:** A1701 Vanke World Trade Plaza, 129 Nanjing Road, Heping District; 和平区南京路129号万科世贸广场A座1701室. **T:** +86 22 2712 7759 **E:** manager.tianjin@agsfourwinds.com **W:** agsfourwinds.com

Relocation

HP Easy Life Relocation Consultant Service Center 宜资莱福房地产信息咨询服务中心 Provides housing and relocation services to expats around Tianjin. **A:** No.12, Munan Road, Heping District 和平区睦南道12号 **T:** +86 186 2208 0813

E-Smart Relocation Consultants Co., Ltd. 天津市伊斯科特房地产服务有限公司 Expert in expat housing and relocation around Tianjin, Teda and Beijing. 08:30-17:30. **A:** 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 **T:** +86 22 2836 0997

Hotels

HP Harbor Centre Hotel 港湾中心酒店 The first small-scale European style hotel located in downtown Tianjin,

right beside the Haihe River, adjacent to City Hall and near commercial streets and shopping centres. **A:** No. 240, Zhangzi Zhong Lu, Heping District 和平区张自忠路240号 **T:** +86 22 8331 0888

Hotel Nikko Tianjin 天津日航酒店 The hotel's modern amenities and luxurious ambience make it an oasis of comfort and well-being in a bustling urban setting. **A:** No. 189, Nanjing Lu, Heping District 和平区南京路189号 **T:** +86 22 8319 8888 **W:** nikkotianjin.com

Tianjin Centre Hotel 天津中心酒店 The city's tallest 'penthouse hotel', sits right in the heart of the business and retail districts atop the Tianjin Centre. **A:** No. 219, Nanjing Lu, Heping District 和平区南京路219号 **T:** +86 22 2321 5888

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 traveler. **A:** No. 105, Jianshe Lu, Heping District 和平区建设路105号 **T:** +86 22 2302 6888

ST REGIS 天津瑞吉金爵酒店
The St. Regis Tianjin 天津瑞吉金融街酒店 Most luxurious hotel in Tianjin, located by the river next to the train station. **A:** No. 158, Zhang Zizhong Road, Heping District 和平区张自忠路158号 **T:** +86 22 5830 9999

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 refurbished in 2010, the hotel is a landmark in Tianjin's history. Favoured for its traditional appeal and high-standards. **A:** No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号 **T:** +86 22 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 technology. **A:** No. 101, Nanjing Lu, Heping District 和平区南京路101号 **T:** +86 22 2389 0088

NK 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. **A:** No. 7, Fukang Lu, Nankai District 南开区复康路7号 **T:** +86 22 5869 5555 **W:** tedatclub.com.cn

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

HX Golden Crown Hotel 金皇大酒店 Each of its rooms is equipped with IDD, Internet broadband access, cable TV, and much more. **A:** No. 18, Nanjing Lu, Hexi District 河西区南京路18号 **T:** +86 22 2303 8866

Renaissance Tianjin Lakeview Hotel 万丽天津宾馆 Located within walking distance of Tianjin Municipal People's Government Offices and near shopping areas, night life venues, the Tianjin International Exhibition Centre and Meijiang Convention Centre. **A:** No. 16, Binshui Dao, Hexi District 河西区宾水道16号 **T:** +86 22 5822 3388

Sheraton Tianjin Hotel 天津喜来登大酒店 This globally recognised 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. **A:** Zi Jin Shan Lu, Hexi District 河西区紫金山路 **T:** +86 22 2731 3388 **W:** sheraton.com

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

HQ Holiday Inn Tianjin Aqua City 天津水游城假日酒店 Newly opened hotel. Come and enjoy their spacious lobby, fine restaurants. **A:** No.6, Jieyuan Dao, Hongqiao District 红桥区芥园道6号 **T:** +86 22 5877 6666

HD Radisson Blu 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. **A:** No. 66, Xinkai Lu, Hedong District 河东区新开路66号 **T:** +86 22 2457 8888

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

HP Jinbin International Hotel 晋滨国际大酒店 Situated along Weijin road and close to Tianjin's CBD, cultural and shopping streets. **A:** No. 135, Anshan Dao, Heping District 和平区鞍山道135号 **T:** +86 22 8331 1818

HX 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. **A:** No. 32, Youyi Lu, Hexi District 河西区友谊路32号 **T:** +86 22 2835 2222 **W:** genevahotels.com.cn

Apartments

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



SOMERSET SERVICED RESIDENCE 威顿服务公寓
Somerset International Building Tianjin No. 75, Nanjing Lu, Heping District 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
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 Lu, 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

Modena Residence Heping Tianjin 天津和平名致精品酒店公寓 Each apartment has a well-equipped kitchen, a separate living area and a bathroom suite. **A:** No. 37 Xining Lu, Heping District 和平区西宁道37号 **T:** +86 22 2781 2288

Ariva Tianjin No.36 Serviced Apartment 招商·艾丽华36号服务公寓 For the business travelers who spend hours on the road, our spacious and well equipped hotel rooms will help you unwind and relax. **A:** No.36 Xikang Road, Heping District 和平区西康路36号 **T:** +86 22 2352 3636

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. **A:** No. 219, Nanjing Lu, Heping District 和平区南京路219号 **T:** +86 22 5868 2888

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

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

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

Antiques & Souvenirs Streets

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

NK Ancient Culture Street 古文化街 Famous for its traditional architecture located inside the street and the temple. A tourist attraction for all souvenir shopping. 09:00-17:00. **A:** 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. 09:00-17:00. **A:** Drum Tower, Nankai District 南开区鼓楼

Caozhuang Flower Market 曹庄花卉市场 A scented wonder for those who love flowers. The biggest flower market in northern China. 08:00-17:00. **A:** North No. 7 Bridge, Outer Ring, Cao Zhuangzi, Zhongbei Zhen, Xiqing District 西青区中北镇曹庄子外环线7号桥北

Art Districts

HP Min Yuan Xi Li Culture & Invention District 民园西里文化创意街区 An entire area dedicated to modern art with several art exhibitions and a museum inside. Free. 10:00-23:00. **A:** No. 29-39, Changde Dao, Heping District 和平区常德道29-39号 **W:** minyuanxili.com

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. Free. 08:30-17:00. **A:** No. 6, Tai'er Zhuang Lu, Heping District 和平区台儿庄路6号 **T:** +86 22 2332 2195 **W:** 6art.net.cn

Art Galleries

HP Hui Tai Art Centre 汇泰艺术中心 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 **A:** 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 **T:** +86 22 2339 7759 **W:** ht-art.com.cn

Tianjin Art Gallery 天津美术展览馆
Display interesting works inspired by Western and Chinese influences. Free. 09:30-16:30. **A:** Wenlian Building, No. 237, Xinhua Lu, Heping District 和平区新华路237号文联大楼
T: +86 22 2330 4156

Western Art Gallery 西洋美术馆
A classic style building which has ten show rooms. It's the first Gallery centers in International Art in Tianjin. CNY: 10. 09:30-16:30. **A:** The junction of Jiefang Bei Lu and Chifeng Dao, Heping District. 和平区解放北路与赤峰道交口
T: +86 22 2330 3255

Western Shore Art Gallery 西洋艺术馆 Unique gothic-style building engaged in elegant music performances, art exhibitions, poetry reading, music dance classes, and wedding ceremonies. Free. Tue-Thu, Sun 09:00-18:00; Fri-Sat 09:00-21:30. **A:** No. 3, the junction of Machang Dao and Youyi Bei Lu, Hexi District 河西区友谊北路与马场道交口3号
T: +86 22 2326 3505

Jiu Si Art Zone 九思艺术空间 An art place often holding photography, painting, calligraphy, and various other art exhibitions. Free. 09:00-17:00. **A:** No. 6 Guangfu Dao, Italian Style Town, Hebei district 天津市河北区意大利风情区光复道6号
T: +86 22 2446 0106

Tianjin Academy of Fine-Arts 天津美术学院 The multifunctional museum has an exhibition hall, a library, a gift shop and a conference centre. CNY: 10. 09:30-16:30. **A:** No. 4, Tianwei Lu, Hebei District 河北区天纬路4号
T: +86 22 2624 1540
W: tjarts.edu.cn

Museums

China House Museum 瓷房子博物馆 It's decorated with ancient pieces of porcelain, crystal, white marble, jade figurines, rare jewels and antique furniture, from all dynasties. CNY: 35. 09:00-17:30. **A:** No. 72, Chifeng Dao, Heping District 和平区赤峰道72号
T: +86 22 2314 6666

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. CNY: 10. Tue-Sun 14:00-22:00. **A:** No. 29, Jiefang Bei Lu, Heping District 和平区解放北路29号
T: +86 22 2835 9685
W: mocf.org.cn

The Astor Hotel Tianjin Museum 天津利顺德大饭店博物馆 Politicians, Peking Opera kings, movie stars,

emperors and empresses all stayed in the most dynamic place of the British Concession since the late 1800's. CNY: 50. 10:30-21:00. **A:** (Inside The Astor Hotel Tianjin). No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号 (天津利顺德大饭店内)
T: +86 22 2331 1688

Chinese Shoe Culture Museum 中国鞋文化博物馆 Eight hundred square metres displaying 56 special themes with over one thousand pairs of shoes, the Chinese Shoe Culture Museum chronicles 5,000 years of Chinese shoe-making. CNY: 20. Wed, Thu, Sat-Sun 09:30-12:00; 13:30-16:40. **A:** Haihe Building, Ancient Culture Street, Nankai District, Tianjin 南开区古文化街海河楼
T: +86 22 2723 3636
W: laomeihua.net

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. Free. Tue-Sun 09:00-17:00. **A:** No. 80, Ancient Culture Street, Nankai District 南开区古文化街80号
T: +86 22 2727 5062

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, it features photos, documents and dioramas of significant events in their lives. Free. 08:00-17:00. **A:** Shuishang Gongyuan Bei Lu, Nankai District 南开区水上公园北路
T: +86 22 2359 2257

Tianjin Princess Residence Museum 天津格格府典藏博物馆 Known as Gege Fu, revives great treasures such as jades, bronzes, ceramics, calligraphy, from the early dynasties. Princess Derling was the personal translator of



Empress Cixi. CNY: 10. 08:30-17:00. **A:** No. 30-32, Gulou Nan Jie, Nankai District 南开区鼓楼南街30-32号
T: +86 22 2727 7755

Natural History Museum 自然博物馆 Collections of fossils with more than 38,000 specimens. CNY: 20. Tue-Sun 09:00-16:30. **A:** No. 206, Machang Dao, Hexi District 河西区马场道206号
T: +86 22 2334 7988
W: tjnhm.org

Tianjin Museum 天津博物馆 For the fluent Chinese speaker, it's a walk through China's most emblematic periods in ceramics. Free. Tue-Sun 09:00-16:30. **A:** No. 31, Youyi Lu, Hexi District 河西区友谊路31号
T: +86 22 5879 3000
W: tjwbg.com

Yangliuqing Wood-block New Year Pictures Museum 天津杨柳青木板年画博物馆 It is one of China's well loved folk arts, having a history of more than 400 years and is created especially for decorations during the Chinese spring festival. 09:00-16:30 (Tuesdays-Sundays) **A:** No.111, Sanheli, Tonglou Area, Hexi District 河西区佟楼三合里111号
T: +86 22 2837 8718

Tianjin Planning Exhibition Hall 天津市规划展览馆 Introducing the renovated and sustainably developed side of Tianjin. Free. Tue-Sun 09:00-16:00. **A:** The junction of Bei'an Dao and Bo'ai Dao, Hebei District 河北区博爱道和北安道交口
T: +86 22 2445 6501
W: tpeh.net

Yang Liu Qing Museum 杨柳青博物馆 One of Tianjin's antique style museums boasting exquisite brick, wood and stone carvings. CNY: 27. 09:00-16:00. **A:** No. 47, Guyi Jie, Yang Liu Qing Zhen, Xiqing District 西青区杨柳青镇估衣街47号
T: +86 22 2739 1617

Jade Buddha Museum 玉佛宫 Fine displays of unearthed priceless treasures of jade Buddha sculptures and artefacts. CNY: 260. Tue-Sun 09:00-17:00. **A:** Jingjin Xincheng Xiangrui Dajie, Baodi District 宝坻区京津新城祥瑞大街
T: +86 22 2249 8995

Parks

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. 06:00-19:00. **A:** No. 33, Shuishang Gongyuan Bei Lu, Nankai District 南开区水上公园北路33号
T: +86 22 2335 0095
W: tjwaterpark.com.cn

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

Tianjin Botanical Garden 天津植物园 Tropical animals, plants, flowers, waterfalls and nationality villages. 08:00-17:00. **A:** North No. 7 Bridge, Outer Ring, Cao Zhuangzi, Zhongbei Zhen, Xiqing District 西青区中北镇曹庄子外环线7号桥北
T: +86 22 2794 8011

Theatres & Cinemas

Imax China Film 中影国际影城 Located in the magnificent Jin Wan Plaza. Shows English and Chinese films in 2D and 3D. 09:30-22:00. **A:** 3F, bldg. 6, Jin Wan Plaza, Jiefang Bei Lu, Heping District 和平区解放北路津湾广场6区3层
T: +86 22 2321 9060
W: imax.com.cn

Land Share International Cinema 天影朗香国际影城 A nice, cozy cinema, well decorated with a very comfortable VIP room. 10:00-22:00. **A:** -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
T: +86 22 2339 3998

Tianjin Concert Hall 天津音乐厅 Opened in 1922. It is now one of the grand stages of China and it offers daily musical events of interest to all. 08:30-20:30. **A:** No. 88, Jiانشu Lu, Heping District 和平区建设路88号
T: +86 22 2332 0068
W: tjconcerthall.com

Wanda Warner International Cinema 华纳万达影城 The perfect place to end your shopping spree in Binjiang Dao. (Every Wednesday is half price) 09:30-01:30. **A:** 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
T: +86 22 2722 6619
W: wandaifilm.com

Jinyi International Cinema 金逸国际影城 Special deals for those with membership cards to discounts for certain days' times of viewing are also provided. (Every Tuesday half price). 10:00-24:00. **A:** 3F, bldg. B, Magnetic Plaza, No. 8, Binshui Xi Dao, Nankai District 南开区滨水西道8号时代奥城商业广场B区3层
T: +86 22 2385 5088
W: jycinema.com

Binhu Theatre 滨湖剧院 Features modern Beijing opera, Opera, music performances, children's plays and movies. 09:00-21:00. **A:** No. 6, Huanhu Zhong Lu, Hexi District 河西区环湖中路6号
T: +86 22 2335 2226
W: tjbhjy.com.cn

Tianjin Grand Theatre 天津大剧院 Present international and domestic concerts, variety shows and musical performances. 08:30-11:30; 14:00-17:00. **A:** The junction of Binshui Dao and Youyi Lu, Hexi District 河西区友谊路与滨水道交口
T: +86 22 2835 6028

Associations

ICCO (International Committee for Chinese Orphans) ICCO is a volunteer organisation dedicated to improving the lives of Tianjin's disabled orphans. **E:** iccosecretary@gmail.com
W: tjccco.org

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

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

Education

Hopeland International Kindergarten & Day Care Center 华兰国际幼稚园 Offers an English speaking environment for children in their toddler through kindergarten programmes. Mon-Fri 10:00-16:00; Sat-Sun 09:30-16:00. **A:** No. 46, Xiaguang Dao, Weijin Nan Lu, Nankai District 南开区卫津南路霞光道46号
T: +86 22 2392 3803
W: hik.cn

Cathay Future World Children's Painting Gallery 华夏未来 Dedicated to nurturing young talents, displaying paintings from children all around the world. **A:** No. 3, Ti Yuan Bei, Huanhu Zhong Lu, Hexi District 河西区环湖中路体院北3号
T: +86 22 2351 6670



International Schools

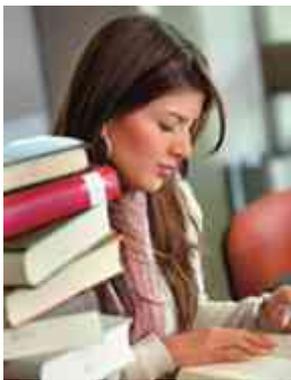


Tianjin International School 天津国际学校 With a philosophy emphasising the holistic development of students, TIS offers a Pre K - 12 education based on a North American curriculum to children ages 3 to 18. Mon-Fri 08:00-17:00. **A:** No.4-1, Sishui Dao, Hexi District 河西区泗水道4号增1号
T: +86 22 8371 9000
W: tiseagles.com

Tianjin Rego International School 天津瑞金国际学校 Provides education of the highest quality in English to international students between the ages of 3 and 19. **A:** No. 38, Huandao Xi Lu, Meijiang South, Hexi District 河西区梅江南环岛西路38号
T: +86 22 8816 1180 ext. 212
E: +86 138 2090 0420
E: jzheng@regoschool.com
W: regoschool.org



Wellington College International Tianjin 天津惠灵顿国际学校 In partnership with Wellington College, Crowthorne, UK, the Tianjin college offers a British curriculum. 08:30-17:30. **A:** No. 1, Yide Dao, Hongqiao District 红桥区义德道1号
T: +86 22 8758 7199 ext. 8001
E: +86 187 2248 7836
E: admissions@wellington-tianjin.cn
W: wellington-tianjin.cn



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国际学校天津分校 Only international school in Tianjin fully authorised by the IBO to teach all three IB programs (PYP, MYP and DP) from age 3-18. Mon-Fri 07:30-16:30. **A:** Weishan Lu, Jinnan District 津南区津南微山路
T: +86 22 2859 2001
W: istianjin.org

Universities

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.
A: No. 94, Weijin Lu, Nankai District 南开卫津路94号
T: +86 22 2350 1583
W: nankai.edu.cn

Tianjin University of Traditional Chinese Medicine 天津中医药大学
The school's Acupuncture and Moxibustion Science courses are key state-level programmes. **A:** No. 312, Anshan Xi Dao, Nankai District 南开鞍山西道312号
T: +86 22 2748 6658
W: tjutcm.edu.cn

Tianjin Foreign Studies University 天津外国语学院 Offers Chinese and foreign language studies. **A:** No. 117, Machang Dao, Hexi District 河西区马场道117号
T: +86 22 2326 2460
W: tjfsu.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. **A:** No. 25, Zhujiang Dao, Hexi District 河西区珠江道25号
T: +86 22 2817 1399
W: tjufe.edu.cn

H Heping **N** Nankai **H** Hexi

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

Language Schools

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

China ConneXion Founded March 2008 and has a variety of Mandarin and English programs with a more Western teaching approach. **A:** Building 3, Chengji Center, Nanjing Lu, Heping district, 和平区南京路诚基中心3号楼
T: +86 22 6036 8159,

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. **A:** A4, Magnetic Plaza, Binshui Xi Dao, Nankai District 南开区滨水道时代奥城商业广场A4
T: +86 22 5862 7779

Alliance Française de Tianjin 天津法语联盟 Part of the global Alliance Francaise network that offers French classes in a French speaking environment. **A:** 2F, Education Centre Building, North gate of Balitai Campus, Tianjin Normal University, Wujia Yao 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
T: +86 22 2354 0218/0229
E: info.tianjin@afchine.org
W: aftianjin.org

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. **A:** 2nd Floor, 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2层
T: +86 22 2326 5642
W: goethe-slz.tj.cn

TLI Language Institute in Tianjin 中华语文研习所 Offers Chinese language classes with schools from China and around the world. Mon-Fri 08:00-18:00; Sat 08:30-12:00. **A:** Room

H Hebei **H** Hedong **H** Hongqiao

1808, bldg. B, Sunny Square, Shiyijing Lu, Hedong District 河东区十一经路三联大厦B座1808室
T: +86 22 2421 8989

Exhibition Centres

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

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

Libraries

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

Real Estate

CBRE Tianjin 世邦魏理仕天津分公司 Providing high quality real estate services to developers, investors and clients throughout Greater China. **A:** 42F, Units 12 & 13, Tianjin World Financial Centre Office Tower, No. 2 Dagubei Road, Heping District. 和平区大沽北路2号天津环球金融中心津塔写字楼42层12-13单元
T: +86 22 5832 0188
W: 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 clients and financial intermediaries. **A:** 12th Floor, Tower 1, The Exchange Mall, No.189, Nanjing Road, Heping District 和平区南京路189号津汇广场1号楼12层
T: +86 22 2313 9751
W: 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. **A:** 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
T: +86 22 8319 2233
W: 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. **A:** Unit 05-07, 46F, Tianjin World Financial Center Office Tower, No. 2 Dagu North Road, Heping District, Tianjin 天津市和平区大沽北路2号天津环球金融中心津塔写字楼4605-07室
T: +86 22 5830 8877 ext. 205
E: mailto:Yi.Ji@savills.com.cn
W: www.savills.com

Religious

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

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. **A:** 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. 09:00-16:30. **A:** No. 40, Tianwei Lu, Hebei District 河北区天纬路40号
T: +86 22 2626 1768
W: tjdaibeiuyan.com

Serviced Offices

Regus Tianjin Centre 雷格斯天津中心 The world's largest supplier of workplace solutions. **A:** 8F, Tianjin Centre, No.219 Nanjing Road, Heping District 和平区南京路219号天津中心8层
T: 400 120 1205
W: regus.cn

The Executive Centre 天津德事商务中心 The Executive Centre - let us help your business exceed. **A:** 29F, bldg.2, The Exchange, No.189, Nanjing Lu, Heping District 和平区南京路189号津汇广场2座29层
W: executivecentre.com

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. 09:00-19:00. **A:** 2F, New Culture Garden, Rongye Dajie, Heping District 和平区荣业大街新文化花园2层
T: +86 22 2731 6688
W: cytsonline.com

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Handicrafts

Clay Figure Zhang 泥人张 One of Tianjin's most famous and delicate folk arts. 09:00-18:00. **A:** No. 17, Gu Wenhua Jie, Nankai District 南开区古文化街17号
T: +86 22 2727 5081
W: nirenzhangw.com

Wei Kite 风筝魏 You can get kites of all kinds of shapes, sizes and colours. 10:00-17:00. **A:** 2F, east wing, Gulou Bei Jie, Nankai District 南开区鼓楼北街东侧2层
T: +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 Tianjin City, in the early 17th century. 11:00-24:00. **A:** Mingqing Jie, Yang Liu Qing Zhen, Xiqing District 西青区杨柳青镇明清街
T: +86 22 2739 8205
W: 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. 09:30-18:30. **A:** Xindu Building, Hai Guang Si, Weijin Lu, Nankai District 南开区海光寺卫津路新都大厦
T: +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 CDs etc. 09:30-20:00. **A:** No. 362, Dagu Nan Lu, Hexi District 河西区大沽南路362号
T: +86 22 2306 2335
W: tjbb.com

Luxury Brands

Armani Collezione 阿玛尼 An international Italian fashion house that designs, manufactures, distributes, and retails haute couture. Thur-Sun 10:00-21:30; Fri-Sat 10:00-22:00. **A:** 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
T: +86 22 2319 8688

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

Gucci 古琦 Internationally acclaimed brand offering luxuriously clothing and accessories. Thur-Sun 10:00-21:30; Fri-Sat 10:00-22:00. **A:** 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
T: +86 22 2319 8138

Prada 普拉达 Italy's most famous luxury brand. Thur-Sun 10:00-21:30; Fri-Sat 10:00-22:00. **A:** 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
T: +86 22 2319 8198

Swarovski 施华洛世奇水晶轩 Luxurious jewellery brand where you can get elegant crystal jewellery. Thur-Sun 10:00-21:00; Fri-Sat 10:00-21:30. **A:** 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
T: +86 22 2319 8108

Zara 飒拉 The internationally acclaimed clothing retail store with fashionable and reasonably-priced products. 10:00-22:00. **A:** 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
T: +86 22 2721 1917

H X Dior 迪奥 A well-known French fashion high-end consumer brand. Mon-Thu 10:00-21:30; Fri-Sun 10:00-22:00. **A:** 1F, Tianjin Friendship Department Store, No. 21, Youyi Lu, Hexi District 河西区友谊路21号天津友谊商厦1层
T: +86 22 8837 1900

Department Stores & Shopping Malls

H P Hisense Plaza 海信广场 Featuring the most famous luxury brands in the world like Rolex and Gucci. Thu-Sun 10:00-21:30; Fri-Sat 10:00-22:00. **A:** No. 188, Jiefang Bei Lu, Heping District 和平区解放北路188号
T: +86 22 2319 8888
W: hisense-plaza.com

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

Maigo 麦购 One of the most popular choices among expats and locals to find the trendiest styles at an affordable price. Thu-Sun 10:00-21:00; Fri-Sat 10:00-21:30. **A:** No. 211, Binjiang Dao, Heping District 和平区滨江道211号
T: +86 22 2711 8861
W: maigo.com.cn

Robbinz Department Store 乐宾百货 This 6-storey department store also offers Chinese brand products. 10:00-21:30. **A:** No. 128, Nanjing Lu, Heping District. 和平区南京路128号
T: +86 22 2718 8080

The Exchange Mall 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 of high-quality clothing stores. 10:00-22:00. **A:** No. 189, Nanjing Lu, Heping District 和平区南京路189号
T: +86 22 8319 1818

Tianjin Quanye Bazaar 天津劝业场 Designed in 1928 by a French engineer and located at the junction of Binjiang road and Heping road. Offering an elegant and spacious shopping atmosphere. 09:30-21:00. **A:** No. 290, Heping Lu, Heping District

H P Heping **N K** Nankai **H X** Hexi **H B** Hebei **H D** Hedong **H Q** Hongqiao

和平区和平路290号
T: +86 22 2730 3771

Far Eastern Department Store 远东百货 7-storey department store with a wide array of products including men, women & children's fashion wear & accessories, beauty products, home appliances, a supermarket and restaurants. Thu-Sun 10:00-21:00; Fri-Sat 10:00-21:30. **A:** No. 168, Dongma Lu, Nankai District 南开区东马路168号
T: +86 22 2727 1688

LOTTE Department Store 天津乐天百货 Known as the best department store chain in Korea. Stocks various items from clothing to household necessities. **A:** No.137, Dong Ma Lu, Nankai District 南开区东马路137号
T: +86 22 5806 8888

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

Tianjin Joy City 大悦城
A: No.2, Nanmen Wai Da Jie, Nankai District 南开区南门外大街2号
T: +86 22 5861 8888
W: tjjoycity.com

Tianjin Aeon Mall 天津永旺购物中心
Zhongbei Store: 中北店(10:00-22:00)
A: No.1, Fusheng Dao, Zhongbei Industrial Park, Xiqing District 西青区中北工业园区阜盛道1号
T: +86 22 8719 5700
W: zhongbei.aeonmall-china.com
TEDA Store: 泰达店(10:00-22:00)
A: No.29, Shangdong Lu, Development Zone 开发区时尚东路29号
T: +86 22 5985 7000
W: teda.aeonmall-china.com

Instrument Stores

H P 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. **A:** 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
T: +86 22 2721 6267
W: highwayguitar.com

Supermarkets

H P Hisense Supermarket 海信超市 Located on B1 of Hisense Plaza, this supermarket offers a wide array of imported products. Thu-Sun 09:30-22:00; Fri-Sat 10:00-22:00. **A:** -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
T: +86 22 2373 1998

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

Wal-Mart 沃尔玛超市 The American chain with a wide range of imported and local products. **A:** 08:00-22:00, No. 66, Fu'an Dajie, Heping District 和平区福安大街66号
T: +86 22 5829 2955
W: wal-martchina.com

N X Carrefour 家乐福 A favourite choice among shoppers with a wide selection of imported and local products. 09:00-22:00. **A:** No. 138, Dongma Lu, Nankai District 南开区东马路138号
T: +86 22 2726 9696
W: carrefour.com.cn

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

Watsons 屈臣氏 A popular store for cosmetics, personal beauty and health products. 10:00-21:30. **A:** 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
T: +86 22 8734 0922
W: watsons.com.cn

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

H Q METRO Supermarket 麦德隆超市 Offering both local and imported products. 07:00-23:00. **A:** No. 75, Xiqing Dao, Hongqiao District 红桥区西青道75号
T: +86 22 2732 8888
W: metro.com.cn

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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. 05:30-21:00. **A:** 1F, Renaissance Tianjin TEDA Hotel & Convention Centre, No. 29, 2nd Avenue, TEDA 开发区第二大街29号天津万丽泰达酒店及会议中心1层
T: +86 22 6621 8888 ext. 3711

Felicity 飞利西蒂 Delicious cakes baked in a colourful, cozy setting. 09:00-21:30. **A:** Back street of King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰任佰汇商业广场后街
T: +86 22 6629 5517

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

Mighty Deli & Bakery 美琪食品 Imported food store. European Bakery, Cheese, Butcher, and Sandwiches are available. 09:00-21:00. **A:** Ground Floor, No. 6, Xincheng West Road (Next to the Sheraton Hotel) 开发区第二大街与新城西路口世福嘉园底商6号
T: +86 22 6628 2425
W: mighty-deli.com

Chinese

Seaport Well-known Restaurant 海港世家大酒楼 Fresh seafood and Cantonese food in a luxurious ambience. 11:30-14:30; 17:30-22:30. **A:** No. 33, 2nd Avenue, TEDA 开发区第二大街33号
T: +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. 11:30-13:30; 17:30-22:00. **A:** 2F, Renaissance Tianjin TEDA, Hotel & Convention Centre, No. 29, 2nd Avenue,

TEDA 开发区第二大街29号天津万丽泰达酒店及会议中心2层
T: +86 22 6621 8888 ext. 6750

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

Xiang Jiang Yu Pin Seafood Hotpot (Binhai Branch) 香江御品火锅(滨海店) Offering healthy Hongkong style Seafood Hotpot, 32% off all foods except seafood, cigarette, and wine. **A:** 1F-2F, TEDA MSD -C1 Building, No. 78, 1st Avenue, TEDA 滨海新区第一大街78号MSD-C1区1-2楼
T: +86 22 6537 7299
W: xjyycy.com

Warner Chinese Restaurant 华纳中餐厅 Experience Chinese Cuisine in an elegant ambience and top-quality service. 11:00-14:00; 17:00-21:00. **A:** 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
T: +86 22 2532 6009

Yue Chinese Restaurant 采悦轩中餐厅 Providing tantalising Chinese cuisine in a relaxing atmosphere. 11:30-14:30; 17:30-22:00. **A:** 2F, Sheraton Tianjin Binhai Hotel, No. 50, 2nd Avenue, TEDA 开发区第二大街50号天津滨海喜来登酒店2层
T: +86 22 6528 8888 ext. 6220/6222

Zen Chinese Restaurant Zen中餐厅 Authentic Cantonese and Chinese flavours with plenty of soups, appetizers and yummy seafood. 11:30-14:30; 17:30-22:30. **A:** Citizen Plaza, No. 86, 1st Avenue, TEDA 开发区第一大街86号天津滨海假日酒店1层
T: +86 22 6628 3388

Bai Jiao Yuan 百饺园 Enjoy 100 different types of Chinese dumplings including gourmet varieties. 11:30-13:30; 17:30-22:00. **A:** No. 27, bldg A, Guoxin Building Zhangwang Lu, 2nd Avenue, TEDA 开发区第二大街展望路信通大厦A座27号
T: +86 22 6202 1188
W: baijiaoyuan.com

Fortune Restaurant 富源中餐厅 Experience Cantonese, Sichuan and Hainan cuisines served in an elegant setting. 11:30-14:30; 17:30-22:30. **A:** 2F, Crownne 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
T: +86 22 5867 8888 ext. 2355

Zhou Ji 周记名都 Fresh seafood and typical Chinese cuisine in a relaxed atmosphere. 09:00-15:00; 16:30-21:30. **A:** TEDA New Field, the junction of Nanhai Lu and 2nd Avenue, TEDA 开发区南海路与二大街交口泰达新天地
T: +86 22 6628 1989

Indian & Thai

Sawasdee Thai & Indian Food 萨哇哩泰国餐厅 Great range of Thai and Indian delicacies, from breads to curries and soups. 10:00-14:00; 16:30-22:00. **A:** No. 1-4-7, King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰任佰汇商业广场1-4-7号
T: +86 6629 2120

Patsara Thai Restaurant 芭萨亚泰国餐厅 Offering more than 100 different dishes, all served to perfection. Enjoy the Thai-style surroundings. 11:30-14:00; 17:00-22:00. **A:** No. 30, 1st Floor Fortune Plaza, No. 21 3rd Avenue (Behind Happy Soho) 天津市经济技术开发区第三大街21号财富星座底商30号(华夏银行后面)
T: +86 22 6620 2982 English Available

Japanese

Kitajima 北岛日本料理 Frequently visited by local Japanese expats this restaurant offers a great variety of Japanese cuisine. 10:00-14:00; 17:00-22:00. **A:** No. 8 2nd Avenue, TEDA 开发区第二大街8号泰达国际1层
T: +86 22 2528 1189

Kasumi 露日式料理 Specialising in teppanyaki prepared in an open kitchen and an open sushi bar. 11:30-14:30; 18:00-22:00. **A:** 1F, Crownne 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
T: +86 22 5867 8888 ext. 2322

Kuinoui 云井日本料理店 Experience a unique dining experience in a luxurious, elegant atmosphere with top-class service. 10:30-00:00 (Next to KFC). **A:** King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰任佰汇商业广场(肯德基旁)
T: +86 22 6529 8581

Rengaya 炼瓦家 Indulge your taste buds with authentic Japanese cuisine & sushi. Finish it up with sake. 11:00-13:30; 17:00-21:30. **A:** (Next to Friendship Store) No. 19, Huanghai Lu, TEDA 开发区黄海路19号(友谊名都旁)
T: +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. 11:30-14:00; 17:30-21:30. **A:** Century Village, 3rd Avenue, TEDA 开发区第三大街世纪新村
T: +86 22 6529 9522

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

Tokugawa 德川日本料理 Opened in 1998, the restaurant still maintains its beauty and quality. You can try a huge variety of sushi and sashimi. 11:00-14:30; 17:00-22:00. **A:** No. 34, 1st Avenue, TEDA 开发区第一大街34号
T: +86 22 2528 0807

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

Yinghua House 樱花屋 Providing traditional Japanese soups, noodles and different kinds of delicious dishes. 11:00-14:00; 17:00-22:00. **A:** Bldg. C, King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰任佰汇商业广场C座
T: +86 22 6629 0992

Baiyi Teppanyaki 百一铁板烧 One of the best choices for Teppanyaki in TEDA. 10:00-22:00. **A:** No. 2-1-6, King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰任佰汇商业广场2-1-6号
T: +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. 11:00-14:00; 17:00-22:00. **A:** Fortune City Plaza, No. 25-26, 3rd Avenue, TEDA 开发区第三大街25-26号财富星座
T: +86 22 2532 6633

Pizza

Papa John's 棒约翰 Better Ingredients. Better Pizza. 11:00-22:00. **A:** No. 566, bldg. E, Juchuan Jin Hai'an Building, Shanghai Dao, Tanggu District 塘沽区上海道巨川海岸E区566号
T: +86 22 2530 4862
W: papajohnschina.com

Pizza Hut 必胜客 Enjoy delicious pizzas. Open salad stands and western food. 11:00-22:00. **A:** No. 453, Juchuan Jin Hai'an Building, Jiefang Lu, Tanggu District 塘沽区



解放路巨川海岸商界453号
T: +86 22 2530 0242
W: pizzahut.com.cn

Western

Salsa Churrasco 巴西烧烤餐厅 A typical Brazilian barbecue restaurant with waiters going from table to table with skewers of picanha. 11:30-14:30; 17:30-22:00. **A:** 11F, Holiday Inn Binhai Tianjin No. 86, 1st Avenue, TEDA 开发区第一大街86号天津滨海假日酒店11层
T: +86 22 6628 3388 ext. 2740

Brasserie Restaurant 万丽西餐厅 Contemporary daily breakfast, lunch & dinner buffets, featuring European & Asian selections served from a large open kitchen. 06:00-00:00. **A:** Renaissance Tianjin TEDA Hotel & Convention Centre, No. 29, 2nd Avenue, TEDA 开发区第二大街29号天津万丽泰达酒店及会议中心
T: +86 22 6621 8888 ext. 3711



Bene Italian Kitchen 班妮意大利餐厅 Authentic modern Italian cuisine. The menu boasts signature pizzas, as well as a fine selection of pastas, fresh seafood and grilled dishes. 17:30-23:30. **A:** 2F, Sheraton Tianjin Binhai Hotel, No. 50, 2nd Avenue, TEDA 开发区第二大街50号天津滨海喜来登酒店2层
T: +86 22 6528 8888 ext. 6230/6232

Delights Restaurant & Bar 狄拉西餐餐厅 Known for mouth-watering entrees and steaks from Australia. 10:00-01:00. **A:** The junction of Huanghai Lu and 2nd Avenue, TEDA 开发区第二大街与黄海路交口
T: +86 22 6620 9874



Feast - Our Signature Restaurant 盛宴标帜餐厅 Signature all-day-dining restaurant featuring a tapestry of bright décor and culinary delights from around the world. 06:00-00:00. **A:** 1F, Sheraton Tianjin Binhai Hotel, No. 50, 2nd Avenue, TEDA 开发区第二大街50号天津滨海喜来登酒店1层
T: +86 22 6528 8888 ext. 6210

Pier Jolly 聚乐港 Offering various Western food such as pasta, curry, pizza and parfait. 11:00-20:30. **A:** 1F, No.29 Shishang Dong Lu, TEDA 开发区时尚东路29号1层
T: +86 22 5985 7151

Parrot Restaurant & Bar 鹦鹉西餐厅酒吧 Established in 1999, this restaurant has earned a reputation for having great

Western food, draft beer and imported wine in a warm, relaxed, and friendly atmosphere. 10:30-23:00. **A:** No. 88, Huanghai Lu, TEDA 开发区黄海路88号
T: +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. 06:00-00:00. **A:** 1F, Crownne 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
T: +86 22 5867 8888 ext. 2333

Coffee Shops

Starbucks Coffee 星巴克咖啡 This American chain provides coffee with a selection of tasty muffins, sandwiches and fruit cups.

A: 09:30-22:00. C102, Juchuan Jin Hai'an Building, No. 453, Jiefang Lu, Tanggu District 塘沽区解放路453号巨川海岸商界C102;
T: +86 2589 3409
A: 09:30-22:00. 1F, Tianjin Friendship Mingdu Store, No.19, Huanghai Road, TEDA 开发区黄海路19号天津友谊大厦都店一层
T: +86 22 6620 1781
W: starbucks.com.cn

SPR Coffee SPR 咖啡 Enjoy a refreshing cup of coffee in an intimate and relaxed atmosphere. 09:00-23:00. **A:** No. 3, 3rd Avenue, TEDA 开发区第三大街3号
T: +86 22 6629 2566
W: sprcoffee.com

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

Tea Houses

Aiwan Ting Tea House 爱晚亭茶苑 Watch and learn the art of preparing Chinese tea in traditional Chinese ambience. 10:00-02:00. **A:** 1F, Section F, Century Village, 3rd Avenue, TEDA 开发区第三大街世纪新村
T: +86 22 6529 9541

Bars & Discos

Babi Club 芭比俱乐部 BABI is a leading Bar for electronic sounds. 20:30-04:00. **A:** No. 39, Cuiheng Plaza, 3rd Avenue, TEDA 开发区第三大街翠亨广场39号
T: +86 22 6629 1188

Bunuolin Pub 卜诺林西餐厅酒吧 Live, danceable music from Thursday to Saturday 21:00 to 00:30, Happy Hour from 10:30 to 20:30, 20% off all drinks. 10:30-01:30. **A:** Bunuolin Pub is upstairs, in the Wealth Construction Building 22, next to the 7-Eleven Store on 3rd Avenue, TEDA 滨海新区经济开发区第三大街财富星座7-11超市旁
T: +86 22 6620 8383

Charlie O's Music Bar 查理音乐吧

A music and entertainment bar providing a venue for artists and events. Live music and pub food. 10:00-02:00. **A:** New Binhai Fashion Street (Between Decathlon and Zhongnan sports Facility, next to TEDA Football Stadium) 滨海时尚天街(迪卡侬与中南体育馆之间(泰达足球场旁))
T: +86 136 6209 3802

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. 10:30-02:30. **A:** No. 137, 3rd Avenue, TEDA 开发区第三大街137号
T: +86 22 6629 2963

Euro Bar 欧罗吧

A relaxed and fun venue for unwinding, it offers beverages, snacks, live entertainment, pool tables and live sports TV. 14:00-02:00. **A:** 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
T: +86 22 5867 8888 ext. 2355

**Happy Soho Live Music & Dance Bar**

欢乐苏荷酒吧 Live Filipino band with hot Russian dance girls. 20:00-02:00. **A:** (Opposite of Central Hotel) No. 16, Fortune Plaza, 3rd Avenue, TEDA 开发区第三大街财富星座16号(中心酒店对面)
T: +86 22 2532 2078

Jacky's Pub

Built in a Texan fashion, ideal for a quick bite or a filling meal. 10:00-01:00. **A:** 2nd Avenue, TEDA 开发区第二大街
T: +86 22 6629 9197

Lobby Bar 大堂吧

A choice of refreshments along with delicate pastries served in a warm and inviting lounge, with cozy seating, and attentive service. 09:00-00:00. **A:** 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
T: +86 22 5867 8888 ext. 2355

Lobby Lounge 大堂吧

The right place for a coffee break or an order from the extensive beverage selection in the "Focus" of the lobby. 10:00-00:00. **A:** 1F, Holiday Inn Tianjin Binhai, No. 86, 1st Avenue, TEDA 开发区第一大街86号天津滨海假日酒店1层
T: +86 22 6628 3388 ext. 2761

O'Leary Irish Pub 欧莱瑞爱尔兰西餐吧

A typical Irish pub with quality beers like Guinness and outstanding whiskies. 10:00-00:30. **A:** 1F, Ginza Building, No. 35, 2nd Avenue, TEDA 开发区第二大街35号银座大厦1层
T: +86 22 6628 0333

Renaissance Lounge 万丽泰达酒店酒廊

Daily live entertainment complements the atmosphere. 10:00-01:00. **A:** Renaissance Tianjin TEDA Hotel & Convention Centre, No. 29, 2nd Avenue, TEDA 开发区第二大街29号天津万丽泰达酒店及会议中心
T: +86 22 6621 8888

TEDA Bar 泰达酒吧

Offering an extensive beverage selection, known for its vast range of malt whiskies, vodkas & premium spirits. 10:00-01:00. **A:** 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
T: +86 22 6621 8888 ext. 6722

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 conversation. 09:00-02:00. **A:** 2nd Avenue, TEDA 开发区第二大街
T: +86 22 2529 3628

KTV**Eastern Pearl** 东方之珠 KTV

An ideal venue for people to play and sing. 10:00-05:30. **A:** No. 507, Jiefang Lu, Tanggu District 塘沽区解放路507号
T: +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. 09:00-21:00. **A:** 1F, Pengren Garden, 3rd Avenue, TEDA 开发区第三大街蓬仁园1层
T: +86 22 6620 2169
W: nblife.com

Spas & Massages**Sheraton Shine Spa** 喜来登炫逸水疗

A: 3F, Sheraton Tianjin Binhai Hotel, No. 50, 2nd Avenue, Binhai New Area 开发区第二大街50号天津滨海喜来登酒店3层
T: +86 22 6528 8888 ext. 6021

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. 13:00-00:00. **A:** 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
T: +86 22 5867 8888 ext. 2400

Touch Spa Ultimate relaxation in a soothing atmosphere.

06:00-23:00. **A:** 2F, Renaissance Tianjin TEDA Hotel & Convention Centre, No. 29, 2nd Avenue, TEDA 开发区第二大街29号天津万丽泰达酒店及会议中心
T: +86 22 6570 9504

Timeless Foot Massage 康足会所

Take care of your feet! Treat them to some much needed care and revive them! 11:30-00:00. **A:** 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
T: +86 22 6621 1111

Yue Spa Decorated with tasteful antiques with beautiful lighting.

10:00-02:00. **A:** 15F, Holiday Inn Tianjin Binhai, No. 86, 1st Avenue, TEDA 开发区第一大街86号天津滨海假日酒店15层
T: +86 22 6628 3388

Hospitals**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-Sun 09:00-17:00. **A:** Cuiheng Plaza, No. 211, 3rd Avenue, TEDA 开发区第三大街211号翠亨广场
T: +86 22 6629 1079

TEDA Hospital 泰达医院

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

TEDA International Cardiovascular Hospital 泰达国际心血管病医院

An international referral hospital for all heart ailments with modern health-care facilities, sanitary environment and a well qualified team of experts. **A:** No. 61, 3rd Avenue, TEDA 开发区第三大街61号
T: +86 22 6520 8888
W: tedaich.com

Tianjin TEDA International SOS Clinic 国际SOS天津泰达诊所

The Clinic offers offer family physicians that speak English, Chinese, Japanese and French, in order to cater for the diverse makeup of the TEDA community. **A:** 102-C2 MSD, No. 79, 1st Avenue, TEDA 天津经济技术开发区第一大街79号泰达MSD-C2区2座102室
T: +86 22 6537 7616

Electrical Appliances**Gome** 国美电器

One of China's largest electrical appliance stores packed with all kinds of home appliances. 09:00-21:00. **A:** No. 94, Shanghai Dao, Tanggu District 塘沽区上海道94号
T: +86 22 2586 3727
W: game.com.cn

Su Ning 苏宁电器

One of the largest home appliance retail chains in China. 09:00-20:30. **A:** 2F, New Ocean Century Building, No. 29, Hebei Lu, Tanggu District 塘沽区河北路29号新洋世纪大厦2层
T: +86 22 2586 3477
W: cnsuning.com

Laundries**CAS Laundry** 美国CAS 国际干洗店

An American dry-cleaning franchise. 09:00-19:00. **A:** (Behind Renaissance Tianjin TEDA Hotel) Fada Jie, TEDA 开发区发发街(万丽酒店后面)
T: +86 22 6621 6367

Fornet 福奈特

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

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. **A:** No. 55 Zhongxin Avenue Airport Economic Area Tianjin 天津市空港经济区中心大道55号
T: +86 22 5867 8888

Dosen Residences 德圣公馆

Dosen is not just an apartment, but a foreign premium apartment like a hotel. **A:** TEDA Fashion Plaza, Aoyun Lu, TEDA 开发区奥云路泰达时尚广场
T: +86 22 6628 5656

Holiday Inn Tianjin Binhai 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. **A:** No. 86, 1st Avenue, TEDA 开发区第一大街86号
T: +86 22 6628 3388
W: 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. **A:** TEDA Fashion Plaza, No. 11, Aoyun Lu, TEDA 开发区奥云路11号泰达时尚广场
T: +86 22 5988 8999
W: hixpress.com

**Renaissance Tianjin TEDA Convention Centre Hotel** 天津万丽泰达酒店及会议中心

Has earned a reputation among conference delegates and business travellers for its distinctive level of luxury and artful blend of Eastern and Western hospitality. **A:** No. 29, 2nd Avenue, TEDA 开发区第二大街29号
T: +86 22 6621 8888

TEDA International Hotel & Club 泰达国际酒店暨会馆

A stylish combination of accommodation, recreation, business, catering, and meeting and conventions offering top-class service. **A:** No. 8, 2nd Avenue, TEDA 开发区第二大街8号
T: +86 22 2532 6000
W: tedahotel.com

Tianjin Goldin Metropolitan Hotel 天津环亚国际马球会大酒店

A luxury resort destination hotel with a prestigious members-only polo club, two international standard polo fields, a column-free Grand Ballroom and 10 restaurants and bars. **A:** No. 16, Hai Tai Hua Ke Jiu Lu, Bin Hai Gao Xin Qu, Tianjin 天津滨海高新区海泰华科九路16号
T: +86 22 8373 8888

**Sheraton Tianjin Binhai Hotel** 天津滨海喜来登酒店

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

Tianjin Ruiwan Hotel 天津瑞湾酒店

Enjoy the perfect mix of convenience and comfort in a peaceful area. **A:** No. 2527, Yihao Lu, Xingang, Tanggu District 塘沽区新



港一号路2527号
T: +86 22 2578 0001
W: ruiwanhotel.com

Baiyun Hotel 白云酒店

Large rooms with large marbled bathrooms. Free internet. **A:** No. 12, the junction of Fada Jie and Nanhai Lu, TEDA 开发区南海路与发发街交口12号
T: +86 22 6620 8888
W: baiyun-hotel.com

D. D. Center 大地中心酒店

Features a swimming pool, a gym and a sauna centre. **A:** No. 26, Jieda Lu, 3rd Avenue, TEDA 开发区第三大街捷达路26号
T: +86 22 2532 0088

Mayfair Hotel 美华酒店

Managed by Canada ANGUS MANAGEMENT INC, offers great varieties of luxury rooms, restaurants, business, leisure & entertainment. **A:** No. 10, Huanghai Lu, TEDA 开发区黄海路10号
T: +86 22 2528 1000
W: mayfairhotel.com.cn

TEDA Center Hotel 泰达中心酒店

A business hotel invested by TEDA Group, which offers 218 guest rooms. **A:** No. 16, 3rd Avenue, TEDA 开发区第三大街16号
T: +86 22 2520 6788
W: 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. **A:** No. 31, 3rd Avenue, TEDA 开发区第三大街31号
T: +86 22 2529 1111
W: eastharbourhotel.com

Tianjin Elegance Hotel 天津惠中酒店

151 deluxe rooms. Bldg. **A:** Fanglin TEDA Garden, 3rd Avenue, TEDA 开发区第三大街芳林泰达园A座
T: +86 22 5981 1111
W: elegancehotel.cn

Victory Hotel 胜利宾馆 An integral part of a 15 storey, multi-purpose development building, which is comprised of 391 hotel rooms and suites. **A:** No. 1369, Jintang Gong Lu, Tanggu District 塘沽区津塘公路1369号
T: +86 22 2534 4783
W: victoryhotel.com

Hotel Ibis Tianjin TEDA 天津泰达宜必思酒店 Featuring 222 rooms, a restaurant and a bar. **A:** No. 30, 3rd Avenue, TEDA 开发区第三大街30号
T: +86 22 5981 5100

Juchua Holiday Inn 巨川假日酒店 Located in the central area of Tanggu Foreign Commodity Market space, it has modern and comfortable guestrooms of various types. **A:** No. 4, Jiefang Lu, Tanggu District 塘沽区解放路4号
T: +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. **A:** No. 1661, Xingang Erhao Lu, Tanggu District 塘沽区新港二二路1661号
T: +86 22 2578 9999

Zhongtai Hotel 中泰酒店 Located in the famous Bohai Bay, about 170 various guest rooms. **A:** No. 588, Heping Lu, Tanggu District 塘沽区和平路588号
T: +86 22 6527 1788
W: zhongtaihotel.com

Art Galleries

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. **A:** No. 39, Huanghai Lu, TEDA 开发区黄海路39号
T: +86 22 5982 9590

Cinemas

CGV 星星国际影城 Features 8 modern movie halls, which can hold about 2000 people. **A:** 3-4F, No. 29 ShiShangDong Lu, TEDA 开发区时尚东路29号3-4层
T: +86 22 5985 7333

Hongtai Movie City 鸿泰影城 It has 8 luxurious screening rooms and comfortable seating providing high-level viewing. **A:** 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
T: +86 22 6622 0886

Libraries

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 area for children



collections of Chinese books, e-documents, a lecture hall, multimedia AV room, music salon, and individual music AV. 09:00-22:00. **A:** No. 21, Hongda Jie, TEDA 开发区宏达街21号
T: +86 22 2520 3122
W: tedala.gov.cn

Parks

Binhai Aircraft Carrier Theme Park 滨海航母主题公园 A military theme park featuring all sorts of adventure. 09:00-17:00. **A:** Ba Gua Tan, Yingcheng Zhen, Hangu District 汉沽区营城镇八卦滩
T: +86 22 5991 8888 / 8007
E: binhaipark@163.com
W: 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. **A:** 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. **A:** 4th Avenue, TEDA 开发区第四大街

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

Education

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

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. **A:** No. 72, 3rd Avenue, TEDA 开发区第三大街72号
T: +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. **A:** No. 71, 3rd Avenue, TEDA 开发区第三大街71号
T: +86 22 6200 1920
W: tianjin.mapleleaf.net.cn

Tianjin GEMS World Academy 天津杰美国际学校 International School following a total English language instructed curriculum adhering to the rigorous holistic programme defined by the IBO. **A:** Unit 3-307, TEDA MSD Block C 79 1st Avenue, TEDA 天津开发区第一大街79号泰达MSD-C区3-307
T: +86 22 6622 7888

University

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

Exhibition Centres

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

Real Estate

Ane Househunting & Consultancy 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. 09:00-18:00. **A:** Fanglin TEDA Garden, No. 3, Hongda Jie, TEDA 开发区宏达街3号芳林泰达园
T: +86 22 6629 2345

Century Home Service 天津世嘉房地产顾问有限公司 Established in 1998, it is the pioneering supplier for real estate service in Tianjin Binhai New Area. 09:00-18:00. **A:** Bldg. E7, A503 Room, 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
T: +86 22 6623 9596
W: 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. 09:00-18:00. **A:** 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
T: +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. 08:30-18:00. **A:** 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
T: +86 22 6629 2233

Travel Agencies

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

Department Stores & Shopping Malls

AEON Mall 永旺梦乐城购物中心 A shopping mall with various shops, restaurants, and entertainment facilities. **A:** No. 29 ShiShangDong Lu, TEDA 开发区时尚东路29号
T: +86 22 5985 7000

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

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

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

Juchuan Jin Hai'an Building 巨川金海岸 A comprehensive multi-purpose building with shopping and dining facilities. **A:** 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 multipurpose mall. **A:** No. 32, 3rd Avenue, TEDA 开发区第三大街32号
T: +86 22 6622 0886

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

Supermarkets

E-Mart Supercenter 易买得超市 Korean supermarket selling Chinese and imported products. 08:00-22:00. **A:** 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
T: +86 22 5982 1234
W: e-mart.com.cn

JUSCO TEDA 佳世客 Japanese supermarket where you can buy BBQ and other products at a competitive price. 10:00-22:00. **A:** 1-2F No. 29 Shishang Dong Lu, TEDA 开发区时尚东路29号1-2层
T: +86 22 5986 1088

Jia Shun Supermarket 佳顺自选店 Good selection of imported wines, alcohol and pasta. 08:00-22:00. **A:** 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
T: +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. 08:30-17:00. **A:** 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
T: +86 22 6200 3688

Opus Food & Wine Cellar 欧宝酒苑 Selection of imported foods, alcohol and wine. 09:00-22:00. **A:** 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
T: +86 22 5981 5646

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

Golf Clubs

Tianjin Warner International Golf Club 天津华纳高尔夫俱乐部 18-hole course with wide fairways. Reservation is recommended for visitors. 00:60-22:00. **A:** No. 1, Nanhai Lu, TEDA 开发区南海路1号
T: +86 22 2532 6009
W: 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. 06:00-23:00. **A:** 2F, Renaissance Tianjin TEDA Hotel & Convention Centre, No. 29, 2nd Avenue, TEDA 开发区第二大街29号天津万丽泰达酒店及会议中心2层
T: +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. 06:00-22:00. **A:** 15F, Holiday Inn Tianjin Binhai, No. 86, 1st Avenue, TEDA 开发区第一大街86号天津滨海假日酒店15层
T: +86 22 6628 3388 ext. 2960

Outdoor Clubs

Tianjin Freetrek Outdoor Sports Club 天津自由户外俱乐部 Offers customised trekking tours, trips to fantastic places in China, and weekend trips to areas surrounding Tianjin. Also offers equipment and clothing for trekking. 09:00-20:00. **A:** No. 1038, Jintang Gong Lu, Tanggu District 塘沽区津塘公路1038号
T: +86 22 2582 9366
W: freetrek.net

Polo Clubs

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. **A:** No. 16 Hai Tai Hua Ke Jiu Lu, Bin Hai Gao Xin Qu, Tianjin 天津滨海新区海泰华科九路16号
T: +86 22 8373 8888

Include your company info in our Listing Index!
Email listings@tianjinplus.com.

Yinchuan

Once Upon a Time in the West

Text and photos by Jeremy Koh

The sky was gloomy and overcast as the wind swept through the barren landscape and desolate ruins. I slowly made my way up the slope towards an arch where a gate used to stand. All this while, the flags on top the crumbling walls of the fort fluttered in the wind as if responding to some ancient call to battle.

On the other side of the arch, four camels were at rest, harnessed up and ready to go at a second's notice. I made my way towards them, but hang on, what's that gigantic skeleton I see in the distance? It looks like the remains of a dinosaur...

Sounds like I'm on a movie set? This is because I really was. Yinchuan's China West Film Studio (also known as Zhenbei Western Film Studio) is one of the three biggest film studios in China and the most famous film studio in Western China.

However, the fort and the ruins that I was describing were not purpose-built for some motion picture. They are the remains of two ancient forts at the foot of Helan Mountain that were destroyed by a massive earthquake.

Since the early 1990s, the forts have been used as the setting for numerous movies and television series set in ancient times. Besides the forts, the film studio also contains recreations of ancient streets and buildings.

My friend and I spent the better part of a day wandering through the studio's phoney classrooms, courtyard houses, jail, and even a brothel. We also had fun dressing up as military commanders and red guards.

However, there's more to Yinchuan, the little-visited capital city of China's Ningxia Hui Autonomous Region, than the film studios. Located to the west of the Yellow River, Yinchuan is a convenient base to explore the remains of the Western Xia Dynasty, about which little is known of.

The most famous remains of the Western Xia Dynasty are the Western Xia Tombs, which are said to resemble giant scoops of ice cream melting in the desert. However, try as I might,



I failed to see them resembling anything but giant termite mounds. That, however, could be due to the fact that I only saw one of the tombs up close. The other tombs were located more than an hour's walk away.

But even though they were not a visual spectacle (for me, at least), the tombs are of much historical significance. Dubbed the "Pyramids of China", researchers hope the site will yield clues on the mysterious Western Xia dynasty, which suffered from devastating destruction by Mongol troops in AD1227, and lost most of its written records and architecture.

Slightly further afield, and predating the Western Xia Tombs by several millennia, are the rock carvings at Helan Shan (Mountain). The carvings were allegedly produced between 3,000 and 10,000 years ago, thus representing the earliest Chinese cultures and civilisations.

Though many of the carvings are relatively primitive and abstract, or even alien-like, they are fantastic in their detail and their degree of preservation. Besides carvings depicting

daily rituals like hunting, pasturing and dancing, images of animals like goats, cows and tigers, as well as many unknown symbols were also carved on the rocks.

The meanings of the engravings, however, remain speculative. Some experts have attached shamanic significance to them, while others suggest they were merely a portrayal of life on the steppes.

Despite the historical value of these sites, Yinchuan is not exactly a tourism hotspot. Though that could soon change, as plans are afoot to build Ningxia Province into an international destination targeting tourists from Arab States and Muslim regions. After all, Ningxia is the designated homeland for Hui Muslims.

Until that happens, enjoy Ningxia's raw beauty and solitude while it lasts.

Getting there:

You can fly to Yinchuan from Tianjin on Tianjin Airlines. Discounted fares start from around CNY650. Alternatively, Yinchuan can be reached by a 13-hour train journey from Beijing West train station.

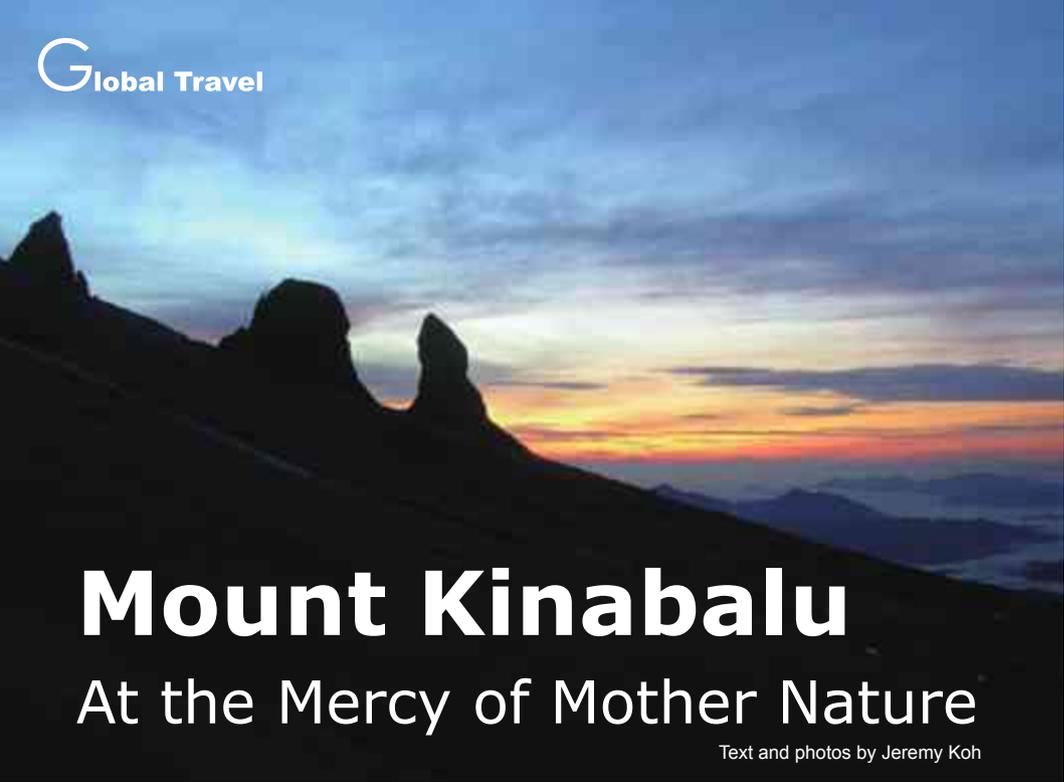
Accommodation:

Stay in or around the Old City centre for convenient access to food and shopping. Check out <http://hotels.english.ctrip.com> for the range of accommodations available.

Tips:

Yinchuan is windy, dry and sandy so bring your sunglasses and hat. The best time to visit is from May to October.





Mount Kinabalu

At the Mercy of Mother Nature

Text and photos by Jeremy Koh

Two of my teammates have dropped out. My head was splitting from a pounding headache. I was cold, and my breathing was laboured. At 4am, salvation looked a long way away. Nonetheless I continued plodding on in the hope of reaching where I had failed to reach before.

My first attempt to summit Malaysia's Mount Kinabalu, one of Southeast Asia's tallest peaks at 4095 metres, failed due to gale-force winds buffeting the summit. So slightly more than a year after the first attempt, I made another attempt to reach the top of the mountain with an entirely different group.

The first part of the climb up to Laban Rata guesthouse at 3000 metres was relatively straightforward. Imagine exercising on a stairmaster for a few hours, and that's how the

experience felt like. However, roughly two hours into the climb, the clouds darkened and torrential rains broke out.

I thought to myself, this is bad, really bad. My first climb was aborted due to inclement weather, and it seemed like the second attempt was not going to work out either. The path ahead had turned into a raging stream. Visibility had dropped to just a few metres.

However, we continued plodding on. No one was talking anymore but we pushed on determinedly. Slowly, we emerged from the rainforest into the upper montane zones where the trees are stunted and covered by moss and then into the subalpine meadow zones where the trees are gnarled. I knew then that Laban Rata wasn't far away. Though soaked through by the rain, my spirits

lifted considerably.

Some six hours after we started our climb, we finally arrived at Laban Rata, our resting place for the night. After some hot drinks, we quickly got out of our wet clothes and spread them across the hut in an attempt to dry them before our climb the next morning.

The temperature outside was only 7°C. Our hut was unheated and there were missing window panes, causing the cold air to swirl around our room. I decided to go to bed early as I had a headache and felt terrible. Watching the sun set with its brilliant show of reds, pinks and oranges through the window, I slowly drifted off to sleep.

The next thing I heard was the sound of alarms going off at around 1am. We were about to make our final push to the summit. Putting on all my wet

clothes once again, I was thrilled that the summit of Mount Kinabalu was now within reach.

But barely thirty minutes into the climb, one of my teammates decided to turn back. She was suffering from a slight fever. Now left with a team of seven, our spirits were slightly dampened, but we continued plodding on with only the moonlight and our torches to illuminate the path ahead.

Soon, there were no more trees,

just bare rock. Ahead of us – a long line of climbers. At some points, we had to clamber on our hands and feet up a boulder of rocks. Just one kilometre away from the summit, another of my teammates decided to give up and head back. He complained that he couldn't breathe and he was feeling dizzy.

My head was starting to pound again. Every step was like running a marathon. Turning back seemed an easy, almost

attractive option. However, I decided to persevere. The hours went by. Soon, the sun started coming up over the horizon, layering the sky with hues of turquoise and cobalt. The whole of Borneo lay before us. We saw the steep slopes we came up from. It was an exhilarating sight.

However, we were not yet on the summit. It looked tantalisingly close, almost like a mirage in the desert. Sprinting towards it, however, was not an option because of the thin air at such an altitude. With heavy steps, we slowly made our way up as we passed climbers who were making their way back to base.

Shortly after seven in the morning, we finally arrived at the summit. It had taken many hours, one failed attempt for me, and we all wanted to savour the moment, but our time on the summit was short-lived. Barely ten minutes after we arrived, our guide told us to start our descent. A collective groan arose.



Getting there:

Fly to Hong Kong, Kuala Lumpur, or Singapore from where you can hop on one of several budget flights to Kota Kinabalu, a city that's only a two hours' drive away from the base of Mount Kinabalu.

Accommodation:

All climbers must stay overnight at one of the huts at Laban Rata, the resting point before the final push for the summit. However, places are limited, so settle your accommodation at Laban Rata as early as possible, as that will ultimately determine when your climb will take place.

Tips:

Mount Kinabalu is high enough to cause altitude sickness, so familiarise yourself with the symptoms and watch out for them. Also, prepare warm clothes for the pre-dawn push to the summit as temperatures are only just above freezing despite the mountain's proximity to the equator.

Map:





Haihe River Cruise

海河游轮 hǎi hé yóu lún

Haihe River Cruise has opened on 8 April, including a sightseeing tour, night cruise, and Bohai daily trip.

+86 22 5878 9911

🕒 Leave every hour from 09:00 to 19:00
Night Cruise: 19:30; 20:30; 21:15
Daily trip to Bohai (Tanggu): 09:30

🚆 Railway Station
Ancient Culture Street
Temple of Great Compassion



Former Residence of Liang Qichao

梁启超故居 liáng qǐ chāo gù jū

Champion of the Chinese Bourgeoisie 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

¥ CNY 10 (Repairing)

🚆 690 (CNY 1.5-5)
27 (CNY 1.5)



Temple of Compassion

大悲禅院 dà bēi chán yuàn

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

¥ CNY 5

🚆 904 (CNY 1.5)
863 (CNY 1.5)
878 (CNY 2)



The Observation Wheel Tianjin Eye

天津之眼摩天轮

tiān jīn zhī yǎn mó tiān lún

The world's only gigantic Ferris wheel built over a bridge. With a 110-metre diameter, 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

🕒 Tue-Sun 09:30 - 21:00

¥ CNY 60

🚆 12 (CNY 1.5)
904 (CNY 1.5)



Tianjin Italian Style Town

意大利风情街 yì dà lì fēng qíng jiē

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 (CNY 1.5)
634 (CNY 1.5)
832 (CNY 2)
676 (CNY 2)



Tianjin Train Station

天津站 tiān jīn zhàn

First built in 1888 and recently refurbished this is the terminus station for the state-of-the-art Beijing-Tianjin Intercity Rail. The area around the train station is carefully 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.tjhc.com.cn

🕒 Daily

¥ Free

🚆 27 (CNY 1.5)
28 (CNY 1.5)
689 (CNY 2-3)



Binjiang Dao

滨江道 bīn jiāng dào

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 (CNY 2)
669 (CNY 1.5-3)
865 (CNY 1.5)
867 (CNY 2)
901 (CNY 2)



China House Museum

瓷房子博物馆

cí fáng zǐ bó wù guǎn

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

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

+86 22 2712 3366

🕒 Daily, 09:00 - 17:00

¥ CNY 35

🚆 865 (CNY 1.5)
863 (CNY 1.5)
681 (CNY 1.5)
606 (CNY 2)



Chinese Museum of Finance

中国金融博物馆

zhōng guó jīn róng bó wù guǎn

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

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

+86 22 2835 9685

🕒 Tue-Sun, 14:00 - 22:00

¥ CNY 10

🚆 50 (CNY 1.5)
650 (CNY 1.5)
858 (CNY 2)



Food Street

食品街 shí pǐn jiē

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

🕒 Daily, 24h

¥ Free

🚆 606 (CNY 2)
634 (CNY 1.5)
659 (CNY 2-6)
675 (CNY 2)



Garden of Serenity

静园 jìng yuán

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

+86 22 2731 1618

🕒 Tue-Sun, 08:30-16:30

¥ CNY 20

🚆 865 (CNY 1.5)
840 (CNY 1.5)
643 (CNY 1.5)
50 (CNY 1.5)



Golden Street (Heping Lu)

金街 (和平路) jīn jiē (hé píng lù)

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

🕒 Daily

¥ Free

🚆 50 (CNY 1.5-2)
593 (CNY 2)



Tianjin Western Art Gallery

西洋美术馆 xī yáng měi shù guǎn

The first western art gallery in China themed by international art exhibition and communication, is a French style architecture with a history of hundreds of years.

📍 No. 77, Jiefang Bei Lu, Heping District 和平区解放北路77号

☎ +86 22 2330 3255

🕒 09:30-16:30

🚌 35(CNY 1.5)

902(CNY 1.5)



Jin Wan Plaza

天津湾广场

tiān jīn wān guǎng chǎng

A square for entertainment. Shopping, dining and movies are available in an outstanding setting facing the river, facing train station, also next to one of Tianjin's architectural pinnacles, Jiefang Bridge.

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

🕒 Daily

¥ Free

🚌 50 (CNY 1.5)

650 (CNY 1.5)

13 (CNY 1)

858 (CNY 2)



Shenyang Antiques Market

沈阳道古物市场

shěn yáng dào gǔ wù shì chǎng

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 (CNY 1.5)



St. Joseph's Cathedral

西开教堂 xī kāi jiāo táng

Constructed in 1917 by French missionaries, today it is 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 (CNY 1.5)

901(CNY 2)

865 (CNY 1.5)



Natural History Museum

自然博物馆 zì rán bó wù guǎn

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

¥ CNY 20

🚌 95 (CNY 1.5-2)

855 (CNY 1.5)

14 (CNY 1.5)



Tianjin Museum

天津博物馆 tiān jīn bó wù guǎn

A vast collection of ancient Chinese fine art, 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.tjwbg.com

🕒 Tue-Sun, 09:00 - 16:30

¥ Free

🚌 619 (CNY 1.5)

800 (CNY 2)

912 (CNY 1.5)

NEW



Yangliuqing Wood-block New Year Pictures Museum

杨柳青木版年画博物馆

yáng liǔ qīng mù bǎn nián huà bó wù guǎn

Located in downtown Tianjin, the Yangliuqing Wood-block New Year Pictures Museum is a symbol of preservation of this cultural heritage and houses some of the greatest wood-block paintings and templates of all time.

📍 No. 111, Sanheli, Tonglou Area, Hexi District 河西区佟楼三合里111号

☎ +86 22 2837 8718

🕒 9:00-16:30(except for Mondays)



Tianjin TV Tower

天塔 tiān tǎ

At 415.2m, this is the second highest tower in Asia and fourth in the world. The rotating restaurant and viewing hall on top allow a great bird's eye view of 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

¥ CNY 50, CNY 118 (meal included)

🚌 859 (CNY 1.5)

832 (CNY 2)

628 (CNY 1.5)

686 (CNY 1.5)



Wu Da Dao

五大道 wǔ dà dào

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 Chengdu Dao, Hexi District 河西区成都道, 重庆道, 大理道, 睦南道, 马场道

🕒 Daily ¥ Free

🚌 951 (CNY 1.5)

906 (CNY 2)

685 (CNY 1.5)

13 (CNY 1)

🚶 Exit at Xiao Bai Lou



Ancient Culture Street

古文化街 gǔ wén huà jiē

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 (CNY 1.5)

609 (CNY 1.5)

681 (CNY 1.5)

693 (CNY 1.5)



Tianjin Culture Centre

天津文化中心

tiān jīn wén huà zhōng xīn

As the largest urban "Reception Room", Tianjin Culture Centre is monumental and outstanding. It includes Tianjin Museum, Tianjin Art Gallery, Tianjin Library, Tianjin Grand Theatre, Galaxy Shopping Mall and Sunshine Park.

📍 Tianjin Culture Centre, Yuexiu Lu, Hexi District 河西区越秀路天津文化中心

☎ +86 22 8388 2000



Drum Tower

鼓楼 gǔ lóu

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 (CNY 1.5)

675 (CNY 2)

642 (CNY 1.5)

634 (CNY 1.5)



Queen of Heaven Temple
天后宫 tiān hòu gōng

One of the three Mazu Temples in the world, paying 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

¥ 6

🚌 836 (CNY 1.5)
609 (CNY 1.5)
681 (CNY 1.5)
693 (CNY 1.5)



Hila City
希乐城 xī lè chéng

The best place for children to experience different occupations. Kids can come with parents to enjoy real fun!

🏠 Crossing of Fujing Dao and Wanhui Lu, Xiqing District

西青区阜锦道与万卉路交口(曹庄花卉市场内)

🕒 400-812-6622



Water Park
水上公园 shuǐ shàng gōng yuán

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

🌐 www.tjwaterpark.com.cn

🕒 Daily, 06:00-19:00 ¥ Free

🚌 685 (CNY 1.5)
879 (CNY 1.5)
12 (CNY 1.5)



Guyi Street
估衣街 gū yī jiē

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 businesses.

🏠 Guyi Jie, Hongqiao District
红桥区估衣街

🕒 Daily

¥ Free

🚌 161 (CNY 6)
37 (CNY 1.5-2)
906 (CNY 2)

Tianjin's Attractions
Nankai, Hongqiao



The Triumph Kingdom Park
凯旋王国 kǎi xuán wáng guó

In the Triumph Kingdom, the best recreational facility should be the U-shaped roller coaster which is designed by a famous International recreational facility supplier from Switzerland, and it ranks number one in the whole world.

🏠 Beside No.104 Guodao, Wuqing District 武清区境内104国道旁

☎ +86 22 6099 5715



Florentia Village
佛罗伦萨小镇小镇

fú luó lún sà xiǎo zhèn

The replica of Florence in Italy, with lots of top-class international brands and beautiful scenery here, which attracts people to come!

🏠 North side of Qianjin Dao, Wuqing District 武清区前进道北侧

☎ +86 22 5969 8000

Tianjin's Attractions
Hedong, Baodi, Hangu, Tanggu



Tianjin Polar Ocean World
天津极地海洋世界

tiān jīn jí dì hǎi yáng shì jiè

A brand new, modern Aquarium in the Binhai New Area. It is an experience for both young and old who like marine life both above and below the water.

🏠 No. 61, CBD of Xiangluowan, Binhai New Area, Tianjin 天津滨海新区响螺湾商务区61号

☎ +86 22 2538 7156

🕒 Mon-Fir 09:00-16:30

Sat-Sun 09:00-18:00

¥ CNY 160 per adult, CNY 80 per child (height from 1.2 to 1.4 meter)
CNY 70 per elder who is over 65 years old, Free for the child below 1.2 meter.



Jade Buddha Museum

玉佛宫 yù fó gōng

Considered China's jade treasury with its display of unearthed priceless treasures of jade Buddha sculptures and artifacts, most of which are believed to be from 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

¥ CNY 260



Binhai Aircraft Carrier Theme Park

滨海航母主题公园
bīn hǎi háng mǔ zhǔ tí gōng yuán

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

🕒 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: CNY 110
Discount price: CNY 55

🚌 133 (CNY 4.5)



Dagu Fort
大沽炮台 dà gū pào tái

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

¥ CNY 10

🚌 936 (CNY 1.5)



Tanggu Bund
塘沽外滩 táng gū wài tān

Part of the project to invigorate Haihe River in Tanggu District, offers it 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

¥ CNY 25

🚌 151 (05:15-18:00 CNY 5)

🚇 (Zhong Shan Men):

Exit at Yanghuo Market (Tanggu)
5CNY and then take 834 or 108

🚇 (Tanggu): 834 (CNY 1.5)
108 (CNY 1.5)



Tanggu Museum
塘沽博物馆 táng gū bó wù guǎn

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

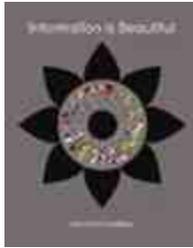
🚌 151 (CNY 5)

621 (CNY 6)

🚇 (Zhong Shan Men):

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5CNY and then take 834 or 108

David McCandless - Information is Beautiful



David McCandless' *Information is Beautiful* is an artsy visual guide to the way the world really works. Every day, every hour, and even every minute we are bombarded by information from different portals – from the internet, television, newspapers, etc. – we're steeped in them, maybe even lost in them. We need a new way to relate to them and discover the beauty and the fun of information. No dry facts, theories or statistics. Instead, *Information is Beautiful* contains visually stunning displays of information from graphs, pie charts or flow charts that blend the facts with their connections, their context and their relationships, making information meaningful, entertaining and truly beautiful.

This is information like you have never seen it before - keeping text to a minimum and using unique visuals that offer a blueprint of modern life - a map of beautiful colour illustrations that are tactile to hold and easy to flick through but intriguing and engaging enough to study for hours. Presenting all sorts of information from the profound to the trivial, *Information is Beautiful* is indeed an endlessly fascinating book.

David McCandless: *Information is Beautiful*
Hardcover, English

Pin your interest at Pinterest!

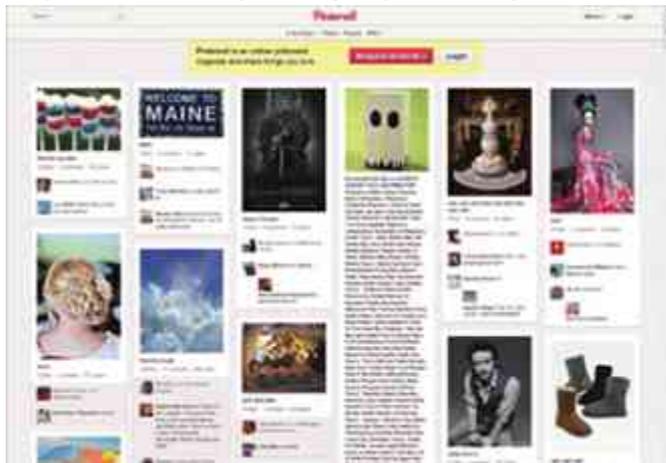
Creative, functional, and inspiring...that is Pinterest!

With a chockfull of artistic and colourful images, it is easy to see why www.pinterest.com is considered as the fastest growing social services site in the world. *Pinterest* is a pinboard-style social photo sharing website that allows users to manage and create theme-based image collections from a wide variety of interests like architecture, art, cars and motorcycles, designs, fashion, crafts, education, film, music, fitness, photography, travel and so many more. *Pinterest* users can upload, save, sort and manage images, known as pins, and other media content through collections known as pinboards.

For functionality, pinboards are generally themed so that pins can easily be organised, categorised and discovered by other users. The site generally acts as a personalised media platform, whereby your own content as well as anyone else's uploaded pins can be browsed on the main page. Users can then save their favourite pins to one of their own boards using the "Pin It" button and can also post event invites and display their thoughts through artistic images and photos. Aside from posting, users can also browse other pinboards for inspiration, 're-pin' images to their own collections and/or 'like' photos.

With the mission to "connect everyone in the world through the 'things' they find interesting", the site becomes a global platform of inspiration and idea sharing and also allows its users to share 'pins' on other social networking sites like Twitter and Facebook, therefore allowing users to share and interact to a broad community.

Launched in March 2010 and listed as Time Magazine's 50 best websites of 2011, Pinterest also won Webby Awards of 2012 as Best Social Media App and People's Voice Award for best functioning visual design. So what are you waiting for, log on to Pinterest and pin your way!



Country

Rascal Flatts - Changed



Best known for their slick sound and harmonious singing, Rascal Flatts is back with their eighth album, *Changed*. Sticking with their accustomed formula of irresistible mix of easy melodies, great stories, and well-polished production; *Changed* consists of 11 tracks and opens with the title track, a poignant song that talks about redemption, easily magnifying the band's superb vocals and instrumental prowess. The upbeat *Hot in Here* is a perfect radio tune with its catchy and fun melody. Other noteworthy tracks are *Hurry Baby*, *She's Leaving*, *Sunrise* and the melancholic *Come Wake Me Up*, and *Let It Hurt*. Wrapping up the entire album is a stellar vocal performance of *A Little Home*. With *Changed*, Rascal Flatts has proven once again why they are the most awarded band in the country music genre this decade.

US - Marvel's The Avengers



Genre: Action and Adventure, Fantasy, Science Fiction
Casts: Robert Downey Jr., Samuel L. Jackson, Chris Hemsworth, Chris Evans, Scarlett Johansson, Mark Ruffalo
Director: Joss Whedon
Marvel Studios presents *Marvel's The Avengers*, the super hero team up of a lifetime. Featuring iconic Marvel Super Heroes Iron Man, The Incredible Hulk, Thor, Captain America, Hawkeye and Black Widow; The Avengers lives up to its hype with superfluous superpower action with a touch of superheroes' inevitable humanity. When an unexpected enemy emerges that threatens global security and safety, Nick Fury (Samuel L. Jackson), Director of the International Peacekeeping Agency known as S.H.I.E.L.D., searches for the best team to pull the world back from the brink of disaster. Spanning the globe, an audacious recruitment effort begins.

Random Facts from Cyberspace

Interesting or not, facts sprout in Twitter. Sometimes it's best to go with randomness, like ...

- Our population grew by another 95 people since you started reading this. -@thegooglefact
- A survey found that one in five women have ended a relationship because their significant other was too busy playing video games. -@Uberfacts
- Smiling releases endorphins and makes you feel better, even if it is faked. -@FactHive
- Venus is the only planet that rotates clockwise. -@OMGFacts
- No matter what your cultural background is, if you sob, scream, or growl, most others are likely to know what you mean. -@FactorsDie
- In 1985, the most popular waist size for men's pants was 32. In 2003, it was 36. -@DamnRightTweets
- There are three things the human brain cannot resist noticing, they are food, attractive people, and danger. -@thegooglefact
- Dieting raises levels of hormones that stimulate appetite, causing your brain to magnify food craving. -@UberFacts
- We can only dream of faces we've seen in the past, whether we actively remember them or not. The brain cannot invent these. -@Uberfacts
- Elephants are among the most emotional creatures in the world. They have been known to rescue other animals, such as trapped dogs. -@thegooglefact

International Flights 国际航班

From Beijing

To Beijing

DEST	DEP	ARR	Flight No.	Days	ORIGIN	DEP	ARR	Flight No.	Days
	11:50	15:10	KE2852	1234567		09:30	10:35	KE2851	1234567
Seoul *	13:20	16:20	KE856	1.3.5.7	Seoul *	11:05	12:10	KE855	1.3.5.7
	21:15	00:10+1	KE854	1234567		19:00	20:05	KE853	1234567

From Tianjin

To Tianjin

DEST	DEP	ARR	Flight No.	Days	ORIGIN	DEP	ARR	Flight No.	Days
	11:10	14:00	KE806	1234567		09:20	10:10	KE805	1234567
Seoul *	15:20	18:05	KE864	1234567	Seoul *	13:20	14:10	KE863	1234567

* The summer extra flights KE863/KE864 are operated between 28 May - 27 Oct, 2012.
Flights from Beijing/Tianjin to Seoul, from Seoul to Beijing/Tianjin provided by Korean Air.
Schedules are subject to government approval and may be changed without prior notice.



From Beijing

To Beijing

DEST	DEP	ARR	Flight No.	Days	ORIGIN	DEP	ARR	Flight No.	Days
Istanbul *	23:55	05:25	TK21	1234567	Istanbul *	00:35	14:00	TK20	1234567

* Flights from Beijing to Istanbul, from Istanbul to Beijing provided by Turkish Air.
Schedules are subject to government approval and may be changed without prior notice.



Tianjin ↔ Beijing Train 天津↔北京 火车

Tianjin - Beijing South			Beijing South - Tianjin		
Bullet (C) Train			Bullet (C) Train		
Train	Depart	Arrive	Train	Depart	Arrive
C2002	06:25	06:55	C2001	06:35	07:05
C2094	22:45	23:15	C2093	23:00	23:30

Tanggu - Beijing South			Beijing South - Tanggu		
Train	Depart	Arrive	Train	Depart	Arrive
C2272	08:33	09:25	C2271	07:20	08:14
C2290	19:59	20:53	C2289	18:50	19:44

Wuqing - Beijing South			Beijing South - Wuqing		
Train	Depart	Arrive	Train	Depart	Arrive
C2202	06:53	07:18	C2201	06:45	07:07
C2232	20:43	21:08	C2231	21:15	21:37

Foreigners must present their passport to avail the train service.

Beijing-Tianjin Bullet (C) Train Ticket Price:
First class: CNY 66
Second class: CNY 55

Beijing-Tanggu Bullet (C) Train Ticket Price:
First class: CNY 80
Second class: CNY 66

Call +86 22 6053 6053 for details.



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Origin	Destination	Flight	Departure	Arrival	Day
Incheon	Tianjin	KE805	09:20	10:10	Daily
Incheon	Tianjin	KE851	13:20	14:10	Daily
Tianjin	Incheon	KE806	11:10	12:00	Daily
Tianjin	Incheon	KE854	15:20	16:00	Daily

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Transportation >>> Light rail, subway, taxi, bus



Tianjin Taxi 出租车

km	3	4	5	6	7	8	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 天津-北京 机场班车 Bus

¥ 80 (one way)

Tianjin - Beijing Airport Terminals 2/3 → **Beijing Airport Terminals 2/3 - Tianjin**

⌚ 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

⌚ 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 泰达-北京 机场班车 Bus

¥ 90 (one way)

TEDA - Beijing Airport Terminals 2/3 → **Beijing Airport Terminals 2/3 - TEDA**

⌚ 06:30-19:30, runs every hour

🏠 1st Avenue, TEDA
开发区第一大街

☎ +86 22 6620 5188

⌚ 10:00-22:00, runs every hour

🏠 Exit on the 1st floor at Gate 11/
Terminal 2 and Gate3/Terminal 3

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Aries
3.21 - 4.19

The security you're seeking will come soon. However, this requires a couple of adjustments in your lifestyle.

You should know that the choices you make now will eventually shape your future. Live with no regrets, dream big, and teach yourself the real meaning of discipline.



Taurus
4.20 - 5.20

Relationships matter. Your need to relate to others in a deeper way is shown this month. Life ebbs and flows but there are some precious people whose friendship you must nurture. You should know who they are by now. Also, make sure your finances are handled well. Don't overspend.



Cancer
6.21 - 7.22

Instead of focusing on what you don't have in your life, why don't you start being grateful and count the ways in which you have been blessed? You'll be tempted to complain about some things this month but this will only drain you. Again, be grateful and count your blessings.



Leo
7.23 - 8.22

From last month's self-reflection comes the new self that is ready to walk your destined path. Your intelligence and good nature will create endless opportunities which, if planned well, will provide a future you previously could only dream about. Don't lose hope.



Virgo
8.23 - 9.22

Caring too much about others has seen you begin to forget about yourself. A balance and re-orientation is needed and this can only be done if your priorities are set right. What do you really need? Listen to yourself and never neglect nourishment for your spirit and soul.

June Horoscope



Gemini
5.21 - 6.20

A shift in your financial situation happens this month, but this may also bring about a dilemma that can only be dealt with through careful planning and clear vision for what the future holds. You are the master of your destiny. Take hold of what you have and never stop believing.



Libra
9.23 - 10.22

A great amount of work will be accomplished this month, so treating yourself should be high on your to-do list. A tension sprouts at home, and you need to nip it in the bud before it grows uncontrollably big. Listen to others without judging and give advice without sounding righteous.



Capricorn
12.22 - 1.19

Be careful with communication. Though you may feel that you understand yourself pretty well, others may not. This will create communication gap so it's best that you think through your words carefully before speaking. June presents wonderful surprises so be ready with your gratitude basket.



Scorpio
10.23 - 11.21

You seek a greater degree of commitment with your special someone and this could be achieved as trust is built day in and day out. Love another so that you may be selfless, nourishing, alive and happy; not the other way around.



Aquarius
1.20 - 2.18

An understanding of your past finally helps you move towards a better understanding of yourself. This is good for you and those around you. Truth is, you are maturing and growing and with this comes an abounding love for life and all experiences it brings.



Sagittarius
11.22 - 12.21

A time of change comes and whether you are ready for it or not, you have to stand by the choices you make. You should know that worrying doesn't help one single bit, so brush the concerns off and show courage. At the same time, be a source of encouragement to others who are going through some difficulties.



Pisces
2.19 - 3.20

Prepare yourself for ups and downs as you'll get many of them this month. Difficult days may get you down but let them teach you the great lessons of life – perseverance, faith, and hard work. Never give up on what truly matters in your heart.



Above It All

Refresh, Renew, Revitalise at Tianjin Arcadia Court

Tianjin Arcadia Court, located within Tianjin Kerry Centre, is an exquisitely designed residential project with a 70 year Land Right Title. It is located in the prime area of the CBD commercial circle on the east shore of the Haihe River, and has a fantastic view of the gorgeous Haihe River scenery. The exhibition centre was opened in May and the project has received high praise from the media, people in real estate, as well as property buyers.

Tianjin Arcadia Court covers an area of around 180,000 square meters. It comprises of three 200 meter high-rise buildings facing the Haihe River, and contains approximately 1,126 well appointed units. Surrounded by various living facilities as well as an excellent transportation network, Tianjin Arcadia Court is designed to meet the ever growing demands and requirements of modern, urban family life. Furthermore, through its direct and convenient connection to Metro Line 9, residents are only one stop away from the Tianjin Railway Station, with an easy transfer from there to Metro Lines 2 & 3. Tianjin Arcadia Court is also in close proximity to Daguangming Bridge, Jinhui Bridge, Chifeng Bridge, Jiefang Bridge, etc., which provides easy access to both sides of the Haihe River. The surrounding road network also allows for convenient access to Binhai International Airport and many provincial expressways.

The area around Tianjin Arcadia Court will have the Tianjin Kerry Mall (80,000 square meters), the Shangri-la Hotel, Tianjin (90,000 square meters), the future-planned, Phase 2, Grade-A Office Building and Service Apartments, that will provide a rich and convenient mix of social, entertainment, leisure, business and shopping activities. Residents in Tianjin Arcadia Court will be spoiled for choices as it has something for everybody!

Tianjin Kerry Centre is a joint venture project by Kerry Properties Limited, Shangri-La Asia Limited and Allgreen Properties Limited. Kerry Properties has been developing properties for over 30 Years. From its inception, it has firmly stood by its core values of being 'trustworthy' and developing 'high quality' buildings. Today the company has evolved into an international properties and logistics enterprise and has several large-scale investment projects in Hong Kong and several other Asian cities. The company has a significant portfolio and an excellent reputation in the high-end properties development and management industry. It is one of the leading experts in developing the best luxury residential properties and commercial buildings in Asia Pacific.

In Mainland China, projects completed by Kerry Properties can be found in 19 cities including Beijing, Shanghai, Shenzhen, and Shenyang. The projects include offices, business centres, hotels, residential complexes and serviced apartments.

Project Address: South of crossing of Liuwei Lu, Liujing Lu, Hedong District 河东区六纬路、六经路交口南侧

Exhibition Centre Address: No. 165, Jiefang Lu, Heping District (Intersection of Baoding Road and Jiefang North Road) 和平区解放路165号 (保定道与解放北路交口)

VIP Hotline: +86 22 2339 9933

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Summer menu at Brasserie FLO



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