

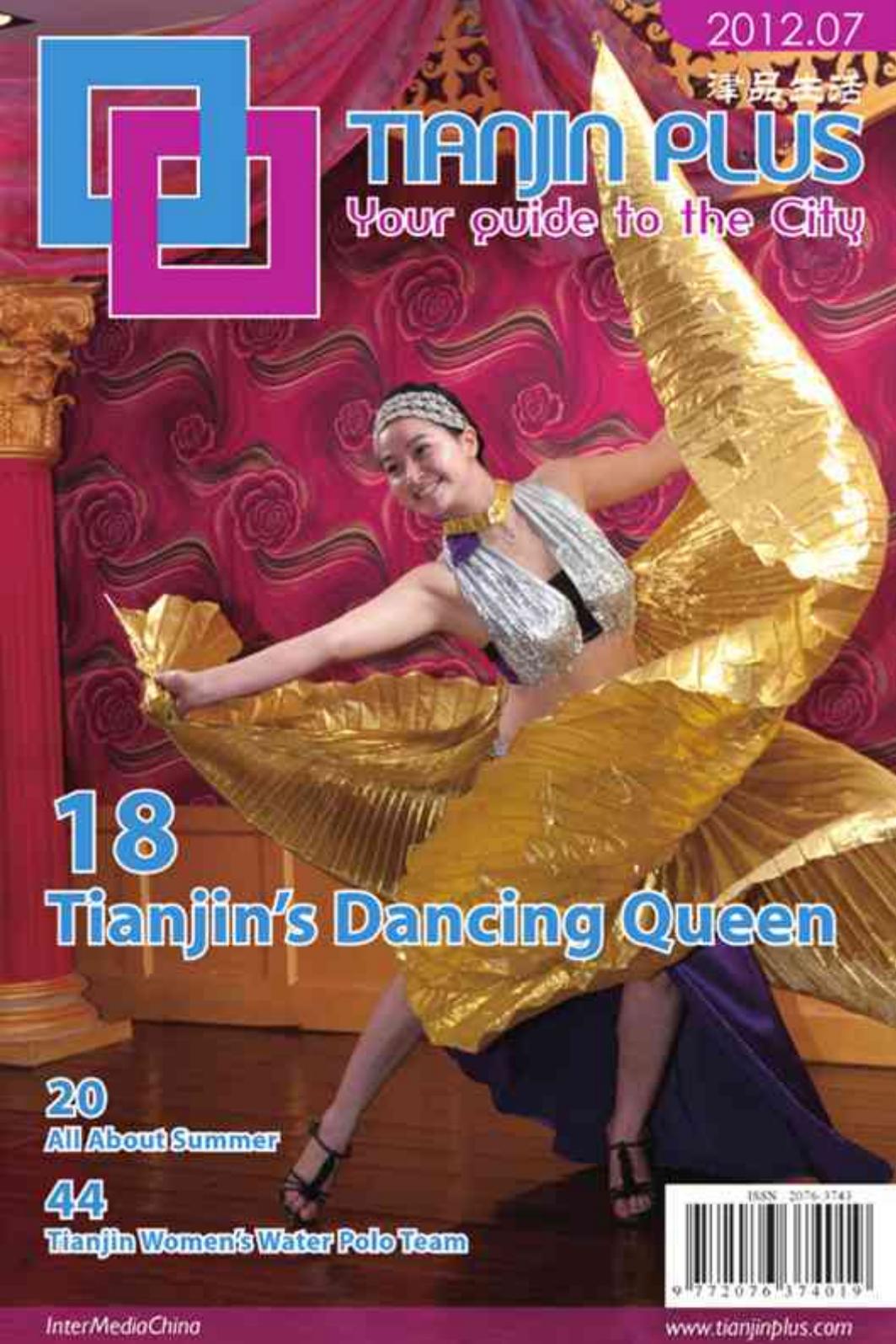
2012.07

津品生活



TIANJIN PLUS

Your guide to the City



18 Tianjin's Dancing Queen

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All About Summer

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Tianjin Women's Water Polo Team

ISSN 2076-3743



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Kevin Lee

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Summer Seafood Extravaganza @ Feast, Sheraton Tianjin Binhai Hotel

Choose from a variety of cooking styles to enjoy seafood the way you like it.

Price: CNY 248 per adult, kids (3-12 years) half price
Date: 1 July-31 August, dinner only



Oktoberfest @ Aqua Café, Aqua City

Various German delicacies will jump into your mind as soon as it comes to this beautiful country—Germany.

Price: CNY 168 **Time:** 17:30-21:30 buffet, daily



Summer Refreshing Dish @ TEDA International Club Tianjin

Green Flavor Restaurant: Iced Cherry Apple w/ Sour & Hot Sauce, Mixed Fish Meat Fillet w/ Cucumber. Seaport Chinese Restaurant: Iced Sea Crab, Stewed Silkie in a whole Coconut.

Date: 1 July-31 August, daily



Featuring Oyster

@ Fire House, Renaissance Tianjin Lakeview Hotel
Firehouse is about the best cuts of beef, the freshest seafood, and great wines. Summer is in the air and what better time to celebrate one of summer finest offerings.

Time: 11:30 to 14:00 (lunch); 17:00 to 22:00 (dinner), daily, 1-31 July



The Garden New Menu @ Hyatt Regency Jing Jin City Resort and Spa

Of special interest is the classic Peking Duck which is a signature Beijing dish with sophisticated arts of Chinese Cooking.



China Tianjin Wedding Expo

Organised by Holiday Inn Tianjin Haihe Riverside, Golden Coast Wedding Store, and 20 top wedding brands, the first ever China Tianjin Wedding Expo will be held.

Date: 28-29 July



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1x	1x	1x

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Join us for our next tasting – Australian Wines

Time: 16:00 – 18:00 p.m. Saturday July 21st, 2012
Cost: 40RMB/person – payable on entry (refundable against purchase)
Venue: 6F No. 1 Xiaguang Rd, Nankai District. (天津市南开区卫津南路曙光道1号宁泰广场6层)
RSVP: via ph/email to confirm your attendance prior to July 19th.
Phone: 4006-199-159 (8:30a.m. - 21:00p.m. Monday to Sunday)
Email: janice.zhang@milan-wines.com



2012 July Calendar

2012.07
01
SUN

EDITOR'S PICK

AmCham China, Tianjin Annual US Independence Day Celebration
美国商会天津分会
美国独立日庆典
📍 Courtyard, 18F, The St. Regis Tianjin
天津瑞吉金融街酒店18楼空中花园
🕒 16:30-20:30
¥ 100-350
☎ +86 22 5630 9999

2012.07
05
THU

EDITOR'S PICK



Taiwan Trade Fair 台湾名品展
📍 Tianjin Meijiang Convention Centre
天津梅江会展中心
☎ +86 22 8838 3311
5-8 July

2012.07
07
SAT

Korean "Bubble King" Magic Show in Tianjin
韩国“泡泡天王”魔术师天津秀泡泡魔法
📍 Tianjin Jinyan Theatre 天津津湾大剧院
¥ 50-380
☎ +86 22 2777 8571

String Quartet Concert
心灵畅想——弦乐四重奏音乐会
📍 Western Shore Art Gallery 西岸艺术馆
🕒 19:30
¥ 100
☎ +86 22 2326 3505

The Gu Zheng Recital Concert by Master Wang Zhongshan
王中山天津古筝独奏音乐会
📍 Tianjin Binhu Theatre 天津滨湖区剧院
¥ 280-380
☎ +86 22 2777 8571

MayDay No Where World Tour Tianjin Concert
2012五月天诺亚方舟天津演唱会
📍 Tianjin Olympic Sports Centre 天津奥体中心体育场(水滨)
¥ 355-1800
☎ +86 22 2777 8571

2012.07
14
SAT

EDITOR'S PICK



Harlem Globetrotters World Tour
美国哈林花式篮球2012世界巡演天津站
📍 Tianjin People's Stadium
天津市人民体育场(和平区贵州路33号)
🕒 19:30 ¥ 60-900 ☎ +86 22 2777 8571

2012.07
19
THU

EDITOR'S PICK

AmCham China, Tianjin Monthly Executive Breakfast Briefing
美国商会天津分会月例早餐
📍 The Westin Tianjin Hotel
天津威斯汀酒店
🕒 07:15-09:00
¥ 60-100
☎ amandahe@amchamchina.org

2012.07
27
FRI

EDITOR'S PICK



The Butterfly Lovers: Sheng Zhongguo and Seta Hiroko Concert
梁祝—盛中国苏芮琪小提琴名曲音乐会
📍 Concert Hall of Tianjin Grand Theatre
Tianjin Cultural Centre 天津文化中心天津大剧院音乐厅
🕒 19:30 ¥ 50-380 ☎ +86 22 8388 2000

2012.07
27
FRI



First Winoly Cup · Manchester City VS. Arsenal
首届圣殿杯英超足球挑战赛(曼城VS阿森纳)
📍 The National Stadium, Beijing 国家体育场(鸟巢)
🕒 20:00 ¥ 380-2012
☎ +86 22 2777 8571 (ticket)

2012.07
06
FRI

EDITOR'S PICK



BBC National Orchestra of Wales Concert
BBC威尔士国家交响乐团天津音乐会
📍 Concert Hall of Tianjin Grand Theatre,
Tianjin Cultural Centre
天津文化中心天津大剧院音乐厅
🕒 19:30 ¥ 180-1080 ☎ +86 22 8388 2000

2012.07
06
FRI



Ultraman Fiesta 奥特曼嘉年华
📍 Hall A, B, C, D, N2, Tianjin International Exhibition Centre
天津国际会展中心2号馆A, B, C, D厅
🕒 09:00-18:30
☎ +86 22 2801 2991
6-15 July

2012.07
12
THU

EDITOR'S PICK

TICC Coffee Mornings!
咖啡时光
📍 Costa Coffee, Magnetic Plaza
(opposite McDonalds)
南开世纪大厦Costa Coffee
☎ nac_09@hotmail.com

Concert by Chinese Guqin Masters
琴汇—中国古琴大师雅集
📍 Concert Hall of Tianjin Grand Theatre,
Tianjin Cultural Centre 天津文化中心天津大剧院音乐厅
🕒 19:30 ¥ 50-380 ☎ +86 22 8388 2000

2012.07
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FRI

Chong Qing Brass Quintet Concert
游戏的铜管乐——重庆铜管五重奏音乐会
📍 Tianjin Concert Hall 天津音乐厅
🕒 19:30
¥ 30-150
☎ +86 22 2777 8571

Large-Scaled Science Interactive Show
大型科普互动表演——韩国魔幻科学秀
📍 Tianjin Jinyan Theatre 天津津湾大剧院
🕒 19:30 ¥ 60-380 ☎ +86 22 2777 8571
13-14 July

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20
FRI

EDITOR'S PICK



Comedy Stage Play by Happy Mahua
- Join a Reactionary Faction
开心麻花爆笑舞台剧《上航船》
📍 Tianjin Binhu Theatre 天津滨湖区剧院
🕒 19:30 ¥ 60-730 ☎ +86 22 2777 8571
20-29 July

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SAT

JAM HSIAO World Tour Beijing Concert 2012
“有一种精神叫费玉清”
世界巡回演唱会—北京站
📍 Beijing Mastercard Centre
北京万事达中心
🕒 19:30
¥ 380-1280
☎ 400-610-3721

Chamber Music Concert - Charm of Audio and Video
影音魅力——室内乐电影音乐专场音乐会
📍 Western Shore Art Gallery 西岸艺术馆
🕒 20:00 ¥ 100 ☎ +86 22 2326 3505

2012.07
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SAT

EDITOR'S PICK



Tianjin Beer Festival 天津啤酒节
📍 Dongli Lake, Dongli District 东丽区东丽湖
(Bus: No. 951, 878, 12, 870, 301, 302,
Express 1, B, 901, 832, 608, 879, 648, 665)
28 July - 8 August

Special Days

- 01 July The Return of Hong Kong
- 07 July Slight Heat (Xiao Shu)
- 11 July World Population Day
- 22 July Great Heat (Da Shi)

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

The Man Behind the Music

Wray Armstrong, International Programming Director,
Tianjin Cultural Centre Grand Theatre

Text by Josh Cooper
Photos by David Lee



“ Compared to everywhere in China - ours is the best! I don't know anywhere in the world, not just in China, which has this kind of cultural centre of the city all in one place. The government and planners have been very smart here. ”

Tianjin Plus is proud of having the opportunity to interview Mr. Wray Armstrong to get an insight into this talented individual's life and work. Wray, who is currently the International Programming Director at Tianjin Cultural Centre Grand Theatre (TCCGT), has had an incredible career on the international music scene. His list of achievements to date is outstanding. He has been involved in a number of big events in China and around the world. Some of his key positions to this date include:

1978-1991: Artistic Administrator-> Managing Director in Toronto Symphony Orchestra.

1991-1999: Head of European office of ICM Artists, London UK.

1999-2008: Director of the Conductor and Instrumentalists Division of IMG Artists.

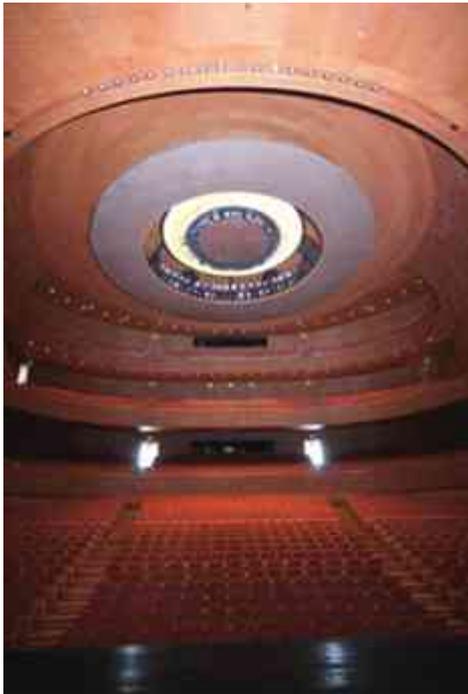
2011-present: Global Consultant for Czech Philharmonic Orchestra.

How long have you been involved in artist representation? I started in 1976, in Ottawa, Canada. I later went to work as Artistic Manager for Toronto Symphony Orchestra- which is like Programming Manager. Then for 5 years I was the Managing Director. I moved to London in 1991 and that was when I became deeply involved in artist management.

What made you decide to take this post at Tianjin Cultural Centre Grand Theatre? Tell us a little about the TCCGT. I moved to China 3 years ago and initially worked independently. I was recommended to the team at TCCGT as an expert for international projects. The opportunity was fantastic- I remember feeling like a 'kid in a candy store' because this grand theatre has everything I could want to work with. There are so many theatres in the West that would be envious of its facilities!

The TCCGT has been open to the public since April. How is business right now? I think it's fantastic. It's incredible that it was constructed so quickly given the complexity involved in assembling the TCCGT's equipment. Our crew needed to train fast and work around the clock. The concert hall is doing well. In some ways it is like the concert hall in Vienna. It's perfectly designed in terms of size and layout so it's very promising as venue. The two other halls are also very well designed and they allow for flexibility in performances, teaching and activities.





How does TCCGT fare compared with other grand theatres in China? Firstly, the biggest difference is that, except for the National Grand Theatre in Beijing, nowhere else has absolutely everything like we have here. The Shanghai Grand Theatre, for example, is a multipurpose opera house- maybe with one extra theatre. Guangzhou just built an opera house but it is just an opera house. Compared to everywhere in China- ours is the best! I don't know anywhere in the world, not just in China, which has this kind of cultural centre of the city all in one place. The government and planners have been very smart here.

What are the differences between Tianjin's public interest and that of other cities in China? Except for Beijing, Shanghai and, to some extent, Guangzhou, there hasn't been this kind of audience development in other cities. The advantage we have in Tianjin is that there are 40 institutions of higher learning- each with a sizeable student and academic population. They are our first target audience for classical music. I was very impressed by

the President of Nankai University. During a recent meeting, he said that although Nankai doesn't have a music department, they have a choir and an orchestra. The university offers students the opportunity to pursue these interests, in conjunction with their studies, because it wants to encourage the development of well rounded people; not just scientists or engineers. I suspect that this city has a particularly strong educational focus which may mean that we have an advantage over other cities.

What are your main goals for the future both on a personal level and as International Programming Director of TCCGT? As a personal goal, health is the most important. I like being active so I will be trying to do this as much as possible. In my professional life, I want to bring the best of everything to Tianjin. We need to look at the whole, broad spectrum of entertainment. This extends to cross-over artists and pop artists; we can bring everything into the theatre here. My goal is to get the very best from all over the world to this centre. It is also important to remember that there are a lot of great performers in China- let's bring everybody here. The second goal is to develop the audience. The best concert halls in the world are sad places if they are empty.

What do you think about the future of the classical music industry in China? China's classical music market is bound to keep growing. This city is the first to initiate this type of programming. There are very few places doing a planned, full season of events. As more and more programmers come onto the scene, circuits will develop and this will be great for the industry as a whole.

Mr. Qian Cheng, president of TCCGT said that "the world is blind, people are only seeking money". To what extent do you agree with that? Well, I don't disagree with the quote. People are very ambitious for money right now. What would be marvelous is if we can add to their ambitions and money becomes part of the full circle of satisfaction in life rather than their sole purpose.

What would you say are your biggest achievements? That's a tough question. When I worked for the Toronto Symphony, we did an enormous education programme and developed the orchestra there. I am very proud of that. As an artist manager, I have taken acts and conductors when they were 'babies' and helped them through their careers to get to the top. That was very satisfying. I love being a pioneer and I would very much like to be that here in the Tianjin music scene.

What are some upcoming performances at the TCCGT this year? We have something for everyone. We are bringing the Chinese *Mama Mia*, which was made last year in Beijing. For the families we also have *Peter Pan*. That will be a particularly good performance because our theatre is very well equipped for the flying scenes. Everybody loves the idea of flying. So that's for the lighter entertainment. This summer we will be doing *Gateway to Music*. We will start with the BBC National Orchestra of Wales. That starts in early July and continues until September- with over 45 performances. When that finishes we have the Autumn Orchestra Festival. We are also planning the opera right now. So overall it should be an exciting few months at the TCCGT!

A: Tianjin Cultural Centre Grand Theatre, Yuexiu Lu, Hexi District
 河西区越秀路天津文化中心天津大剧院
T: +86 22 8388 2000 (ticket)



Ozzie

30 years old

Filipino, Vocalist of Band A1 Promotion, plays at Sitong Bar



The best restaurant in Tianjin.

YY Beer Resto for Thai food. For dumplings, I like Dong Fang Zhi Zhu (Hong Kong Resto), for pizza we always go to Papa John's, and for romantic dates we go to Trattoria Italiana.



Favourite drink.

I rarely drink alcohol but when I do, I'd prefer a Mojito.

Where's a good place to do a shopping spree?

Oh, I love Shuguang Li! I have big feet so I can get big sizes there. I also order stuff from taobao.com.

Favourite dating place in Tianjin.

Cold Stone Ice Cream Shop and Italian Style Town...it feels like we're in a different country when we go there.

Last movie you watched.

Warrior and Wrath of the Titans...Warrior made me cry.

Strangest thing you've seen in town.

Women driving taxis and buses. You will rarely see this in my country. I find it strange but I also find it really cool.

Worst and best about Tianjin.

I love Tianjin because it is safer compared to the other places I've been to. I can walk around until the wee hours and it's fine - even if I'm alone. The worst would be the weather but it's still bearable.

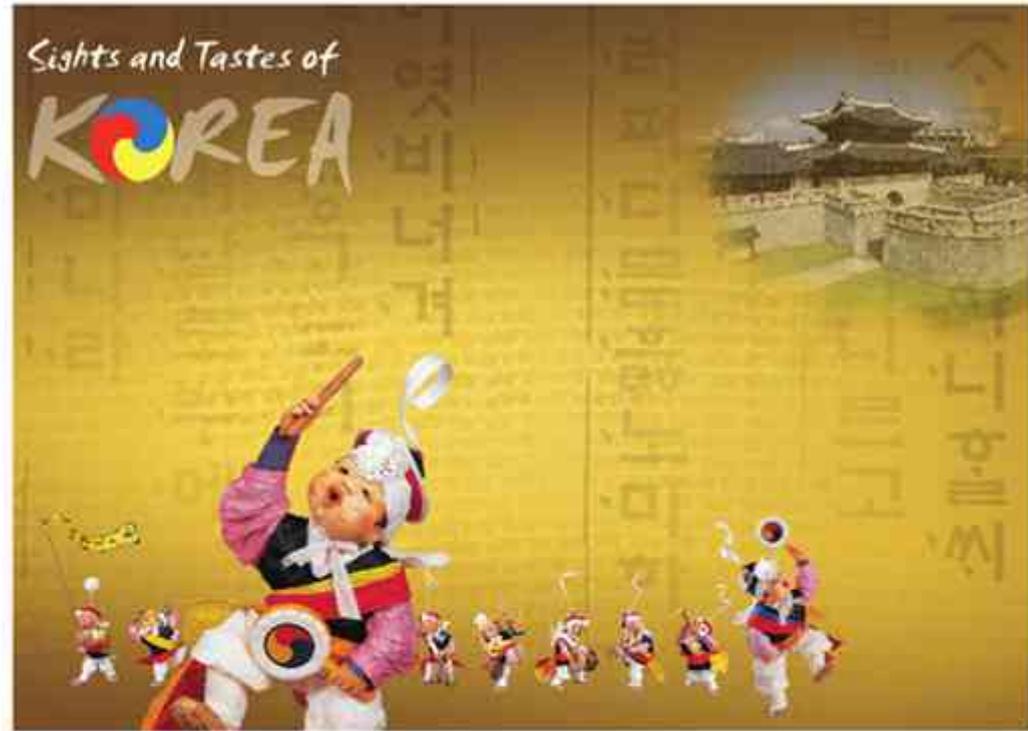


Sitong Bar is quite popular in Tianjin, what do you think makes Sitong special?

If you like to mingle, Sitong is the place to meet guest from different parts of the world. If you like music and dancing, we offer you music of different genres. We have ladies night every Tuesday, Latin on Wednesday, Hip-hop on Thursday, T.G.I.F every Friday, Saturday Night Fever every Saturday, and if you enjoy mellow music, Sunday and Monday nights are for you.



You're welcome to participate in next month's CHITCHAT!
Send an email to editor@tianjinplus.com.



Savour authentic Korean cuisine at its best especially prepared by our guest chefs Kim and Shin from Renaissance Seoul, Korea.

For the first time at Cafe BLD of Renaissance Tianjin Lakeview, take advantage to discover the Korean food, culture plus a lot more from 03 to 31 August 2012.

Lunch buffet at RMB 198 from 11:30am to 2:00pm

Dinner buffet at RMB 268 from 5:30pm to 10:00pm

Dine with us and be a lucky winner of a 2-night stay each at JW Marriott Seoul, Renaissance Seoul and Courtyard by Marriott Seoul

For reservations, please contact Cafe BLD at 5822 3160.

Rate is per person net, Children 12 years and below pay half the price.



Tianjin's Dancing Queen

By Cathy Perez

What amazes many about Lan Fei is with her stature and popularity, she remains down-to-earth and grounded, not to mention humorous and approachable. Lan Fei, dubbed 'Tianjin's Dancing Queen', has won many local and international awards in dancing. Most noteworthy amongst them is her first prize win in the International Belly Dancing Competition in Egypt in 2009. With a hectic schedule - managing her dance school, preparing for a Belly Dancing Conference in Egypt that will happen later this year, and tending to her family as wife and mom - it wouldn't be a surprise for one to get overwhelmed...but not so with Lan Fei! She remains cool and composed, just as a queen should be. Here, Tianjin Plus interviews the dancing queen...

First, tell us how or when you started dancing? I started dancing when I was in kindergarten so all in all I've been dancing for almost 20 years. I guess it's because I like music a lot and incorporating music and dance gives you that happy feeling. I like to spread the idea of music, movement, and of feeling healthy.

You have individually won many different kinds of dancing awards. Which one is the most important to you? It has to be the award I won three years ago in Egypt. It was the International Belly Dancing Competition and there were about 200 participants from all over the world. It was surreal when my name was called and I was announced as the first prize winner.

Now, about Lanfei International School of Dance. When did you open this school and why? With my passion for dancing, I opened this school to teach others how to dance and to also spread the idea of music and movement. I opened this dance school in 2000 and we have just moved into a bigger location here in the Ling Ao area.

What are the goals of students who enroll in your school? There are two types of students who enroll in our classes. The first type is those who enroll because they want dance to be their career. They have specific trainers to teach them what they need. Another type is those who enroll because they want to be healthy and they think dancing is a good way to keep fit and have fun.

What are the different dance classes you offer? We offer all kinds of classes - Belly Dancing, Latin, Hip Hop, Pole Dancing, you name it. Aside from that, we also offer Yoga, Pilates and other health exercises. In fact, in this new school, we also have a gym for health buffs to go to. In our dance classes, we train our students and teach them, and if they're really good, we also look for opportunities for them to teach dancing once they graduate.

About your instructors, what sort of training did they go through before qualifying as instructors? Firstly, they must have great talent in dancing. Also, aside from the specific qualifications we look for, they must have been dance instructors for at least three years. Currently, our school has more than 20 instructors who are all very talented and passionate about what they do.

Now, which kinds of dance are most popular amongst students in your school? It depends on the month and season. These past months, Latin and Belly Dancing has been very popular. However, there are months when more students go to Hip Hop and Jazz classes.

Lastly, for the people out there who are passionate about dancing, what advice would you like to share with them? Enroll in our school (laughs). Many people love dancing but they don't really know which specific dance they should enroll for or focus on. Our dance school can help them. Our instructors can help them find their niche, and we will support them from day one to the time they have reached all of their goals.



Lanfei International School of Dance

蓝菲国际舞蹈学院

A: Bldg. G, third-phase, Ling Ao Creativity Industry Zone, Lingbin Lu, Nankai District 南开区凌宾路凌奥创意产业园三期G座

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All About Summer

By Cathy Perez

Long lazy days, breezy afternoons, summer blockbusters, pretty painted toenails, colourful sunglasses, funky flip flops, outrageous rooftop parties, sweet fruit smoothies, and marvelous beers, and more of them! These are some just of the things we love about summer. Forget cold nights, summertime opens up a range of potential outdoor activities. However, as the temperature rises, you might find yourself melting under the afternoon sun – sweaty, moody, feeling uncool – and it doesn't even matter that you're wearing your favourite pink sundress. But before cursing the heat of summer and all its inconveniences, how about you take some friendly advice - drop that spiteful attitude and embrace summer by enjoying it to the fullest. How can you do this? Let *Tianjin Plus* be your guide to all things summer.

Summer Must-Haves:

SPF Lotions, Umbrella, Hats, and Sunglasses

Wearing less means exposing your skin to the sun's ultraviolet rays, which may cause sunburn, premature wrinkles, hyperpigmentation, and worst of all, some forms of skin cancer. Prolonged exposure may also cause acute and chronic health effects on the skin, eyes, and immune system. So, to protect yourself from the damaging rays of the sun, SPF lotions (choose carefully, some are allergic to lotions with higher SPF), umbrellas, hats, and sunglasses should be your best friends this season.

Summer Treats:

Ice Cream and Cold Drinks

Say this out loud: "I scream, you scream...we all scream for ice cream!" Nothing tastes as good as heavenly cold ice cream melting in your mouth as temperature does its best to dampen your mood. No way! With ice cream and other cold drinks, summer becomes refreshingly bearable. Hundreds of ice cream shops and cold drink stores are dotted around the city, and this is especially true during summertime when people crave cold drinks whilst the sun's heat is at its peak.

For cold drinks, **Magnetic Capital**, Aocheng Area in Nankai District has two of the most popular cold drink stores - Ding Tea and CoCo. The good thing about these two places, aside from their English menu, is that they offer healthy, quality drinks. **Ding Tea** (www.dingtea.com) is popular for their Red Beans Milk Tea, Bubble Milk Tea, Passion Fruit Green Tea and Grapefruit Green Tea, with prices ranging from 6 RMB to 13 RMB. **CoCo** (www.coco-tea.com.cn), located right outside Paris Baguette in E-Mart, offers 57 healthy drink choices with 7 new drinks this season. You may want to try their Rose and Blueberry Slush, Mint and Grass Smoothie, and Lemon Green Tea with Cucumber Jelly. These represent healthy, refreshing and totally cool summer treats for everyone.

For your ice cream fix, **Swensen's**, the American Ice Cream Parlour is now in Tianjin! Now you can enjoy luscious ice cream sundaes in a cozy and unpretentious ambience. With over 200 ice cream parlours all over the world, Swensen's is a welcome addition to the many international ice cream brands available in Tianjin. Swensen's has 15 ice cream flavours available, all of which are imported from Singapore including Frosted Chocolate Malt, Old Fashioned Vanilla, Cookies and Cream, Durian and Pistachio Almond, to name a few. Must-try is their Giant Earthshaker with more than 8 scopes of different ice cream flavours topped with nuts, chocolate syrup, and cheeries that is sure to take your summer blues away! Visit Swensen's and satisfy your ice cream cravings this summer! (Swensen's Ice Cream 美国宣盛斯冰淇淋1F, Bldg. 6, Jinwan Plaza, No. 48, Jiefang Bei Lu, Heping District 和平区解放北路48号津湾广场6号楼1楼 T: +86 22 2321 9299)



Summer Escape: River Cruise and Picnic

Feel the breeze of the Haihe River and go on a **Haihe River Cruise** (100 RMB/30 minutes). The Haihe River waterfront hosts some of the most significant areas of Tianjin including Laolongtou Railway Station, one of China's oldest railway stations, the Haihe Cultural Square, the Ancient Culture Street and the Temple of Compassion. At night, the Haihe River Cruise provides a stunning view of illuminated bridges, buildings and parks; reflecting Tianjin's pulsating and vivacious spirit.

If picnic is your thing, pack food and laze around the **Tianjin Water Park** or **Nan Ciuping Park** (Dui Shan Gongyuan) for a late afternoon's down time. Renting a small boat for an hour or two is also a popular activity amongst these places, so whether you're bringing your entire family or just with a group of friends, visiting these parks could give you the summer escape you so needed.

Summer Eats: Al Fresco Dining

Al fresco dining is most favourable during summer with good weather and a good atmosphere ideal for outside dining. In Tianjin, numerous restaurants and coffee shops offer this luxury. Drop by the **Italian Style Town** and see for yourself. A plethora of restaurants from different shores – Italian, German, Thai, French and an abundance of watering holes offer the experience of enjoying a breezy evening under the cool summer night. Go visit **Brasserie Flo Tianjin**, **Trattoria Italiana**, **Pattaya Thai Restaurant** or **La Seine French Restaurant** and for good beer, go to **Bavaria**, **Beer American House** and **Paulaner**.

Should Italian Style Town be too far, **Magnetic Capital** in Nankai District houses some of the best al fresco restaurants in town, take for example **Aulare Urban Latin Restaurant** which serves the best Paella in town or, head on to **Hank's Sports Bar and Grill** for good burgers, steaks, and pizza.

Summer Bucket List: 15 Things To Do in Tianjin This Summer

Life is too short for just staying at home and complaining about your Freerate or Hotspot connection failure (again?!). Go out this summer and experience something wonderful. Should you run out of ideas on what to do in Tianjin, here's a Summer Bucket List recommendation that you may check out and do before the season ends.

1. Fall in love. Take a date to a Haihe River Cruise then splurge on food in Italian Style Town.
2. Have a slumber party with friends and then go to a McDonald's for breakfast.
3. Bar hop to more than 3 bars in 1 night, *keyi ma?* (Read: Duke Bar, Scarlet, Sitong...why not?)
4. Find a swimming pool and take a dip.
5. Visit Tianjin Cultural Centre (don't wear high heels when exploring this place).
6. Eat watermelons. Or better yet, eat watermelons at the park on a sweltering afternoon!!
7. Get an invigorating massage.
8. Get the feel of Italy by visiting Florentia Village in Wujing District.
9. Buy cultural trinkets at Ancient Culture Street.
10. Rent a bike and explore Wudadao.
11. Try Zumba for fitness.
12. Fly kites.
13. Watch a summer blockbuster. MIB 3 or Hunger Games, anyone?
14. Dance to Carly Rae's "Call Me Maybe"
15. Take a dog for a walk (if you don't have one, borrow someone else's)



Summer Sunglasses

The Sexy Trend That Never Ends!

By Josh Cooper

Sunglasses, or 'shades' as they are sometimes known, come in all shapes and sizes. Some pairs are streamlined and subtle, others are big and bold. While other fashion trends come and go, this immortal piece of headwear is absolutely timeless. It is not too surprising that sunglasses have been an essential summer item for the last 70 years. How many fashion accessories guarantee to make their owner look (or at least feel) like the coolest person on the planet?! In Tianjin, the summer is upon us and once again, it is time to put on those shades and get out into the sun.

So we've established that sunglasses will never lose their glamour, but what styles, shapes and brands should you be wearing this season? For those seeking a generic and timeless classic, there are always **Ray Bans**. **Oakley** shades are always popular with the boys because of their ability to make their owner look like a sexy surfer or a superstar DJ. For the ladies, it's all about retro this season. Seemingly all of the big brands have released a range of classic 1960's style women's beach glasses. The vintage plain and circular style is also making a strong comeback this year. If these kind of shades are your thing, **Gucci**, **American Eagle** and **Topman** are some of the designers to look for.

As always, celebrities are setting the trends for beachwear in 2012. Miley Cyrus has been spotted with a pair of **Aviators**, while Justin Bieber has apparently opted for the **Blackouts** this summer. The most daring fashion statement of the year so far, according to the *Huffington Post*, was made by Josh Hutcherson- who recently attended an award show wearing his **heart-shaped sunglasses**.

Whether you're a trend setter, a trend follower, or not trendy at all; you need to get a pair of sunglasses to enhance your image when you're out and about in Tianjin this summer!



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Duke Bar and Restaurant: A Must Visit for Tianjin Expats!

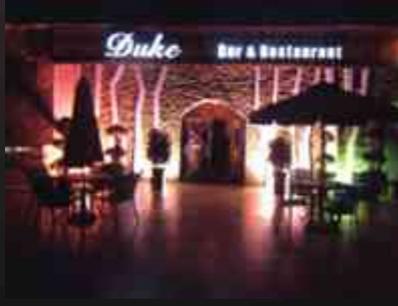
By Josh Cooper

Situated in Tianjin's Aocheng area, this laid back nightspot is a great place for expats to eat, drink, watch sports and listen to music. Located on the second floor of a more secluded part of the plaza, be careful not to miss this terrific bar! The inside of the venue has a relaxing, cosy feel with décor that would not be out of place in a traditional western pub. The bar also has a spacious outside seating area- complete with a big screen for sports events. A perfect place to enjoy a beer and watch the football games this summer! Opening hours are 5pm until late.

Food and drinks are reasonably priced by Tianjin standards. The food menu has a good range of tasty western snacks including; pizzas, burgers and pasta dishes. The Duke special burger is a particular favourite with the regulars. At just 38 RMB, it comes with salad, fries and has plenty of meat to soak up the booze. You can choose from a superb selection of local and foreign beers, or take your pick from over 30 cocktails the bar has to offer. There is a good variety of popular spirits and great tasting wines. The bar has different promotional offers every day of the week on beers, cocktails, shots and food. There are also some prize competitions to win.

On separate occasions, I have tried the Pepperoni pizza and the Duke special burger and would certainly recommend both dishes. The portions are generous and tasty. It is definitely good value for money. Service is also friendly and fast. After eating you can watch sports, play darts or simply relax and chat with friends. Modern and mostly western music plays at reasonable volume in the background- with the occasional live set from local acts.

If you want to try a new place to chill out, have a meal and a drink- give the Duke Bar and Restaurant a try!



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Nota Bene

Interview with Elton Chong, Executive Chef, Sheraton Tianjin Binhai Hotel

By Robert Watt



As temperatures rise to the high 30's, stepping into the splendor of the Sheraton Hotel lobby from the dry heat of TEDA's 2nd avenue is a refreshing plunge into an oasis amid a desert. The entrance is a literal chill out area and its spacious, calm and cooling ambience provides a reviving contrast to the world you leave outside. Upstairs, in the equally fresh air of Bene, the Italian themed restaurant, Elton Chong emerges from the kitchen as cool as the white wine and as clean and sharp as his lemon sorbet to talk about his career and position as Executive Chef.

How did you start your career? I have a big Malaysian family consisting of five brothers, one sister, my mother, my father, my grandfather and my grandmother. We all lived in a big house. Everyday I saw my mother make breakfast, lunch, dinner, and sometimes even supper – she was cooking all the time. Then, when I was 14 or 15 years old, I worked in a local restaurant until I was able to join a hotel line at 18. I followed 4 or 5 chefs – German, French, American, Australian and I became a sous-chef at a very young age. But if I wanted to become head chef I had to travel. So I went to Thailand, Brunei, a Japanese restaurant - I just followed my chef. Eventually I came to China. I joined the Sheraton Group and have now been in China for 8 years.

You're at the Sheraton as an Executive Chef. That sounds like a chef but with a suit on. Can you tell us something about this role? I am responsible for all things related to each of the kitchens that serve the restaurants. I create the menus for the different theme restaurants and manage the staff. Here it's also very hands on and I need to teach the staff how to cook and how to clean, how to follow the working procedure. I have a relatively small team so I spend about 50% of my time cooking and the rest of the time managing.

The stereotype of a restaurant kitchen is one of strict hierarchy ruled by a tyrannical perfectionist. What is your management style? In the 1990's it was like that with the chef throwing forks, spoons, even knives and shouting. But now it's more relaxed with method. I try to be friendly, go to the office, buy two cups of coffee and ask what's going on to find out the problems, etc. It's not easy to find good and new staff in TEDA. You need to train them and make friends with them. Also, we have a mixture of Italian and Chinese staff meaning if you shout at them they won't follow and work well as a team because they don't understand what you really want.

Do you look out for local foods and local ingredients? Yes, the first things I do when I go to a new place in China is to get to know the local taste. You need to mix western cuisine with the local taste. If you serve 100% western food, quite a few people will accept it. They'll find it too strong, too salty or maybe flavourless. I always have a passion for food creation and I travel around for lunch, dinner, breakfast, trying different foods. Then I come up with ideas to create new dishes. You can't do this in the kitchen because you're working and you need to work fast. Food quality is also very important. There are a lot of fake foods that have to be watched for; even lobster and fish can be faked. I pay more attention to food quality in China than I do overseas because of this. The result is that customers like my new menu, like my creative foods very much.



Beijing's Hidden Frozen Treats



By Jo Greene

Looking for something cool and refreshing to eat on your day out in the capital? Sure, Beijing has the big chains you know from home - Haagen Dazs, Coldstone Creamery & Baskin Robbins - but there are also some hidden locations where you can find delicious cold treats this summer!

Sunberry Frozen Yogurt

Choosing the flavour will be the easy part once you see Sunberry's topping options from fresh seasonal fruits, to sweet favourites like chocolate chips, skittles, pocky sticks and even red beans. For a lighter, healthier option than traditional ice cream, Sunberry's frozen yoghurt is just the thing.

Zhongguancun - B1, Gate City Mall, Zhongguancun, Haidian District 海淀区10 (海淀黄庄), Exit A2 to the Gate City Mall 新中关村购物中心

Houhai - South Shichahai and Qianhai, 10 meters away from East Shore Jazz, near the Di'anmen Post Office, Dongcheng District 东城区什刹海前海沿(近地安门邮局)

Gustomenta

Craving real gelato- like the kind you'd get in Rome? Then Gustomenta is the place to go, with two dedicated stores and over 20 locations around the city selling its gelato! The family behind this place has 60+ years of gelato making experience in Italy, so you can be sure you're eating the freshest, tastiest, natural gelato around.

Just Make building, No.55-1, XingFuCun Mid Road, Chaoyang District 朝阳区幸福村中路55-1号杰座大厦
No.29 Sanlitun Road north side, Chaoyang District 朝阳区三里屯路北段29号楼东侧



Snowball Ice Cream

Having trouble picking which flavours you want? Well, head to Snowball. Here the ice cream comes in flash frozen marbles size balls instead of big scoops meaning you can have all your favourite flavours at the same time!

CC06, B-1 Oriental Plaza, Dongcheng District 东城区王府井东方广场地铁层CC06

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Mighty Deli Development Zone and Nan Cui Ping Store newly offer Mighty Deli specially made cuisine. After the redcoration of Development Zone Store, here provides an elegant and spacious environment. Opening hours of the two stores last until 12PM. BBQ service in Nan Cui Ping Store, with specially made BBQ series and fresh beer supply. You can enjoy specialty tasty snacks in the cozy Jing Bar in Development Zone Store. Development Zone Store offers Mighty Deli specialty tea and snacks, where you can enjoy quiet environment and delicate food.

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Beijing's Park Guide

By Lisa Gay

One of Beijing's top summer destinations are the myriad of parks dotted around the city center. Many are free to enter (or require a very nominal sum)—and double up as fun spots to catch a tai chi demonstration or an impromptu performance of classical Chinese music.

Jingshan Park

The five pavilion-clad peaks of Jingshan Hill are entirely man-made, built with soil excavated from the moats surrounding the Forbidden City. The last Ming emperor committed suicide here—giving a rather sombre tone to the sweeping views over the golden eaves of the Imperial Palace. Jingshan can get extremely crowded on weekends, so visit early if you can.

Address: Jingshan West Street #44, Xicheng District **Entry:** CNY 2



Black Bamboo Park

Here at one of Beijing's most atmospheric green spaces, roughly 50 types of bamboo species can be found in this park, along with whimsical stone bridges arching over expansive lakes. The Wanshou Temple is also a big draw—there's a decent museum stuffed with Chinese artefacts inside. Catch a canal boat heading for the Summer Palace at the docks here (RMB40 one way), arguably one of the

flashiest ways to hitch a ride to Cixi's summer digs.

Address: Zhongguancun South Street #35, Haidian District **Entry:** Free

Beihai Park

Constructed during the Mongol dynasty, Beihai is the most scenic lake in the Shichihai area. The surrounding park has a wonderful jumble of traditional gardens, historical artefacts and Buddhist temples. The Tibetan-style White Pagoda is probably the most famous of these, but the Jade Buddha (gifted from a Khmer emperor) and the Nine-Dragon Wall are also worth checking out. If Chinese architecture isn't your thing, rent a boat for a lazy day out on the lake.

Address: Wenjin Road #1, Xicheng District **Entry:** CNY 10



Ritan Park

Ritan is firmly rooted in Beijing's business district, but you'd never guess from the stillness that permeates the park all hours of the day. The park used to have a ceremonial function during the Ming and Qing dynasties—and you can still see traces of that past here. Ritan is also surprisingly kid-friendly, with a decent amusement park on the grounds. Adults, however, will appreciate a stiff drink over at the Stone Boat Cafe, a chill cafe

with stunning lakeside views.

Address: Ritan North Road #6, Chaoyang District **Entry:** Free



In the year in which the Olympic torch has been handed over from Beijing to London, the Chinese capital is gearing up for its own celebrations.

2012 is also the 40th anniversary of ambassadorial relations between the two countries and Beijing is the centre for the biggest festival of British arts and creativity ever to be held in China.

Between now and the end of the year there'll be performances, exhibitions, films and many other events as part of the UK Now China 2012 festival.

An exhibition of specially commissioned prints by twelve renowned UK artists has already been held at Beijing's Red Star Gallery. The artists, including Tracy Emin, Rachel Whiteread and Michael Craig-Martin have created their own interpretive prints of the London Olympics. The exhibition is now touring China and will be on display in Shanghai throughout August.

The British Museum and the Victoria and Albert Museum have partnered, for the first time, with the National Museum of China. They're holding an exhibition demonstrating the flow of ideas, technologies and design between the two continents. Passion for Porcelain explores the history of the export of Chinese ceramics to Europe over four centuries. Around 80 of the finest ceramics from the two UK museums will be on display in Beijing until January.

Other events include an exhibition of celebrity pictures and other portraits by Rankin, one of the UK's most renowned contemporary photographers. The Hallé Symphony Orchestra founded in Manchester in 1858 is also performing in Beijing in October.

Cultural Connections

By Paul Crowe

Alongside the performances and exhibitions, UK Now is also running an educational programme of talks, workshops, seminars and masterclasses. There are also four training arts training programmes which run in association with the Chinese government and its agencies. They're aimed at helping to develop China's cultural infrastructure and to bring closer together Chinese and UK arts institutes, artists and arts lovers. Festival Director, Leigh Gibson says the events are a unique opportunity to embrace different cultures, "UK Now celebrates a rich and diverse heritage and the creativity and innovation it inspires. It's an opportunity for artists and institutions to develop new and stronger relationships."

Are You Having a Laugh?

By Fintan Monaghan

The smog, the traffic, the over-stuffed subway trains, you need a good sense of humour to survive in Beijing. So it shouldn't be such a surprise that the capital has such a vibrant and down-right hilarious stand-up comedy scene.

There's a close-knit group of seasoned veterans that form the core of the budding comedy community, but there's still a surprising variety of humour on show. In a single night we saw classic observational humour, character-based comedy, and subtle wit... even a musical number.

Among the brash bravado of the North American comics, Englishman Paul Creasey is a breath of fresh air and one of the genuine stand-outs. The dry Brit's thoughtful observations on death as the absence of everything came off as genuinely original. Plus we couldn't resist any joke comparing the Royal Family to a giant golden potato (expensive, useless and an embarrassment abroad).



Toby Jarman does a great line in straight-faced, clueless characters; while Scott Huntsman has a wonderfully deranged stage persona (at least we hope it's a persona). The crazy comic had the house in stitches with his Weird Al-worthy, "Baby Got Flat", an Asian reworking of the Sir Mixalot classic.

Hot Cat Club (Fangjia Hutong, near Lama Temple subway stop) plays host to Comedy Club China, who have recently expanded their Wednesday comedy night to a weekly affair. While it's billed as open mic, the time we went featured wall-to-wall veterans sporting some pretty polished routines. Tushuguan 98 (Up the road from Guloudajie subway stop) is a more intimate venue and runs their own Thursday shows (first and third week of each month) featuring more in the way of genuine first-timers. Even the pros use the forgiving hometown crowd to try out some of their newer, more untested material. On top of all this, Comedy Club China holds special shows once a month for the crème de la crème. A good laugh has never been so easy to find, and who knows, maybe you'll even muster the courage to give it a go on stage yourself!



Diamond in the Rough

By Matt Stuttard



So, you've decided to tick some classic Beijing landmarks off your tourist to-do list. You've done Tiananmen and have trekked through the Forbidden City. But where should you eat?

It's a dilemma faced by many a hungry and thirsty tourist after completing the long haul round the Imperial Palaces. The old streets and hutongs just to the east of the Forbidden City are very pretty and full of "old China"; but they're also full of tourist traps, promising an English menu and little else.

Fear not! High quality and well-priced Chinese cuisine is in easy reach, at Liu Jia Guo, or "Family Liu's Pot", 19 Nanheyuan Dajie (on the left as you head north, just before Ciqiku Hutong). About 10 minutes' walk from Tiananmen Square, and 5 minutes west of Wangfujing, this low-lit Hunan eatery is easy to miss, with its unassuming exterior hidden behind a couple of trees. Nonetheless, there's the obligatory row of red lanterns to guide you in.

Welcoming you is Hunan-born Chairman Mao, arm outstretched, issuing his proclamation: "we need more of this kind of restaurant." And, those with an eye for such things may concur, having already spotted two huge gleaming casks of home-brewed beer – draft "yellow" and draft "black" – both served cold, and both with an excellent "real beer" taste – German style, cloudy, flat, and with a fine head.

There's a huge variety of well presented and exquisite dishes. If you want to keep it toned down and tasty, try Mao's favourite red-cooked pork, stewed chicken pot, braised cauliflower, oysters with garlic, and the highly recommended black stinky tofu. If you're feeling adventurous, there's Hunan's signature spicy simmered fish head. Braver culinary buccaneers can explore stewed ox penis or spliced pig's ears.

The service is excellent and attentive. Many of the staff can speak English, and international credit cards are accepted. Expect to pay around 100 RMB per head.

There's even a free buffet table, with snacks, sweets, and home-made sweet rice-wine soup. Beware – stay here too long, and you may find yourself too full to continue with your plans, and an evening shopping at Wangfujing may have to wait for another day.



My Style Notes

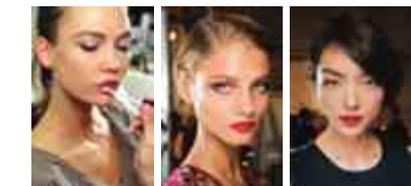
By Silvina Pardo

Summer Beauty Trends

Statement Lips



Keep statement lips alive for another season with pigments that go from red to orange and pink. The important factor is to get a matted finish. There may not be much shine, but it is definitely moisturising, and this is important for a rich colour that doesn't crack and fade.



4 Hair



Pony tail: For a look quite uptight but also a little bit undone, choose a retro-style ponytail. A sleek, low, side-parted pony tail adds a polished edge to the look.



Wet-hair: This was the movement for spring. It looks like you just came from the beach. To get this soaked style, use mousse not gel as it is easier to apply.



Dye-hair: Coloured streaks receive a revamp with soft pastel colours. To make the look more subtle, choose colour spray and dye only the tips of your hair.



Retro style: Go for a fifties hair trend to match the retro inspired collections. You can get the look by recreating faux-bobs or by wearing a sheer chiffon headscarf tie under your chin.



The new fringe: Inspired by the new muse Rooney Mara, the new fringe is short, sleek and gothic.

2 Cat Eyes



It is a fifties housewife inspired style that reflects a grown-up woman with a sophisticated taste. Highlight the eyes by drawing a sharp creamy wing over the upper lashes. Black is the main colour of choice but you can also go for rusty shades like orange and green or metallic silver.



3 Bold Eyes

It is a look with nude lips and dense black or midnight-blue eyes. This is a harder, tougher and graphic look, so don't be afraid of using tones of eye pencil and a lot of glitter powdered heavily around the lids.



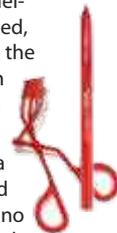
5 Caramel Glow



The new healthy glow for this season is in a caramel-peach shade. It is polished, rich and suits everyone. Peach warms up the skin (a must for a summer make-up) with a sun-kissed colour that doesn't look too tanned.



The rule for a sophisticated look: strictly no shimmer. Modern peach should be matte. This is the key for healthy, fresh and glowing skin.



Strong Brow

A full, strong brow, is the best way to make the face powerful without using too much make-up. You need to use pencils and powders to shade arches into a dark shade of brown. To make the look more feminine, pair it with sun-kissed skin, warm golden lids, and some gloss on the lips.



6



7 Nails



Sapphire and petrol shine coloured fingertips twinkled subtly in the light. These are the colours for dark nails in summer.

For a refined look, choose a creamy pastel shade, two different tones of the same colour, one for fingers and another for toes.



8

Metallic Shine



High impact metallic is the key to do glamorous make-up. Go for graphic silver arcs of colour along the upper eyelids, and for balance, keep the rest of the face soft and sophisticated with some natural glow. Pairing shining extravagant eyes with cool nude lips makes the look bright but neutral, which is a hard balance to strike.



Professional Advice

Tianjin Plus met up with three makeup artists to discover the best beauty products and trends for 2012.

Zhao Rui - Estee Lauder

How and when did you get started in the business?

I was trained by Estee Lauder and I have been working for them for almost 2 years.

Top 3 Beauty Products

- Advanced Night Repair Concentrate-Recovery Boosting Treatment
- Advanced Night Repair Eyes-Synchronised Complex
- Nutritious Vita-Mineral Moisture Lotion



Top 3 Makeup Products

- Futuristic Moisture-Infused Fluid Makeup
- Long Lasting Moisture Powder
- Double Wear, Zero-Smudge Lengthening Mascara

Colours for S/S 2012

Pastels colours.

Trends for S/S 2012

This summer's trend is based around looking after the skin. Whitening products such as Cyberwhite Brilliant Perfection Line, which gives the skin a natural glow, and highlighting your

lips with coral or pink long lasting shimmer are recommended.

For a nighttime look, use base gold and pink or lilac eye shadows and complement the look with pink lola or lavish pink long lasting shimmer.



Zhan Ying - Lancome

How and when did you get started in the business?

I started more than a year ago and was trained by Lancome.

Top 3 Beauty Products

- Lancome Genifique-Youth Activator
- Blanc Miracle Foundation-Natural Brightening Creator
- U.V expert SPF50-High Potency Active Protection

Top 3 Makeup Products

- L'absolute Rouge 333 (Dark Pink)
- Mascara Hypnose (curve and volume)
- Rose Des Sables-Radiant smoothing eye shadow in blue colours.



Colours for S/S 2012

Nude colours.



Trends for S/S 2012

For spring, there is a new and fresh approach to achieving a healthy glow. It is all about good skincare and natural colours. For nighttime, the look is midnight rose, with stronger eyes and dark pink lips.



Wang Rui - Benefit

How and when did you get started in the business?

I was a make-up artist before coming to work for Benefit. I started working for the brand one year ago.

Top 3 Beauty Products

- The POREfessional-Pro Balm to minimise the appearance of pores
- Moisturize Triple Performing-Facial emulsion with SPF15



- Dr. Feelgood (Oil control product)

Top 3 makeup products

- Dandelion Blush
- Rosie tint
- Stay-Don't Stray (Primer)

Colors for S/S 2012

Soft and pastel colours.



Trends for S/S 2012

The trends start with healthy looking skin. Use skincare products such as Moisturise Triple Performing and Total Moisturise Facial Cream. Bathina is an innovative product. It is a silky glimmering body balm, that gives your skin a perfect glow for summertime. For nighttime the look is all about the eyes: fake lashes, jet-black liquid eyeliner and "they're real" mascara.



Objects of Desire

When it comes to skincare and makeup products, you may be tempted to buy the products you already know. However, this time we visited some famous beauty brands in Joycity to discover what new products that are worth a try and maybe worth using in our daily beauty routine.



The Brand: Estee Lauder is a multibillion-dollar company whose products are sold all over the world and advertised in every fashion magazine. Their skincare and beauty products range is so wide that you need assessment to get the right one for your needs and concerns.



Skincare: The best products to buy are the outstanding moisturisers and serums that, in terms of beauty research, are so far advanced. When it comes to skincare formulation excellence, Estee Lauder products are tough to beat.

Makeup: As impressive as their skin care line, Estee

Lauder make up products have some items impossible to resist, most notably the foundation, eyeshadow and lipstick categories.

This is an exhaustive makeup line with endless options, so be prepared to visit their beauty counters and try their products to find your favourite.



WHAT'S NEW!

Cyberwhite Brilliant Perfection Line. SPF20

Pure Colour Sequin Finish Gloss

Double Wear Mascara

The web: www.esteelauder.com





The Brand: Benefit's philosophy is outrageously fun, has impossibly cute names, amazing packaging, and also shines in several make



up categories and innovative products

Skincare: Benefit have recently developed a new skin care line, that covers all ranges, from cleansers to moisturisers.

Makeup: The brand succeeds with their interesting make up

products; nice SPF15 powder foundations, amazing liquid blush and excellent powder blushes and bronzers. Bathina Body Shimmer products are the new favourite.



WHAT'S NEW!

They're Real Mascara

Bathina Silky Glimmering Body Balm

The web: www.benefit.com



The Brand: Lancome is known for their mostly outstanding mascaras, large selection of tanning products, excellent foundations with beautiful shades



for almost every skin colour, great concealers, liquid eyeliners and all the powder eyeshadows.

Skincare: Although Lancome's strength is make up products, some skincare products are beautifully formulated and worth a try. The biggest

improvement Lancome has made is their sunscreens including UVA-protecting ingredients.

Makeup: The foundations are the biggest seller, Lancome offers silky formulas and in a wide range of colours. Lancome also has amazing mascaras such as Hypnose for curve and volume and outstanding latest powders and eyeshadows.



WHAT'S NEW!

New Teint Idole Ultra 24 H Foundations SPF15

Blanc Miracles-Long Wear Foundation

The web: www.lancome-usa.com



Tianjin Women's Water Polo Team

When you refer to a Tianjin Sports Gold Medal team, people instantly think of the Tianjin Women Volleyball team, followed by the Tianjin Fencing team, the Baseball team or the Judo team. However, Tianjin has another ace team worthy of a mention, the Tianjin Women's Water Polo Team. The Tianjin Women's Water Polo Team, which was established in 2004, is a team comprised of the students in Tianjin University of Commerce. The team, who became champions at the 2009 National Games, are coached by Mr. Alexander Kleimenov, who previously served as the coach of Russia Women's Water Polo Team and became the coach of Tianjin Women's Water Polo Team following the 2009 championship victory. **Tianjin Plus** had a chance to speak with Kleimenov and Xu Lu about their achievements and ambitions about Water Polo.



Alexander Kleimenov, Head Coach, Tianjin Women's Water Polo Team

What's the average age of Tianjin Women's Water Polo Team members? They are all teen players. The youngest, who is only 13 years old, has just graduated from primary school. Most of them have already been trained for 2 to 3 years.

Are most of the players presently students in school? Yes. Most of them still have lessons on Tuesdays and Thursdays. And with exception to Sundays, they come to the Olympic Sports Stadium to train.

What's your expectation for your team? I hope we can defend the championship and play like we did during the last National Games. My target is to train and improve the whole team's technique level. And I hope other excellent team members will be ready to join the national team. Another aim is to foster and mentor potentially excellent young coaches. My team players are all diligent and intelligent!

For the London Olympic Games, what are your views on the current China National Women's Water Polo Team? China National Women's Water Polo Team should strive for the medals.

The official draw for the women's London Olympic Water Polo Tournament has come out with China being drawn in Group A alongside Hungary, Spain, Australia and United States. Which team is your greatest competitor?

It should be the United States and Australia. But China still has a great chance of winning!

Do you think the China National Women's Water Polo Team has made great progress? Yes! With a good coach and excellent players, we can achieve good results! Besides, we also have strong support from China government!



You have been water polo coach for such a long time, what are the biggest challenges?

The first one is the communication problem. We speak different languages which is a barrier. Second is the team member's lack of competitive experience. Once they have rich experiences, they will become stronger and stronger.

What do you do when off the clock? And from a personal perspective, what is your impression of Tianjin? I love getting massages in Tianjin. On weekends, I go to the downtown area and get a massage to help me relax. I also love Chinese cuisine very much! Due to having training from Monday to Saturday, when I am free on Sundays I will go to Water Park as well to have a break.



Tianjin Women's Water Polo Team

Xu Lu, Player, Tianjin Women's Water Polo Team



Xu Lu (Second from left)

Did you attend the National Games in 2009? Yes! I was there. And we won the championship!

What's your next goal? To defend the No.1 position!

Which contests come next? I will attend some domestic competitions including the National Games preliminaries.

Are you the veteran player in this team? Yes. I've been trained for a long time- more than seven years.

What's your position in Tianjin

Women's Water Polo Team? I play the back. My task is to defend the opponent's attack.

Are you a native of Tianjin? And can you speak Tianjin dialect? No, I am from Shandong Province. But I can speak Tianjin dialect because I've been in Tianjin for a long period.

What's your training schedule? From Monday to Saturday, 08:30-11:30 in the morning and 15:00-17:30 in the afternoon.

Can you speak Russian? Do you need an interpreter to help you? I can speak English. I was an English major in Tianjin University of Commerce and graduated from my university. We don't need interpreter as the coach is able to express some training terms in Chinese.

What do you usually do on Sundays? I usually get up late. I hang out with friends, go to the supermarket or go shopping. But I like online shopping more as I do not have much time to go out. We have to train in the stadium.

What's your personal plan for your future? To become No.1 in National Games and to keep working hard!

Olympic Spotlight Swimming

by Paul Ryding

Tianjin Plus' countdown to the London Olympics enters its penultimate edition as we take a look at China's prospects of a medal haul in the swimming pool.

An area where China is very well fancied for a sharp improvement on previous years is the swimming pool.

Buoyed by a fine performance at the recent Swimming World Championships in Shanghai, the Chinese Swimming Association is looking for a big improvement on Beijing 08's haul of six medals (one gold, three silver, two bronze).



Wu Peng

In Shanghai last July, China was the surprise package in front of home fans as they secured a total of 14 medals (five of which were gold) putting Team China second in the final medal standings. The FINA Swimming World Championships are widely-regarded as the second most important swimming meet on the calendar, making China's strong showing all the more impressive.

China now has a stable of top international swimmers. Twenty-five year-old Hangzhou-native Wu Peng ended almost a decade of dominance from legendary American swimmer Michael Phelps last season. Wu defeated the 14-time Olympic champion twice in 2011 ending Phelps' nine-year, 60-race winning streak.

Wu's battle against the American is set to be one of the pool highlights in London, though Wu has played down his chances of a win.

Another strong medal prospect is women's 200m individual medley world champion Ye Shiwen. She astounded the swimming world when she landed China's first swimming gold medal at the World Championships last year aged just 15 years old. She's being tipped to be at the top of the sport



Ye Shiwen



Sun Yang

1500m after shattering the 10-year-old world record at last year's World Championships.

Some in swimming have wondered aloud whether too much pressure is being put on Sun by the Chinese media. It seems the youngster is having to grapple immense expectation in the run up to this year's games, and a couple of slower performances in meetings this year have led to him being the subject of criticism from some sections of the Chinese media.

The intense pressure may have been part of the reason why Sun has opted to complete his Olympic training in Australia, away from the intense glare of the Chinese media.

Like in so many of the events at the upcoming Olympics, China is expected to register a personal best performance in swimming and will take a very young squad of swimmers out to London with most of them performing at their first Olympic Games. In that regard, the future certainly looks bright for Chinese swimming, but it will be interesting to see if Team China can perform on the biggest stage so early in its development.

for many years to come, and one year on from her incredible arrival at the top table, she's the second quickest of 2012 meaning her chances of a medal in London are thought to be high.

The jewel in China's crown, though, is Sun Yang. The 25-year-old's big moment will come in the men's 1500m final when he will be a hot favourite to take the gold. Sun finished eighth in Beijing four years ago but will be aiming to continue his fine form in the

DID YOU KNOW?

In 1922, American Johnny Weissmuller became the first person to swim 100m in under a minute. He later went on to Hollywood fame as the star of numerous Tarzan films.

Swimming was first included at the 1896 Olympic Games held in Athens, Greece, and there were four swimming medals contested.

In 1908 the Fédération Internationale de Natation Amateur (FINA) which was the first world swimming association, was formed.



London Olympics 2012

After years of anticipation, the London 2012 Olympic Games begins this month. Fans all around the world are ready to witness the biggest series of sporting events in the world. Thanks to the calibre of competing athletes and the organisational efforts of the United Kingdom, 2012 will undoubtedly be the biggest and best Olympics of all time! Make sure you don't miss the big events as they unfold this summer by visiting some of Tianjin's finest venues to catch the action. **Tianjin Plus** knows where the best places are so make your way there and enjoy the Olympic experience!

Some great venues to see the Olympics on the big screen or television are:

Aulare Urban Latin Restaurant

A: 2F, Bldg A4, Magnetic Plaza, Binshui Xi Dao, Nankai District 南开区滨水西道时代奥城A4座2楼

T: +86 187 2229 0691

AJOs Bar

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

Trueman's Coffee & Bar

A: No. 2-37, Longde Li, Wan 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

Duke Bar and Restaurant

A: No.37, 2F, Bldg. B7, Magnetic Plaza, Nankai District 南开区时代奥城商业区B7栋2楼37号 (近金逸影城)

T: +86 22 5811 3321

Hank's Sports Bar & Grill

A: No.56, 1F, Bldg. B, Shang Gu Business Centre, Tianta Dao, Nankai District 南开区天塔道上谷商业街B座1层56号

T: +86 22 2341 7997

SITONG Bar

A: -1F, Olympic Tower Tianjin, Chengdu Dao, Heping District 和平区成都道奥林匹克大厦负1层

T: +86 22 2337 7177

Bavaria

A: No. 41, Ziyou Dao, Hebei District 河北区自由道41号

T: +86 22 2445 6112

Magnetic Plaza

A: Magnetic Plaza, crossing of Binshui Xi Dao and Shuishang Dong Lu, Nankai District 南开区滨水西道与水上东路交口奥城商业广场

Paulaner Tianjin

A: Venice Square, Tianjin Italian Style Town, 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 +86 22 2446 8192

Drei Kronen 1308 Brauhaus

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



Catching a Train

By Chris Graham



During my first month in Tianjin, I was asked if I would like to meet some friends in Beijing. I hadn't yet visited the capital of China, so this represented a great opportunity. The only problem was that my Chinese was very limited and I didn't know anything about the layout of the Tianjin Train station. However, undeterred, I made a start to my journey.

Firstly, I found a taxi and said to the driver, 'wo yao qu na er' [我要去哪儿], 'I want to go there' as I pointed to a picture of the train station on my phone. I later learnt that 'train station' is 'huo che zhan' [火车站], although in this instance, pointing at a picture sufficed!

Once I reached the main train station (on the river Hai), I then noticed that there were two entrances. As I looked at the station, with the river behind me, the ticket office was on the left and the main entrance was on the right. Firstly, I headed left, where on entering the building I was inundated with electric red signs all in Chinese. There were many queues. However I found someone and after saying, 'wo yao qu Beijing' [我要去北京] they kindly pointed me to the correct line.

After roughly a ten minute wait, I reached the ticket counter and said, 'wo yao qu cong Tianjin dao Beijing' [我要去从天津到北京] 'I want to go from Tianjin to Beijing'. My grammar and pronunciation may not have been perfect, but the lady with whom I was speaking to understood my intentions. She then showed me a computer screen with several trains, all departing at different times. All I had to do was point at the one that I wanted; in this case, the next available train. It is worth pointing out that you MUST bring your passport when travelling by train, as this documentation is required when booking your tickets. The Chinese all have some sort of identity card that they can use when booking tickets. As foreigners do not have this piece of identification available to them, your passport is accepted instead.

After having acquired my tickets, I then went to the main entrance. I queued for a few minutes before I had to put my bag through a scanner while I walked through a metal detector. Then you go up the escalator where you are presented with a barrage of different train lines. Finding my platform was much easier than I had imagined.

On the train ticket, there are some numbers. One is for you platform. There is a letter identifying which train carriage to board and then another indicating your seat number. The platform number will have a Chinese character next to it and it is very clear that this represents your platform as it appears both at the platforms and on the electronic screens overhead.

From here on, all you need to do is sit and wait until boarding commences. You then pass through a booth where your ticket is scanned, before going down an escalator and boarding the train. If in any doubt, just show a uniformed person your ticket and they will point you in the right direction.

After only a thirty-minute train ride, I arrived in Beijing. I left the train, scanned my ticket in order to enter Beijing's station, and my friend was there waiting for me. No problem at all, not even for a novice like me. I have to admit, the Chinese rail system is incredibly efficient and sublime.

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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 Xini, 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

Gang Gang 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

Kiessling 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

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

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, Tangla Hotel Tianjin, No. 219, Nanjing Lu, Heping District 和平区南京路219号天津唐拉雅秀酒店6楼 **T:** +86 22 2321 5888 ext. 5106

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

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 河西區滨水大道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 河西區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 河西區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 河西區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B1栋1层

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 Zhong Dao, Heping District 和平区张忠道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

N K **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. 6, Shang Gu Business Centre, Tianta Lu, Nankai District 南开区天塔路上谷商业街区6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 弁庆日本料理餐厅 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 愚创 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, Tangla Hotel Tianjin, No.219 Nanjing Road Heping District 和平区南京路219号天津唐拉雅秀酒店49楼
T: +86 22 2321 5888 ext.5109

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 南开区天塔道上海商业中心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

Kintaikyô 锦带桥日餐厅 Tasting the phenomenal Japanese cuisine and enjoying traditional Japanese culture in over 300^m 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 南开区天塔道上海商业街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号乐宾百货负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阳地产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 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 Xiaoqiu, Tong'an Dao, Heping District 和平区同安道卫华里小区
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二二路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, Tangla Hotel Tianjin, No. 219 Nanjing Road Heping District 和平区南京路219号天津唐拉雅秀酒店6楼
T: +86 22 2321 5888 ext. 5106



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Email listings@tianjinplus.com.

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 艾伊莎贝西餐厅 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 7999

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, Wan 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: tgifridaysec.com.cn

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 天津津湖景酒店
No.16 Binshui Dao, Hexi District, Tianjin 河西区滨水大道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 河西区滨水大道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 普罗旺斯西餐厅 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, Ziyou 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

Café@66 咖啡66 European brasserie with a twist, an all-day dining restaurant featuring both buffet and la carte menus 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, Bawei 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

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 水坨区周良庄珠江大道8号京津新城凯悦酒店
T: +86 22 5921 1234

Mexican

TJ-Mex 墨西哥餐厅 **A:** 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)
T: +86 22 5811 3300

Vietnamese

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 Dao, Heping District 和平区成都道与西康路交口173号
T: +86 22 2335 9173

Coffee Shops

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:** 2F, Vanke City Garden, crossing of Xinxing Da Jie and Xikang Lu, Heping District 和平区新兴大街与西康路交口万科都市花园二号楼
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

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:** 4F, Cafeteria, Tianjin University of Technology, extended line of Hongqi Nan Lu (Huanwai) Nankai District 南开区红旗南路延长线天津理工大学餐饮楼4楼(环外大学城)
T: +86 22 6021 5789

Modern Memory Coffee 摩登记忆 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

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

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

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

MILAN WINES 米兰酒业
We now have 8 stores in Tianjin including these popular locations:
Bailou Wine Bar & Celler Kaifeng Dao, Heping District, Tianjin (Near Haisense Plaza) 天津市和平区小白楼开封道酒酒吧
Tel:022-23391500 Hours:10:00-02:00
TEDA Wine Shop No.8 Eastern Apartment, 2nd Avenue, TEDA 天津市开发区第二大街二号东方名座底商
Tel:022-65399899 Hours:9:00-20:00
Bin Xi Wine Shop No.167 Binshui West Rd., Nankai District, Tianjin 天津市南开区滨水西道167号
Tel:022-23372116 Hours:10:00-22:00
Rong Ye Wine Shop No.175 Rongye Avenue, Heping District, Tianjin 天津市和平区荣业大道175乙
Tel:022-27232689 Hours:9:00-20:00
All shops open 7 days
4006-199-159
www.milwin.com.cn

Bars & Discos

AJO 爱吉欧 **A:** 1F, Xidi, No. 177-179, Xiao Chengdu Dao, Heping District (close to No. 90 Middle School) 和平区小成都道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, Tangla Hotel Tianjin, No. 219, Nanjing Lu, Heping District 和平区南京路219号天津唐拉雅秀酒店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 和平区天津路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 mecca 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 Binshui Dao, Hexi District, Tianjin 河西区宾水道16号万丽天津宾馆1层 **T:** +86 22 5822 3388

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, Zhujiang Dao, Zhouliang Zhuang, Baodi District 宝坻区周良庄珠江大道8号京津新城凯悦酒店 **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 Zhujiang Dao and Jiulian Shan, Hexi District 河西区珠江道与九连山交口梧桐底商8号楼1门 **T:** +86 22 2374 1333

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号日航酒店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, 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

Tattoo Studios

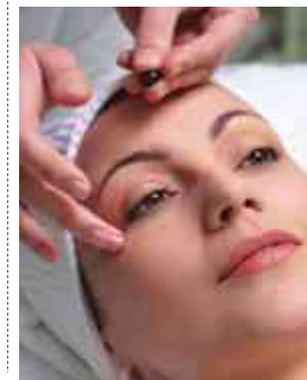
Ink Tattoo 墨颜刺青 Owned by artist Zhang, the store is tiny but inviting and the workroom is fully equipped. 11:00-21:00. **A:** No. 111, the junction of Shanxi Lu and Jinzhou Dao, Heping District 和平区山西路与锦州道交口111号 **T:** +86 22 8999 0001

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:** xjattoo.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 天津日航酒店瑜珈 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
区水上公园东路阳光公寓8号楼2层
T: +86 22 2338 1002
W: yunshuiyoga.com

Yogi Lotus Tianjin Branch 悠季莲
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: tjmugh.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, Huajie Department Store, No. 72-
74, Xikang Lu, Heping District 和平区西
康路72-74号华捷百货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 Situated 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

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

Fitness
FITNESS BODY COMFORT CLUB
VIP-LINE: 400-108-7890
Address: Central Clubhouse, Magnetic Capital, Binshui Xi Dao, Nankai District
天津南开区滨水西道时代奥城中央会所



NewClub Life 优莱荟 Yoga, Squash,
Luxury Spa, Heated 50m pool and 2
Standard badminton courts. A brand
new High-end Professional Club, it
create a Total Wellness Lifestyle for
you. **A:** Diamond Hill, East Olympic
Sports Centre, Weijing 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 Center
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** 天诚丽笙世嘉
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号天津天诚丽笙世嘉酒店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
情街区光复道37号
T: +86 22 2662 6688
F: +86 22 2445 2625

Decorations

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 红星美凯龙国际家居广场
Also known as Red Star Home, this
is a massive interior design super-
complex, which can satisfy any
renovation needs. 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 Dagu 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 河北区中山路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. 天津市伊斯玛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 河西區賓水道15號紫金花園2座19B
T: +86 22 2836 0997

Hotels

HP Harbor Centre Hotel 港灣中心酒店 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 和平区張自忠路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

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

Renaissance Tianjin Hotel 天津濱江萬麗酒店 A contemporary landmark building in the CBD of Tianjin for the 'young at heart' business traveler. **A:** No. 105, Jianshe Lu, Heping District 和平区建設路105号
T: +86 22 2302 6888

ST REGIS
TIANJIN
天津瑞吉金龍街酒店
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 和平区張自忠路158号
T: +86 22 5830 9999

The Astor Hotel Tianjin, A Luxury Collection Hotel 天津利順德大飯店豪華精選酒店 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 和平区台兒庄路33号
T: +86 22 2331 1688

The Westin Tianjin 天津君悅威斯汀酒店 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 天津泰達國際會館 Hotel facilities include a swimming pool, a sauna, a massage

centre and more. **A:** No. 7, Fukang Lu, Nankai District 南開區復康路7号
T: +86 22 5869 5555
W: tedatclub.com.cn

Tianjin Saixiang Hotel 天津賽象酒店 Presents its unique five star services as a luxury business hotel to guests from around the globe. **A:** No. 8, Melyuan Lu, Huayuan Industrial Area, Nankai District 南開區華苑產業區梅苑路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 河西區南京路18号
T: +86 22 2303 8866

Renaissance Tianjin Lakeview Hotel 萬麗天津賓館 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 河西區賓水道16号
T: +86 22 5822 3388

Sheraton Tianjin Hotel 天津喜來登大酒店 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 河西區紫金山路
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 河北區海河東路鳳凰商貿廣場
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 紅橋區芥園道6号
T: +86 22 5877 6666

Radisson Blu Plaza Hotel Tianjin 天津天誠麗笙世嘉酒店 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 河東區新開路66号
T: +86 22 2457 8888

BD Hyatt Regency Jing Jin City Resort & Spa 京津新城凱悅酒店 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 寶坻區周良莊珠江大道8号
T: +86 22 5921 1234

HP Jinbin International Hotel 晉濱國際大酒店 Situated along Weijin road and close to Tianjin's CBD, cultural and shopping streets. **A:** No. 135, Anshan Dao, Heping District 和平區鞍山道135号
T: +86 22 8331 1818

HX Geneva Hotel 津利華酒店 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 河西區友誼路32号
T: +86 22 2835 2222
W: genevahotels.com.cn

Apartments

HP Astor Apartment 利順德公寓 Apartment style accommodation close to the CBD. **A:** No. 32, Tai'er Zhuang Lu, Heping District 和平區台兒庄路32号
T: +86 22 2303 2888



SOMERSET
SERVICED RESIDENCE
威視服務公寓
Somerset International Building Tianjin
No. 75, Nanjing Lu, Heping District
Tel: +86 22 2330 6666
天津盛捷國際大廈服務公寓
和平區南京路75号
Somerset Olympic Tower Tianjin
No. 126, Chengdu Dao, Heping District
Tel: +86 22 2335 5888
天津盛捷奧林匹克大廈服務公寓
和平區成都道126号
Somerset Youyi Tianjin
No. 35, Youyi Lu, Hexi District
Tel: +86 22 2810 7888
天津盛捷友誼服務公寓
河西區友誼路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 和平區西寧道37号
T: +86 22 2781 2288

Ariva Tianjin No.36 Serviced Apartment 招商·艾麗華36號服務公寓 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 和平區西康路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 和平區南京路219号
T: +86 22 5868 2888

Qing Wang Fu Club Suites & Serviced Residences 慶王府公寓 **A:** No.55, Chongqing Dao, Heping District 和平區重慶道55号
T: +86 22 8713 5555 or 5835 2555
W: qingwangfu.com

Marriott
EXECUTIVE APARTMENTS
THE LAKEVIEW - TIANJIN
天津萬豪行政公寓
The Lakeview, Tianjin-Marriott Executive Apartments 天津萬豪行政公寓 Offers furnished apartments with amenities and 24-hour staff of an upscale hotel. **A:** No. 16, Binshui Dao, Hexi District 河西區賓水道16号
T: +86 22 5822 3322

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

Antiques & Souvenirs Streets

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

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 南開區古文化街

Drum Tower 鼓樓 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 南開區鼓樓

Caozhuang Flower Market 曹莊花卉市場 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 西青區中北鎮曹莊子外環線7号橋北

Art Districts

HP Min Yuan Xi Li Culture & Invention District 民園西里文化創意街區 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 和平區常德道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 和平區台兒庄路6号
T: +86 22 2332 2195
W: 6art.net.cn

Art Galleries

HP Hui Tai Art Centre 匯泰藝術中心 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 和平區台兒庄路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 和平区天津路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 天津利顺德大酒店博物馆 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, Jiانشe 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: wandafilm.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座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 Cultural Centre Grand Theatre 天津大剧院 Present international and domestic concerts, variety shows and musical performances. **A:** Tianjin Cultural Centre, Yuexiu Lu, Hexi District 河西区越秀路天津文化中心
T: +86 22 8388 2000

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

Kindergartens

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 南开区卫津路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 南开区鞍山西道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 P Heping

N K Nankai

H X Hexi

H B Hebei

H D Hedong

H Q Hongqiao

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 南开区滨水西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

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 museum, 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: tjtlj.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 Centre 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

Religion

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: tjdebaiyuan.com

Serviced Offices

Regus Tianjin 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



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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
T: +86 22 2318 5000
A: 41F, Tianjin World Financial Centre, No.2, Dagu Bei Lu, Heping District 和平区大沽北路2号天津环球金融中心41层
T: +86 22 5830 7988
A: Level 17, C1 Tower TEDA MSD, No.79, First Avenue, TEDA 天津经济技术开发区第一大街79号TEDA MSD C1座17层
T: +86 22 5985 9888
E: tianjin@executivecentre.com
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: cysonline.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: nirenzhangwr.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 CD's 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 acclaimed 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

和平区和乎路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 6620 8462
W: maky.com.cn

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 (Bin Hai 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: xjyppy.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国信大厦A座27号
T: +86 22 6202 1188
W: baijiaoyuan.com

Fortune Restaurant 富淳中餐厅 Experience Cantonese, Sichuan and Hainan cuisines served in an elegant setting. 11:30-14:30; 17:30-22:30. **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

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

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, 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. 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 specialties including a sushi counter in a traditional Japanese décor setting. 11:30-14:00; 17:30-21:30. **A:** Century Village, 3rd Avenue, TEDA 开发区第三大街世纪新村
T: +86 22 6529 9522

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 tone

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 塘沽区上海道巨川金海岸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 塘沽区解放路巨川金海岸商界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:** 1F, Holiday Inn Binhai Tianjin No. 86, 1st Avenue, TEDA 开发区第一大街86号天津滨海假日酒店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 盛宴标识餐厅 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

Wydsong 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, 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. 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号巨川金海岸商界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号天津友谊商厦名都店一层
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

Mi Cang Salon & Bar 迷藏 Be away from hurly burly, let's hide for a while, play hide and seek with the world. Come here to enjoy your own habits and collections. **A:** Golden Sunshine Community, Jietai Jie, TEDA 开发区捷泰街金色阳光小区(第三大街北侧大街)
T: +86 22 6638 9838 or +86 186 2250 3367

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 督伯尔爱尔兰西餐吧

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-C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: gome.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 泰达国际酒店宴会馆

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 2578 9866

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

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

Renaissance Hotel's "Get Out & Discover" Global Campaign

On June 7, 2012, Renaissance Hotels officially asked their hotel guests to "get out" of their hotel rooms...and discover. In Tianjin, Renaissance hotel guests experienced the "Get Out & Discover" local discovery activities that vibrantly reflected the abundant and rich culture Tianjin has to offer. In Renaissance Sanya Resort and Spa, however, the spirit of the tropics was all over the hotel as a live performance was held with cool cocktails served as their treat to hotel guests.



Renaissance Sanya Resort and Spa



Renaissance Tianjin Downtown Hotel



Renaissance Tianjin Teda Convention Centre Hotel



Renaissance Tianjin Lakeview Hotel

Outdoor Beer Garden @ Hank's



Located in Shang Gu, Hank's Sports Bar Land Grill offers traditional American favourites like burgers, steaks and pizzas in cozy and friendly environment. Now Hank's has added a new outdoor beer garden, with one hundred square meters of fenced off privacy, which allows people to celebrate birthdays, anniversaries or corporate events. Join one of their famous pig roast parties this summer!

German Food Fiesta

@ Sheraton Tianjin Hotel

The Sheraton Tianjin Hotel hosted its German Food Fiesta with Guest Master Chef Thomas Kaus from 9 to 18 June at Terrace Café Backyard Garden. Thomas personally served authentic German delights, such as German Sausages and Pork Knuckles, complimented with fantastic German Wine and Beer.



MY 随我所想 星冰乐®
however-you-want-it
frappuccino®
blended beverage

低脂摩卡星冰乐®
Low Fat Mocha Frappuccino®
Blended Beverage

特浓咖啡焦糖星冰乐®
Extra Coffee Caramel Frappuccino®
Blended Beverage

草莓豆奶星冰乐®
Soy Strawberry & Cream Frappuccino®
Blended Beverage

STARBUCKS®

Min Yuan Terrace Second-Phase Opened to the Public

The Min Yuan Terrace Culture and Creativity Block second-phase opened to the public on 2 June. On the opening day, Min Yuan Terrace combined with several famous creativity product brands to jointly organise the first activity "Min Yuan Terrace Creativity Bazaar" and "Confidence Gathering Point". Furthermore, the painting exhibition "Virtual Fan" situated in No.9, Min Yuan Terrace was also opened to visitors.

Min Yuan Terrace was established in 1939 and is located in Changde Dao, Wu Da Dao. It is designed by the modern and well-known designer Shen Liyuan. The main part of the block is comprised of two platoon British-style neighbourhood-type buildings. In the first-phase of the project more than ten stores including 31 Cups Coffee Shop, Cave D'emma opened, and since then, 6 more stores such as Geba Geba Restaurant, Café Sambal and 3+1 Bedrooms Hotel followed suit. This represents the first time these popular brands have entered China. All of the above injected an elegant and fashionable atmosphere to Wu Da Dao.



Milan Opens New Wine Bar and Cellar in Heping District

Milan Wines recently opened a new concept wine store in the busy bar street of Xiao Bai Lou, just around the corner from Hisense Plaza. This exciting new venue carries the name "Milan Wine Bar and Cellar" and encompasses an extensive range of imported wines along with a stylish and relaxing environment where wine can be enjoyed on site.

Milan Wines Deputy General Manager Dean Smith is pleased with the new venue and early reports are that it has been very well received by visiting patrons. "It's an exciting new direction for us – and one which we believe will assist in further stimulating wine culture in Tianjin." Customers can either purchase wine to take home or enjoy it on site where it will be served in top quality stemware. With wines starting from as low as 68RMB/bottle there is sure to be a good contingent of wine lovers wanting to make use of this exciting new addition to the Tianjin social scene.



Milan Wine Bar and Cellar
Xiao Bai Lou, Heping
Opening Hours 10am – 12pm, daily.

Thai Designer Won 300,000 Euros at the Mango Fashion Awards



The fourth edition of the MANGO Fashion Awards was held on 30 May at the National Art Museum of Catalonia (MNAC) in Barcelona. It was won by Thai designer Wisarawish Akarasantisook who received the 300,000€ awards from Isak Andic, Director of MANGO, and the Company Chairman. Numerous celebrities from the world of fashion including the



British model Kate Moss and national and international culture were present at the ceremony. Chinese designer missed out on the global maximum bonus fashion award. Derek Blasberg, one of the Jury members declared, "It's a great pity that Chinese designers missed out this award. But they are potential and I hope they can compete for this fashion awards with other country's designers in the future."

Raffles Design Institute's Art Couture Fashion Show 2012



The faculty, staff and students of Tianjin Raffles Design Institute held their Art Couture Fashion Show 2012 at the Jiusi Cultural Center in Italian Style Town, Hebei District.

The event, entirely organised by the students of Raffles Design Institute, started with a simple reception of wine and drinks. The entire collection, modeled by ladies from Africa, Russia and China, was sophisticated and ultra-flattering with easy-going shapes that definitely made teachers at Raffles Design Institute proud. Oh yes, the students did their homework, and did it well!

Attended by media practitioners with local and foreign friends, the fashion show was also graced by the presence of Alphonsus Pang, Tianjin Raffles Design Institute's Executive Vice Dean. It is said that fashion is a statement. For Raffles Design Institute, the Art Couture Fashion show definitely made a statement. Kudos!

Tianjin D-Mart Specialising in Imported Groceries

Located in Ao Cheng Area, D-Mart specialises in imported groceries. Therefore a great place for expats to buy imported foods in Tianjin, D-Mart is totally different from other standard supermarkets. Their main headquarters are based in the commercial centre in Sanlitun, Beijing, and at D-Mart you can choose from various products imported from different countries all over the world!

Address: Ground Floor, Bldg. C7, Magnetic International Shopping Mall, Nankai District

Tel: +86 22 8719 0586



Wellington College in Berkshire Opens Mandarin Centre

China's ambassador to the UK, Liu Xiaoming visited Wellington College International Tianjin's highly prestigious partner school, Wellington College in Berkshire, on Saturday, 2nd June. He was there to open the College's Chinese Language Centre, the largest centre of its kind in the UK, dedicated to Chinese culture and Mandarin teaching. The distinctive pagoda-inspired building is a striking contrast to Wellington College's traditional Victorian buildings which the ambassador said reminded him of Hogwarts, Harry Potter's alma mater in book and film. He described the Centre as symbolising "a bridge of friendship between young people from China and the UK, which is the key to the future relationship between both countries".

Dr Anthony Seldon, Headmaster of Wellington UK, stressed that language was the key to understanding a country and its culture. "Life will increasingly become China-centric as the country moves centre-stage in international affairs and business," he said. "The teachers' job is to prepare the young people of the world for the future, a future which is inconceivable without China."

David Cook, Headmaster of Wellington College International Tianjin and Director of Music Stephen Griffiths also attended, along with Wellington Tianjin's four year piano prodigy, Mimi Zou. The youngest piano soloist ever to play at London's Royal Albert Hall, Mimi took part in the opening ceremony, playing a traditional Chinese piece.



ICCO Event to Help Tianjin Orphans Held in TEDA



The International Committee for Chinese Orphans (ICCO) held a fundraising event on 1 June at Ashanti Restaurant on 2nd Avenue in TEDA. The organisation helps bring awareness to the issue, provides volunteer support, and gathers donations to assist with individual children's plights, typically medical in nature.

With a generous gift from Continental Automotive Systems (Tianjin) and Ashanti, ICCO was able to raise 37,000 RMB. They are planning another event on August 25th at the Sheraton in TEDA.

ICCO is a 100% voluntary organization and is led by Anne Perry, Liz Gisselberg and Heather Paht. A brief presentation at the function included slides of children they have been able to assist, as well as touching stories, including tragic cases. To learn more about the Tianjin ICCO mission, how to contribute, or volunteer, contact them at iccosecretary@gmail.com, or www.tjicco.org.

THE FACTS ABOUT RABIES

By Dr. Mel Brecknell, GP
International SOS



Amber and Ellie receiving their RIG vaccines in Hong Kong, June, 2012

Rabies is a viral disease that kills. But it can be prevented.

The virus infects the central nervous system, ultimately causing disease in the brain followed by death. The early symptoms of rabies in people are similar to that of many other illnesses, including fever, headache, and general weakness or discomfort. As the disease progresses, more specific symptoms appear and may include insomnia, anxiety, confusion, slight or partial paralysis, excitation, hallucinations, agitation, hypersalivation (increase in saliva), difficulty swallowing, and hydrophobia (fear of water). Death usually occurs within days of these symptoms appearing.

The virus is usually transmitted via saliva from an infected animal – a bite, a scratch, or even by being licked over an open wound.

The rabies virus is present on every continent except Antarctica and is more common in developing countries. More than 55,000 people die from rabies every year, half of whom are children. That is one person every ten minutes.

The virus can potentially be carried by all terrestrial mammals and bats, and can be transmitted by an animal that does not necessarily appear unwell. In August 2011 an orphaned baby zebra, Zoe, took

up residence at a Kenyan safari lodge. Guests from 17 different countries fed and petted her. Without previously showing any signs of illness she suddenly became unwell and died. To everybody's astonishment the autopsy diagnosed rabies. Nearly 200 people had to be traced and contacted to determine if they had been vaccinated against rabies.

Whilst traveling, contact with animals should be avoided even if they appear healthy.

Since 1940, when rabies vaccination and eradication programs began, the average number of documented fatalities has declined significantly, yet there are still approximately five rabies cases in the USA per year. In May 2012 a young woman in UK died of rabies contracted from an animal bite whilst on holiday in Asia. China CDC reported 201 deaths from rabies in 2007.

According to the WHO, an estimate of 10 million people receive post exposure rabies vaccinations each year after being exposed to animals with suspected rabies.

Rabies Vaccination (Pre Exposure Prophylaxis) World Guideline:

It consists of three relatively painless injections in the arm over a month followed by a booster a

year later.

Tetanus immunization should also always be up to date.

If not previously vaccinated and exposed to a potential infection, the immediate treatment will involve a long and expensive course of injections including Rabies Immune Globulin (RIG), a blood derived product. This might not be always be available where you are which would mean needing to rapidly evacuate to another country. Last week, two girls had to be flown to Hong Kong from Tianjin following a couple of small puncture wounds from a neighbour's new puppy.

Immediate Treatment:

If bitten or scratched by an animal:

- Wash wounds immediately with copious amounts of soap and water.

- Seek medical advice - it is important to remember that rabies is a medical urgency but not an emergency. Decisions should not be delayed.

If contracted, it is uniformly fatal. No cure exists. However, it is 100% preventable so vaccinate yourself and your pets.

For more information on rabies, please contact Customerservicetj@internationalsos.com

Look Younger Feel Great!

By Najla Rasdeen

When you look in the mirror what do you see? Wrinkles ? Acne? Age spots? Hair loss ? Yellow teeth? Receding gums? The list grows endless! We desperately search for the fountain of youth or that miracle cream that is going to shed years off our look. Unfortunately aging will eventually catch up with us. So how do we fight this? Simple. It's not about giving in to the signs of aging – it is about fighting it all the way!

Choosing what you eat and the way you live is the key to looking younger and feeling great. It is never too late to fight the signs of aging. Start with these simple lifestyle changes and get results in weeks!

Eating Healthy

You might be asking yourself, "can I really eat my way into younger looking skin?" Absolutely!

Berries – they are an abundant source of antioxidants and studies have shown that they can also fight certain forms of cancers.

Strawberries are one of the best sources of Vitamin C, which is needed for the formation of collagen, for healthy teeth and gums, and also improves iron absorption and fights infection.

Avocado – a good source of Vitamin E which helps maintain glowing skin, healthy looking hair and prevent wrinkles. Avocado can also be used as a face mask!

Face mask recipe:

- 1 avocado pulp
- 1 tbls Yogurt
- 1 tbls Honey

Procedure:

Cut the avocado, scoop out the pulp and make it into a paste. Add the yogurt and honey to the paste and mix well. Wash your face and dry before applying the mask. Keep the mask on for 15-20 minutes and then wash with lukewarm water.

Nuts – A variety of nuts such as almonds and walnuts. Both nuts contain Vitamin E and adding nuts to your diet can enhance the functioning of your digestive and immune systems, improve your skin, and also help prevent cancer. Nuts may also help control cholesterol levels.

There are many other miracle foods that can invigorate your body and keep you healthy. Tomatoes, eggs, soy, oranges; all are rich in vitamins and nutrients that are able to slow down the effect of aging. Stay away from sugary food. If in doubt of what foods to eat and what to avoid, just make sure it is organic; this is the healthier choice.

In the mean time, make sure you drink enough water!

Exercise

I know! We always have our excuses – no time with a busy schedule. But exercise is a necessary ingredient for a healthy life! Just plan out your day to make sure you can put a good hour a day for exercise. You will soon find yourself battling against illnesses that previously stole your body's "oomph"!

Plan a routine exercise and stick to it! You will start feeling younger and fresher everyday – Guaranteed!

Reduce Stress

Stress is surely one of the worst things that can contribute to you aging faster than any other factor. Try out some simple relaxing exercises like taking a few minutes every day to perform some breathing exercises.

In our busy lives we often forget to take time out to care for ourselves. Make a list of things that you would like to do for yourself, and each day come closer to accomplishing it. Take a day off from work and soak in a warm bath!

Deprivation of sleep is also a very common reason for building stress. Remember to give yourself enough sleep because sleeping actually revitalises your cells and heals your skin. Coping with stress is a conscious effort that you have to make every day!

Improve Your Look

Moisturise your face, hands and neck every day and you will notice an improvement in your complexion. Don't forget to add sunscreen to your list of 'must-have' products. Sun is the single biggest contributing factor for damaging skin.

Spend enough time on yourself. Ladies – maintain your eyebrows! Update your hairstyle! Don't forget your manicures and pedicures! Lose your glasses! Take simple inexpensive methods to update your look. You don't always have to burn cash on expensive surgical procedures to get the look you desire!

In Search of Confucian Ideals

By Keith Crane

The city of Qufu, the birthplace of China's most famous philosopher and philanthropist, Confucius, is now just two hours from Beijing and Tianjin by train, making it an easy weekend break.

So what does the fifth century's sage's home city have to offer? And would it disappoint him in the 21st Century?

It's certainly unlike the megacities we live in. The town is less advanced and less developed than Tianjin or Beijing, meaning there's less choice of restaurants, although it is nonetheless very welcoming.

Shangri-La is building a massively out of proportion hotel, when put in comparison to the rest of the city, (scheduled



to open later this year, although this is unlikely judging from its current state), but walking around this city you wonder what their market is.

That is, until you head into the Confucius hotspot of

China's grade 5A* protected sites. Attractions include his temple- where people go to worship him, his mansion- where he lived, and lastly the huge mausoleum, including his tombstone, where even today



Travel tips

High speed trains take around two hours from Tianjin and Beijing and the fare is around CNY 250.

If you insist taxi drivers use the meter to and from the station, it should only cost around CNY 25, although they may try and charge double, if you don't.

Stay at the ideally located Jinjiang Inn, a 20-minute walk from the city walls. Business rooms are available for around CNY 180/night.

Buy an all-in ticket to explore all three Confucius sites and save up to CNY 50.

Inside the old city walls, there's a mass of shops and bazaars, but tucked actually inside the south wall is Yang Zi Bar, which offers bottles of Taishan Stout, a welcome change from mainstream, lagers.

There's a decent hotpot on the road into the south gate. Datong Road.



his descendents can be buried.

Even during off-season it is still busy, as his extended family extends to countries such as Japan and South Korea. Porters can be seen off-loading their suitcases into plush hotels.

So maybe Shangri-La may have researched their market well, even if it still looms larger than any other building ought to, exceeding the height of the highest temple...which I'm told goes against the city's building regulations.

So where do you start on your exploration?

First, avoid the fading glamour of the downtown "Six Arts of Confucius" theme park, which is expensive at 90 RMB. It's full of stuffed dummies of worshippers; murals and a trundling indoor mini train

that takes you through his life. The commentary is all in Chinese, and it's all very kitsch rather than a mind-boggling experience. That is unless you want to go along for the laughs, although I'm not quite sure that's Confucian behaviour.

Instead, CNY 150 will get you all three of the real Confucius legacy historic sites on one ticket. So, take your time and admire the temple, laid out much like Beijing's Forbidden City, and his mansion for a glimpse into imperial living conditions. Then, and, by far the most overwhelming experience for me, walk north another kilometre to the mausoleum.

It's a vast wilderness you just don't expect, as it has thousands of hectares of open green space filled intermittently with tombs, tombstones and

newly dug graves.

Once inside, catch the CNY 20 trolley to get the best view of the vast area it covers, which has remained completely unspoiled for centuries. When I visited in mid-April, a light violet flower covered everything, undisturbed by any Qingming activities.

The trolley then leads you to the denouement itself, the tombstone Confucius. While there is a stall selling bouquets, it's not quite as tacky as the stalls outside. It's quietly reflective as people pause and pay their respects.

If you're not a Confucius follower, then this one-horse city may not be to your taste, or an ideal destination. But you can't disagree, with the man himself who said: "Everything has its beauty but not everyone sees it."

Durban, South Africa

Text and photos by Christopher Ribeiro



I woke up at six o'clock a.m. and the sun, although still low in on the horizon, was already churning out temperatures in the high 20's. It was late January, summer in South Africa, and I was lacing up for an early jog in the gated neighborhood surrounding my guesthouse. Meandering along the slow rolling hills in a community tucked quietly away in dense jungle and towering palms, I was getting a glimpse of a country that was very different from what I had previously imagined. Just then, a grey monkey, yes a live, wild monkey, dashed across the road - then another, and another, and then three more. Not a common sight in China, or my hometown in New York State - but a whimsical reminder, "Yep, this is Africa alright."

For most people deciding to holiday in South Africa, Johannesburg and Cape Town are the obvious choices. Frankly, most non-South Africans wouldn't be able to name another city aside from those two - but about 600 kilometres southeast of "Jo'burg" lies Durban - South Africa's third largest city and busiest port. As could be expected from two closely positioned metropolises, there seems to be a healthy rivalry between the two - Durbanites claiming that people from Johannesburg (Jo'burgers, Jo'zanites?) are arrogant and untrustworthy, while folks from Johannesburg see Durbanites as lazy and aloof - it's the same dichotomy that exists between New Yorkers and Bostonians, Tianjin ren and

Beijing ren and so on. As frequently boasted by the locals however, the geographical advantage as compared to its landlocked cousin is Durban's sprawling coastline.

Durban's "Golden Mile", is a long stretch of white sand beach that benefits from the warm waters of the Indian Ocean and is a paradise for surfers. Any time the sun is shining, which in Durban's case is often, you'll inevitably see the break points beyond the piers dotted with surfers, along with your occasional kayak. Along the coast, the art-deco architecture is reminiscent of Miami Beach or Santa Monica - hotels, restaurants and nightclubs line the promenade and give visitors plenty of options for food, drink and relaxation. Thanks to an increased police presence to chase away the less desirable elements of the city, tourism is flourishing in this area - the Golden Mile has choices both for couples on a romantic getaway and also for large groups or families traveling together.

Starting at the southern most part of Durban's South Beach area is uShaka Marine World, which is home to an array of family-friendly activities and some of the better restaurants in the area. The "Phantom Ship" has a few levels, the lower of which is supposedly more



elegant (I wasn't allowed in because my shorts didn't adhere to their dress code), but the "Upper Deck" is relaxed and served up one of the many sumptuous steaks I found South Africa specialises in. The Cape Town Pier is good as well - reasonably priced with a comfortable patio that provides a perfect place to take in a sunset and grab a tasty meal. uShaka also has activities to keep the kids busy in the afternoon - an aquarium that's complete with shark tanks (you can try a cage dive if you dare), a water park to chill-out during the sweltering mid-afternoon sun, a semi-private beach and an oceanwalk.

Heading north along the rambling promenade you'll see that it's alive with activity. Durban doesn't lack outdoor activities - as previously mentioned it's a surfer's heaven, not to mention abounding with cyclists, roller-bladers and skateboarders. If you're not the outdoorsy type, you can try your hand at the tables or slots - Durban's Suncoast Casino will definitely fill your time.

In terms of accommodations, the beachfront offers a range of choices at different prices - for those that decide to stay inland, a popular trend is to stay in one of the many well-appointed bed and breakfasts. The Alida Lodge is a small, quaint four-room guesthouse great for long-term visitors, and nearby is the Summerhill Guest Estate - a five-star resort run by a German family - complete with a *küchenchefen* that prepares gastronomic delights round-the-clock.

In addition to the sun, surf and sand, the outer-perimeter of Durban boasts some of the country's most well-known game reserves, which can be seen by a hired jeep or even a low flying single-prop plane. With so much to do, it's a wonder Durban hasn't received more attention from international travelers, but perhaps that's just how the locals prefer it, a well kept secret far from the bustling city life of Johannesburg.

Getting there: Traveling to Durban is pretty straightforward - there is a direct flight from Beijing to Jo'burg and the connection to Durban is just about an hour.

Accommodation: The beachfront offers a range of three to five-star choices at different prices. For those that decide to stay inland, a popular trend is to stay in one of the many well-appointed bed and breakfasts. The Alida Lodge is a small, quaint four-room guesthouse that's great for long-term visitors and nearby is the Summerhill Guest Estate - a five-star resort run by a German family - complete with a *küchenchefen* that prepares gastronomic delights round-the-clock.

Tips: Sightings of vervet monkeys are quite common - be warned that, although cute, they are actually pesky scavengers. Don't leave food lying around your hotel if the windows are open. Also, if cornered, the monkeys will get aggressive, so if one does manage its way inside, back away slowly and don't show any hostility towards them!





A Taste of Florence in Tianjin

Shop at Wuging District's Florentia Village

Text and photos by Cathy Perez



To walk the streets of Florence, to gaze upon its enthralling architectures, and to shop, ever so excitingly, at its many designer shops – is in every fashionista's to-do list. After all, Florence is regarded by many as the birthplace of modern fashion industry and has been a home to many of the industry's big shots – Salvatore Ferragamo, Gucci, Emilio Pucci, to name a few.

But if flying to Florence isn't part of your budget, worry no more! Florentia Village in Wuging District evokes a feeling of Florence with its nostalgic architectures and trendy outlet

Florentia Village

A: North of Qianjin Dao, Wuqing, Tianjin
(just 100 metres from Jingjin High-Speed Railway, Wuqing Station)

Store Hours: 10 am to 9pm (from April 1 to October 31)

W: www.florentiavillage.com

E: cs@florentiavillage.com

T: +86-022-59698-000

Getting there

By train: Jingjin High-Speed Railway (only 13 minutes from Tianjin Station to Wuqing Station departing 22 times daily)

By bus: Option 1 - take bus no. 611 from Zhongshan Park To Yixian Yuan (Yixian Yuan Station opens from 6:30 to 17:30 and Zhongshan Park Station opens from 6:30 to 19:00)

Option 2 – take bus no. 607 from Huayue Dao or Yangcun Bus Station. (Huayue Dao Station opens from 6:30 to 18:30 and Yangcun Bus Station opens from 6:00 to 17:00)

By car:

Option 1 - Jinzhonghe Bridge – Jingjin Tang Express Way – Yangcun exit

Option 2 – Jinzhonghe Bridge – Jingji Express Way - Jingjin Express Way - Wuqing North exit

Option 3 - Jingjin Road - G103-Wuqing



shops, some of which can't be found in downtown Tianjin. Thus, Florentia Village gives the spirit, culture and fashion of Florence, Italy, without having to leave Tianjin.

Boasting more than 200 shops from the most famous Italian brands and international and Chinese premium brands (all authentic), Florentia Village is built to give shoppers the ultimate shopping experience minus the maddening crowds commonly present in many of China's shopping districts. With a total site area of 60,000 square metres, this shopping haven leaves you confused

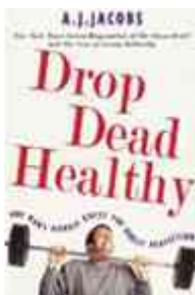
about where to go first – Prada? Celine? Gucci? Bulgari? Versace? Fendi? Calvin Klein? Hugo Boss? Burberry? Coach? Lacoste? Armani Exchange? Guess? But worry not; taking your time is the best way to experience this gem of a place. Or stroll along the Grand Canal, which runs through the entire village, and give yourself ample time to think where to go next, whilst also checking out piazzas (Piazza San Giovanni, Piazza San Marco and Piazza San Pietro), bridges, and much, much more. It even has Colloseum, which provides the perfect setting to take some photos!

With many designer and premium brands available, a half-day visit to Florentia Village is ideal, but you may also decide to spend the whole day exploring and experiencing the various restaurants and cafes available – Subway, Pizza Hut, KFC, Yoshinoya, Costa Coffee, Lavazza, Haagen Dazs, just to name a few.

So check out your schedule, bring friends, a special someone, or the whole family, and experience Florence in Florentia Village. And take note, don't forget to bring money with you...have a great time shopping!



A.J. Jacobs - Drop Dead Healthy



Being named as the king of "immersion journalism", after attempting to read the encyclopedia from cover-to-cover in The Know It All, and after spending a year trying to follow the Bible as literally as possible in The Year of Living Biblically, New York Times bestselling author A.J. Jacobs releases his new book – Drop Dead Healthy. The book tackles Jacobs' most challenging experiment yet- a mission to become the healthiest man in the world and radically improve every element of his body and mind; from his brain to his fingertips and his abs.

After tackling a complicated web of exercise and dietary advice, then consulting a team of medical experts, Jacobs subjected himself, over the course of two years, to a grueling regimen of exercises and nutritional plans. He experiments with a countless array of techniques-some nonsensical, unproven and contradictory, whilst others improve everything from his sleep, to his hearing and physique; all of

which are testing his wife's patience.

Bursting with warmth and hilarity, it is symbolic of our culture's assumptions and obsessions with what creates good health, and allows the listener to reflect on their own health, body, and mortality.

A.J. Jacobs: Drop Dead Healthy, One Man's Humble Quest for Bodily Perfection

Hardcover, English



All for the Love of Cooking!

Thinking of surprising your significant other with a new dish to prepare but can't think of any? Or, are you looking for healthy snacks to prepare for your kids but have ran out of ideas? Worry not. Open that computer, check out www.fortheloveofcooking.net and you'll find yourself bombarded with many potential recipes to try.

Managed by a blogger named Pam, a stay home mom who loves using fresh ingredients, For the Love of Cooking's dishes use recipes with fresh and organic ingredients as much as possible. They are all lower in fat but still taste great. Pam loves to experiment with different tastes and textures and as you navigate through the site, you'll find ample choices in the recipe index; appetisers, Italian dishes, Mexican dishes, vegetarians, Asian dishes, party snacks, smoothies, cocktails and beverages, dips and salsas, and many more.

Currently nominated for Top 25 Foodie Moms, For the Love of Cooking is simply Pam's way of combining three of her favourite hobbies; cooking, photography and blogging. It is also a great way to organise her recipes while at the same time inspiring others to cook, take good photos, and blog.

So this summer, make a bucket list and include 'cooking a new dish' as one of them. And, if you need a little help on that, For the Love of Cooking gives you all the help you need.



R&B/Hiphop/Pop

Nicki Minaj – Pink Friday: Roman Reloaded



Nicki Minaj's sophomore album Pink Friday: Roman Reloaded is a tossed salad of musical genres - with a mixture of soulful R&B, upbeat pop tracks, and gritty rap songs. Coming alive with some of the industry's big names such as Lil' Wayne, Chris Brown, Rick Ross, and Drake, these artists add their powerful verses to an already strong blockbuster from Minaj. Pink Friday: Roman Reloaded consists of 19 tracks and opens with Roman Holiday - a quirky song that has the stigma of an infamous Grammy performance from Minaj. The album's pop heavy second half would have you wondering if Minaj is trying to give Lady Gaga or Jennifer Lopez a run for their money. All in all, this second album from Nicki Minaj is purpose made to get her name amongst the top music icons in the world and from the looks of it, she has succeeded.



US – Men in Black III



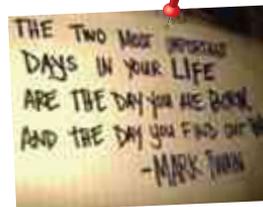
Genre: Action and Adventure, Fantasy, Science Fiction, Comedy

Casts: Will Smith, Tommy Lee Jones, Josh Brolin, Jemaine Clement, Alice Eve, Emma Thompson

Director: Barry Sonnenfeld

Our favourite dashing, hilarious, and brilliant secret agents are here again to enthrall us with wit and solid acting! In Men in Black 3, Agents J (Will Smith) and K (Tommy Lee Jones) go back in time. While nothing perplexes Agent J more than his wry, reticent partner Agent K; he is always there for him when push comes to shove. Thus, in this third installment of Men in Black, Agent J decided to travel back in time to the early 1960s in order to prevent his partner's assassination, change history, and put things right once and for all. In this adventure Agent J discovers that there are secrets to the universe which Agent K never told him; secrets that will reveal themselves as he teams up with the young Agent K (Josh Brolin) to save his partner, the agency, and the future of the world.

Twitter + Pinterest Shout Outs...



If you feel it, say it. Don't expect anyone to read your mind.

-@Relationship101

Be with someone who makes you feel alive.

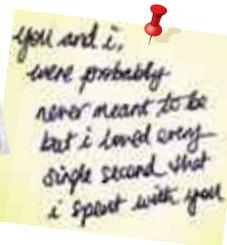
-@DamnRightTweets

Hold yourself responsible for a higher standard than anybody expects of you. Never excuse yourself.

-@BrainFood

I cheated on my fears, broke up with my doubts, got engaged to my faith, and now I'm marrying my dreams.

-@BeautyTips



God sends people in and out of your life to exercise your faith and develop your strength.

-@TheLoveAid



Aries
3.21 - 4.19

Don't let your disappointment get the best of you when people put you down. Instead, it should motivate you to work better and reflect on which part of your lifestyle should be altered to create self-improvement. When you think and act like this, blessings overflow.



Taurus
4.20 - 5.20

A new regime of fitness, health, and proper eating is needed. You need to find a balance in your life, as lately you have been too focused on work, and it is beginning to stress you out. Your schedule is hectic, but with good time management, you'll be able to devote time to de-stress.



Gemini
5.21 - 6.20

You'll think about what matters to you this month - family, friends, relationships, and dreams. With reflection you'll realise that there are relationships that have not been nurtured throughout the years, and dreams have been set aside for too long. Stop the excuses and make these dreams come true!



Libra
9.23 - 10.22

Leadership opportunities sprout all around you. They're overwhelming at first, so be a good listener. Listen not only to what people say, but also to what they don't say. This requires wisdom rather than just talk, action and empty promises.



Capricorn
12.22 - 1.19

A blessing in finances comes. This should be a cause for celebration, but before being extravagant, think about people who may need some extra help from you. Reach out and let what you received enrich them. At the same time, a new career goal is on the horizon. Be grateful.



Leo
7.23 - 8.22

July may provide great frustration and impatience and it's your call whether you'll take them or shake them off. However, know this - timing is everything and though you feel like things are not going your way, you'll find that in the end, they will.



Scorpio
10.23 - 11.21

Gratitude is your word for the month. Go back to the basic and count your blessings before you close your eyes at night. You'll find that they relieve you of worrying too much, and instead, set your mind on positive things. Also, challenge yourself, if only for a day, to stop complaining.



Aquarius
1.20 - 2.18

You thirst for knowledge comes in a deeper way this month. Finally, you realise that a lot of those things you welcome in your life are not really helpful and thus, with an open-mind, you are ready to let some changes happen. Like most changes, it's not easy, so be strong and take courage.



Virgo
8.23 - 9.22

You own things, but sometimes it seems like they own you. Much more valuable than what you own is who you really are, and the value you put on yourself. Never forget this. July presents you with challenges on what you truly value. Assess wisely before deciding what to do.



Sagittarius
11.22 - 12.21

You want to hide away somewhere. Being the mover of the zodiac, inaction is not in your vocabulary so you can't help but look for a place to go to, even if this means only for a few days. Also, find time to reconnect with family and close friends; take the initiative and be the first to call.



Pisces
2.19 - 3.20

Be observant and something beautiful will hover into your sphere. If you notice it, you'll be more grateful than anybody. If not, then it is lost forever. Such is the lesson you have to learn this month, the value of being in the moment and taking life one day at a time.

July Horoscope



Cancer

6.21 - 7.22

Your past doesn't define you. How many times have you asked yourself that? And how many times have you wanted to do something, but the chains of the past always hold you back? You can do better. July is the best time to take that pen and paper and write what you are going to be and start working towards it.

二十四节气 24 Solar Terms

小暑
xiǎo shǔ

Slight Heat
(2012-07-07)

Introduction

Xiao Shu is the 11th solar term. It begins when the Sun reaches the celestial longitude of 105° and ends when it reaches the longitude of 120°. It specifically refers to the day when the Sun is at the exact celestial longitude of 105°.

Origin

A book related to the interpretation of the moon says: "June (July) can be divided into big and small in terms of heat. It

is small at the beginning of one month and big in the middle of one month. It is especially small on the day of Slight Heat." Ancient people thought that it was not the hottest time during the Slight Heat period and therefore named it the Slight Heat.

Custom

In the past, having fresh grains was one of the main traditions during Slight Heat among the folks in China. The pronunciation of having fresh grains in Chinese resembles the sound of surviving hardship, which means the first day of going through hardship. A saying in Chinese involves different kinds of food: dumplings, noodles, the Chinese tortilla and scrambled

eggs. Dumplings are the traditional and household food among Chinese.

Healthcare

Xiao Shu is a time when the "Yang Qi" in the human body reaches its most vigorous period. People should strike a proper balance between work and leisure to protect their "Yang Qi". And people should eat more fruits during this period. Watermelons, apples, honeydew melons, and lychee are all summer-heat-removing fruits. But people need to choose fruits according to their health conditions. People with a poor physical condition or those who have digestion problems are advised to stay away from watermelons.

大暑
dà shǔ

Great Heat
(2012-07-22)

Introduction

Da Shu is the 12th solar term. It begins when the Sun reaches the celestial longitude of 120° and ends when it reaches the longitude of 135°. It specifically refers to the day when the Sun is at the exact celestial longitude of 120°.

Origin

Similar to Slight Heat, Great Heat is also a solar term that

reflects the heat of summer. Great Heat means extreme heat. During Great Heat, most parts of China enter the hottest season of the year. It is an important period for the growth of crops. Many natural calamities such as floods, droughts and typhoons also happen frequently during this period.

Custom

A 'folk way' of nourishing is to eat spring chicken during Great Heat. Spring chicken refers to the chicken that has just matured and hasn't mated yet, or a chicken that weighs half a kilo or two thirds of a kilo which after being raised for three months has yet to

mate. Spring chicken contains a certain growth hormone which is good for children who are still growing and developing, and old people whose hormone levels have decreased.

Healthcare

When it is too hot outside, it is easy to become dehydrated. Your body loses too much water and electrolytes. People typically only drink water when they are thirsty, but really they should be drinking far more water than that. Work intensity as well as the working environment must be considered when figuring out how much water a person should drink.

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