

2012.08



津品生活

TIANJIN PLUS

Your guide to the City

22

# Passion for Basketball

Gary Gaspard, Head Coach  
Tianjin Youth Basketball Team

Tianjin Map  
Inside

ISSN 2076-3741



InterMediaChina

[www.tianjinplus.com](http://www.tianjinplus.com)



INTRODUCING A NEW LEVEL OF HOME COMFORT  
SOMERSET SERVICED RESIDENCE



**Somerset International Building Tianjin**  
No. 75 Jiefang Road 86-20-2000666



**Somerset Olympic Tower Tianjin**  
No. 120 Chengde Road 86-20-2222888



**Somerset Youyi Tianjin**  
No. 35 Youyi Road 86-20-2810788



Ascott China has 3 Serviced Residences in Tianjin. With a total of 540 fully furnished and equipped studio, 1, 2 and 3 bedroom serviced residence units and a wide array of recreational facilities, you can surely find your home away from home whether for long term residence, business travel or leisure travel. *Because life is about living.*

For further information, please visit [www.ascottchina.com](http://www.ascottchina.com) or call 400 820 1028

Somerset is managed by The Ascott Limited, a member of Capitaland. It is the largest global serviced residence owner-operator in Asia Pacific, Europe and the Gulf region, managing the Ascott, Citadines and Somerset brands in over 70 cities across more than 20 countries.



**INTERNATIONAL  
SCHOOL of TIANJIN**

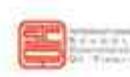
Working Learning Acting TOGETHER



IST is...

...a truly diverse and international community in which your children learn to have the courage to defend their views while making informed and ethical choices as future leaders in our changing world.

IST is... fully accredited by the Council of International Schools (CIS)  
IST is... fully authorized as an International Baccalaureate World School (IB)  
IST is... fully accredited by the Western Association of Schools and Colleges (WASC)  
IST is... a full member of the following China and Asia wide international school associations:  
ACAMIS, ISAC, ISCOT and EARCOS



WEBSITE: [WWW.ISTIANJIN.ORG](http://WWW.ISTIANJIN.ORG) EMAIL: [INFO@ISTIANJIN.ORG](mailto:INFO@ISTIANJIN.ORG) TEL: 86 22 28592001 FAX: 86 22 28592007  
WEISHAN SOUTH ROAD, SHUANGGANG, JINNAN DISTRICT, TIANJIN 300350, P.R.CHINA



**ST REGIS**

TIANJIN

天津瑞吉金融街酒店

---

## RIVER LOUNGE

---

Leave your footprint  
on the Hai River  
The latest address for  
an afternoon rendez vous

---

COCKTAILS TWO FOR ONE  
BOTTLES AT 25% OFF  
DAILY - 19.00 / 23.00 HOURS

---

NO.158 ZHANGZIZHONG ROAD,  
HEPING DISTRICT, TIANJIN  
TEL: 86.22.5830 9999

---



STREGIS.COM/TIANJIN

**LADY'S**  
50% Off on DRINKS For All Ladies  
Every TUESDAY  
Time: 19:00-22:00

**NIGHT**



  
**Aulare**  
urban latin restaurant  
艾伊莎贝西餐厅

**Exotic Latin Cuisine**  
in a private home-style atmosphere

**RESERVATIONS:**  
+86 187 2229 0691  
tianjin@aulare.com

**ADDRESS:**  
Magnetic Capital, Building A4, 2-16,  
Binshui Xi Dao, Nankai District  
300381 Tianjin, China  
南开区滨水西道奥城商业广场A4大厦2-16号



 **TIANJIN PLUS**  
Your guide to the City

**Managing Director**  
J. Hernan  
gm@tianjinplus.com

**Senior Editor**  
Wang Na  
senioreditor@tianjinplus.com

**Editor**  
Cathy Perez  
editor@tianjinplus.com

**Editorial Assistant**  
Amy Wang  
ea@tianjinplus.com

**Contributors**  
Chris Wilson, Paul Ryding  
Silvina Pardo, Jo Green, Josh Cooper  
Fintan Monaghan, Justin Toy, Lisa Gay

**Proofreader**  
Abbie Armstrong

**Designers**  
Hu Yingzhe, Gao Jie  
design@tianjinplus.com

**Sales & Advertising**  
Danni Zhang, Diana Han  
sales@tianjinplus.com

**Marketing, Events & Promotions**  
Jenny Wang  
marketing@tianjinplus.com

**Photographers**  
Wang Yifang, Lu Xinhai

**Distribution**  
Tang Xiaoyan, Lei Hongzhi  
distribution@tianjinplus.com

**Advertising Agency**  
InterMediaChina  
advertising@tianjinplus.com

**Publishing Date**  
August 2012

**Tianjin Plus** is a Lifestyle Magazine.  
**ONLY for Members**  
www.tianjinplus.com

Tel: +86 22 2576 0956  
ISSN 2076-3743

spg.

ST. REGIS HOTEL DEBUTS:  
PHILIPPINES, TIANJIN, ABU DHABI, BANGKOK, BALI, BEIJING,  
CANTON, CHICAGO, FLORENCE, MADRID, SANTIAGO DE LOS CABALLEROS

©2012 Starwood Hotels & Resorts Worldwide, Inc. All Rights Reserved. Photographed by M. Ryan and the crew at the trademarks of Starwood Hotels & Resorts Worldwide, Inc. and its affiliates.



12



44



52



82

# CONTENTS <sup>2012</sup><sub>8</sub>

<b>    August Calendar</b>	<b>08</b>
<b>    Partner Promotions</b>	<b>10</b>
<b>    Art &amp; Culture</b>	
BLAKE Comes to Tianjin	12
The Piano Maestro - Alexey Sokolov	14
<b>    Feature Story</b>	
Chinese Valentine's Day	16
His and Hers T-shirts	18
<b>    Expat Club</b>	<b>20</b>
Chitchat - Arzu Suzmen	
<b>    Cover Story</b>	<b>22</b>
The Coach's Call - Gary Gaspard, Head Coach, Tianjin Youth Basketball Team	
<b>    Restaurant</b>	
EM Coffee Factory	26
The Bavaria Beer and Hotpot	28
<b>    Nightlife</b>	<b>30</b>
Brownie Bistro Bar	
<b>    Beijing Beat</b>	
BarsinGulou	31
A Bit of Peace and Quiet	32
Hotpot of the Gods	33
CuJu	34
Beijing Craft Beers	35
<b>    Chinese Lesson</b>	<b>36</b>
Chinese Idioms	
<b>    Fashion</b>	
My Style Notes - Accessory Trends	38
Objects of Desire	40
Mango Runway Show	56

# CONTENTS <sup>2012</sup><sub>8</sub>

<b>    Past Events</b>	
Tangla Hotel Tianjin Opening	44
Wellington's Production of Our Town	46
Rego International School's Olympicpic Jeff House Kindergarten's Open Day	48
Le Procope Lounge's Havana's Night Chateau 35's Ladies' Night	
<b>    Special Days</b>	<b>50</b>
24 Solar Terms: Li Qiu & Chu Shu	
<b>    Health</b>	<b>52</b>
In the Chair with Dr.Li Xiang	
<b>    Sports</b>	<b>54</b>
Olympic Spotlight – Diving	
<b>    Listings</b>	
Tianjin Listing Index	57
TEDA Listing Index	75
<b>    China Travel</b>	<b>82</b>
Suzhou	
<b>    Global Travel</b>	<b>84</b>
Singapore	
<b>    Recreation</b>	
Book, Website	86
Music, Movie	87
<b>    Plus Fun</b>	<b>88</b>
August Horoscope	
<b>    Where to Find TJ+</b>	<b>90</b>
<b>    Map</b>	
Tianjin City, Binhai New Area	

**Weekly Aulare Lucky Draw**

Leave your business card in the bowl and you could be the next winner of some great Spanish wine!

**RESERVATIONS:**  
+86 187 2229 0691  
tianjin@aulare.com

**ADDRESS:**  
Magnetic Capital, Building A4, 2-16,  
Binhuai Xi Dao, Nankai District  
300381 Tianjin, China  
南开区滨水西道  
奥城商业广场A4大厦2-16号

**HOURS:**  
Monday - Sunday: 9AM - 11PM

David Felipe Rincan

# 2012 Aug & Sep Calendar

2012.08  
**01**  
WED



EDITOR'S PICK

**Tribute to the 2012 Olympics: Blake Concert 2012** 奥运巡礼——布鲁克组合音乐会  
 天津滨海文化中心大剧院  
 天津大剧院歌剧院  
 19:30 ¥60-450  
 +86 22 8388 2000 (ticket)

**Tianjin Port International Contemporary Art Exhibition**  
 天津港国际现代艺术展  
 天津港博物馆  
 天津滨海新区津塘路99号  
 10:30  
 +86 22 2570 7581  
 1 Aug - 27 Sep

2012.08  
**02**  
THU



EDITOR'S PICK

**2012 Tianjin International Jazz Festival**  
 天津国际爵士音乐节  
 Qing Wang Fu Garden Courtyard 庆王府花园  
 18:00-22:00 ¥200-300 for dinner  
 +86 22 8713 3555  
 2/3/4/5/7 Aug

2012.08  
**03**  
FRI



EDITOR'S PICK

**Sights and Tastes of Korea** 韩国美食节  
 Renaissance Tianjin Lakeview Hotel 万丽天津宾馆  
 11:30-22:00  
 ¥198-258 (children 12 years and below pay half)  
 +86 22 5822 3160  
 3-31 Aug

2012.08  
**04**  
SAT



**Violin Performance Concert - The Jumping Notes**  
 跳跃的音符——小提琴演奏专场音乐会  
 Western Shore Art Gallery 西岸艺术馆  
 20:00 ¥100 +86 22 2326 3505

2012.08  
**09**  
THU



**Interactive Symphony Concert with Dolls**  
 动物狂欢节——人偶互动交响音乐会  
 Tianjin Concert Hall 天津音乐厅  
 19:30 ¥30-150 +86 22 2777 8571 (ticket)

2012.08  
**10**  
FRI

**Miyazaki Hayao Anime Special Concert**  
 宫崎骏动漫专场音乐会  
 Western Shore Art Gallery 西岸艺术馆  
 20:00 ¥100  
 +86 22 2326 3505

**Singcham, Tianjin Chapter, Singapore's 47th National Day Celebration**  
 新加坡47周年国庆庆祝活动  
 Crown Plaza Tianjin Binhai  
 天津滨海皇冠假日酒店  
 19:00-21:00 ¥200-230 per person  
 tianjin@singcham.com.cn

EDITOR'S PICK

**Rosenkavalier Trio Concert**  
 柯蒂斯的问候——玫瑰骑士三重奏音乐会  
 Tianjin Concert Hall 天津音乐厅  
 19:30 ¥30-150  
 +86 22 2777 8571 (ticket)

**Ballet La Bayadere Performed by Tianjin Song and Dance Opera Troupe** 芭蕾舞剧《舞姬》  
 Opera House of Tianjin Cultural Centre Grand Theatre  
 天津大剧院歌剧院  
 19:30 ¥50-380 +86 22 8388 2000 (ticket)

2012.08  
**15**  
WED

**"Hitech" 2nd International Non-Professional Piano Competition - Finals**  
 “海泰杯”第二届国际非职业钢琴比赛  
 Tianjin Sakiang Hotel 天津赛康酒店  
 www.022show.com  
 15 - 23 Aug

EDITOR'S PICK

2012.08  
**16**  
THU



**Maestro Muhai Tang and Tianjin Symphony Orchestra**  
 指挥大师汤沐海与天津交响乐团交响音乐会  
 Concert Hall of Tianjin Cultural Centre Grand Theatre  
 天津大剧院音乐厅  
 19:30 ¥80-580 +86 22 8388 2000 (ticket)

2012.08  
**17**  
FRI



**Drama - Sunrise** 话剧《日出》  
 Opera House of Tianjin Cultural Centre Grand Theatre  
 天津大剧院歌剧院  
 19:30 ¥30-280 +86 22 8388 2000 (ticket)  
 17-18 Aug

2012.08  
**25**  
SAT

**TICC Family BBQ (inclusive BBQ and Beer)**  
 TICC家庭烧烤聚会日  
 Terrace Café Garden Area, Sheraton Tianjin, Zijin Shah Lu, Hexi District  
 河西区复安山路易希曼大酒店  
 17:30-19:30  
 ¥80-230  
 ticc\_09@hotmail.com

EDITOR'S PICK

2012.09  
**01**  
SAT



EDITOR'S PICK

**Mamma Mia! (Chinese version)**  
 百老汇音乐剧《妈妈咪呀！》中文版  
 Opera House of Tianjin Cultural Centre Grand Theatre  
 天津大剧院歌剧院  
 19:30 ¥128-880  
 +86 22 8388 2000 (ticket)  
 1-9 Sep

2012.09  
**06**  
THU



**The 3rd China - Tianjin Yachting Show & New Idea New Life Show**  
 第三届中国(天津)游艇展名品展  
 Tianjin Jinwan Plaza 津湾广场  
 +86 22 5811 2915  
 6-9 Sep

2012.09  
**19**  
FRI



EDITOR'S PICK

**The 3rd DK 1308 Munich Oktoberfest**  
 路德维格1308第三届德国慕尼黑啤酒节  
 1F, Bldg. 5, Tianjin Jinwan Plaza 津湾广场5号楼一层  
 +86 22 2321 9199  
 19-22 Sep

## Special Days

- 4 Aug International Film Festival
- 7 Aug Beginning of Autumn (Li Qiú)
- 23 Aug Chinese Valentine's Day, End of Heat (Chù Shǔ)

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

## Partner Promotions

### Discover the Arts of Aria @ China World Hotel, Beijing

Aria continues to distinguish itself as a purveyor of contemporary European cuisine with its' sumptuous three-course dinner menu.  
**Price:** CNY 298 +15% service charge **Time:** Every night, 1-31 August  
**Call:** 010 6505 2266 ext.36



### Friday Terrace BBQ and Beer

#### @ 1863 Bistro & Terrace, 1F, The Astor Hotel Tianjin

Every Friday night at the 1863 terrace - enjoy leisure weekend and summer nights with BBQ classics and ice cold beer.

**Price:** CNY 188 + 15% **Date:** August, 2012



### Friday Chardonnay & Seafood Extravaganza @ The St. Regis Tianjin

Authentic dining experience by the river, with a modern twist to Italian seafood classics.

**Price:** CNY 348 +15%



### Summer Breeze BBQ @ Sheraton Tianjin Hotel

Come experience the perfect outdoor BBQ and enjoy a live entertainment performed by in-house band from the Philippines.

**Price:** CNY 119-238 + 15% **Time:** 18:30-21:00 every Friday



### Flavours of Asia

#### @ Café Venice-2F, Holiday Inn Tianjin Riverside

Using the freshest ingredients, seafood and top quality grain fed beef, together with traditional recipes and modern culinary technique from Asia.

**Call:** 2627 8888 ext.2278



### Happy Mid-Autumn Festival @ Radisson Blu

For every mooncake box purchased, enjoy one CNY 100 food value coupon. This can be used when dining at any restaurants of Radisson Blu Plaza Hotel Tianjin if you spend a minimum of CNY 200. Free delivery service within Tianjin downtown area for orders of 100 or more boxes.



### Summer Freeze Spa

#### @ Hyatt Regency Jing Jin City Resort and Spa

The Balneum Spa offers a specially designed Summer Freeze package. The treatment concludes with a Swedish massage to re-balance muscular tensions and strain.

**Price:** CNY 880 + 15% for 105 mins



MILAN WINES www.mwines.com.cn  
米兰酒业 4006-199-159

¥298

## White Wine Month in August

2011 HUNTER'S Stoneburn  
Marlborough Sauvignon  
Blanc Dry White Wine  
HUNTER'S  
New Zealand  
Marlborough  
Sauvignon Blanc

2010 CCW Growers Gate  
Sauvignon Blanc  
Dry White Wine  
CCW  
Australia  
South Australia  
Sauvignon Blanc

2011 KONDOR Winemaker  
Series Chardonnay  
Dry White Wine  
KONDOR  
Chile  
Curico Valley  
Chardonnay



2010 CCW Growers Gate  
Chardonnay  
Dry White Wine  
CCW  
Australia  
South Australia  
Chardonnay

2009 RAVOIRE & FILS  
Reserve Chardonnay  
Dry White Wine  
Ravoire & Fils  
France  
Languedoc  
Chardonnay

2011 AVELINO VEGAS  
Condado Real Blend  
Dry White Wine  
AVELINO VEGAS  
Spain  
Castilla y leon  
50% Verdejo, 50% Viura

Spend more than **298** RMB at any Milan Wine shop in August and receive one of the above white wines for free!



From left to right: Stephen Bowman, Humphrey Berney, Ollie Baines, Jules Knight

Tianjin Grand Theatre is proud to host one of the hottest acts on the planet! British boy group Blake are not your average singing quartet, they are a four man classical vocal group with sensational voices. On 1 August they will take to the stage at Tianjin's best music venue. *Tianjin Plus* caught up with them during their tour of China to find out more about this incredible act.

**Firstly, we know how prolific you are now but could you give our readers some background about how you formed and your rise to fame. (Jules)** Blake formed almost 6 years ago in London, when we reunited as old friends on Facebook, messaging each other about the idea of forming a singing group that would combine both pop and classical songs in harmony. At the time we were all in various day jobs or studying classical singing, so when we were suddenly signed to a major record label as 'Blake' it was our ultimate dream come true.

**What would you say are your biggest achievements to date? (Stephen)** In 2008 we collected our first BRIT Award, for best album, at huge ceremony at the Royal Albert Hall. The BRIT Awards are the English equivalent of the Grammy Awards, so to win such a prestigious prize in our first year together as a band was both humbling and hugely motivating. We have also performed for the Royal Family at Buckingham Palace and at the opening of the Wimbledon tennis championships.

**So how does it feel to be performing here in China? (Ollie)** It's an honour to be giving our first live shows in China and we look forward to experiencing Chinese people's reactions to our music. From our experience at the Shanghai International Film festival this year, we believe that Chinese audiences are very warm and will hopefully be uplifted by our big live shows. The Chinese have a wide and impressive history of art and music, we are bringing them our uniquely British harmony music sound, so it should be a special experience both for audiences and ourselves on stage.

**You are currently on an international tour, what is it like to travel around the world and do shows in many different countries? (Humphrey)** Travelling the world is huge fun and we enjoy meeting new people from cultures different from our own. It's only when we actually get to a new country, perform there, undertake television performances, try the food, see the sights and spend time with the people, that we truly begin to understand what makes that part of the world so special.

**Finally, what does the future look like for Blake? (All)** The future with Blake is always super busy; we even know we have concerts in 2014 in various parts of the world! We have our fourth studio album release in the UK in autumn this year- which is our first to include lots of original songs, unique to Blake, rather than cover songs only. In 2013 we will be touring in Australia, the USA, Europe and hopefully China again. Let's hope this first major tour is a success for us, so that we can return many times in the future!

(See Calendar P8)



TANGLAhotels.com



**Six Star Shines in Tianjin**  
**The Grand Opening of Tangla Hotel Tianjin**

The sixth 'International Six-Star Diamond Award' hotel in the world as bestowed by the American Academy of Hospitality Sciences.

No. 210 Nanjing Road, Heqing District, Tianjin 300051, China Tel: (86-22) 2321 5888



Exterior View



Ambassador Suite



Executive Room



CN wedding banquet



Swimming Pool



SPA



Tang Place



China Blue



Sol Restaurant

# The Piano Maestro

Interview with Alexey Sokolov,

Piano Professor at Tianjin Conservatory of Music

By Cathy Perez



It was year 1999 when he accepted Tianjin Conservatory of Music's (TCM) offer to teach the piano. Prior to teaching at TCM, he was a young faculty in two universities in St. Petersburg, Russia, and at the same time had great opportunities holding piano concerts and performances with famous musicians in countries like the UK, Italy, Yugoslavia, Indonesia and Former Czechoslovakia. Fast forward to the present, and Alexey Sokolov, now in his 12<sup>th</sup> year as piano professor at TCM, still approaches the piano with utter awe and respect. "If I come on stage, it should be perfect," quips the professor who teaches his protégés that same awe and wonder. "I tell my students, you have to keep the attention of the audience. As soon as the audience sleeps, it will be very difficult to wake them up."

Here, the piano maestro tells *Tianjin Plus* more about teaching the piano and his life here in the city.

**Firstly, please tell us what attracted you to the piano?** Neither myself or my parents' chose or decided I would be a musician or a pianist, it just happened step by step. Actually,

both of my parents are pianists so it's sort of a dynasty already (laughs). I started my piano training when I was six years old and I was enrolled in a special music school and studied only music.

It was when I was 15 that I decided that this is the way I should go. It was also during the conservatory that we had some very interesting lessons and I was very lucky to have excellent teachers.

**You used to hold performances with many famous musicians and have actually done World Tour Concerts. Do you still do it now?** Actually, I did a lot of concerts before I came to China. When I started teaching, I was only 25, which was very early. By the time I was 27, I was already in China so my concert career lasted from 1993 till 1999. Since 1999, I've been in China and have had a lot of teaching opportunities here. I have had to focus on it so I brought my family over, and every year I had more and more students so I got to practice less and less. And I'm the kind of person who has to practice every day. If I'm not practicing, I'm not in good pianistic form, I cannot come on stage. If I come on stage, it should be perfect. To do it perfectly, I had to practice seriously. Now, I don't practice every day though I still have several concerts every year like gala concerts or piano festivals, but not recitals. Sometimes I also perform with orchestras.

**Now, you're a professor at Tianjin Conservatory of Music (TCM). What made you decide to take this post?** This year is my 12th year in Tianjin and what made me decide was the occasion, once again, the occasion. I was teaching in a university and at the same time teaching in another pedagogical university in St. Petersburg. I remember it clearly. There was a group of Tianjin Conservatory leaders who came to St. Petersburg to sign a treaty between two conservatories. I got a call and they asked me to present a short program for this group. I still remember what I played and it was a rather good concert and I discovered later on, that it was decided almost immediately, all the way from St. Petersburg to China, that the Tianjin Conservatory would invite me to teach for a year. I said, why not? I should try, there's nothing to lose.

Teaching the piano is different to other kinds of teaching as it involves putting emotions into music and delving deeper into student's emotions. This must be very difficult for yourself and the students. How do you do it? That's why it's tiring to be a piano teacher because you feel emotions, you feel a lot and you cannot put it in music, in sounds. I have to feel it and make it stronger. I have to add my feelings to my student's performance to bring that student to that level which they should be at. To let them feel the pureness of the emotion and to let them realise how pure it should be. I do my best to help them find these characteristics, these emotions, these feelings.

**Now, let's talk about your life here in Tianjin. How long have you been around and what is it like living here?** I have been in Tianjin for twelve years now. Originally I came here with my wife and daughter, and a second daughter has since arrived. My eldest daughter studies here and her Chinese is better than her Russian, while my 2nd daughter is now three years old. Me and my family feel rather safe here in Tianjin.

**Lastly, for those who aspire to achieve the heights that you have reached, what words of wisdom do you have for them?** Think twice. It's maybe the most complicated, tiring, challenging major I know. You have to study professionally more than 15 years, so in total, over 20 years of study. Are you ready to do it all of your life, ask nothing for it and, maybe, get nothing from it? It's tiring and results are unpredictable. If you made your choice and took your first conscious step in this way - go ahead, don't doubt your great choice, don't look for tricky routes, just go ahead - RECTE FACIENDO NEMINEM TIMEAS: "do your duty and come what may".



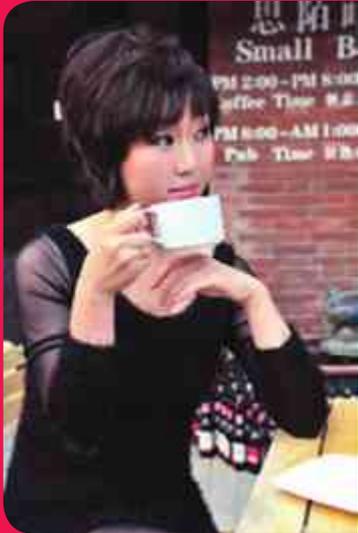
# Chinese Valentine's Day Love is in the Air Once Again...

By Cathy Perez

Chinese Valentine's Day or *Qixi* falls on the seventh day of the seventh lunar calendar and is the only Chinese festival devoted to love. If you ask one of your Chinese friends about the origin of *Qixi*, chances are you're going to hear about the story of two well-loved mythical characters – *Zhi Nu* and *Niu Lang*. *Zhi Nu* is the seventh daughter of the Queen of Heaven who fell in love with a poor cowherd named *Niu Lang*. Despite their difference in stature, not to mention the many challenges that faced them such as distance and defiance, the couple waited for each other with a firm belief that their love could withstand the test of time.

Traditionally a festival for ladies, *Qixi* is believed to be the best day for girls to perform some rituals so that they may become more skillful and pretty. For the unattached, it is the day to pray hard to find the love of their lives, while for the married ladies, it is the day to wish for a blissful and fruitful marriage and bear sons.

While modern society doesn't necessarily celebrate such traditional rituals during this festivity, the spirit of two mythical lovebirds *Zhi Nu* and *Niu Lang* lives on and Chinese culture celebrates the glory of love during *Qixi*. Zhu Hong, happily married and currently the financial director of Tianjin Historical Architecture Ltd., Co. shares to *Tianjin Plus* her ideas about love and some other things that make it work.



**Chinese love quote I live by:** "Together or apart, life or death, we've made our oath, you and I. Give me your hand to hold and live with me until we're old." – from Shi Jing (The Book of Songs)

**An ideal relationship is...**one with no constraints and something that is not overbearing. It is also ideal for both individuals to be independent. It's important to be friends with each other, even like parents to each other, and being each other's confidant. When one gets tired, he/she will know the other half is home and love is their harbour.

**One "love tip" I would like to share with others is that...**know each other well and get along with each other without any doubts in your relationship or marriage.

**For Chinese Valentines' Day, my husband and I will...** most likely have a simple celebration. We will stay at home together and maybe watch a good movie. There's no specific or definite plan for this kind of celebration. What's more important is sharing happiness and being spontaneous rather than celebrate in a fixed manner.

# His and Hers T-Shirts The Couples Fashion Craze

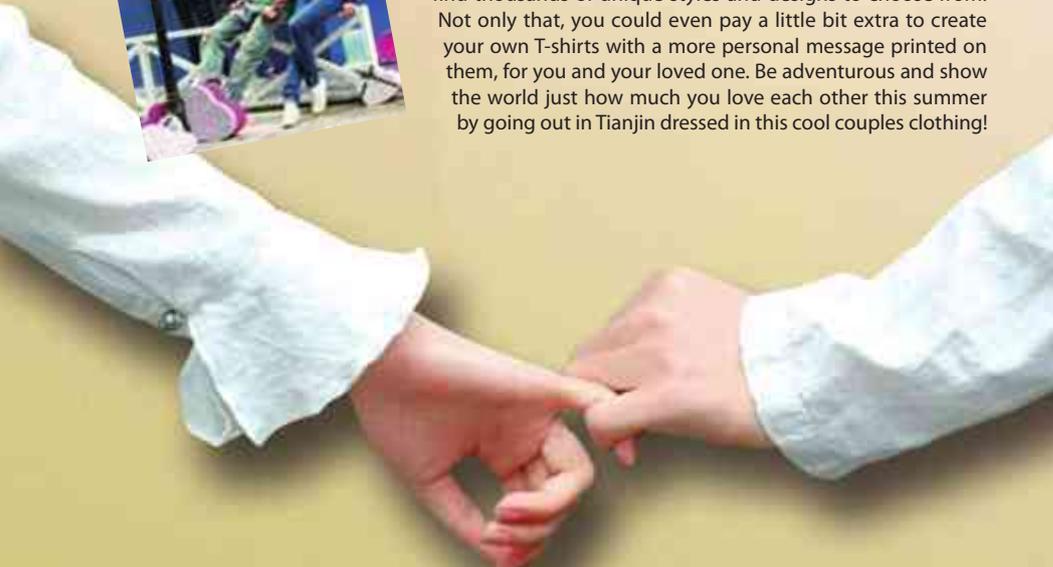
By Josh Cooper



Let's face it, nothing says 'I love you' like wearing complementary couples clothing. Couples T-shirts are the fashion statement taking China and the rest of the world by storm. Spend five minutes strolling along Tianjin's Binjiang Dao shopping street and you are guaranteed to spot a dozen couples wearing matching or corresponding attire. Is it daring? Yes. Is it cute, cool and fun? Certainly!

These must have fashion items are not just a popular trend but a sign of a modern fashion revolution. In times gone by, the male of the species would never have even entertained the idea of sporting such attire. Any man doing so would have risked losing his masculine pride and committing social suicide. But luckily it's 2012 and a new era of clothing culture is upon us. Men no longer have to be afraid of expressing their feelings. Not only is it socially acceptable to wear couples clothing- it's actually fun and fashionable. Partners all over the world are letting their wild side out by wearing these T-shirts, so why don't you and your other half do the same?!

With *Qixi* Festival (or 'Chinese Valentine's Day') fast approaching, why not go out and grab a pair of snazzy T-shirts for you and your partner. This will make a great gift and for a small price you can make someone the happiest person in the world. By either browsing the internet or getting out into the shops, you will find thousands of unique styles and designs to choose from. Not only that, you could even pay a little bit extra to create your own T-shirts with a more personal message printed on them, for you and your loved one. Be adventurous and show the world just how much you love each other this summer by going out in Tianjin dressed in this cool couples clothing!



## Traditional Niçoise Salad



## Sensational Summer Creations by Chef Vincent Tirado

No.37 Guangfu Road, Italian Style Town Hebei District, Tianjin  
Tel: (022) 2662 6688 [www.flo.cn](http://www.flo.cn)

**Arzu Suzmen**

37 years old, Turkish  
Fashion Marketing and  
Management Lecturer at Raffles  
Design Institute, Tianjin



**What's your impression of Tianjin?**

I came to Tianjin after working and living in Shanghai for four years. Shanghai was more dynamic and international so my first impression was that Tianjin is a slower city which needs to be developed especially in terms of cultural events and arts.



**Top 3 best restaurants in town.**

My student took me to 'Jie Tou An Hao Chain' and I loved the Sichuan food there. I also like Chateau 35 and YY Beer House.

**Favourite local delicacies/dishes.**

I love to eat all kind of street foods. I guess this is a habit I got from Shanghai and my favourites are

Xinjiang-style barbeque, all kind of noodles, and *ma la tang*.

**Favourite drinks.**

Like all the Turkish people my favorite drink is 'raki' since it makes me feel home, and also mojito.

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

I like the spirit and excitement of Nanjing Road and Binjiang Dao, they're my favourite places for shopping especially Milenio and Isetan shopping malls.



**Favourite place to hang out with friends.**

I love AJO's relaxing and friendly atmosphere.

**Favourite dating place in Tianjin.**

Tianjin Eye...

**Strangest thing you've seen in town.**

As a fashion teacher, I think the strangest thing I saw are the ladies riding bikes with tulle veil covering their faces! Kind of cool!

**Worst and best about Tianjin.**

The best is being safe and the worst would be the lack of art and cultural events.



You're welcome to participate in next month's CHITCHAT!  
Send an email to [editor@tianjinplus.com](mailto:editor@tianjinplus.com).



Who do you trust?

**International SOS  
Tianjin and TEDA Clinics**

At International SOS, your health and safety are our highest priority. Our clinics in downtown Tianjin and TEDA provide quality medical services to International SOS members, including family practice, annual health checks, laboratory testing, vaccinations, diagnostic services and pharmacy.

**Tianjin International SOS Clinic**

Opening hours: Mon - Sat 9am-5.30pm  
Clinic appointments: 2352 0143  
1/F Apartment Building, Sheraton Tianjin Hotel,  
Zi Jin Shan Road, He Xi District, Tianjin 300074  
天津市河西区紫金山路  
喜来登大酒店公寓楼一层, 邮编 300074

**Tianjin TEDA International SOS Clinic**

Opening hours: Mon - Fri 9am-5.30pm  
Clinic appointments: 6537 7616  
102-C2 MSD, No. 79, 1st Avenue, TEDA,  
Binhai Area, Tianjin, 300457  
天津经济技术开发区第一大街79号  
泰达MSD-C区C2座102室, 邮编300457

**24 hour Assistance Center: 400 818 0767**

[www.clinicsinchina.com](http://www.clinicsinchina.com)





# THE COACH'S CALL

Interview with Gary Gaspard, Head Coach, Tianjin Youth Basketball Team  
By Cathy Perez



China began its love affair with basketball long before many other European countries. Unknown to many, it was in Tianjin where China's first basketball game was played with the then famous Nankai Five Tigers in Tianjin YMCA. The year was 1895.

So it shouldn't be a surprise that the Tianjin Youth Basketball team is working extra hard to bring home the bacon for the next season. "It's time to bring it back home," asserts the team's head coach, Gary Gaspard. "I want my team to make a mark because from my understanding, basketball in China originated in Tianjin. It's really time to bring it back home."

Training teams under 13, 17, 21 and senior levels; there's indeed a lot on the plate for Coach Gary, who used to play in the NBA and has played and coached for many teams from different parts of the globe. Yet, his passion for basketball and vision for these teams seem to consume him more than anything. It was an honour for the *Tianjin Plus* team to sit down with this visionary and listen to him share his thoughts about basketball, coaching the Tianjin Youth Basketball team and yes, about his life here in the city.

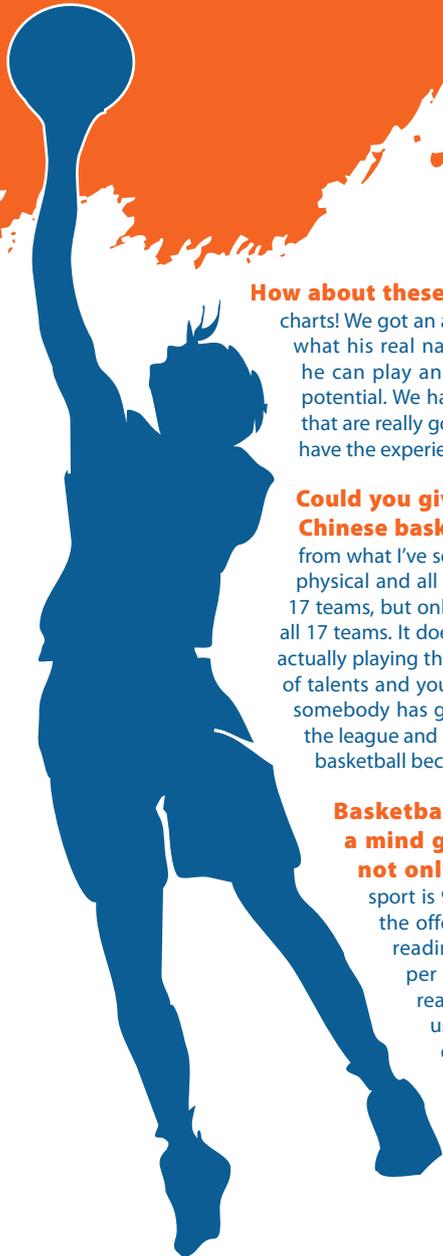


**Could you tell our readers a little about you and your background?** I'm 52 years of age. I have seven children and two grandchildren and I feel that I'm really blessed in life. Everyone has gone through their ups and downs. I went through a lot of ups and downs as a youth, when I kind of didn't understand what I was here for. But I was given great direction from my father and mother. My dad has since now passed, he passed in 2008, and I pretty much take over the responsibility of taking care of my mom and maintain being a father and husband. But the real inside of me is all basketball. I never thought that a child from South Central would be here in China some 40 years later still doing what he loves to do. That's why I said I'm blessed.

**What's your impression of Tianjin and how do you find it living here?** Well, when I first got here it was extremely cold because I came here during the winter. But at the same time, I saw that the people here are so warm when I go around town or walk to the stores. Even my bosses are really warm people and it's for those reasons that I really like Tianjin because I've been in Beijing but I didn't like it there. It's too crowded and it's almost like you have to follow their pace. I'm more of like a traditional guy. I love the big city but I like to be in my small little corner. That's what I love about Tianjin.

**In your career, what do you think is your greatest achievement?** As a coach, my greatest achievement is to see kids on a daily basis improve and on the inside it really makes you feel good because when you see kids improve, they show growth, when they show growth, they show maturity, and when they show maturity they're actually showing you that "I'm ready for the world." A lot of people might not understand but basketball and sports is a form of life and you have to understand how to flip that because we are only on the floor for so long and then you have to teach kids about life. So I think my greatest impact would be that I love teaching. I love to see kids grow on a daily basis and that's a very good satisfaction for me.

**How has your experience been so far working for the Tianjin Youth Basketball Team?** The biggest thing is to making sure that I've adjusted with the cultural difference because you kind of get lost if you try to do things your way all the time without understanding what the culture is about, and what the mentality is about. So I think the biggest thing for me is just having them adjust to playing harder and playing on both sides of the ball. The cultural difference wasn't a big deal for me because I've been to so many different countries and I understand that I can't do it by myself.



**How about these kids' potential?** Oh, the potential is off-the-charts! We got an all-star in our team. We call him Kobe, I don't know what his real name is in Chinese but we call him Kobe because he can play and score on anybody. We have an abundance of potential. We have two guys on our team right now who are 30+ that are really going to be the catalyst of what we do because they have the experience and they've been there.

**Could you give us your views on the current state of Chinese basketball?**

The current state of Chinese basketball from what I've seen is a very grinding game, meaning that it's very physical and all of the teams are pretty much the same. We have 17 teams, but only 6 go to the play-offs. Each game is winnable for all 17 teams. It doesn't matter from the 1st to the 17<sup>th</sup> team. If you're actually playing the right way, each game is winnable. There are a lot of talents and you see some of them not playing in the league. So somebody has got to believe in these talents and let them go to the league and prosper in it, maybe put a bigger name for Chinese basketball because they do have some talent.

**Basketball is not only a physical game; it's also a mind game. So how do you train your kids to not only play physically but also mentally?**

All sport is 90% mental and 10% physical. What I try to do, in the offense, is teach the Princeton, and the Princeton is reading your defender. I don't like to call them plays, per se. I like to let guys react off their defender and react off their offensive men. That's the way I try to use their mental (ability) and we use it every single day in practice. We also have an offensive concept called Menthus and what I basically do is attack more on offense without play.

**What are some ways to encourage the young people in Tianjin to get involved in the local basketball scene?**

Actually it is not just basketball but sports as a whole. My

thing is, get your kid involved in something. Get your kid involved in some type of camp. Find a camp that's available. If you need a coach on the side, get a coach that's available. I know a lot of parents are poor here, but work out something to which you could give your kids training. It could be baseball, soccer, basketball, tennis, whatever it is.

**It is often said that a team's success on the court depends largely on what happens in practices and training. What do you specifically aim at during your practices?**

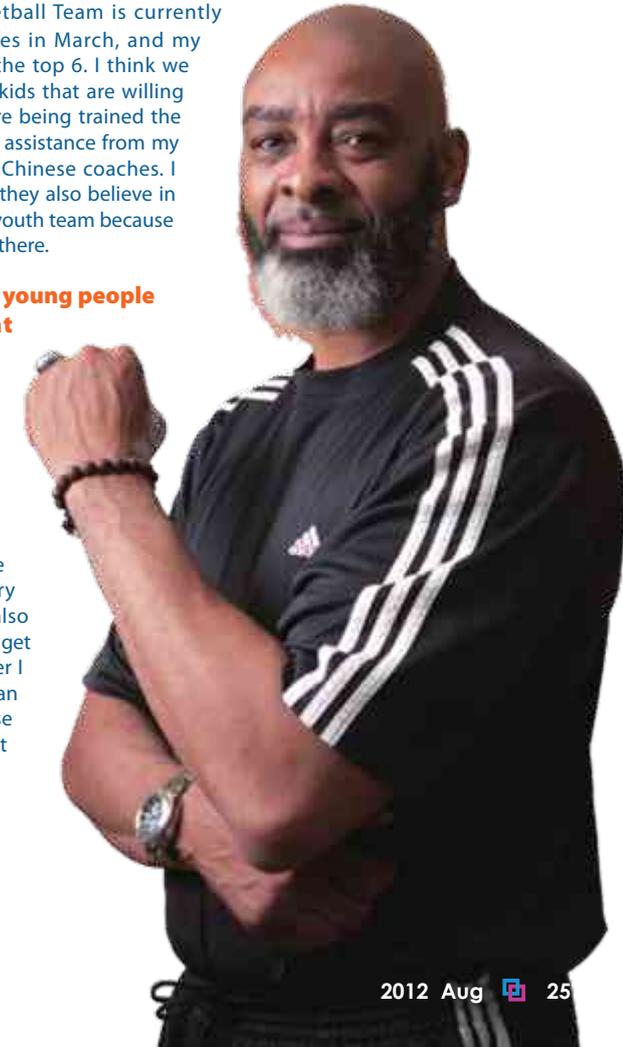
You have to practice to be perfect and you have to do a perfect practice in order to do that, and what I try to do is to make sure that we aim at perfect practices. I'm very detailed with everything we do and if I see a kid is doing wrong, I stop practice right away and I correct it. We have to make sure that we have the perfect mindset and focus. It's really important.

**What's your expectation for Tianjin Youth Basketball Team?**

The Tianjin Youth Basketball Team is currently preparing for the National Games in March, and my expectation is to try to finish in the top 6. I think we can do that because we do have kids that are willing to do whatever it takes and they're being trained the right way right now. I've got great assistance from my Chinese coaches. I believe in my Chinese coaches. I believe in what they're doing and they also believe in me. So, the sky's the limit with our youth team because we do have some very good talent there.

**Finally, we have readers and young people who love basketball. What advice would you like to share to them?**

I can only tell them what my dad told me to do – just dream big! Don't be afraid to work for what you want, either. I'm not a big guy but I made it to the NBA. I mean, I was blessed but I also work my tail off. It's not like somebody gave me something. I worked hard every single day but with that work, I also developed an ethic that helped me get to the next level because whenever I had something in front of me like an obstacle, it wasn't a big deal because my mind was ready for it and I just went on and moved on with it.



# EM Coffee Factory

## Tianjin's Ultimate Authentic Coffee Shop Experience

By Josh Cooper



Situated in a quiet corner of Ao Cheng Magnetic Plaza, the EM Coffee Factory offers the very best combination of great beverages and relaxed surroundings to recharge your afternoon. The venue is elegantly styled with a mixture of rustic wooden interior and vintage coffee shop décor. With real coffee factory paraphernalia throughout the building, EM offers a unique customer experience. Upon leaving the shop, you won't feel like you have just visited an average coffee shop. The EM Coffee Factory is both an exquisite café and a coffee museum under one roof!

The EM's menu truly caters to coffee lovers with all tastes and preferences. Classic coffees are on offer, at standard prices, and for coffee connoisseurs there is a great range of specially imported brews from South America and beyond. The latte selection is particularly good. Flavours include Caramel Hazelnut, Hazelnut Almond and Tiramisu. Another popular favourite is the Ginger and Orange Cappuccino. All coffee blends on the menu are delicious and guaranteed to have you craving for more.

Coffee is not the only thing served at the EM Coffee Factory. There is also a fantastic range of fruit smoothies to choose from. Blueberry, Chocolate, Mango and Kiwi are just some of EM's finest. For those in need of something a little stronger, there is a good selection of imported European beers. Customers can also grab something from the range of refreshing fruits or treat themselves to a tasty sweet snack.

With three floors worth of comfortable seating and extra space outside the shop, there is plenty of room for bigger parties of people. Relaxing background music helps you unwind whilst still being able to enjoy a conversation. The shop's décor and quieter surroundings distinguish it from the numerous big name coffee chains dotted around Tianjin. Take some of your friends and colleagues to relax in this elegant and authentic coffee shop!

### EM Coffee Factory 镜壕咖啡

**A:** Bldg. C6-105, Magnetic Plaza, Binshui Xi Dao, Nankai District 南开区滨水西道时代奥城商业广场C6-105

**T:** +86 186 2211 8581



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.



16 Bin Shui Road, He Xi District, Tianjin 300061 China T. +86 22 5822 3160  
 中国天津市河西区宾水道16号 邮政编码 300061 电话 +86 22 5822 3160

# The Bavaria Beer and Hotpot

## Tianjin's Hidden Gem

By Josh Cooper



Located directly between Xiao Bai Lou and Xia Wa Fang subway stations is an absolute gem of a restaurant. Intriguingly named 'Bavaria Beer and Hotpot', this eatery does exactly what it says on the tin. Known for its excellent Chinese food and stunning homebrewed Bavarian-style beer, it is a place which many expats swear by. At first glance this place appears to be a fairly typical Chinese restaurant. However, the excitement starts once you have placed your order.

If this restaurant had a mission statement or a slogan, it would be something like; 'First class German style beer, with plenty of meat and tons of tasty treats! At the Bavaria, the first order of the day has to be a nice cold glass of homemade beer. The house specialities are *Huang Pijiu* (Yellow Beer) 黄啤酒 - a smooth lager with an authentic Bavarian taste, and *Hei Pijiu* (Black Beer) 黑啤酒 - a dark brew with a stout like feel. At just CNY12 per pint, you can enjoy sipping these frothy beverages all night long.

Hotpots are a recent addition to the menu and make a great accompaniment to your Bavarian brews. In terms of dishes, customers can either navigate their way through the menu to more adventurous choices or grab some of the tried and tested expat favourites. Some of the must have plates include *Yang Rou Chuanr* 羊肉串儿 (Lamb Sticks), *Xian Xia Kou Qie He* 鲜虾扣茄盒 (Shrimp in Aubergine), Sweet Chicken with Cashew Nuts 酱爆腰果鸡丁 and the Sweet and Sour Pork 酸甜咕嚕肉. Although some limited English is spoken by staff, you can easily manage by pointing at products from the huge meat freezers or by simply using a translation device.



With excellent service, fantastic prices and three floors of seating space, the Bavaria Beer and Hotpot is a classic venue for big parties of expats to enjoy great food and sensational beers!



### The Bavaria Beer and Hotpot

来顺成饭莊

A: No. 366, Dagu Nan Lu, Hexi District  
 河西区大沽南路366号

T: +86 22 2324 2450 (in Chinese)

# 美琪食品

## Mighty Deli & Bakery

Import Food Store · European Bakery · Cheese · Butcher · Sandwich

进口食品超市 · 欧式面包 · 芝士 · 冷切香肠 · 西式西餐

Mighty Deli Development Zone and Nan Cui Ping Store newly offer Mighty Deli specially made cuisine. After the redecoration of Development Zone Store, here provides an elegant and spacious environment. Opening hours of Development Zone store lasts until 12PM. 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.

### Mighty Deli Catering

Party, Banquet, Afternoon Tea and Outdoor BBQ catering all available now!

We promise you - Professionalism, a rich experience, and first-class quality!

Top class food and beverages, along with fantastic service, is available for various business events as well as private parties.

### Catering Service:

Western-style buffet receptions

Western-style buffet

Afternoon Tea and Cocktails

BBQ

Call: +86 22 2355 6789 ext. 809 at Ms. Ma or

+86 186 2220 0179 at Mr. Liu

美琪开发区和南翠路店新增美琪特制菜品。开发区店内部装修后再次开业，优雅宽敞的就餐环境，晚上营业时间延长到12点。开发区店晚上有环境优雅的静吧，为客人提供各种美琪特制小吃。

开发区晚间推出美琪特色茶点，让您享受幽静环境和精美的美食。

### 美琪外烩

本公司现承接各类酒会、宴会、茶歇及户外烧烤等外烩业务。

专业的技术、丰富的经验、一流的品质！

我们将以星级的服务水平，为各种商务活动、私人聚会等大中型团体活动提供最优质的餐饮享受。

### 外烩业务范围

西式冷餐会

西式自助餐

茶歇

鸡尾酒会

户外烧烤BBQ等

外烩业务联系电话：186 2220 0179 刘先生



Add: No.85-87 Water park west RD Nankai  
 地址：天津市南开区水上公园西路85-87号  
 Tel: 8783 9683



Add: 5F, Somerset Youyi, Pingjiang Dao,  
 Hexi District  
 地址：天津河西区平江路逸盛服务公寓5楼  
 Tel: 2810 7747



Add: Ground floor store 6 Xincheng west RD  
 (Next to the Sheraton hotel)  
 地址：天津市开发区第二大街与新城西路交口  
 财富国际商厦6号  
 Tel: 6628 2425

# Brownie Bistro Bar & Restaurant

Tianjin Music Street's Coolest Little Nightspot

By Josh Cooper



Situated on 'Music Street' in Hedong District is one of Tianjin's top class nightspots for food, drinks and entertainment. Brownie Bistro Bar & Restaurant offers an absolute hidden gem of a venue. It is a friendly little expat-orientated bar which offers great value refreshments, an ultra friendly atmosphere, live music and discounted drinks seven days a week.

Walking into the bar, the first thing that hits you is the cosy, welcoming environment. The traditional pub feel inside the venue is complemented by a nice outdoor seating area so that visitors can enjoy a few frothy beverages under the summer sun. Brownie also has a delightful second floor lounge area which is perfect for punters who want a game of darts or a quiet chat. The décor the expats gives an authentically international boozing experience.

Speaking from personal experience, food at Brownie Bistro' is exceptional in terms of both quality and value for money. House specialities include Brownie Burger and the Beef and Chicken Fajitas. There is also

a great selection of tasty treats from pizza, spaghetti and steak menu. In terms of drinks, happy hour enthusiasts can't go wrong here. Brownie has happy hours twice daily. The first session is 6-8pm, while late drinkers will also be rewarded with another discount period from 11pm to 1am. A pint of local beer is only CNY 15 during normal hours so the buy-one-get-one-free promotion is incredibly enticing. Foreign tipples, wines and spirits are also discounted at various times.

And that's not all. On certain nights of the week, visitors are treated to fantastic live sets by local musicians. Tuesday nights are particularly entertaining, with folk-rock artists from England taking to the stage to perform a magnificent range of contemporary classics and old favourites. Sports fans can also enjoy live football and other big events on the big screen. There's no time like this summer to head over to Brownie Bistro Bar & Restaurant and enjoy a night out in one of Tianjin's coolest expat nightspots.

## Brownie Bistro Bar

布朗尼西餐吧

A: No.55, Music Street,  
Bawei Lu, Hedong District  
河东区八纬路音乐街55号

T: +86 22 6089 3448



## BEIJING BEAT

# Bars in Gulou

By Lisa Gay

Not so long ago, the traditional hutong alleyways of Beijing were stuffed with *chuan'r* joints that offered little more than lukewarm Yanjing. Thankfully, things have changed. These days, a number of hip, modern bars are popping up to stylishly quench the capital's thirst.

### Mao Mao Chong

The husband and wife team helming this charming hutong bar are a true dynamic duo—the husband designs the artwork that covers nearly every inch of the walls, the wife makes cocktails you won't find anywhere else. But the bar fills up fast, so we recommend getting here early for the unique cocktails and gourmet pizza.

**Find It:** 12 Banchang Hutong (off Nanluoguxiang)

### Zajia

It looks like your grandma's basement, if she were a Beijinger. Full of mismatched furniture and a spotty collection of imported beers and whiskeys, this former Daoist temple now plays host to live ethnic music and performance art shows. It's a favourite spot of hutong hipsters, but don't let that put you off—the owners are genuinely friendly and the atmosphere totally laid-back.

**Find It:** Hong'en Daoist Temple, 23 Doufuchi Hutong

### Mai Bar

A grown-up cocktail bar with quality ingredients at very reasonable prices. Owner and bartender Jeff Ji cut his teeth at Apothecary, so expect seriously well-crafted cocktails without the snobbery. The staff here are all smiles and make great recommendations—but take our advice and order off the seasonal menu.

**Find It:** 40 Beiluoguxiang

### Amilal

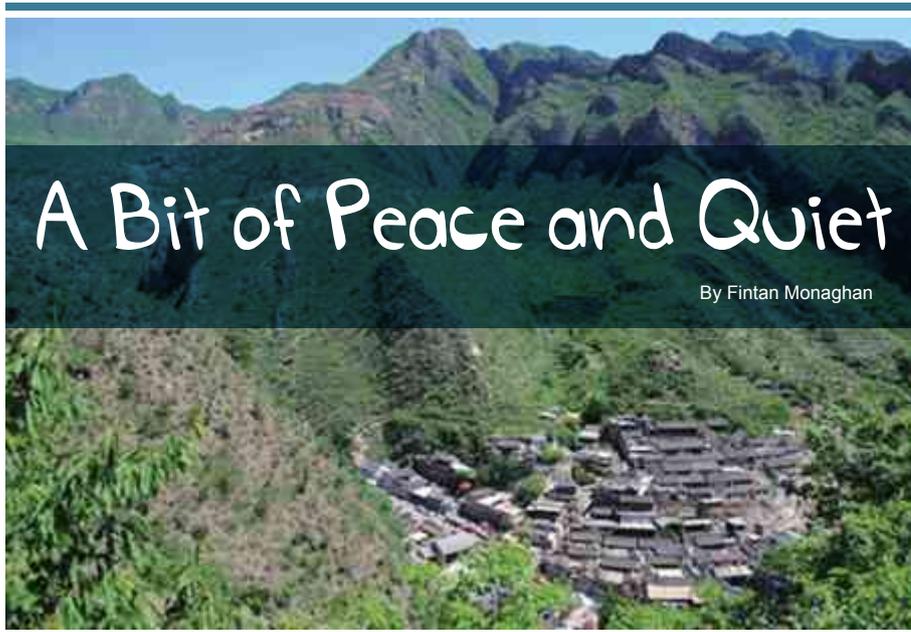
It's got that bohemian *wusuowei* feel that's almost mandatory in these parts, but the selection of whiskeys is definitely on the mark. We're also completely smitten with the cute cats and the occasional minority music set. And it's the only bar on this list truly worthy of being called a "hidden gem," as we doubt you'll be able to find it without a phone call.

**Find It:** 48 Shoubi Hutong (8404-1416)

### 12SQM

The inner footage is now definitely past 12 square meters, but we'll forgive the bad math as you can actually find a place to sit now. There's a good mix of Chinese and English clientele and making new friends here is ridiculously easy, probably because of the small space.

**Find It:** Corner of Fuxiang and Nanluoguxiang



## A Bit of Peace and Quiet

By Fintan Monaghan

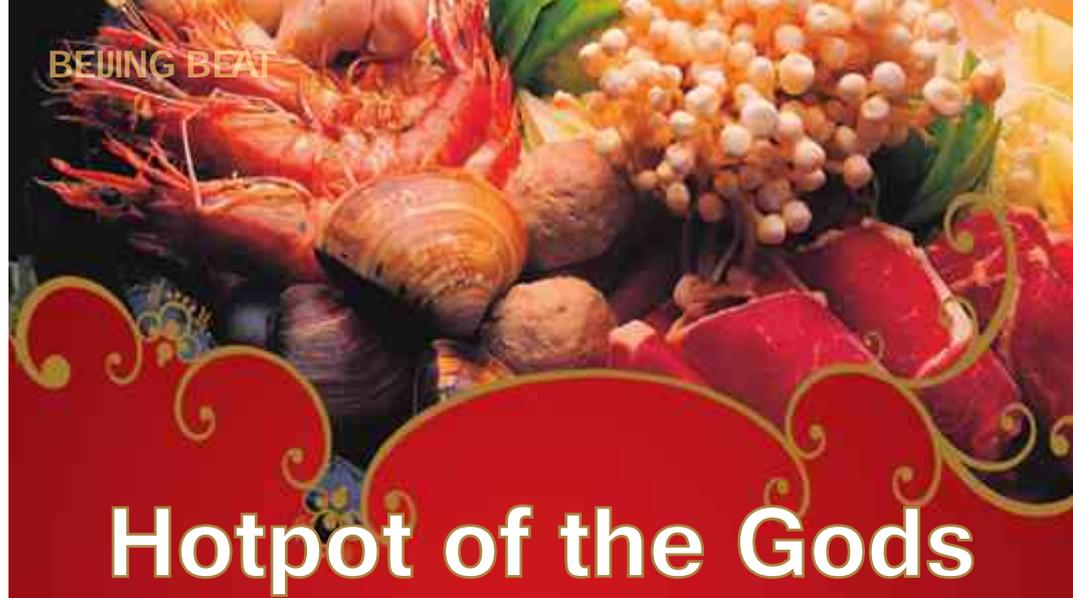
Beijing is so much more than just an urban jungle. If it's a little rural tranquility you're after, you can find it just a couple of hours' drive from the city centre. Nestled at the foot of a grassy hillside, Cuandixia is a tiny village on the western edge of the municipality, but it feels worlds away from the hustle and bustle of Sanlitun and Tiananmen.

Despite earning a lot of tourists these days, Cuandixia retains a lot of its authenticity. New arrivals can enjoy getting a little lost among the maze of twisting, narrow streets. Don't worry you'll soon get your bearings! There's also plenty of hill walking to be done in the surrounding area, with stunning vistas of the whole village framed by rows of terraced farming reaching up the grassy slopes.

Nearly every second house is run as a quasi-guesthouse, but a lot of them have a really homely feel. We got a room from an old lady who stayed up chatting with us until late into the evening. Apparently nearly all the places are still run by locals (although some leave town during the colder months of the year.) Her husband makes the absolute best kungpao chicken we've ever tasted.

While you're out there, be sure to pick up some of the local specialties. They make their own honey around the village. It's runny and sweet. They also do a great line in dried fruit.

Cuandixia is only 2 or 3 hours from Beijing. Take subway line-1 and head all the way to Pinguoyuan in the far west. From there, hop on the 929 bus. Some of its routes go direct to the village, but even those that don't will go as far as Zhaitang, which is only a short cab ride from the village. Cuandixia is one of many rustic spots within reach of the city, so get out there and do some exploring!



## Hotpot of the Gods

By Liu Ning

You may think you know all there is to know about hotpot, but Haidilao will bring you a fresh perspective: with great tastes and stratospheric levels of service.

Featuring the full range of traditional Sichuan cuisine, one of the best things is the mix and match dipping sauce bar, with its variety of wonderful flavours. Culinary adventurers can find many unusual offerings to boil up, such as fresh duck tongue, fish head and pigs brain. For the food, there is only one word - good!

What really makes Haidilao stand out is the service. With waiting times often long, customers are treated as mini-deities, experiencing pampering to the extreme. The wait actually becomes part of the dining



experience. Everyone in the queue has a seat and a small table, complete with an array of magazines and newspapers. For the hungry, there's free fruit, snacks and drinks. The waiter can bring you cards and board games to pass the time and work up that appetite; or you can surf the web from one of the free computers. There's even a free manicure and shoeshine service. These are not empty gestures, and it doesn't feel gimmicky. It's an experience well worth prolonging, if you're not in a hurry to gorge.

As you order, aprons, hot towels and slippers mysteriously appear. Hairpins and bands are offered to those with long hair. Guests wearing glasses get cloths to wipe down steamy lenses; and phones are quietly inserted into plastic bags - all ready to survive the hot pot splash-splash.

If you have a small child, a waiter can help them to eat, or take them to the play area.

No detail has been spared: in the bathrooms, there are

toothbrushes and toothpaste, ready to eliminate bad breath. There are even beauty stations and skin care products - if your face needs freshening up after the steamy splurge.

Topping it off, don't forget to request the noodle show - where a super-energetic waiter will spectacularly pull noodles right at your table.



And if you feel you didn't take full advantage of the free fruit before dinner... don't worry - it's still there, when the hotpot has stopped bubbling.

Haidilao is at numerous venues across Beijing, including 8<sup>th</sup> floor Intime Lotte, 88 Wangfujing; 7<sup>th</sup> floor Friendship Mall, 109 Xidan Beidajie; A2 Baijiazhuang Lu, Sanlitun; and 2 Dahuisi Lu, Haidian.



# CuJu

By Jo Greene

**A:** 28 Xiguan Hutong, DongCheng (just off Dongsì Beidajie, between Zhangzìzhonglù and Beixìnqiao Stations)

东城细管胡同28号 (张自忠路和北新桥地铁站的中便)

**P:** 10 6407-9782

**W:** [cujubeijing.com](http://cujubeijing.com)

Not quite hidden in the hutongs, but surprisingly close to Gulou shops, restaurants and sightseeing spots, is the new baby of Beijing music/food blogger Badr Benjelloun ([www.beijingdaze.com](http://www.beijingdaze.com), [www.noodlediaries.com](http://www.noodlediaries.com)) If you're looking for a place to have a quiet drink, a chat and watch a game or two, this is the perfect spot to escape the expat central Sanlitun sports bars.

The name CuJu 蹴鞠 comes from an ancient Chinese form of football, a sport close to the owner's heart, and his bar will show it in all its forms, soccer, American football, Aussie Rules, Rugby League and Union. They'll also be showing the Olympics later this month; after all it does have football too! And for those who like their sport with an engine, you can see F1 with English commentary as well.

Despite not being a beer drinker himself, Benjelloun has the bar well stocked with all your favourite brews, including a few hard to find options such as Beer Lao and Sinkiang Black Beer. But with a passion for rum, there's a mouth-watering shelf displaying over 35 different types and more arriving regularly, he aims to have the best selection in the city. If you're feeling peckish, you can currently order in from surrounding restaurants such as Saveurs de Coree and this month brings the start of Moroccan snacks from his homeland as well as a regular Monday 4-6 course dinner paired with wines.



# Beijing Craft Beers

By Jo Greene

Summer is heating up, meaning it is the perfect time to sit back with a beer on a hot afternoon. But if you're looking for something a little different to your normal Tsingdao or Stella, Beijing has some great craft beer options that are definitely worth a try!

## Great Leap

When the demand became too high for its original hutong courtyard, Great Leap moved it's brewing to a bigger location near the Great Wall. The hutong is still open for drinking though, and often with live music provided by local bluegrass musicians. They currently have 12 beers available, with intriguing names such as Fighting Tong Hawthorne Black Ale, The Aggressor and Liu the Brave Cardamom Stout. Great Leap also supports local home brewers with supplies of malt, hops and yeast. <http://www.greatleapbrewing.com/>



## Slow Boat

Founded by a couple of Americans beer lovers, Slow Boat brews American style craft beer at its Changping location out by the Great Wall. They currently have 9 different brews available, including some experimental and seasonal beers such as their Dragon Boat Summer Ale. Slow Boat is currently available on tap in eight Beijing locations from Home Plate BBQ, to rooftop bar Q bar and indie music club XP – check their website for updates on which brews are available in which locations. They have plans to open their own 'Tap Room' with all their beers available in one place this summer. <http://www.slowboatbrewery.com/>



# Chinese Idioms 中国成语

## How to pronounce each tone:

- = monotone, flat tone  
 ∨ = fluttering tone, like a ball that bounces and rises, or a frog's croak  
 ↗ = rising tone, like a question in English  
 ↘ = falling tone, like a direct command

## 打草惊蛇

dǎ cǎo jīng shé

Act rashly and alert the enemy

In ancient times there was a county magistrate who was corrupt and took bribes. One day, somebody sent him a petition accusing his secretary of corruption and taking bribes. The magistrate trembled as he read the petition. He wrote on it: "You have beaten the grass and frightened a snake."

Example: The police are moving quietly as they fear that acting rashly will alert the enemy.

警察悄无声息地行动着以免打草惊蛇。  
 jǐng chá qiāo wú shēng xī de xíng dòng zhè yǐ miǎn dǎ cǎo jīng shé.

## 负荆请罪

fù jīng qǐng zuì

Offer a humble apology

In the Warring States Period (475-221 BC), Lian Po and Lin Xiangru were both officials of the State of Zhao. Having rendered outstanding service, Lin Xiangru was promoted above Lian Po. Disgruntled Lian Po announced that he intended to humiliate Lin the next time he met him. Lin Xiangru, putting the benefit of the country first, avoided Lian Po in order to avoid causing conflict, thus bringing great shame on Lian Po. Later when Lian Po realised his mistake, he was so ashamed that he went to Lin's home carrying brambles on his naked back and asking for punishment.

Example: Don't be angry anymore! I am here to offer a humble apology.

别再生气了!我是来负荆请罪的。  
 bié zài shēng qì le! wǒ shì lái fù jīng qǐng zuì de.

If you meet any problems in learning Chinese, please send us an email at [editor@tianjinplus.com](mailto:editor@tianjinplus.com)  
 We'll do our best to help you. See you next month.

Have you checked  
 Tianjin's new **lifestyle** website?  
 Travel, Events, Shopping, Directory...  
 Visit us and let the city dazzle you!

[www.tianjinplus.com](http://www.tianjinplus.com)



Tianjin Is Happening Now!

3<sup>rd</sup> DK • 1308 MUNICH OKTOBERFEST  
 Sep 19<sup>th</sup> - 22<sup>nd</sup>, 2012  
 路德维格·1308 第三届德国慕尼黑啤酒节

- "ALPENROCKER & IGOR" GERMAN BAND LIVE SHOW
- HOME-BREWED DK1308 OKTOBERFEST BEER
- SYNCHRONIZED WITH THE MUNICH OKTOBERFEST
- FESTIVAL LOCATION:  
OKTOBERFEST TENT @ BEER GARDEN

Reservation For Group and Table More Than 8 Pax,  
 Please Call: 139 209 1308 6 (Sven Chang)

OKTOBERFEST HOTLINE  
 022-23219199

天津市 和平区 解放北路 津湾广场 5号楼 一层  
 1F, BLK5, Jinwan Plaza Jiefangbei Road, Heping District, Tianjin, China



[www.dk1308.com](http://www.dk1308.com)



By Silvina Pardo

## Accessory Trends

This season is not so much about the size or shape of your bag, or which type of shoes you are wearing. While most of the styles are allowed, it is the colour and the mix of prints that says SUMMER.

### Ladylike Trends

The retro 1950s style on the fashion runways inspired a whole collection of ladylike shoes and bags. One of the best things about this trend is that it fits perfectly with a business-casual wardrobe. So channel the retro ladylike style with this classic but yet updated staples.



#### The Mule

This classic backless shoe has had a luxurious makeover for this summer decorated with metallic cap toe and straps, bright pattern leather or soft candy pastels. Whatever your taste is, you will find a pair of mules just for you.



### Sorbet Colour

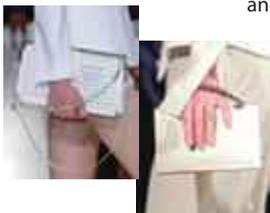
Mixing ladylike items such as high-waisted skirts, peplums and lace with soft coloured stilettos seems perfect, but this summer's style is contradictory. The best option is to mix these feminine items with a casual wardrobe; skinny wasted jeans, shirts and blazers will get an update if worn with a polished stiletto.



#### White

White was all over the catwalk in spring, so it is of no surprise to find white shoes and bags in all shops. This is one item you either love or hate- there is no middle ground.

The perfect match is a whole white outfit completed with white bags and shoes. But if you think this is too risky, the best way to do white accessories is mixing them with a colourful printed dress, which will make the whole ensemble look more sophisticated.



### Sunglasses

#### Retro

While fashion gets a retro vibe, the resurgence of retro-style shades comes as no surprise. The style this summer is oversized sunglasses with cat-eye frames. You can choose from a variety of shades and sizes making them the outstanding focal point of any outfit.



#### Bright Colours

If you have a more classic shape in mind, choose your favourite type of frames and update them by going for bright colours. They will cheer up your whole wardrobe. Find a colour that suits your complexion as well as your wardrobe. The best options are bright candy pink, blue or yellow.



#### Little Round Shape

The 60's inspired round frames gets sophisticated with luxurious glasses, materials and colours. Do not be scared to try on a pair. They are suitable for any face shape. In original colours, they are the perfect pair for your bikini, giving you a unique beach look.



### Decoration Trends

Stripes, florals, geometric and scarf-print patterns were invading the catwalks for S/S 2012. Accessories just seem to be updated when there are prints all over. Do not be afraid to mismatch your patterns and have fun mixing textures and colours. High platforms, wedges and delicate sandals are your best options to this look.



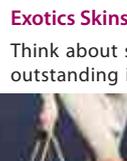
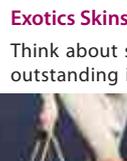
#### Tribal Vibe

Tribal decorations are an annual trend that is constantly being renovated by new materials and colours. Hand-crafted accessories are the best way to make a simple outfit to stand out.



### Floral

This season is a mix and match of flower prints. Catwalks were brimming with flower prints of every size and shape. For a uniform print from head-to-toe, choose some of these flower print accessories or mix them with clean, plain or coloured outfits.



### Statement Earrings

If we invest in a single piece of jewelry trend during this summer, it will be statement earrings. These come in all shapes, sizes, colours and styles, with the only requirement being that they need to look bold, playful and unique.

For a modern look, go for the fluo trend and choose some in fluorescent yellow hue as they will complement a minimalist outfit.

For holiday ensemble, choose quirky and colourful designs to match your bikini colours.



# Objects of Desire

By Silvina Pardo



## Guess

**The Brand:** Guess was established in 1981 by the Marciano brothers, who left the south of France in pursuit of the American dream. Inspired by a European influence, the Marcianos put their innovative touch on the apparel industry, redefining denim.

Guess became a symbol of a young, sexy and adventurous lifestyle.



CNY 1140

**The Trends:** Ladylike shoes, wooden platforms, nude shoes and exotic skins.

**The Collection:** Sexy is the main feature of the brand, so it is not a surprise to find a whole collection full of feminine high heels, wooden platforms in bright colours, as well as classic white and black, luxurious snakeskin, slingback shoes and original ballet pumps.

For a classic outfit in plain colours, choose the snakeskin pair to put a sophisticated accent. For everyday wear, go for the cream and leopard skin ballet pumps, they are comfortable but smart at

the same time. The coral wooden platforms are ideal for a Friday ladies night, a little bit striking and comfortable to dance all night long.

**The Colours:**

Off white, black, coral and orange.

**Prices:**

CNY 500-1500

**The Web:**

[www.guess.com](http://www.guess.com)



CNY 599

## What for

**The Brand:** Italian brand "What For" was born in autumn/winter 2007. Their inspiration is about girls that can have their own stylish shoes to pursue their own fantasy dreams. In search of this aim, they provide young girls with quality and comfortable footwear, handbags and accessories. Actually this brand has expanded its market in China mainland and Macau area with more than 100 stores and has stores in Thailand and the Philippines as well.



**The Trends:** Exotic skins, bright colours, fluorescent colours and sparkly metallics



CNY 980

**The Collection:** "What for" is a favourite for young people because the brand has a large collection and a large variety of styles, colours, and fashionable designs. The collection of flat shoes are highly desirable, full of innovative designs, animal prints, metallics and original materials in bright colours.



CNY 880

**The Colours:** Bright colours



**Prices:** CNY 800-1000

**The Address:**

Joy City Mall



CNY 920



CNY 880



CNY 480



**Ete!**

**The Brand:** Ete!, a multi-brand retailer, operates many international brands in China, such as Katie Judith, Tout A Coup, Puzzle, Brooch and Paper Mint.

With a growing demand for stylish and high quality features, Ete! has been well-developed since 1997 and is dedicated to providing the best products ranging from stylish imported shoes brands to trendy bags and accessories.

The shops are

designed with an open space area to give customers the best possible environment to find their favourites.



**The Trends:** Fluorescent shades, snakeskin, leopard and raffia.



CNY 630

**The Collection:**

The collection is perfect for casual wear, represented by pumps in every colour and style, brogues and wedges. The main staples are some pumps with fluorescent details, snakeskin flat brogues, raffia sole brogues and wooden wedges. Also you can find some original accessories such as clutches and some selected pieces of jewelry.



CNY 840



CNY 640



CNY 560

**The Colours:**

Every colour you can imagine.



**Prices:**

CNY 500-800

**The Address:**

Joy City Mall



CNY 720



**Celebrating the Best of Tianjin**

## Tangla Hotel Tianjin Honoured with the Prestigious AAHS 'International Six Star Diamond Award'

On 19 July, The Hainan Airlines Group announced that the Tangla Hotel Tianjin, which is owned and managed by HNA Hospitality Group, was bestowed the 'International Six Star Diamond Award' by the American Academy of Hospitality Sciences (AAHS). The hotel became the sixth in the world and the first in China's mainland to receive the highest award of excellence in the global hospitality industry. Mr. Zhu Shanzhong, Deputy Director of National Tourism Bureau, Mr. Ren Xuefeng, Vice Mayor of Tianjin, Joseph D. Cinque, President of AAHS and Mr. Wang Jian, Chief Executive officer of Hainan Airlines Group attended the gala event.

"Tangla" is a name from the mystical legend of Tanggula, a paradise nestled in the tranquil Qingzhang highlands blessed by the patron saint of the Nyainqentanglha Mountains. "Tangla Hotels and Resorts Worldwide" embodies the Tanggula spirit in hospitality - the unique and alluring quality that reflects the charm of oriental culture and the brand of service excellence. For visitors from all walks of life and four corners of the world, Tangla is your modern Mecca for the aesthetics of lifestyle and art of hospitality, "meeting your dreams" at your points of destination.

Tangla Hotel Tianjin is located on Nanjing Lu, Tianjin's core business district. The hotel is the first 'selection of the Tangla luxury collection hotel' built by the HNA Hospitality Group under the brand of Tangla Hotels & Resorts. This year, the HNA Hospitality Group launched the highest service standards in Executive Floors in a luxury hotel in Tianjin, which aims to provide the most authentic personalised services. Tangla Hotel Tianjin's revolutionary dissolution of the Front Office, Housekeeping, Engineering and Food & Beverage departments of the traditional hotel sector setting, are replaced by a unique, new luxury hotel service culture - 'Tangla Ambassador' which takes the Tangla brand the highest international standards in facilities, operation management and quality of service.



A STAR ALLIANCE MEMBER

The journey of unique luxury starts here.

lounge istanbul

Europe's Best Airline

Caroline Wozniacki

Experience the luxury of Turkish Airlines Lounge Istanbul. Complimentary services include Business, Media and News Centre with WLAN, prayer room, movie theatre and a delicious catering service. [turkishairlines.com](http://turkishairlines.com)

Globally Yours **TURKISH AIRLINES**

## Wellington's Production of Our Town



One of the main highlights of the end of the school year in Wellington was the Drama Department's first major student production, the Pulitzer Prize winning play *Our Town* by American dramatist Thornton Wilder. The opening night was on 16 June, with two further sell-out public performances. The production took place in the College's Black Box, an intimate and atmospheric venue, perfect for the play. With only minimal help from costumes, the actors, all senior school pupils, were thrown back on their ability simply to speak lines and inhabit character, both of these in front of an audience brought intimately and intimidatingly close to the action so that the usual comfort zone between stage and spectator was eroded. The play was directed by college drama teacher, Georgina Chakos, who coaxed impressive, polished performances from the cast, many of whom had never acted before and were not native English speakers.

## Rego International School's Olympic

Held on 28 June at the Rego International School campus in Meijiang Area, the school's Olympic included indoor picnic, tug of war, flea market, school band concert, a softball match and a presentation from the school's staff band. The activities started at 1:00 in the afternoon with parents accompanying their kids to share the excitement with them. After an entire afternoon of fun and games, the event concluded with a wonderful live musical performance from some of the school's faculty members. Summer has indeed arrived, and Olympic provided students and teachers at Rego International School with the perfect start to their summer vacation.



## Jeff House Kindergarten's Open Day



On 21 July, Jeff House Kindergarten, located in Munan Dao, Heping District, held an entirely new sort of "Open Day" activity. Nearly 20 parents and children attended this event. Chinese and foreign teachers showed a story named "Hungry Caterpillar" in the form of puppet play, and all the children fully enjoyed it. Jeff House is a Canadian kindergarten, adopts teaching approach in English and mix-aged small classes system. Its benefit is for the development of children's personality and confidence. In Jeff House Kindergarten, every child will be concerned and respected, and kids also have the opportunity to show themselves.

**Free Refill**  
All morning beverage included in the set

**American Breakfast Set C**

**Pizza Hut Breakfast**  
Serving Time 7:30am-11:00am

**Now serving!**  
12 different combinations  
Western and Chinese Favorites  
Start your day right with a delicious and sumptuous breakfast with Pizza Hut

**Serving restaurants:**

- Pizza Hut (Maowai Store)  
Add: No. 199, Nanjing Lu, Heping District  
Call: 2782 6487
- Pizza Hut (Binjiang Store)  
Add: No. 29, Kaifeng Dao, Heping District  
Call: 2330 1397
- Pizza Hut (Huijiaungai Store)  
Add: 1F, Carefour Huijiaungai Temple Shopping Centre, No. 302, Nanjing Lu, Nankai District  
Call: 2722 5220
- Pizza Hut (Aocheng Store)  
Add: Magestic Plaza, the crossing of Binshui Xi Dao and Lingbin Lu, Nankai District  
Call: 2374 1951

## Le Procope Lounge's Havana's Night

On 20 July Le Procope Lounge hosted its Havana's Night. All guests were welcomed by the passionate Cuban-style atmosphere, and throughout the night, in line with Havana's Night theme, Cuban specialty rum and cigars were specially introduced. All guests thoroughly enjoyed being treated to authentic Cuban style celebration. Retro drum live play and Salsa dances were performed by Cuban beauties, ensuring the atmosphere was very hot indeed!



## Chateau 35's Ladies' Night



Attention ladies! Tuesday nights at Chateau 35 Wine and Bistro is your night! Every Tuesday, from 7:30 to 11:30, Chateau 35 hosts Ladies' Night with free drinks available for all ladies. The night kicks off in style with a fascinating cocktail-making show at 7:30, and the first ten ladies to arrive at the event will each receive a VIP card. This card entitles you to a 20% discount on food every Tuesday night.

For July, a carefully thought out summer cocktail list has been prepared, which will leave you spoilt for choice. This list includes cocktails such as Drunk Peach (white wine + peach liquor + grenadine + milk), Blue Illusion (gin + Bols Blue curacao + lime juice + grenadine), Street #35 (vodka + cranberry juice + triple sec) and Childhood Fantasy (vodka + lemon liqueur + apple juice).

For those who prefer non-alcoholic beverages, fear not, this night has something for everybody! You can enjoy Chateau 35's range of mocktails which include Sea Wind

of June (cranberry juice + apple juice + lemon juice + grenadine) and Samba Sunshine (pineapple juice + orange juice + soda water + sweet sour honey).

星悦 高檔月餅禮盒  
精緻絕倫的餅料一絲，及手工主義的烘焙感，  
中秋時節的慶典佳禮，  
美不勝收，心禮比月圓。

星悦 超高檔月餅禮盒  
絕倫的調料美侖比現在此別，帶來全新體驗，  
更送上美味與真摯情感的慶典佳禮，  
完美詮釋星巴克生活的態度。

星悦 月餅禮盒  
凡購買此款月餅禮盒與他人共飴，  
願與你共賞此上的家鄉情懷。

STARBUCKS

心意添圓滿  
The Art of Giving

# 二十四节气

## 24 Solar Terms

### 立秋

lì qiū

**Beginning of Autumn**  
(2012-08-07)

**Introduction**

Li Qiu is the 13<sup>th</sup> solar term. It begins when the Sun reaches the celestial longitude of 135° and ends when it reaches the longitude of 150°. It more often specifically refers to the day when the Sun is exactly at the celestial longitude of 135°.

**Origin**

In ancient China, people emphasised a lot on the Beginning of Autumn since they regarded it as the significant point when summer turned into autumn. As recorded, in the Song Dynasty (960-1279), potted Chinese phoenix trees would be moved into palace halls on the day of the Beginning of Autumn. At the exact time, an official would shout "autumn is coming!" Then, along with the falling of several phoenix tree leaves, autumn began.

**Custom**

When autumn starts, there is a custom to "touch the autumn" in the northern part. On the eve of the Beginning of Autumn, folks can touch and help themselves to all kinds of fruits for free in private or public gardens, and the owners will not be angry no matter how much they lose.

**Healthcare**

Experts suggest that to avoid the meteorological allergy, people should pay attention to the weather forecast, choose clothes sparingly, keep a nutritious diet and do exercises regularly, keeping physiological balance before and after the weather change.

### 处暑

chù shǔ

**End of Heat**  
(2012-08-23)

**Introduction**

Chu Shu is the 14<sup>th</sup> solar term. It begins when the Sun reaches the celestial longitude of 150° and ends when it reaches the longitude of 165°. It more often specifically refers to the day when the Sun is exactly at the celestial longitude of 150°.

**Origin**

End of Heat, which is Chu Shu in Chinese, reflects the changing of temperatures. Chu means "stop" and Shu means "summer," so Chu Shu indicates that the hot summer is coming to an end. However, it is not cool yet during the period of End of Heat, and in fact it can still be very hot on some days, especially in the afternoons. End of Heat is also a busy season of harvest for farmers.

**Custom**

In ancient times, a ceremony called "opening the ghost door" begins on the 1st of the seventh lunar month and lasts to the

end of the seventh lunar month. During that period, people conduct activities to help ghosts reincarnate.

**Healthcare**

First, don't hurry to put on more clothes. A low body temperature in autumn is helpful for Yang Qi's convergence. But when going outside at night, people should put on more clothes in order to protect Yang Qi. Second, close doors and windows when sleeping. Put on a thin quilt, especially over the belly to prevent catching cold. Third, don't use air-conditioning if the temperature indoors is not high. People can open windows to let air flow through.

# HOME SERVICE ONLY

# GREEN BAMBOO

SERVE TIME: 12:00PM ~ 12:00AM

CONTACT US: 15122171630 / 13602059458

ROSE ESSENTIAL OIL BODY THERAPY	60MINS	RMB128
	90MINS	RMB168
BODY THERAPY	90MINS	RMB128
BODY AND FOOT THERAPY	90MINS	RMB108
BALI OIL BODY TREATMENT	90MINS	RMB268

### BALI OIL BODY TREATMENT

Efficacy: Gentle soothing muscle relaxing and Thai style foot relaxing, slow and graceful palm strokes to stimulate blood circulation and balance the body functions.



# In the Chair with Dr. Li Xiang

Dentist, Tianjin United Family Hospital



**Please briefly introduce the Department of Stomatology at the Tianjin United Family Hospital.** Currently I am the only general doctor in the Department of Stomatology, but this is only temporary as we will soon have an American dental hygienist as well. Another doctor is scheduled to arrive from the USA in mid-August and a doctor who specialises in children's orthodontics comes to Tianjin from Beijing on a monthly basis as well. Our Department of Stomatology is therefore capable of performing any procedure.

Most of the equipment is imported from the USA and Germany. The dental chair is the most advanced German brand - Sirona. As the business continues to expand, more dental chairs will be brought in. Our handpiece has a small camera which enables doctors to use the searchlight to treat decayed teeth. The endoscopic camera function allows patients to clearly see the condition of their teeth. In the near future, we may also open a separate dental clinic in downtown Tianjin in order to provide dental treatment for more patients.

**Could you tell us the ratio of foreign to Chinese patients?** Currently most of the patients are foreigners - around 60-70%. Within this group, the majority are French, followed by American and English patients. Basically, people from all over the world come to Tianjin United Family Hospital to have treatment. And we hope that Chinese patients will increasingly come to our Department of Stomatology.

**How often is it recommended to have teeth checked?** A regular teeth cleaning every six months is recommended. When the doctor is doing the cleaning and polishing, any problems with the teeth can be discovered during the treatment, meaning they can then cure them and eradicate potential problems.

**Except for cleaning teeth regularly, do you have any other suggestions for dental care?** The most important thing is the individual daily dental care. And I recommend three essential points - 1. Ensure that you brush your teeth at least twice a day; 2. Use dental floss to remove food particles and dental plaque; 3. After using the dental floss, use mouthwash. And don't forget the most essential one, get your teeth checked at least once every six months!

**What are some unique features about the Department of Stomatology in Tianjin United Family Hospital?** Firstly, we have introduced the most advanced imported equipment. Secondly, we do strict inspection on the sterilisation process. We adhere to the JCI standard. The prior's criterion is "people-oriented". Our reservation system can also ensure each patient has enough time to have the best possible care. Furthermore, the "four-handed technique" is the standard service in Tianjin United Family Hospital. The "four-handed technique" means the nurses pass every medical instrument to the doctor. That means the doctor will not touch any instrument during the treatment, which not only reduces any risk of cross-infection but also increases our efficiency.

**What do you think of the current situation and the concept of oral healthcare in China?** From the perspective of a medical service provider, there's a big difference in technique and methodology. For example, when the patient has a tooth loss problem, doctors in the West will perform a dental implant first, whereas domestic doctors will choose to do a bypass.

From a patient's perspective, Chinese people pay less attention to their teeth. In western countries, people do the teeth cleaning once every six months. This makes it possible for the doctor to solve minor dental problems before they become major ones. For foreigners, the treatment is often about prevention.

**What personal qualities are required to be a doctor?** A doctor must have an inquisitive disposition, a kind heart, and empathy for patients and their viewpoints.



**Tianjin United Family Hospital 天津和睦家医院**

No.22, Tianxiao Yuan, Tanjiang Dao, Hexi District 河西区潭江道天潇园22号

**TJU Dental Clinic Summer Holiday Promotion Packages is available now!** Valid until August 31.

**For more information, please contact +86 22 5856 8500 to make an appointment.**

# Olympic Spotlight Diving

by Paul Ryding

*For the final part of **Tianjin Plus**' countdown to the London Olympics, we've saved arguably China's strongest suit till last. This month's Olympic Spotlight focuses on Team China's diving prospects.*

Simply put, China dominates the diving pool in international competition, and has done for many years. Their diving squad is considered to be stronger now than it was four years ago when it swept seven of the eight diving gold medals on offer. The men's 10m platform event was the only blot on the program four years ago in Beijing, and with Qiu Bo leading China in that discipline this year, that's highly unlikely to happen again.



Qiu Bo

China's present dominance of the sport was exemplified best by its clean sweep of all ten medals at last year's World Aquatics Championships in Shanghai, the first time a nation has accomplished such a feat.

China's diving team has been described in the international press as a finely-tuned machine, which offers up little hope for their rivals in London this year. Along with table tennis, badminton and shooting, diving is one of China's traditional strong suits, and a clean sweep of the golds is expected this year.

China currently has the men's and women's world number ones in Zhang Jike and Ding Ning respectively. In fact, Chinese divers are ranked number one in the world in every diving discipline.

The only gold medal China didn't take back in '08 was the 10m platform. Cue the emergence of a diving superstar in the making; Qiu Bo. The 19-year-old Sichuan-native has emerged in the last two years to dominate the 10m events.

Standing in Bo's way to taking that final gold in London will be the home crowd hero Tom Daley, who has produced the best diving of his career in the run up to this year's Games, and Australian Matthew

Mitcham who produced a nearly flawless dive in Beijing four years ago to deny China the clean sweep the home crowd was expecting. Injury has hindered Mitcham's preparations this time around minimising his prospects of a repeat performance in London, meaning it's set to be an intriguing two-horse race between Daley and Qiu. One glimmer of hope for Daley is that young Qiu has been known to wilt under pressure in recent years, most notably when Daley pulled off one of the upsets of the World Championships three years ago to wrestle the gold from the Chinese.

As well as Daley and Mitcham, there are other potential dark horses in the 10m field making it one of the most open events in the diving pool this year, and the event most other countries' will view as their best chance of a diving upset.

The host nation will be hoping that the home crowd can inspire Daley and its team of 11 other divers to glory, just as it did for the Chinese four years ago.

China's women are equally as strong as the men's team, and are also strongly fancied to take a clean sweep.

Wu Minxia is one of China's brightest prospects, and she will compete in the 3m springboard event, a discipline in which China has landed the gold medal for the last six Olympics. Wu has spent the early part of her career playing second fiddle to Chinese diving legend Guo Jingjing who retired in 2011.

Women's platform Olympic champion Chen Ruolin is another star of Team China who is expected to shine in London.

China's dominance on the sport could become absolute in London, where they'll be heavy favourites to take all eight golds.



Wu Minxia

## DID YOU KNOW?

Legendary American diver Greg Louganis struck his head on the board during the qualifying rounds of the springboard event at the 1988 Games suffering a concussion, yet still went on to secure two gold medals.

The diving events at the London Olympics will take place at the newly constructed London Aquatics Centre which cost a staggering 2.7-billion yuan to build.

China hadn't won an Olympic medal in diving prior to the 1984 Games in Los Angeles, USA.



# Mango "On the Front Line" Fashion Week's Stunning Debut in Barcelona

The Mango "On the Front Line" Fashion Week was held on 12 July 2012 at Bade Labes Palace, Barcelona. Isak Andic, the Director of Mango hosted this runway show, which is one of the most important programs among 080 Barcelona Fashion Show.

After the runway show, a cocktail party was held in the private garden of Bade Labes Palace. All the guests enjoyed the tasty cuisine prepared by the Catering Le Chef and were enthralled by David & James for Mango Music.

At this grand event, 46 pieces of works were exhibited during the runway show, and 9 of the outfits were men-styles. A lot of superstars debuted including Alejandra Alonso, Beatriz Saladich, Carla Crombir and Jon Kortajarena.



# Listings Index TIANJIN

## Home 67-68

- Catering Solutions
- Decorations
- Electrical Appliances
- House Services
- Laundries
- Movers
- Relocation

## Restaurants 57-62

- Bakeries & Desserts
- Chinese
- French
- Indian
- Italian
- Japanese
- Korean
- Muslim
- Pizza
- Mexican
- Thai
- Vegetarian
- Western
- Vietnamese

## Hotels & Accommodation 68-69

- 5 Stars
- 4 Stars
- Apartments

## Recreation 69-71

- Antiques & Souvenirs Streets
- Art Districts
- Art Galleries
- Museums
- Parks
- Theatres & Cinemas

## Coffee Shops & Tea Houses 62-63

- Coffee Shops
- Tea Houses

## Wine 63

## Nightlife 63-65

- Bars & Discos
- KTVs

## Health & Beauty 65-66

- Beauty Salons
- Spa & Massage
- Tattoo Studios
- Yoga
- Hospitals

## Services 71-73

- Associations
- Education
- Exhibition Centres
- Libraries
- Religion
- Real Estate
- Serviced Offices
- Travel Agencies

## Shopping 73-74

- Handicrafts
- Bookstores
- Luxury Brands
- Department Stores & Shopping Malls
- Instrument Stores
- Supermarkets

## Sports 66-67

- Golf Clubs
- Gyms
- Swimming Pools
- Tennis Courts



## Bakeries &amp; 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-F, 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** **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:** Xiquang 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 南开区水上东路上合商业中心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



**New Dynasty 天奕楼** A modern up scale Chinese restaurant with touches of Chinese elements. New Dynasty takes classic Cantonese cuisine and puts a modern twist on it while maintaining its authentic flavours. 11:30-14:30; 17:00-22:00. **A:** 2F, Renaissance Tianjin Lakeview Hotel No.16 Binshui Road, Hexi District, Tianjin 河西区滨水大道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 河西区紫金山路天津喜来登大酒店主楼2层 **T:** +86 22 2731 3388 ext.1825/1826

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

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

**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: 天津水上公园对面(原万国)

**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

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

**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

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

## Italian

**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

**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** 思创 Features contemporary Japanese and European cuisine and offers a spectacular view of the city skyline, creating an exquisite ambience for romantic dinners. 18:30-23:00. **A:** 49F, Tangla Hotel Tianjin, No.219 Nanjing Road Heping District 和平区南京路219号天津唐拉秀酒店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<sup>m</sup>2 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1层  
**T:** +86 22 2716 8268  
**W:** pizzahut.com.cn

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

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

## Thai

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

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

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

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

## Vegetarian

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

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

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

## Western

**PH Drei Kronen 1308 Brauhaus** 路德维格·1308 德餐啤酒坊 The world's oldest heritage brewery joined Tianjin's growing segment of good international restaurants. You're greeted by the stainless-steel brew tanks, featuring dark beer, wheat beer and lager. Till 2am. **A:** 1F-2F, bldg. 5, Jinwan Plaza, Jiefang Bei Lu, Heping District 和平区解放北路津湾广场5号楼1-2层  
**T:** +86 22 2321 9199

**1863 The Dining Room 1863 至尊西餐** 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号楼116号  
**T:** +86 22 2334 0071

**Opera Café** 欧培拉咖啡厅 Offers a wide selection of local & western specialties and is the ideal venue for a hearty breakfast or an informal business lunch. 06:00-23:00. **A:** 6F, 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



**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 2285 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

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



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

**Café BLD 餐廊** BLD also offers buffets for each meal period with open kitchens that give the guest a feeling they are dining in the kitchen itself. 06:00-24:00. **A:** 1F, Renaissance Tianjin Lakeview Hotel 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** A European café feel at the entrance and a five-star restaurant in the interior. All sorts of Western delicacies are available. 11:00-22:00. **A:** No. 29, Tianjin Italian Style Town, Ziyuo Dao, Hebei District 河北区自由道意大利风情街29号 **T:** +86 22 2446 4888

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

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

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

**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** 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 & Cellar** Kaifeng Dao, Heping District, Tianjin (Near Haisze 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:022-65199899 Hours:9:00-10:00  
**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:022-27221269 Hours:9:00-20:00  
**All shops open 7 days**  
4006-199-159  
www.mwines.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, Taier 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

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

**SITONG Bar 普唐音乐酒吧** Favoured for the last couple years by most expats as the place to end their nights dancing and meeting friends. 20:30-03:00. **A:** -1F, Olympic Tower Tianjin, Chengdu Dao, Heping District 和平区成都道奥林匹克大厦负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负一层 **T:** +86 186 2221 6635

### THE ST REGIS 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 南开开区塔道上谷商业街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路口国美电器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, Shaoying 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贸广场天津海河假日酒店1层 **T:** +86 22 2627 8888 ext. 2266

**Mama Mia 妈妈咪呀音乐酒吧** Release yourself with our music. Lead yourself with our culture. Embrace yourself with our style. **A:** No. 437, Shengli Lu, Italian Style Town, Hebei District 河北区意大利风情街胜利路437号 **T:** +86 22 2445 9905

**Macchiatto 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口音乐街 **T:** +86 22 2431 8649

**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, Shuiyong Lanting Building, Pingshan Dao, Hexi District 河西区平山道水映兰庭商业3层 **T:** +86 22 2355 2888 **W:** haoledi.com

### Beauty Salons

**TITI 佑村造型** A chic salon is in one of the busiest shopping malls, Milenio. Fashion is the word that best describes the decorated hairdressers. 10:00-22:00. **A:** 1F, Milenio, Jili Building, No. 209, Nanjing Lu, Heping District 和平区南京路209号吉利大厦米莱欧百货1层 **T:** +86 22 2731 1512



**AY Hair Salon** The owner Andy, who speaks fluent English is the best hairdresser in town for foreigners. 09:00-20:00. **A:** 08-01, Wutong apartment, the junction of 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 Beauty 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 威斯汀天沐水疗** 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. **M:** +86 136 0205 9458 (English) +86 151 2217 1630 (English)



**Town Spa** Aromatherapy and massage which meet your physical, emotional, and spiritual needs. 10:00-00:00. **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

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



**Yunshui Yoga Club** 云水瑜伽会馆  
Namaste! A place to restore your mental and physical shape. 10:00-19:00. **A:** 2F, bldg. 8, Yangguang Apartment, Shuishang Gongyuan Dong Lu, Nankai District 南开区内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** 悠莲瑜伽天津分店  
Spread pure YOGA culture, start your YOGA life. **A:** Inside Nancuijing Park, The Junction of Shuishang Xi Lu and Hongqi Nan Lu, Nankai District 南开区内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, Huajiang Department Store, No. 72-74, Xikang Lu, Heping District 和平区西康路72-74号华江百货4层  
**T:** +86 22 8568 5606

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

**Tianjin Medical University Cancer Institute and Hospital** 肿瘤医院 (天津医科大学附属肿瘤医院)  
A leading institute in studies and research on oncology. **A:** Ti Yuan Bei, Huanhu Xi Lu, Hexi District 河西区环湖西路院北  
**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 西青区杨柳青镇一经路立交桥北  
**T:** +86 22 2792 2792  
**W:** ylgolf.com

### Gyms

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

**Westin WORKOUT\*** 威斯汀健身馆\*  
Provides state of the art workouts with complimentary 24-hour access to hotel guests featuring the latest cardio and strength equipment. **A:** 5F, The Westin Tianjin, No. 101, Nanjing Lu, Heping District 和平区南京路101号天津君隆威斯汀酒店5层  
**T:** +86 22 2389 0088

**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 BODY COMFORT CLUB**

Fitness Body Comfort Club is designed in an elegant and fashionable style with all fitness equipment up to a high global standard. A variety of aerobics curriculums will be tailored for different people's personal needs. Customers who get a membership card can enjoy a one-to-one special health advice service. Come to Fitness Body Comfort Club, and demonstrate a true commitment to your health!

**Address:** Central Clubhouse, Magnetic Capital, Binshui Xi Dao, Nankai District 天津市南开区滨水西道时代奥城中央会所  
**VIP-LINE:** 400-108-7890




**NewClub Life** 优美荟  
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, Weijin Nan Lu, Nankai District 南开区卫津南路奥林匹克体育中心东钻石山  
**Booking Hotline:** +86 22 8391 3830

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

**Sheraton 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  
**W:** +86 136 8218 2319 (English)  
**W:** lbllife.com



### Laundries

**HP Fornet 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:** fornet.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 河西区宾水道15号紫金花园2座19B **T:** +86 22 2836 0997

### Hotels

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

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

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

**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 天津滨江万丽酒店** A contemporary landmark building in the CBD of Tianjin for the 'young at heart' business traveler. **A:** No. 105, Jianshe Lu, Heping District 和平区建设路105号 **T:** +86 22 2302 6888

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

**The Astor Hotel Tianjin, A Luxury Collection Hotel 天津利顺德大饭店豪华精选酒店** First opened in 1863 and refurbished in 2010, the hotel is a landmark in Tianjin's history. Favoured for its traditional appeal and high-standards. **A:** No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号 **T:** +86 22 2331 1688

**The Westin Tianjin 天津君隆威斯汀酒店** 5 star hotel offering luxury, class and comfort featuring charming city views and the latest in technology. **A:** No. 101, Nanjing Lu, Heping District 和平区南京路101号 **T:** +86 22 2389 0088

**NK TEDA International Club Tianjin 天津泰达国际会馆** Hotel facilities include a swimming pool, a sauna, a massage

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

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

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

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

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

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

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



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

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

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

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

### Apartments

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



**SOMERSET** SERVICED RESIDENCE 威顿服务公寓  
**Somerset International Building Tianjin** No. 75, Nanjing Lu, Heping District Tel: +86 22 2330 6666 天津盛捷国际大厦服务公寓 和平区南京路75号  
**Somerset Olympic Tower Tianjin** No. 126, Chengdu Dao, Heping District Tel: +86 22 2335 5888 天津盛捷奥林匹克大厦服务公寓 和平区成都道126号  
**Somerset Youyi Tianjin** No. 35, Youyi Lu, Hexi District Tel: +86 22 2810 7888 天津盛捷友谊服务公寓 河西区友谊路35号

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

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

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

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

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

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

### Antiques & Souvenirs Streets

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

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

**Drum Tower 鼓楼** Also known as Gulou, this is the ancient centre of Tianjin and one of the city's three treasures. Perfect for a stroll through Tianjin's old history. 09:00-17:00. **A:** Drum Tower, Nankai District 南开区鼓楼

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

### Art Districts

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

**No. 6 Art Building 6号院创意产业园** A delightful area in front of the Haihe to peacefully enjoy ancient, modern and contemporary art. Free. 08:30-17:00. **A:** No. 6, Tai'er Zhuang Lu, Heping District 和平区台儿庄路6号 **T:** +86 22 2332 2195 **W:** 6art.net.cn

### Art Galleries

**HP Hui Tai Art Centre 汇泰艺术中心** Like a finely decorated warehouse, the owner Mr. Sun is one of the few Maecenas who support exhibitions by foreign artists. Tue-Sun 13:30-17:30 **A:** 3F, bldg. E, No. 6 Art Building, Tai'er Zhuang Lu, Heping District 和平区台儿庄路6号院创意产业园E座3层 **T:** +86 22 2339 7759 **W:** ht-art.com.cn

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

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

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

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

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

## Museums

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

**Chinese Museum of Finance** 中国金融博物馆 Full of interesting facts and curiosities, it showcases the historical and social evolution of Tianjin and Jiefang Bei Lu, the old Chinese Wall Street. CNY: 10. Tue-Sun 14:00-22:00. **A:** No. 29, Jiefang Bei Lu, Heping District 和平区解放北路29号  
**T:** +86 22 2835 9685  
**W:** mocf.org.cn

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

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

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

**Folklore Museum** 民俗博物馆 Located at the Ancient street, Tianjin's local folk museum displays a collection of more than 2000 pieces of local artefacts. Free. Tue-Sun 09:00-17:00. **A:** No. 80, Ancient Culture Street, Nankai District 南开区古文化街80号  
**T:** +86 22 2727 5062

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

**Tianjin Princess Residence Museum** 天津格格博物馆 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, Jianshe 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区3层  
**T:** +86 22 2385 5088  
**W:** jycinema.com

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

**Tianjin 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

**Jeff House Kindergarten** 杰夫私立幼稚园 Welcome to my house. We will play, learn and grow together. We are a family. We and our parents will all be the masters. **A:** No. 77 Munan Dao, Heping District 和平区睦南道77号  
**T:** +86 22 2331 0236  
**W:** jeffhouse.net

**Hopeland International Kindergarten & Day Care Center** 荷兰国际幼稚园 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



## 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 9090  
**W:** tiseagles.com

**Tianjin Rego International School** 天津瑞金国际学校 TRIS offers a British curriculum and 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 22 8816 1180  
**E:** +86 131 3259 7584  
**E:** admissions@regoschool.com  
**W:** regoschool.com

**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



**INTERNATIONAL SCHOOL OF TIANJIN**  
Working Learning, Living Global

**International School of Tianjin**  
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, English synchronisation and Business English. Mon-Fri 09:00-17:00; 18:00-20:30. **A:** Room 1402, bldg. 3, Chengji Centre, Nanjing Lu, Heping District 和平区南京路诚基中心3号楼1402室  
**T:** +86 22 2737 3937

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

**King's English for Kids** 皇家少儿英语 One of the largest ESL schools in China. Tue-Sun 09:00-20:00. **A:** A4, Magnetic Plaza, Binshui Xi Dao, Nankai District 南开区滨水道时代奥城商业广场A4  
**T:** +86 22 5862 7779

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

**Goethe German Language Centre, Tianjin Foreign Studies University**  
天津外国语学院歌德语言中心 Institute specialising in German language studies. Mon-Fri 09:00-12:00; 13:00-17:00. **A:** 2nd Floor, Bldg. 3, Tianjin Foreign Studies University, No. 177, Machang Dao, Hexi District 河西区马场道117号天津外国语学院3号楼2层  
**T:** +86 22 2326 5642  
**W:** goethe-slz.tj.cn

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

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:YJ.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:** tjdabeiuyan.com

## Serviced Offices

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



Include your company info in our Listings Index!  
Email [listings@tianjinplus.com](mailto:listings@tianjinplus.com).



**The Executive Centre** 天津德事商务中心 The Executive Centre - let us help your business succeed.  
**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](mailto:tianjin@executivecentre.com)  
**W:** [executivecentre.com](http://executivecentre.com)

## Travel Agencies

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

**THE STARS TRAVEL**

TRAVELLING WAS NEVER THIS EXCITING

We specialize on the needs of foreign communities.  
We offer you the most diverse and culturally rich packages.

[info@thestarstravel.com](mailto:info@thestarstravel.com)

or call **+86 159 22 000 555**

## 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](http://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](http://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](http://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

和平区和平路290号  
**T:** +86 22 2730 3771

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

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

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

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

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

### Instrument Stores

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

### Supermarkets

**H P Hisense Supermarket 海信超市** Located on B1 of Hisense Plaza, this supermarket offers a wide array of imported products. Thu-Sun 09:30-22:00; Fri-Sat 10:00-22:00. **A:** -1F, Hisense Plaza, No. 188, Jiefang Bei Lu, Heping

District 和平区解放北路188号海信广场负1层  
**T:** +86 22 2373 1998

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

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

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

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

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

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

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

# Listings Index

## BINHAI AREA, TEDA & TANGGU

### Home 79

- Electrical Appliances
- Laundries

### Hotels 79-80

- 5 Stars
- 4 Stars
- 3 Stars

### Recreation 80

- Art Galleries
- Cinemas
- Libraries
- Parks

### Coffee Shops & Tea Houses 77

- Coffee Shops
- Tea Houses

### Nightlife 77-78

- Bars & Discos
- KTV

### Health & Beauty 78

- Beauty Salons
- Spas & Massages
- Hospitals

### Services 80-81

- Education
- Exhibition Centres
- Real Estate
- Travel Agencies

### Shopping 81

- Department & Shopping Malls
- Supermarkets

### Sports 81

- Golf Clubs
- Gyms
- Outdoor Clubs
- Polo Clubs





### 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](http://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](http://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](http://mighty-deli.com)

### Chinese

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

**Wan Li Chinese Restaurant 万丽轩中餐厅** An up-market Chinese restaurant offering the finest classical Cantonese cuisine in a refined, elegant yet relaxed atmosphere. 11:30-13:30; 17:30-22:00. **A:** 2F, Renaissance Tianjin TEDA, Hotel & Convention Centre, No. 29, 2nd Avenue,

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

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

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

**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, 2<sup>nd</sup> 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](http://baijiaoyuan.com)

**Fortune Restaurant 富源中餐厅** Experience Cantonese, Sichuan and Hainan cuisines served in an elegant setting. 11:30-14:30; 17:30-22:30. **A:** 2F, 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 specialities including a sushi counter in a traditional Japanese décor setting. 11:30-14:00; 17:30-21:30. **A:** Century Village, 3rd Avenue, TEDA 开发区第三大街世纪新村  
**T:** +86 22 6529 9522

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

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

**Wu Gu 五穀日本料理** Traditional Japanese food, famous for its blossom stone

package, fresh sashimi and steamed items. 11:00-20:30. **A:** 1F, No.29 Shishang Dong Lu, TEDA 开发区时尚东路29号1层  
**T:** +86 22 5985 7141

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

**Baiyi Teppanyaki 百一铁板烧** One of the best choices for Teppanyaki in TEDA. 10:00-22:00. **A:** No. 2-1-6, King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰任佰汇商业广场2-1-6号  
**T:** +86 22 6629 5488

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

### Pizza

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

**Pizza Hut 必胜客** Enjoy delicious pizzas. Open salad stands and western food. 11:00-22:00. **A:** No. 453, Juchuan Jin Hai'an Building, Jiefang Lu, Tanggu District 塘沽区解放路巨川海岸商界453号  
**T:** +86 22 2530 0242  
**W:** [pizzahut.com.cn](http://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](http://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](http://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](http://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 卜诺林西餐厅酒吧** Live, danceable music from Thursday to Saturday 21:00 to 00:30, Happy Hour from 10:30 to 20:30, 20% off all drinks. 10:30-01:30. **A:** Bunuolin Pub is upstairs, in the Wealth Construction Building 22, next to the 7-Eleven Store on 3rd Avenue, TEDA 滨海新区经济开发区第三大街财富星座7-11超市旁  
**T:** +86 22 6620 8383

**Charlie O's Music Bar** 查理音乐吧

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

**Dublin Irish Pub** 督伯尔爱尔兰西餐吧

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** 万丽泰达酒店酒吧

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** 泰达国际酒店暨会馆

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

**Tianjin Goldin Metropolitan Hotel**

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

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

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

**Tianjin Ruiwan Hotel** 天津瑞湾酒店

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



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

**Baiyun Hotel** 白云酒店

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

**D. D. Center** 大地中心酒店

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

**Mayfair Hotel** 美华酒店

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

**TEDA Center Hotel** 泰达中心酒店

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

**Tianjin East Harbour Hotel** 天津滨海东方商务酒店

A modern business hotel, situated in the Economic and Technique Development Zone. **A:** No. 31, 3rd Avenue, TEDA 开发区第三大街31号  
**T:** +86 22 2529 1111  
**W:** eastharbourhotel.com

**Tianjin Elegance Hotel** 天津惠中酒店

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

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

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

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

**Today's International Hotel 今天国际酒店** A luxury hotel invested by Tianjin Gortson Corporation and governed by Tianjin Gortson Management Co., Ltd. **A:** No. 1661, Xingang Erhao Lu, Tanggu District 塘沽区新港二二路1661号 **T:** +86 22 2578 9999

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

## Art Galleries

**TEDA Contemporary Art Museum 泰达当代艺术博物馆** A place of great interest for art lovers, being the first contemporary display of contemporary art in TEDA. Tue-Sun 10:00-16:00. **A:** No. 39, Huanghai Lu, TEDA 开发区黄浦路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:** binhainpark@163.com **W:** binhainpark.cn

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

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

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

## Education

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

## International Schools

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

**Tianjin TEDA Maple Leaf International School 天津泰达枫叶国际学校** A Chinese firm that currently operates 20 schools in China enrolling more than 6,750 students, which provides quality educational programs by blending the best of East and West educational practices. **A:** No. 71, 3rd Avenue, TEDA 开发区第三大街71号 **T:** +86 22 6200 1920 **W:** tianjin.mapleleaf.net.cn

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

## University

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

## Exhibition Centres

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

## Real Estate

**Ane Househunting & Consultancy Co., Ltd. 安逸房地产信息咨询有限公司** Provides real estate information including homes for sale, comparable homes, home

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

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

**Joanna Real Estate 嘉园置地房地产经纪有限公司 (天津分公司)** Deals with real estate investment consultation, real estate investigation, marketing schemes, property management, relocation service, etc. 09:00-18:00. **A:** Room 104, bldg. E4C, Binhai Finance Zone, No. 20, Guangchang Dong Lu, TEDA 开发区广场东路20号滨海金融街E4C区104室 **T:** +86 22 6628 3456

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

## Travel Agencies

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

## Department Stores & Shopping Malls

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

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

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

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

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

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

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

## Supermarkets

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

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

**Jia Shun Supermarket 佳顺自选店** Good selection of imported wines, alcohol and pasta. 08:00-22:00. **A:** 1F, Youyi Mingdu Department Store, No. 19, Huanghai Lu, 2nd Avenue, TEDA 开发区第二大街黄海路19号友谊名都1层 **T:** +86 22 6620 1930

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

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

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

## Golf Clubs

**Tianjin Warner International Golf Club 天津华纳高尔夫俱乐部** 18-hole course with wide fairways. Reservation is recommended for visitors. 00:60-22:00. **A:** No. 1, Nanhai Lu, TEDA 开发区南海路1号 **T:** +86 22 2532 6009 **W:** warnergolfclub.com

## Gyms

**Champs Elysees 香榭丽舍健身俱乐部** Fully equipped with cardiovascular equipment, free weights, sauna, and swimming to keep you in top shape. Towels are provided at the swimming pool. 06:00-23:00. **A:** 2F, Renaissance Tianjin TEDA Hotel & Convention Centre, No. 29, 2nd Avenue, TEDA 开发区第二大街29号天津万丽泰达酒店及会议中心2层 **T:** +86 22 6621 8888

**Holiday Inn Binhai Hotel Fitness Center 天津滨海假日酒店健身中心** Well-equipped fitness centre and spa facilities. 06:00-22:00. **A:** 15F, Holiday Inn Tianjin Binhai, No. 86, 1st Avenue, TEDA 开发区第一大街86号天津滨海假日酒店15层 **T:** +86 22 6628 3388 ext. 2960

## Outdoor Clubs

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

## Polo Clubs

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

 Include your company info in our Listing Index! Email [listings@tianjinplus.com](mailto:listings@tianjinplus.com).

# Suzhou

Text and photos by Justin Toy



Suzhou lies in the lush, wet, and fertile Jiangsu Province, a short distance from Shanghai. Often referred to as 'the Venice of China' due to both places having canals. Whilst I've never been to Venice, I imagine this is where their similarities end. With a population approaching 6 million, Suzhou is a massive city, and whilst some small canals continue to exist throughout the city, most of these are no longer in use. There are of course larger waterways, but these are crowded with

large tour boats and packed with tourists. Nowadays the main attraction to Suzhou is its famous gardens. There used to be over a hundred gardens in Suzhou, and although only a few of these remain today, some of them are over a thousand years old.

The **Lion's Grove Garden** (狮子林 CNY 30) is one garden with a long history. It was constructed in 1342 by a Buddhist monk named Tainru in order to commemorate his master. The garden is filled with various

beautiful plants, lilies, pavilions, a pond, and a giant rock maze that will take you hours to fully explore! There are also a number of rocks scattered around the garden that resemble lions, whom are the protectors of the Buddhist faith.

Just down the road is the **Humble Administrator's Garden** (拙政园 CNY 40), the largest of all the gardens in Suzhou and also considered to be the most impressive. Built in the early 1500s, it was said to cost a boatload of silver and took 16 years to construct. This garden is packed with zigzagging bridges, ponds, a tea house, bamboo groves, and so much more.

Also within a very short distance is the **Suzhou Museum** (free). Designed by the world renowned Chinese American architect, I.M. Pei, this massive complex has a unique feel that blends modern and traditional Chinese designs.

If you really want to get a good look at some canals and waterways during your stay in Suzhou, your best bet is to take a bus outside of the city to one of the little water towns. **Luzhi, Mudu, Tongli, and Zhuangzhou** all offer a window into the region's history as these towns are quite small, picturesque and their waterways are still in use.

## Eats:

While you are in Suzhou you have to try the local delicacies. The culinary center of the city is near the ominous sounding **Temple of Mystery** (an old Taoist temple dating back to 1181) on Guanqian Jie. There you can find a number of restaurants that specialise in local cuisine and have such specials as sweet and sour mandarin fish (my favourite meal of the trip!), stewed shredded eel, and chicken in a watermelon rind and steamed. There are also a lot of trendy bars, cafes, and restaurants with a mix of local and foreign flavors lining **Shiquan Jie**.

## Getting there:

With the completion of the Beijing-Shanghai railway last year, it is more convenient than ever to get to Suzhou for a short excursion or a long relaxing stay. You can get to Suzhou from Tianjin West or South in just four and a half hours starting at RMB 480. With ten high speed trains leaving Tianjin daily, there are plenty of options to get to Suzhou.

## Accommodations:

Suzhou is a popular destination for travel and an economic powerhouse in the region. From budget hostels to five star hotels, there are a number of options to choose from. If you are looking to save money (who isn't?) try the popular **Suzhou Mingtown Youth Hostel** located right alongside a canal.





## The New Low Cost Route to Spectacular Singapore

By Josh Cooper

This month the city welcomes the opening of Scoot Airline's new, ultra low cost, direct route from Tianjin Binhai International to Singapore Changi Airport. For the first time ever, Tianjin residents can enjoy cheap fares and great service whilst flying to one of the world's most exciting places.

Singapore is a city state with a unique blend of architectural and natural beauty. It quite possibly deserves to be called the cleanest, most peaceful and most multicultural place on the planet. Located on the tip of Southeast Asia, visitors can enjoy a tropical climate and nice weather all year round. And for entertainment, there is truly something for everyone in the

so called Jewel of Asia.

For sightseers, Singapore has tonnes to offer. The city's MRT rail network is relatively cheap and is by far the easiest way to navigate the city. With the country's rich colonial history, there are plenty of historical buildings and museums to visit during your trip. To get a good view of the city, head over to Clarke Quay and take a boat trip. It's affordable and there's one available every 10 minutes. When you have taken in the architecture, head over to the Singapore Zoo to see the world-class assortment of creatures housed there. The night safari is a particularly fun way to see the wildlife!

Shoppers and food fans will

also be at home here. Orchard Road has one of the world's largest concentrations of retail outlets- ranging from expensive designer stores to affordable clothing markets. For culture and culinary adventures, head over to Chinatown and Little India with an empty stomach and go wild. While Singapore's nightlife can be fairly pricey, it's well worth treating yourself to a few cocktails in the lively Clarke Quay area or heading a little further out of town to take advantage of happy hours and special offers in the local pubs.

Whether you are seeking fun in the sun, cultural enrichment, retail therapy or a relaxing city break- head to Singapore and find what you are looking for!

### Getting there:

There are several options for flying to Singapore. As of this month travellers can take advantage of Scoot Airline's incredibly affordable direct route from Tianjin. Alternatively, there are many flights running from nearby Beijing Capital International Airport. On landing it is super easy to get into the city. Simply jump on the MRT underground system or grab a taxi.

### Accommodation:

Singapore is home to some of the most luxurious and exclusive hotels in the world. If you want to add extravagance to your stay there are hundreds of options. For the more budget orientated travellers there are also plenty of decent hostels and hotels to choose from. A quick Google search or browse of popular

travel websites will direct you to a vast selection of places to stay.

### Tips:

- Avoid eating and drinking (including chewing gum) when in public places as littering can result in hefty on the spot fines.
- The majority of Singaporeans speak fluent English and you will also get the chance to use your Chinese. The locals are extremely friendly and helpful so don't be afraid to ask them for assistance.
- Take an umbrella and sunglasses. Rain is a very common occurrence (although it doesn't usually last long) and the sun is always bright.
- Singapore Universal Studios is a world-class theme park for thrill-seeking travellers.
- Head to Sentosa or the east coast for nice, clean beaches.

• Check out Chinatown by night- especially during Chinese New Year.

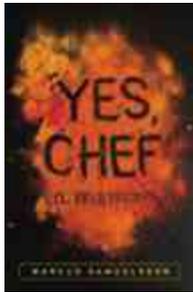
• By boat you can access the nearby Indonesian Island of Batam- a tropical paradise with amazing wildlife.

• Malaysia is only an hour away by bus or train. You can take the train to Kuala Lumpur in just 6 hours.





### Marcus Samuelsson – *Yes, Chef: A Memoir*



Yes, Chef: A Memoir is a love letter to food and family in all its manifestations. It begins with a simple ritual: Every Saturday afternoon, a boy who loves to cook walks to his grandmother's house and helps her prepare a roast chicken for dinner. The grandmother is Swedish, a retired domestic. The boy is Ethiopian and adopted, and he will grow up to become the world-renowned chef Marcus Samuelsson.

Prior to appearing in Iron Chef, Top Chef Masters where he won first place, Chef Marcus Samuelsson has an incredible and inspiring story worth telling. In Yes, Chef: A Memoir, this James Beard award-winning chef and author of several cookbooks tells of his remarkable journey from his grandmother's humble kitchen to some of the most demanding and cutthroat restaurants in Switzerland and France, from his grueling stints on cruise ships to his arrival in New York City, where his outsize talent and ambition finally come together at Aquavit, earning him a coveted New York Times three-star rating at just the age of twenty-four. But his career of "chasing flavours," as he calls it, had only just begun—in the intervening years, there have been career crisis's, White House state dinners, reality show triumphs and, most important, the opening of his own restaurant – Red Rooster – in Harlem. At Red Rooster, Samuelsson has fulfilled his dream of creating a truly multiracial and diverse dining room, a place where an orphan from Ethiopia, raised in Sweden, living in America, can feel at home.

With disarming honesty, Samuelsson also opens up about his failures and recounts his emotional journey, as a grown man, to meet the father he never knew. The book is a tale of personal discovery, unwavering determination and the consuming, playful pursuit of flavours, from the kitchen to the world.

*Yes, Chef: A Memoir*  
Hardcover, English

### Recreation BLOG

#### Refinery29 for your Fashion and Lifestyle Needs

A website that heeds to Chanel Coco's view that "a girl should be two things: classy and fabulous." And this is what [www.refinery29.com](http://www.refinery29.com) is for. It's a modern women's online guide to fashion, beauty, and lifestyle to make sure women stay "classy and fabulous" even with the countless responsibilities she has to face every single day.

Covering beauty, fashion and lifestyle updates from New York, Los Angeles, Chicago, San Francisco, Washington and Miami, Refinery 29 glitters with all things chic as it gives out what's new in the world of women – from the latest trends from the catwalk or those from the streets. The site also has an informative How To menu where you can find it's I DIY page, Styling Tips page and What to Wear guide on days you feel you need a little push on wearing that oh-so-flattering maxi dress.



### Alternative Rock/Pop

#### Maroon 5 – *Overexposed*



A leap into new territory for Adam Levine and his band as they release their 4<sup>th</sup> studio album – *Overexposed*. Dishing out more pop-centric tracks, *Overexposed* is a creative facelift for Maroon 5's already successful musical career. Containing 13 songs including last year's *Moves Like Jagger* (as a bonus track), the album oozes with other billboard-worthy tracks such as *One More Night*, *Payphone* (an upbeat and reggae-tinged song featuring the "Black and Yellow" rapper Wiz Khalifa) and *Fortune Killer* (named by many as the album's strongest song with an auto-pilot feel to it as the chorus and verses mixed together so perfectly).

*Overexposed* also sees vocalist Adam Levine performing a piano ballad in *Sad* and a bittersweet acoustic ode in *Beautiful Goodbye*.

### Recreation Movie

#### US – *Snow White and the Huntsman*



**Genre:** Action and Adventure, Drama, Romance, Science Fiction and Fantasy

**Casts:** Kristen Stewart, Chris Hemsworth, Charlize Theron, Sam Claflin, Peter Fernandez

**Director:** Rupert Sanders

With the stylistic inspiration of the Lord of the Rings, it's fairytale turning more creative and grotesque in an epic action-adventure *Snow White and the Huntsman*. Snow White (Kristen Stewart), imprisoned daughter of the late king, escapes just as the Magic Mirror declares her the only person in the land fairer than the queen and the source of the Evil Queen's immortality. The Queen then sends her men, led by a local huntsman (Chris Hemsworth) to bring Snow White back. But upon her capture, the huntsman finds he is being played, and turns against the Queens men, saving Snow White in the process. Meanwhile, Snow's childhood friend, William (Sam Claflin), long enchanted by her beauty and power, learns that she is alive and sets off to save her.

### Cyberspace Shout Outs



-from Pinterest

Surround yourself with people who know your worth. You don't need too many people to be happy, just a few real ones who appreciate you for who you are.

-from Facebook

The same amount of respect you have for yourself is the same amount of respect people will have for you. You set the bar.

-@Gentlemenhood, Twitter

Maintaining good posture can burn up to 350 calories each day.

-@HealthNutTips, Twitter

When we are foolish, we want to conquer someone or the world. When we are wise, we want to conquer ourselves.

-from Facebook



-from Pinterest

There should be a relationship status for "I don't even know what's going on!"

-from Facebook



**Aries**  
3.21 - 4.19

You will realise halfway into the month that working with others is better than having others work against you. Cooperate and listen, this will bring growth as well as progress. An issue sprouts from the family front, solve it at once. Procrastination won't help.



**Taurus**  
4.20 - 5.20

Possibilities of new investments come in all directions, while old ones still bring in a lot of gain. Your career picks up very well in the second half of the month as support from superiors and colleagues thrusts you into an authoritative position. Self-belief is always your best ally.



**Gemini**  
5.21 - 6.20

Your career brings in a high level of growth in the first half of the month and your confidence is at its peak. However, opposition to your ideas and issues in marriage and relationships could come in the second half of the month. The solution is to do an ego check before issues grow out of control.



**Cancer**  
6.21 - 7.22

Your main issue of the month is still about relationships. How about looking at the good in others instead of counting their mistakes? For the unattached, a new development in your love life appears over the horizon. People are multifaceted so don't cross someone out too easily.



**Virgo**  
8.23 - 9.22

This is your month! Luck, good vibes and creative flow of ideas all rush towards your direction. All of them could be of great help in your career. However, a possible issue within the family might arise. A careful balance between family and career should be of great importance.

## August Horoscope



**Leo**

7.23 - 8.22

Health and stamina could be low in the first half of the month. This will result in you feeling sleepy and low in energy. However, luck and happiness rise in the second half. This is the period where a great flow of positivity emerges. Perhaps it stems from a decision to change some areas of your life. Carry on.



**Libra**

9.23 - 10.22

August is a good period to revive old friendships as well as possibilities of new ones coming in. With the many things you are going through in life, you must have learned by now how important it is to keep good friends on your side.



**Capricorn**

12.22 - 1.19

August is a generally positive month for you. However, a little warning - you should guard against unnecessary ego in speech and actions. This will just result in issues in your career and family life which might create too much hassle for you to carry.



**Scorpio**

10.23 - 11.21

August starts out good but around mid-month, you might see a general dip in energy, finances and a sense of detachment and lethargy. It could be a slow period so you should avoid keeping too many professional, financial and social commitments during this time.



**Aquarius**

1.20 - 1.28

Your hard work pays off with great support from superiors, colleagues and even from friends and family members. The new challenge is that from here you are expected to do more which might affect some other areas in your life. Proper discernment is always needed.



**Sagittarius**

11.22 - 12.21

The month could start slow with low energy and opportunity. Things start to turn around mid-month and you will see a revival in your level of activity and energy. By the end of the month you will be in control of things, although you might be more aggressive.



**Pisces**

2.19 - 3.20

Progress will continue on both a personal as well as a professional front. In the second half of the month, the action could move towards family matters and some movement in residence and travel could also come about.



Night Fishing along the Haihe River by Chris Hagen



# PHOTO CONTEST 2012

## 2012 摄影大赛

Send your fantastic photos to  
发送照片至  
[photocontest@tianjinplus.com](mailto:photocontest@tianjinplus.com)

[www.tianjinplus.com/photocontest](http://www.tianjinplus.com/photocontest)



# TJ+@... See where you can get your copy!



Now you can read TJ+ while enjoying a warm cup of coffee or at your favourite hang out. Who knows, maybe you'll be in the magazine next month!

Of our many distributions points, these are only a few where you can check out TJ+. Stay tuned for more places next month!

If you can't find our magazine in your preferred location, please call +86 159 2200 0555 or send an e-mail to [distribution@tianjinpius.com](mailto:distribution@tianjinpius.com).



### Mighty Deli 美琪食品

A: No.25-27, Water Park West Road, Nankai District  
美琪区水上公园西路25-27号  
T: +86 22 2755 6789



### EM Coffee Factory 糖境咖啡

A: Bldg. C6-106, Magnetic Plaza, Binshui Xi Dao, Nankai District  
津南区滨水西道时代奥城商业广场C6-106  
T: +86 186 2211 8581



### Tangla Hotel Tianjin 天津唐拉雅秀酒店

A: No.215, Nanjing Lu, Heping District  
和平区南京路215号  
T: +86 22 2321 5888



### Tianjin United Family Hospital 津和隆家医院

A: No.22, Tianzuo Yuan, Tianlang Dao, Heqi District  
河西区津浦道天津道22号  
T: +86 22 5856 8500



### Chateau 35 古堡35西餐厅

A: opposite to No.78, Changde Dao, Heping District  
和平区常德道78号对面  
T: +86 22 2331 5678



### Le Procope Lounge 普罗科佩酒廊

A: The Junction of Changde Dao and Shanding Lu, Heping District  
和平区常德道和山道交口  
T: +86 22 2711 9058



Experience service on a whole new scale

Origin	Destination	Flight	Class	Period	Day
Seoul	Tianjin	KE305	0520	1010	Daily
Tianjin	Seoul	KE306	1120	1410	Daily
Tianjin	London	KE309	1120	1400	Daily
Tianjin	London	KE310	1120	1300	Daily

Korean Air provides quality service that exceeds your past flight experiences. Indulge yourself in the Korean Air experience for us at a whole new scale.

Excellence in Flight  
**KOREAN AIR**  
Korean Air Service Center: 4005-8888



**TEDA**  
INTERNATIONAL SCHOOL



*Teda International School is proud to hold dual accreditation by the Western Association of Schools and Colleges (WASC) and the Council of International Schools (CIS)*

✦ **CELEBRATING 17 YEARS IN TEDA** ✦

NOW ENROLLING FOR FALL 2012  
PreK-Grade 12



Teda International School  
No. 72, Third Ave. Teda,  
Tianjin, China 300457  
[www.tedais.org](http://www.tedais.org)

**36-22-6622-6158**