

2012.10



TIANJIN PLUS

Your guide to the City

津品生活



18

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Tianjin's Dough Modelling Maestro

ISSN 2076-3743



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Inside



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## Letter to the Editor

Dear all,

Very satisfied with the magazine, excellent work, keep it up! I would love to see a classifieds page though!

Rodders Postlethistle

Dear Editor,

I visited Tianjin Plus website, and I see such a big improvement! I love Tianjin Plus magazines very much, it really helps me a lot. I share useful entertainment info with my family and my friends. I do think Tianjin Plus is the city guide for me!! Thanks!

Sincerely,  
Olive Dunhum

Dear TJ+,

Thanks for a great magazine with loads of cool information and articles! I picked up a copy in Starbucks when I came to Tianjin a couple of weeks ago and I carried it around with me during my trip as a guide for the city's sites.

Cool, thanks!  
Ben Pearson

Dear Editor,

I would like to congratulate you and all your staff on their hard work and success in consistently publishing such a high quality magazine.

Keep up the good work.  
Roderick Jones



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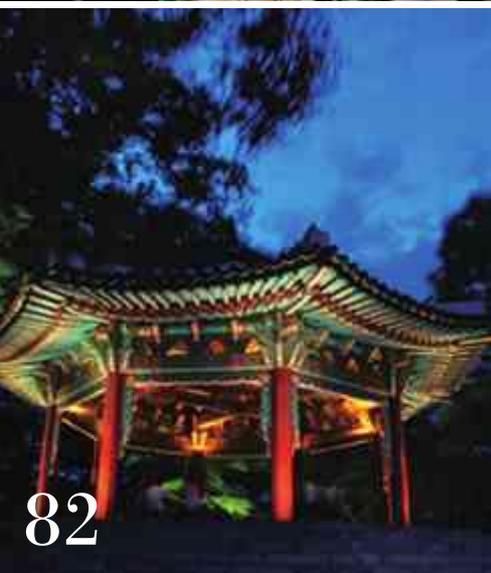
18



22



32



82

# CONTENTS <sup>2012</sup> 10

<b>October Calendar</b>	<b>08</b>
<b>Partner Promotions</b>	<b>10</b>
<b>Art &amp; Culture</b>	
The Chinese Flag	12
A Modern Master of Colour Wood-cut Art	14
Tianjin Ink	16
<b>Cover Story</b>	<b>18</b>
Culture Express at Ancient Culture Street	
<b>Restaurant</b>	
Chef Chambon in Tianjin	22
A Mighty Delight	24
<b>Nightlife</b>	<b>26</b>
GIA Lounge	
<b>Fashion</b>	
My Style Notes – The New Trends	28
Objects of Desire	32
<b>Health</b>	<b>38</b>
Age V's Wrinkles	
<b>Expat Club</b>	<b>40</b>
Chitchat - Phil McKerr	
<b>Education</b>	<b>42</b>
Wellington Stage Musical Extravaganza	
<b>Sports</b>	<b>44</b>
Asia Tour Brings down the Curtain	

# CONTENTS <sup>2012</sup> 10

<b>Beijing Beat</b>	
Hidden Kingdom	46
Escape to Longqing Gorge	47
Zhihua Temple: Ancient Sounds	48
Mutianyu Great Wall: Going it alone	49
<b>Past Events</b>	
DK 1308 Munich Oktoberfest	50
Charity Basketball Tournament	51
Indigo Hotel in Downtown Tianjin	52
Spectrum New Opening	
Yacht and Boutique Exhibition	53
Somerset's Mid-Autumn Festival Party	
T.I FOR MEN 2012 Fashion Show	54
<b>Listings</b>	
Tianjin Listing Index	55
TEDA Listing Index	73
<b>China Travel</b>	<b>80</b>
Pandora - Zhang Jia Jie	
<b>Global Travel</b>	<b>82</b>
A Weekend in Seoul	
<b>Recreation</b>	
Book, Website	84
Music, Movie	85
<b>Special Days</b>	<b>86</b>
24 Solar Terms: Han Lu & Shuang Jiang	
<b>Horoscope</b>	<b>88</b>
October Horoscope	
<b>Where to Find TJ+</b>	<b>90</b>
<b>Map</b>	
Tianjin City, Binhai New Area	



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**Dave Heath**

# 2012 October Calendar

2012.10  
**01**  
MON

**Oil Painting Exhibition - North Korea is Moving Forward**  
前进中的朝鲜·朝鲜油画精品展  
★ Tianjin Western Art Gallery 西洋美术馆  
¥ 5-10  
☎ +86 22 2330 3255



EDITOR'S PICK

**Min Yuan Xi Li Creative Youth Festival 民国西里创意青年节**  
★ Min Yuan Xi Li (No. 29-39, Changde Dao, Wudadao, Heping District) 民国西里 (和平区五大道常德道29-39号)  
☉ 13:30-18:00    ¥ 1415    ☎ +86 22 2337 117 Oct

2012.10  
**06**  
SAT

**String Quintet Concert**  
琴弦上的旋律  
· 弦乐五重奏音乐会  
★ Western Shore Art Gallery 西洋艺术馆  
☉ 20:00    ¥ 100  
☎ +86 22 2326 3505



2012.10  
**07**  
SUN



**Russian State Ballet - Swan Lake**  
俄罗斯国家芭蕾舞团《天鹅湖》  
★ Tianjin Grand Auditorium 天津大礼堂  
☉ 19:30  
¥ 180-1280  
☎ 400-618-3333

2012.10  
**18**  
THU



**Dance Drama by Yang Liping - The Peacock**  
杨丽萍2012大型舞剧《孔雀》  
★ Tianjin Grand Auditorium 天津大礼堂  
☉ 19:30  
¥ 280-1280  
☎ 400-618-3333

2012.10  
**19**  
FRI



**Piano Recital Concert by Lv Xiaoliang**  
黑白浪漫 - 吕晓亮钢琴独奏音乐会  
★ Western Shore Art Gallery 西洋艺术馆  
☉ 20:00    ¥ 100  
☎ +86 22 2326 3505

2012.10  
**26**  
FRI



**Piano Recital Concert by Zhang Jingjing**  
华彩乐章 - 张晶晶钢琴独奏音乐会  
★ Western Shore Art Gallery 西洋艺术馆  
☉ 20:00    ¥ 100  
☎ +86 22 2326 3505

**Malaysian Food Festival**  
马来西亚美食节  
★ Hotel Nikko Tianjin 天津日航酒店御咖啡厅  
☎ +86 22 8319 8888  
26 Oct - 9 Nov



EDITOR'S PICK

2012.10  
**03**  
WED



**Andreas Haefliger Piano Recital Concert**  
安德烈·汉弗里格钢琴独奏音乐会  
★ Concert Hall, Tianjin Grand Theatre 天津大剧院音乐厅  
☉ 19:30    ¥ 50-580  
☎ +86 22 8388 2000 (ticket)

2012.10  
**12**  
FRI



**Opera Master Pei Yanling 寻源问道·裴艳玲**  
★ Opera House, Tianjin Grand Theatre 天津大剧院歌剧院  
☉ 19:30  
¥ 50-380  
☎ +86 22 8388 2000 (ticket)

2012.10  
**05**  
FRI



**Piano Trio Concert**  
秋之静美·钢琴三重奏音乐会  
★ Western Shore Art Gallery 西洋艺术馆  
☉ 20:00  
¥ 100  
☎ +86 22 2326 3505

2012.10  
**14**  
SUN

**Totally Baroque: The English Concert**  
完全巴洛克  
——英国协奏团音乐会  
★ Concert Hall, Tianjin Grand Theatre 天津大剧院音乐厅  
☉ 19:30  
¥ 80-680  
☎ +86 22 8388 2000 (ticket)

EDITOR'S PICK

2012.10  
**21**  
SUN



**Les Choristes: Les Petits Chanteurs de Saint-Marc Concert**  
放牛班的春天——法国圣马可童声合唱团音乐会  
★ Concert Hall, Tianjin Grand Theatre 天津大剧院音乐厅  
☉ 19:30    ¥ 80-680  
☎ +86 22 8388 2000 (ticket)

EDITOR'S PICK



**TICC Pink Ribbon Gala Dinner 2012**  
★ The Westin Tianjin 天津君悦威斯汀酒店  
☉ 18:30  
ticc\_09@hotmail.com

EDITOR'S PICK

2012.10  
**27**  
SAT



**String Quartet Classical Concert**  
弦乐四重奏经典音乐会  
★ Western Shore Art Gallery 西洋艺术馆  
☉ 20:00    ¥ 100  
☎ +86 22 2326 3505

## Special Days

- 1 Oct China's National Day
- 8 Oct Cold Dew (Han Lu)
- 23 Oct Frost's Descent (Shuang Jiang) Double Ninth Festival

Include your events in our calendar.  
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**Date:** 1-7 October

**Price:** CNY 688 - 1488 + 15% service charge per room per night



**Shui An Historical Menus**

**@ Shui An - Chinese restaurant, The Astor Hotel**

Dine like Dr. Sun Yat-Sen or the Beijing Opera Master *Mei Lanfang* - two of the patron's who visited the hotel during the last 150 years.

**Date:** Oct - Dec, 2012 **Price:** Special A La -carte menus

**Hairy Crab Feast @ The St. Regis Tianjin**

Delight and indulge with the fabulous delicacies Yangcheng Lake Hairy Crab at Yan Ting specially prepared by Chef Victor.

**Date:** 1-31 October



**Business Lunch Set Menu**

**@ the Fire House, Renaissance Tianjin Lakeview Hotel**

A wood burning grill is the focal point of the restaurant, while the wine bar and cellar offer an extensive selection of wines primarily from the new world.

**Time:** Lunch: 11:30 to 14:00, Dinner: 17:00 to 22:00, daily, 1-31 October

**Price:** CNY 158-178

**Grill Scene**

**@ FEAST, Sheraton Tianjin Binhai Hotel**

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**Date:** 1-31 October, Only Dinner

**Price:** CNY 238 net per person (not including Friday)



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**Tea Time @ the Fountain Lounge, Hyatt Regency Jing Jin City Resort and Spa**

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**Time:** 14:00-17:00, Fri-Sat **Price:** CNY 120 + 15%



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# THE CHINESE FLAG

By Tad Miller

Anticipating the need for a unifying, distinctive banner representing their nascent nation, the New Political Consultative Conference of the CPC—the elite group organising all the tasks which come with starting a country—began soliciting entries with an advertisement in newspapers announcing the competition for its design. This was July 1949. From over 3,000 submissions they eventually came to 38 finalists.

They were hoping to settle on a flag addressing three main characteristics: strength, courage, and red as its dominant colour. They got all that in the design made by *Zeng Liansong*, with a slight but important change—taking away the hammer and sickle, which was, of course, a Union of Soviet Socialist Republics (U.S.S.R) insignia at that time. This leaves the current version featuring a large yellow star in the upper-left corner, with four smaller stars flanking that in a semi-circle set upon a bright red background. While magnificent in its simplicity, its meaning is mysterious.

Red is historically the colour representing fortune, luck, health, and long-life. In this particular case, however, it symbolises the blood which martyrs shed during the revolution to establish the People's Republic of China (PRC). The large star honours the Communist Party, that is, government, while the four others, at *Mao Zedong's* insistence, represent the four classes of people which are the *workers, peasants, petty bourgeoisie, and patriotic capitalists* (an interesting idea considering the Marxist-Leninism *Mao* was preaching as a basis for the cause). Others say those little stars celebrate the fifty-six diverse ethnicities which are the *People*. Yellow traditionally relates to hope. A white flag pole is thought to suggest purity, perhaps regarding its purpose—a curious puzzle now.

The decision to adopt this as the flag was made on 27 September, 1949, just days before officially declaring the establishment of the PRC. Then, on the 1 October, at three o'clock in the afternoon, in Tiananmen Square, Beijing, the Chinese people and the entire world met this elegant, proud piece of symbolism in fabric, flapping in the breeze.



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## Li Jianping

### A Modern Master of Colour Wood-cut Art

By Tad Miller

Making prints from wood-cut plates is nothing new (*mukebanhua*). In fact, it's an ancient art-form. But doing them in colour (*toushe*) is another style gaining favour amongst art enthusiasts worldwide. *Li Jianping*, is a master specialising in this, and he is very well known, in addition to having superb skills in line drawing (*xian miao*) and traditional ink and water-colour painting (*guo hua*) on rice paper. His calligraphy (*shufa*) in the old style characters is also held in high regard. My visits to meet him and his gracious family, were an absolute delight and a great lesson in Chinese art history.

Born in Tianjin in 1955, he found his passion as a little boy, initially self-taught. An art teacher at Middle school No. 2 in Tanggu, he produces magnificent, modern pieces

in his home studio. After enlisting with the army as a young man, he got serious about his ambition, studying for, then passing the exams for admission into the famous Central Arts Academy in Beijing, majoring in wood-cut printing. For the last 30 years he has been putting his heart into his craft. His reputation as a master has been spreading ever since. He was chosen to participate in the 2008 Olympic International Art Exhibition. His works are also shown in the permanent collections at the China Arts Museum in Beijing and Tanggu Museum plus numerous other on-going exhibitions.

*Li* demonstrates a unique style in his subject matter, typically depicting scenes from nature but others too. While his favourite Chinese genres hail from the *Ming* and *Qing* era, he finds inspiration from western

masters, the works by Albrecht Durer, the famous German artist, in particular.

"I have a sense of excitement as I complete a piece" he says in his soft-spoken, humble way. "There is a great satisfaction in making them" adding that, once done, his "anticipation is already gathering for the next one to come".

*Li's* colour wood-cut prints are vibrant, sharp and bold, yet they possess a serene element (a balance in composition to perspective and colour to texture) which seems to distinguish them. He offers only a certain number of prints from each plate before destroying it, adding to their market value. To contact this local treasure, *Li Jianping*, learn more about him, or purchase an original, contact *Zhang Juan*, at [Luckly995i@163.com](mailto:luckly995i@163.com) or [Liguanda1982@126.com](mailto:Liguanda1982@126.com).



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# TIANJIN INK

By Justin Toy

Zheng He, AKA Klaus, has been working as a tattoo artist for the past 9 years. He opened his own shop on *Shanxi Lu* just off of *Binjiangdao* 5 years ago. Before opening Klaus Ink Tattoo in 1997, Klaus was a resident artist at Ghost Skull Tattoo Studio, *Dong Xiu Fang* Tattoo, and *Xiao Jian* Tattoo.

Zhang He first became interested in art when he was about five years old. He wasn't so good back then, but better than all of his peers.

**When did you get your first tattoo?** When I was 17 I got my first tattoo. At that time, there were very few places to get a tattoo. There were no shops like this one, just some guys who didn't really know what fine art was but could make your skin colourful. Usually these guys were gangsters or some other kinds of people who couldn't find a other job. So my first tattoo was not so good and I have since covered it up with another tattoo. But at the time I thought it was really cool and a good way to make money. So I found a teacher and started learning.

**How many tattoos do you have?** (Laughs) A lot, everywhere! (He shows them one by one) I have sixteen in total.

**Which tattoo is the most special to you?** The most special would have to be this one (he points to a tattoo of his wife's name in graffiti style lettering) because it represents love. I have also left a space here (he points to the inside of his upper arm) for our baby. I will put the baby's name here and in the future I am also thinking about making a family logo. I hope that in the future my wife and my child will both have the same tattoo as me.

**Do you ever have customers coming in to ask for ridiculous tattoos?** Yeah, sure! There was a girl who came in with a drawing of a watch that her boyfriend drew and she wanted it tattooed on her wrist. Another woman came in and asked for a shrimp. "What do you mean, a shrimp?" I asked her. "A cooked orange coloured shrimp!" I tried to convince her to choose something else and she said "anything is ok, as long as it is seafood!" Finally I had to tell her that I could not do this for her! I need to maintain control over my customers.



If they have a crazy idea I will help them to change it and to make it better. Sometimes customers will come in and have an idea of what they want but maybe their idea won't look so good as a tattoo. When we first opened I did whatever the customer wanted because we needed customers to spread the word and get us more customers. But when you've been around a few years you develop a brand. We must have a high level of appreciation and respect for art.

**What kinds or styles of tattoos are most popular in Tianjin?**

Traditional style tattoos such as dragons, phoenixes and coy fish. I don't understand why they are so popular, not just in China but everywhere. In the last year I probably did over fifty coy fish tattoos because a lot of people think a coy fish is lucky and can bring you wealth. A lot of customers ask me "what kind of tattoo can I get that will bring me good luck and fortune?" This is the wrong way to think about getting a tattoo. It should be about appreciation of the art, not laying around and waiting for money to fall from the sky!

**How are people in China's thoughts and perceptions about tattoos changing?** Young people love tattoos because they are stylish and fashionable. A lot of the older generation, like my parent's age, still feel that tattoos are a bad thing. However, the perception is changing and it is becoming more and more acceptable. If my son said he wanted to get a tattoo, I would tell him of course, but I have to do it!

**Which part of the body is the best to do a tattoo on?** It has to be the back. It is large, flat and easy to work on. Also, the inner part of the upper arm is a big area that is good to work on. The most difficult part is the backside because it is so soft and flabby. If a customer wants a tattoo on their rear end, I need to draw it on them while they are standing. Then they will need to lay down flat to do the tattoo. When the person lies down, the picture will shift all over the place and you just have to trust the lines. You can't follow your instincts, you have to follow the lines!

**What is your favourite part of the job?** Every day is a new day and a new challenge. I have no idea what kind of tattoo the next customer will want. A big piece or a small piece. A traditional or a modern style. Colourful or not colourful.



**What advice can you give to any of our readers who are thinking about getting a tattoo in China?** The first thing to do is to find a specialty tattoo artist and look at the shop. Do you like their style? Is it clean? Do they have an ultrasonic cleaning machine? Do they reuse the needles? Secondly, talk with the tattoo artist. Show them your idea and then listen to what feedback they have. Finally, don't base your decision on price. A tattoo is permanent. If you pick a tattoo based on price you are taking a risk on quality and you may find yourself trying to cover it with another tattoo.

**I was thinking about getting a tattoo of Hello Kitty on my back. Could you help me with that?** Sure! But it would have to be special, like a zombie Hello Kitty or a monkey king Hello Kitty. That would be really interesting!

# Culture Express at Ancient Culture Street

By Cathy Perez



It's no secret, travelling in China for the national holiday can be a drag, with approximately 60 million people travelling around the country, it's no surprise that others prefer staying at home instead.

If you're one of those who decide to stay in Tianjin for the 8-day holiday, here's one suggestion – visit the Ancient Culture Street. Yes, it might be crowded at the time of your visit and the weather may be unfavourable. But if you forget all that and focus on experiencing the culture that Tianjin has to offer, then you're sure to find something that'll take your interest.

Here's a preview of some interesting discoveries at the Ancient Culture Street.

## Dough Modelling

Master *Dong Yeqi* (董业启) is a member of the Tianjin Institute of Oriental Art, and a dough modelling instructor at Nankai University. It is in his stall at the *Xi Lou* area of Ancient Culture Street where Master *Dong Yeqi* expresses his artistic passion for moulding dough. Using wheat flour, glutinous rice, food colouring, paraffin, honey and steamed dough, the process includes pinching and rubbing dough then engraving different parts, then pieced together to make a whole figure. With the help of a small bamboo blade and stick, Master *Dong* can effortlessly mould attractive historical figures, cute souvenir items, and a perfect gift for tourists that are small, portable and easy to conserve.



### Sugar Painting

It's called sugar painting, the sweet art of forming a figure using sugar. Whatever you wish to have, a flower or any one of the 12 animals of the zodiac, Master Zhang Fuhai (张福海) can sugar paint it for you. A member of China Folk Literature and Art Institute, Master Zhang sugar paints with ease and skill and can even do it in less than a minute. It's not only adults who admire Master Zhang's work but kids as well. Depending on what you choose, Master Zhang's sweets sell from CNY 15 to CNY 30. Pick a figure and Master Zhang will sugar paint it for you, right there on the spot!



### Gourd Pyrography

The Chinese pronunciation of gourd (葫芦 hu lu) is similar to the word "福禄" (fu lu) which means luck and fortune. This is why many Chinese families decorate gourds in their houses, believing that doing so will bring them more luck and fortune. Gourds are a unique medium for pyrography and have been around for a long time, especially in China.

When it comes to gourd pyrography, Master Wu Yongfu (吴永福) knows the tricks of the trade. His stall is crammed with gourd art, from the smallest to the largest. The cheapest gourds are CNY 10 while the giant ones can cost you around CNY 1300. Whether you're buying one to give away, or to decorate in your house; may luck and prosperity be yours!



# Chef Chambon in Tianjin

## A Fresh Look at Brasserie Flo

By Matt Baum

Brasserie Flo began its long history in 1901 in France. After almost a century, Brasserie Flo arrived in Beijing in 1999, and finally came to Tianjin in 2011. Chef Daniel Chambon is a Michelin starred chef, who started his career at Le Pont de l'Ouyse, in the south west of France. He will be cooking in Beijing and in other parts of China at Brasserie Flo from 8 -15 September. He did bring the unique flavours of his hometown Perigord to Tianjin.



**Could you tell us something about your personal history and why you started cooking?** When I was a child, my mother was an excellent cook, with a lot of passion for cooking. I was so influenced by my mother that I never thought about being anything other than a chef. This was helped by the many great local ingredients that can be found in my hometown, for example goose liver and truffles. I am very attached to traditional French cuisine, but I also like to try and give it a modern touch.

**What has been the most prestigious moment of your professional career?** The most prestigious moment had to be in 1989 when I received a Michelin star. To me the Michelin star meant the recognition of all the years of passion and energy I have put into my cooking. But it's still gratifying to cook for my guests with all my heart. One of the greatest pleasures for me, is when a guest tells me that they still remember having eaten my food; even though it was ten years ago.

**What is the most important aspect of cooking?** Rigorous attention to detail and the dedication to apply this level of attention to every dish I make. This does not just apply to cooking, but from the moment the guest enters the door, the way they are greeted etc, to when they leave requires the utmost attention to detail. There is no single aspect of cooking that is more important than any other; it is the combination of many individual things that is the most important.

**What would you say is the most exciting dish on your menu at Brasserie Flo Tianjin?** Everything! All of them are incredibly exciting. Every dish is different so some people may like one dish more than another. However, if I put a dish on a menu, that means I love it and it is worthy of being there. I can't compare a salad to a fish dish, for example. If you kill a chicken for a meal and you don't cook it well, then you have killed a chicken for nothing, you have shown it a lack of respect.



**As someone who is passionate about using locally sourced food, is there anything you are looking forward to cooking in Tianjin that you wouldn't be able to get in France?** Today in France you can find anything you want if you look hard enough. My philosophy is to eat French food in France and Chinese food in China. In Paris you can find many Chinese restaurants, but the spirit and the ambience is that of Paris, France; not China. So you need to be in the place itself to be able to appreciate the full benefits of the local food and atmosphere.

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# A Mighty Delight

By Robert Watt

After a year in TEDA, the opening of any new restaurant is a tasty news story. But when I heard about the Mighty Deli, the implied promise of great Indian food really excited me. So, I felt rather foolish when I found out that the name related to the delicatessen it sits above rather than the capital of curry.



The food menu is not extensive - always a good sign. Restaurants that offer everything possible, rarely do anything well - or indeed fresh. Reylfus, the English-speaking customer consultant, recommended the sea bream and the Angus sirloin steak.

The generous sized steak came with a red wine sauce and was beautiful; easily the best I had eaten for a long time. I chose the house red to accompany my steak - a French Bordeaux that had only arrived that morning. At CNY 15 a glass it was reasonable.

The curry didn't disappoint. The sauce had a great blend of Indian flavours sweetened with pineapple. It had enough heat to give a kick without overpowering the other spices. You can cool the mouth with a large draft of Tsingdao priced at CNY 15.

**Address:** Ground floor store, No. 6, crossing of the 2nd Avenue and Xincheng Xi Lu, TEDA (Next to Sheraton Tianjin Binhai Hotel) 开发区第二大街与新城西路交口世嘉嘉园底商6号 (滨海喜来登旁)

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# GIA Lounge

By Matt Baum



If you are looking for a more relaxed, intimate atmosphere than is currently available in many of Tianjin's other bars and clubs, then look no further than the GIA lounge.

In terms of atmosphere, the first thing I noticed was that the GIA lounge is a lot darker and discrete than other bars in Tianjin. You won't see names scrawled all over the walls and your eyes won't be blinded by overly bright lights. This makes for a very personal atmosphere - which is perfect for dates.

The music adds to this already intimate atmosphere to create a laidback ambience. DJs from Italy and Brazil play electro, house and dance music, which gives the GIA lounge a contemporary feel. One mistake the GIA lounge DJs don't make is playing music to loud, so you never have to shout to make yourself heard.

One crucial point to note is that the GIA lounge hasn't officially opened yet. The planned opening is in October, but if you still want to go there for a night out then don't fear, I have assurances from Manager Benny and Head Chef Vincent that service will run until the last guest leaves. So if you truly desire that Vodka Stinger or Martini with a perfect steak at 5am, then all you have to do is ask.

The GIA lounge is open on the weekend and it isn't busy before 11 pm, so getting seats is never a problem. However, I can't guarantee seats for all on the many events that will be taking place before the opening. One such event, 60 Volt, took place on Friday 21 September and offered international DJs, free entry, and great drink deals.

For any cocktail bar, the drinks are crucial, and I'm happy to say the drinks do not disappoint. Between the two of us, we tried four cocktails, with the original *jiyazhiwen* 吉雅之吻 GIA Kiss, made by GIA's experienced bartender, being the best.

There is a good selection of snacks and main dishes to choose from. Over the next few weeks, Head Chef Vincent will be cooking up several trial menus, so if you want to see what will be on offer from October, or want to provide some feedback, head on over!

**Address:** South of the intersection of Nan Menwai Street and Qinghe Street, Heping District

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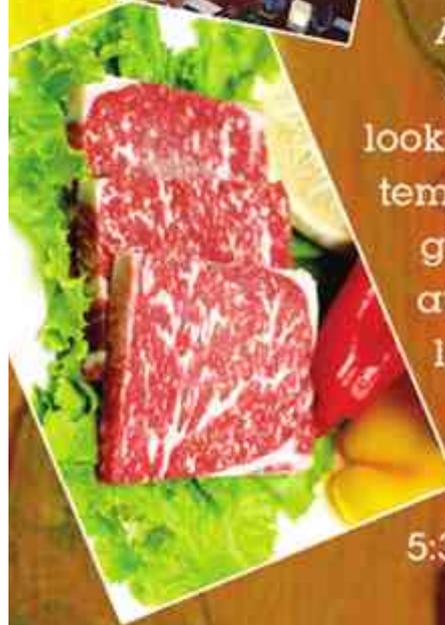
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## THE NEW TRENDS

While the weather is still so hot it is really difficult to even think about winter clothes. But having a peek at the next winter trends will allow you to buy intelligently during the sales. What can we buy now at a low price that we will be wearing in the months ahead? Have a look to the winter trends and focus on what you can recycle from last winter. What you can leave in your closet and maybe add some new items from the sales?



### Revival of the 60's

The 60's are a decade that is always present, so it is easy to recycle some pieces from other seasons. This time around the focus is on the patterns, inspired by the optical wallpapers of that decade. Fashion inspired by interior design? Of course!

#### How to wear

Play around with different patterns in the same outfit to create a crashing patchwork or choose separates in the same pattern and wear them together.

Go for the classic coat of the decade, 'The camel coat'. If you didn't invest last season this is the time to do it. It never goes out of fashion and is totally wearable. For a 2012 update choose one with fur details or shaggy cuffs.

Recreate the pop art philosophy of the 60's by choosing accessories that mix stones and engraved cameo, as seen in Miu Miu.

**Photos:** Dsquared2, Albino, Philosophy, Prada and MiuMiu.



Inspired by last season's 'the Girl with the Dragon Tattoo' or the new Cat-Woman, head-to-toe leather is the look of the winter. Altering all the flower prints and pastel colours is a good relief to get all gothic glamorous. This season's new look: sleek gowns in full black leather and clean silhouettes.

#### How to wear

The easy way to do black leather is choosing the knee length coat. Selecting a classic shape and little detail, it will be a classic in your wardrobe which will last a lifetime. A



### Gothic Deluxe

black skirt is the other choice. It is totally wearable. Pair it with a sheer black blouse for night-time and with a flower blouse for work wear. If you want to stand out from the black crowd in winter, choose navy blue leather. What can be more desirable than a blue leather biker jacket?

**Photos:** Calvin Klein, Fendi, Gucci.



### Country Style

Among the most appealing trends, the dandy style requires careful attention. It is all about elegance and perfection in choosing the right details. Sometimes inspired by Italian men's elegance, English shooting weekends or the 'Downtown Abbey' obsession,

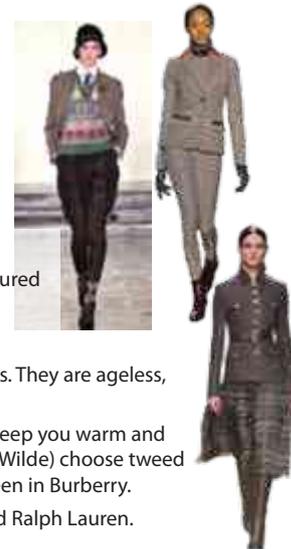
designers have brought back the country classics: Recreate jackets, tweed, plaids, country knits, leather boots and textured wool trench coats.

#### How to wear

Invest in the trend's key accessory: a pair of tan riding boots. They are ageless, comfortable and totally deluxe.

For a little touch on the trend, choose tweedy flat caps to keep you warm and trendy. To make the look more modern (and not too Oscar Wilde) choose tweed separates and team them with playful printed T-shirts as seen in Burberry.

**Photos:** Tommy hilfiger, Salvatore Ferragamo, Burberry and Ralph Lauren.



### Highlight your Curves

This trend started in the summer and is still going strong. Fashion's focus remains on the waist by adding peplums (That little skirt under tops or over skirts), panniers and padding to the hips. All this is helping to create a super-feminine hourglass line. So it is not difficult to guess that the accessory of the season is the belt.

#### How to wear

How to choose the belt, wide or thin? Both!

How to wear the belt smartly? Cinching a sleek pencil dress or over a winter coat.

Wearing the belt in the same colour palette, that of your outfit will elongate your body.

Take inspiration from Burberry and add a bow belt to your winter coat; it will go from dated to super-fashionable. Well shaped tailored jackets are an easy way to give the illusion of curves.

**Photos:** Burberry, Rodaste, Mcqueen, Dior and Lanvin.





Baroque



This style is decorative exuberance with floral embroidery, golden details, embellishments, and rich brocades. This is an overloaded trend but easy to get some inspiration from. Add some baroque details to an outfit, and you can go from boring to luxurious.

How to wear

Jump on the trend by going for an oriental look. Brocade inspiration brings beautiful kimono jackets, body-hugging cheongsam dresses and embroidery rich oriental motives.

The brocade is full of texture and shine, so choose simple designs and let the fabric do the talking.



To avoid the 'sofa' look, choose brocade in light colours and modern designs.

Embrace all-over oriental print but added a contemporary touch with utilitarian cuts.

Photos: Dolce and Gabbana, Lanvin, Osman and Dries Van Noten.

The bouquets from summer are here to stay, but are less feminine than the summer patterns. This season's prints are dark, full of detail and deluxe. Thanks to flocked fabrics, lace overlays and ornaments, they look more wintry and almost warm.

How to wear

Floral in an autumnal palette are perfect for those who are scared of pretty feminine blooms.

Choose flowers on a black background for the winter season. Go for print obsession with jackets that match the patterned trousers. This is floral head-to-toe.

The pattern of the season is intricate floral embroidery, all over the dresses as well as bags and shoes, be prepared!



Winter Florals



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## Objects of Desire

By Silvina Pardo



We visited The Grace, a boutique situated in the *Ao Cheng* area, that always stands out with amazing outfits in the shop window, usually displaying two ensembles that complement each other. We met Molly, one of the owners, who is in charge of choosing the clothes for displaying in the shop and usually she is there to help you choose the right outfit. In the cosy little shop, you will find all the items beautifully arranged and in perfect condition.

What can you find? You can get delicate everyday clothes as well as original dresses to wear for special events, cool jeans, elegant shirts with elaborate details, beautifully printed skirts, embroidered knits and colourful braziers. The clothes are organised in a simple way to put together an outfit, once you get your favourite piece, you will find everything you need to complement it; including original footwear, belts and bags.

What makes the difference? Most of the pieces have some details that make them very attractive, think about quirky elements, beautiful materials, original and colourful prints or unusual designs.



THE GRACE



## What to Choose...

Choose a printed skirt in bright colours. You can wear it now with a white T-shirt and wedges and in colder months pair it with a denim shirt, black tights and booties.

Go for a simple tunic dress in a singular print to wear with flats for the office or glam it up with heels for night time.

Update the basics with special details like a white shirt with embroidered collar.

The simple way to cool down bold prints? Mixing it with denim!



### *Wardrobe Staples*

1. White shirt with embroidered collar
2. Printed skirt
3. Patent brogues
4. Tunic dress with collar
5. Bold coloured blazer

**Address:** 12B, Building A3, Magnetic Plaza (Aocheng), Nankai District (Opposite to China Unicom) 南开区时代奥城商业广场A3座一层12B (联通对面)

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# Knee Pain

By Sheilagh Anderson

Physiotherapist at International SOS

**Ever had a pain in the knee?... Do you exercise? Have you ever heard of your Ilio- Tibial Band (ITB)?** If you answered yes to one of these questions... read on!!

**What is the ITB and what does it do?** The ITB is a wide, flat ligament like structure that runs down the thigh from the side of the hip (iliac crest) to the outside part of the bone just below the knee (tibia). It provides stability to the outside of the knee and helps to control inward motions of the thigh. In other words, it prevents unnecessary side-to-side motion. The ITB is not attached to bone so it moves forward and backward when you bend and straighten your knees. This movement occurs about 90 times per minute per leg as you run and almost 22,000 times during a four-hour marathon! No wonder the ITB sometimes complains!

**Why does it cause problems?** Friction caused by this movement can result in a condition known as Ilio-Tibial band syndrome (ITBS). Tissue becomes inflamed and you may even hear or feel a clicking sound as your leg moves. Over time, inflammation actually diminishes and scars (adhesions) develop from the repetitive micro-tearing of the fibres of the ITB. Because of a build-up of adhesions, the ITB becomes congested and tight with greatly decreased blood flow. This perpetuates the problem.

**What can start it off?** ITBS is characterised by sharp or burning pain on the outside side of the knee, thigh or buttocks.

It is common in runners, bicyclists, martial artists and dancers. In fact it can affect anyone who repeatedly bends and straightens their knees.

#### **Other predisposing factors:**

- Leg length differences.
- Foot structure: excessive pronation (flat feet).
- Excessive shoe breakdown (particularly at the outside of the heel) and poor shoe fit.
- Training intensity errors - increasing mileage or intensity too fast.
- Muscle imbalances - quads versus hamstrings, hip abductor weakness.
- Running/walking style - e.g. bow-leggedness, knock knees, etc

#### **In Cyclists:**

- Poor cleat position. (Excessive internal rotation)
- Incorrect saddle height: legs should be almost fully extended (about a 15 degree angle at the knee) at the bottom of each pedal stroke.
- Saddle positioned too far back which causes a tightening of the ITB.
- High gearing ratios and excessive hill work causes overstraining of the ITB.

#### **In Runners:**

- Running on slanted surfaces
- Excessive downhill running.

#### **How to tell if you have ITBS**

The key symptom of ITBS is pain on the outside of the knee. Runners often note that they start out pain free but develop symptoms after a certain time or distance. In the early stages symptoms subside shortly after a run, but return with the next run. As things progress, pain persists even during walking, particularly when going up and down stairs.

#### **Treatment**

Early intervention and diagnosis is essential in treating this kind of complaint. Initial inflammation may be controlled by over the counter anti-inflammatory medicines and you can apply natural remedies such as arnica.

Ice is also useful and should be applied at least twice per day for approximately 15 minutes.

Tightness in the structures involved must be dealt with. A combination of massage and stretching will help to break down the adhesions and improve the circulation. It is not the most comfortable treatment in the world but works very effectively.

Correcting structural and muscle imbalances and any equipment or training errors is crucial. For leg length discrepancies a heel lift may be required. To correct flat feet orthotics may be fitted.

When attempting to return to regular activity, remember the acronym REST: Resume Exercise below the Soreness Threshold. Gradually increase the frequency and intensity of your training.

Come and see us early! Don't let aches become a pain.



## Preventative Health

As we head into the cooler months, don't forget to consult a medical professional who can help prepare you and your family for the change in seasons.

Skin problems associated with the dry winter climate in Tianjin, Vitamin D deficiency and the flu are a few common medical concerns that can be easily prevented and managed.

Remember, the flu is transmitted very easily from person to person. Vaccination may protect a person from the current seasonal flu virus, and may also reduce the severity of symptoms and complications if one does become infected.

The flu vaccine is available today at International SOS Tianjin Clinic.

#### **International SOS Tianjin Clinic**

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# Age V's Wrinkles

By Najla Rasdeen

Nowadays, everybody is looking for new and improved ways of hiding the one thing that prominently defines aging – wrinkles. Signs of aging are inevitable and very little can be done to stop wrinkles or skin damage after they have already started to appear. So the best time to deal with wrinkles is before you have them!

Most dermatologists recommend that anti-wrinkle creams should be used as early as the age of 20. If you have not yet even thought of using anti-aging products, this article can be your guide to taking your first steps in choosing the right products and maintaining younger looking skin.

## Preventing skin damage

The first step to preventing skin damage is to wear sunscreen. The sun is the main reason for wrinkles, age spots and dryness. Wearing sunscreen can prevent UV radiation from breaking down elastin and collagen in your skin's connective tissue and stop the sagging of skin and the appearance of wrinkles. It is recommended that you use a sunscreen with an SPF of 15 or higher. Other habits that contribute to unhealthy skin are smoking, lack of sleep, lack of exercise, lack of proper nutrition and drinking less water.

## Choosing the Right Cream

There are now numerous products on the market and it may prove almost impossible to make up your mind. But don't lose hope just yet! When you are looking for your anti-wrinkle cream, look for ingredients such as Retinol, Hydroxy acids, Coenzyme Q10, Copper peptides, Kinetin or tea extracts. These ingredients are responsible for the effectiveness of the anti-wrinkle cream. It is also important to remember that more expensive creams are not necessarily more effective than the cheaper ones. It is just the presence of the active ingredients.

You will also need to buy both the day and night creams for best results. If your skin is overly dry, choose a cream that is a good moisturiser as well. If you have any other complicated skin problems or allergies, it is important to consult a dermatologist before buying over-the-counter products.

## Correct Application of the Cream

Before applying the cream it is important to wash any make-up residue with an effective make-up remover or cleansing facial soap. Rinse your face and pat dry to ensure that there is no moisture left before application. Apply the cream in long strokes; on your forehead, massage the cream outwards from the middle of your eyebrows, from the nose towards your temples, from the upper lip upwards towards the cheek, and from your chin downwards towards your neck.

Make sure you wash your face in the morning before applying the anti-wrinkle day cream. After you ensure the cream has completely been absorbed you can proceed to the application of make-up.

## Time and Effectiveness

Our skin is made up of many layers that are continuously being regenerated to make room for new cells. Because of this, it may take many applications of the anti-wrinkle cream to show a significant improvement. Regular application is necessary and you may have to apply it twice daily for a period of many weeks before any noticeable improvements appear.

There is also the possibility that your skin may return to its original appearance if usage of the cream is discontinued. So, continuous use is imperative once you have started using anti-aging products.

**Phil McKerr**

23 years old

From Ireland

Student at Nankai University



**Where do you love to spend your kuais (yuan) at night?**

Good question! That's just what I try to avoid doing, but when inescapable, you'll most probably find me at some tea house/café, the cinema or jogging around the district, which I now realise requires exactly zero kuais!



**Favourite dish you've tasted in Tianjin?**

Easy! Teriyaki Chicken at Gang Gang. Hands down, no question!

**Where do you and your friends usually hangout?**

A couple of places spring to mind: The Astor, 211 House on Cheng Du Dao not far from Gang Gang, The Spot Café near the Medical University and Star Bar just by the entrance to Sitong.

**The perfect spot in Tianjin?**

In the city proper I would say the Dui Shan Park 堆山公园, poorly named Trash Mountain, is worth a stroll through and around. There is a running track around it, places to sit and picnic and as you might have guessed, a hill!



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

That would depend very much on the date. Ding Tai Feng 鼎泰丰 for Chinese food, KUDOS for Thai food, Gang Gang for fusion and Pizza Bianca for salad and pizza. The Astor isn't bad so long as the over-elaborate lobby doesn't intimidate them! For something more lively, I'd go with Q Bar.



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

Pick a memory! Umm... an old chap, who was cycling on a rickety, rattling bike ahead of me, stopped at a red light, dismounted, walked over to a nearby building site, returned with a spade and proceeded to beat the bolts out of his bike. Satisfied his work was done, he returned the spade, mounted his bike, no more than just a little worse for wears, and set off, having dispelled whatever caused the rattling.

**Happiest moment in Tianjin?**

Learning to cook Filipino cuisine with Osang and the Sitong crew, they're awesome!

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

**Things are looking up!**

The future looks bright in Tianjin, so much so that a group of very successful local business men and women have grouped together to invest in and incorporate **Tianjin De Ke Zhi Restaurant Management Co Ltd.**

This is a restaurant and bar investment company with plans to open 15 western multi-brand bar/restaurants in the coming 15 months in Tianjin, thereafter there are plans for Beijing and the rest of China, a **local company with a national future.**



All of the restaurants and bars will be designed and managed by the in-house western staff led by Carmelo Micallef and Larry Steed, the owner's partners, their aim is to produce authentic western food, to high standards with the best quality of service.

October 2012, Ao Cheng will see the opening of the first landmark restaurant and bar which is the **Texas BBQ Saloon** with over 400 square meters accommodating over 250 customers. The Texas BBQ's custom made ovens will slow cook high quality meats to mouth-watering perfection with cooking times of up to 12 hours. The ovens will work on a 24 hour schedule to cater for our in-house customers and the 100,000 people who live within a short walking distance – they will also be within range of our home delivery service. In addition, we will be catering for in-house and outside events whether corporate or private.

November 2012, we will see the opening of **The Irish Pub Restaurant** serving authentic Irish dishes washed down by the best glass of Guinness in Tianjin served by our ever friendly Irish management team. The Irish Pub will be set in a great 350 sq. meter site, with room for 200 customers. So Ao Cheng will quickly become Tianjin's New International Zone.

Every month, on average, will see the opening of a substantial new western restaurant/bar designed by westerners, managed by westerners to a standard of quality that would be expected in the best places throughout the world. The first bar/restaurants opening in October 2012 will be based in Ao Cheng – they will soon be followed by other locations in Tianjin City Center and TEDA. The first two openings are an indication of the confident commitment of the investors and management in developing not only the first of their western brands – **Texas BBQ Saloon and The Irish Pub** – but several more western brands of bar/restaurants will be opening in the coming months.

**VIP Founder member's package** will be launched 1st October offering substantial discounts across our range of restaurants and bars – the best quality food at the best possible prices – packages range from 1,000 RMB to 10,000 RMB. Come over and talk to us about the best package for you, your family and your business.

Real Western standards of food, style, service, facilities and management – come and enjoy!



Address: Building C7, Central International Plaza, Ao Cheng (Magnetic Capital City), Tianjin

Website: [www.texasbbqsaloon.com](http://www.texasbbqsaloon.com)

Tel: English 18202589904 / Chinese 18202589924

**WELLINGTON COLLEGE TO STAGE MUSICAL EXTRAVAGANZA**

# BUGSY MALONE

Following the success of its sell-out musical show, *Joseph and the Amazing Technicolor Dreamcoat*, Wellington College International Tianjin is busy rehearsing for its second major musical production this year, *Bugsy Malone*. This will again be directed by Jane Griffiths, a professional singer, dancer, actress and director from London.

*Bugsy Malone* began life as a very successful film, written and directed by Alan Parker and featuring child actors, most notably Jodie Foster. Set in 1920s Chicago, this musical gangster comedy is an action-packed song and dance extravaganza. Jane Griffiths chose it as a perfect vehicle to showcase the talents of a wide range of students at Wellington. "Bugsy Malone promises to be a sure-fire hit with both children and adults alike - not least because of its elaborate stage set, specially tailored period costumes and an enthusiastic cast of over 50 talented pupils".

The show, staged in the College's Seldon Theatre, will run from 3rd to 6th November inclusive. Tickets are available at Wellington College Reception. For further details, please contact +86 22 8758 7199 / 187 2248 7836 or email to [events@wellington-tianjin.cn](mailto:events@wellington-tianjin.cn).

[www.wellington-tianjin.cn](http://www.wellington-tianjin.cn)



WELLINGTON COLLEGE  
INTERNATIONAL  
TIANJIN

## Saturday Activity Programme at Wellington Come and Join Us

**W**e believe that a vital part of our mission at Wellington College International Tianjin is to guide our pupils in the discovery of lifelong interests and opportunities for self-expression, which are so important in the development of the individual. Education will always go much further than the classroom at Wellington. We pride ourselves on providing a nurturing and supportive learning environment, which gives pupils as much encouragement and as many opportunities as possible.

Our Saturday Activity Programme is an important element in this mission. It is open to all children wishing to take part in the wide variety of activities being offered every Saturday morning. We also offer a selection of activities for adults. Our programme is the first of its kind in Tianjin and we see it as making a significant contribution to the local community. Parents can relax and enjoy a coffee and have something to eat in the College coffee shop, while their children are busy with their activities.

All activities are run either by our own highly qualified and experienced teaching staff or professional coaches. The activities include English Language lessons, drama classes, music, ballet, football, touch rugby, basketball, swimming, golf and aerobics. Many of these are offered at different age and ability levels, and more activities are planned as the academic year progresses. Come and join us and you will be amazed at how quickly your children can develop their skills and interests in an enjoyable way.

For precise timings and details of the various activities and to reserve a place, please call **+86 22 8758 7199** (English) / **187 2253 0823** (Korean) or email [admissions@wellington-tianjin.cn](mailto:admissions@wellington-tianjin.cn)

[www.wellington-tianjin.cn](http://www.wellington-tianjin.cn)

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**THE EXECUTIVE CENTRE**

## Asia Tour Brings down the Curtain on a tricky 2012 for China's Women

By Paul Ryding

*As the Asian swing of the pro tennis tours reaches China, Paul Ryding reflects on a poor year for China's women and looks ahead to the 14<sup>th</sup> installment of the Beijing event.*

After enjoying their finest ever season collectively in 2011, China's top female players regressed this year and endured a poor season which has so far yielded just one WTA win, when Li Na sealed her sixth title with a win at the Cincinnati Masters beating Angelique Kerber in the final.

It was in very different circumstances that the Wuhan-native returned to action in Beijing twelve months ago as the Asian leg of the WTA season continued in Beijing. At that point, Li was returning to her home country as a sporting hero having landed Asia's first ever Grand Slam singles victory with an incredible win over Francesca Schiavone at the French Open in Paris.

A year on, Li is returning to the capital on the back of a trying season. She struggled desperately for form after winning her first Grand Slam in the second half of 2011 and crashed out early in almost all of the remaining tournaments last term.

Her recent elimination from the US Open in New York, at the hands of British teenager Laura Robson,



Li Na



Zheng Jie

reach the final of the Australian Open in addition to her win in Paris.

Chinese numbers two and three, Zheng Jie and Peng Shuai respectively, have also endured difficult seasons.

Zheng failed to make it beyond the fourth round of a competition this season after her victory at the season-opening Auckland Classic, at the beginning of the year. She will consider that statistic a failure after returning from injury so well in 2011. While a return to the top 30 should be seen as something of a success after slipping to 48<sup>th</sup> in the world at the end of 2011. At 29 years old she would have hoped to make more of a breakthrough in 2012 with the clock ticking on her career.

Peng may have considered 2011 to be her breakthrough year. She made the quarter-finals in three competitions and gave credible fourth round showings in three of the four Majors. Her finest result of 2011 was in finishing runner-up to then world number one Caroline Wozniacki at the Brussels Open. She finished the season ranked a credible 17<sup>th</sup> having risen from 72<sup>nd</sup> in the world at the end of 2010. But following a stop-start 2012, Peng has slipped back to 34<sup>th</sup> in the world rankings and has lost 14 of her 36 matches so far this season.

All three of China's top women will be looking to end their WTA Tours on a positive note in Beijing, with each in line to participate. But in truth, each will likely be looking to put disappointing campaigns behind them.

who is ranked 89 in the world, was the culmination of a disappointing campaign and means that the Chinese number one has failed to reach the quarter-finals in any Grand Slam for the first time since 2008. Additionally, she also suffered an early exit at the London Olympic Games last month as she went down in the first round to Daniela Hantuchova.

Following the shock loss in New York, which could see Li fall out of the top 10 in the world rankings, the Chinese ace revealed her plans to take a rest before the final mandatory tournament of the season, the China Open, gets underway in China's capital on 1 October. Two weeks later, the 4.9-million-dollar year-end championships begin in Istanbul, Turkey. Li currently ranks seventh in qualifying for the WTA Tour Championships and can afford a brief period of recuperation before Beijing - safe in the knowledge that although the season has been a disappointing one, she is sure to qualify for the season finale. The season had promised so much for the 30-year-old on the back of a phenomenal 2011 which saw her



Peng Shuai

# HIDDEN KINGDOM

By Iain McKinnell



This little Japanese restaurant is one of the few hidden jewels of *Wudaokou*. Located on a street buzzing with student hangouts, it is easy to miss its small, unpretentious entrance lighted only by a Chinese red lantern. This underground restaurant has modest but comfortable decoration and the staff are always welcoming. It offers deliciously fresh food, good service and a cosy atmosphere; three things that are nearly impossible to find on this side of the city.

Though the place is small, its menu is not. They recently updated it and it now offers experimental and creative sushi that happens to have been very successful. I tried the 'Kiss natural' (avocado and sweet potato), 'Spring Snow' (white tuna and cream cheese), 'Meet Wudaokou' (radish, crab, dry fish, avocado and onion) and 'Peaceful Ending' (salmon and shrimp tempura). All of them were tasty combinations but some rolls were a little too big for one bite, which can be messy and not very glamorous if you are on a date!

The sashimi and vegetables are all incredibly fresh and simply prepared and I couldn't get enough of the Japanese grilled dumplings (CNY 22) and pork cheese rolls (CNY 32). A good

deal if you are on the run is the lunch set. You can choose from Salmon, Beef or Teriyaki chicken atop a bowl of rice accompanied by Miso soup from just CNY 28.

The two negatives are the disappointing noodle range and its inability to cater for large groups, due to its small size. On the upside however, it has a good range of affordable sake. You can choose from five different types and a giant one litre bottle will cost you CNY 220 and will be more than enough to knock four of you down!

This small restaurant, which also accepts debit and credit cards, is a nice oasis in the otherwise chaotic *Wudaokou* scene. Perfect for you and a few close friends to go and chill out, enjoy some tasty Japanese food and say "kampai"!

千鹤 (Qian He -Thousand cranes)

**Address:** Building 12 *huaqingjiayuan*, 12-18, *Wudaokou*, Haidian District (next to Bridge Café)

**Tel:** +86 10 8286 3668

# Escape to Longqing Gorge

By Alexander Crowe

*Longqing Gorge* is a little more than 50 miles northwest of Beijing, but the breathtaking natural beauty and fresh air can make you feel like a world away. It is the perfect day trip to escape the city and more than easy to reach on the 919 bus from *Deshengmen* bus station. The bus driver may mistake you for a misguided tourist en route to the Great Wall, as this spectacular destination is often missed by Western tourists. The journey only takes two hours followed by a short taxi ride. Legend says that even dragons visit *Longqing Gorge* to celebrate the natural beauty so it must be good enough for you too!

Although the entrance fee is only CNY 40, you will also have to pay CNY 100 for the boat ride and CNY 50 if you choose to go on the cable car. Both of these are well worth it to enjoy the incredible views from high up and the magical view from the boat as it takes you along the beautifully clean river and through the mountains.

You need to allow yourself a whole day at *Longqing* if you really want to be able to cherish everything that it has to offer. Especially if you want to trek along the mountain top which gives immense satisfaction as you marvel at the views. If that is not exciting enough, another feature is a bungee jump nearly 50 metres above the river. This will definitely get you heart racing for only CNY 150 per person.

It is hard to imagine how anybody could be disappointed with *Longqing Gorge*, especially after coming straight from the city, but also because it has something to offer for everybody. It is a magical place for families, an exciting day out for those seeking an adventure and a spectacular trip for the curious traveller.

*Longqing Gorge* also has something to offer all year round as it features the much acclaimed Ice Lantern Arts Festival over the winter months. It takes place in January and February and features ice and snow sculptures and ice lanterns.



This sleepy Buddhist temple is only a short walk from *Wangfujing*, but feels totally removed from the extravagant luxuries and frenetic pace of the downtown district. It was built in 1443 by a powerful eunuch during the *Ming* dynasty. *Zhihua* Temple is hidden away in a hutong that has amazingly survived 'modern' development and is now one of only a few wooden buildings of the Ming era left in Beijing.

While students of Buddhist art and architecture will find plenty to see, the temple is most notable for its daily performances of ritual temple music, which has been handed down for 26 generations. The instruments are strange for those not schooled in ancient Chinese music – there's a set of small gong-like bells and a multi-pronged pipe that resembles a clump of bamboo shoots, among other oddities. There are displays introducing these instruments, but it's hard to imagine what sort of sounds will come out the other end.

Another looming question is whether these monk-musicians are completely legit. The monks come out for their performances from the interior, but you can clearly see their street clothing under thin yellow robes. They are

## Zhihua Temple Ancient Sounds

By Lisa Gay



expressionless, a few of them don't seem to be enjoying themselves. The percussionist, a dour look on his face the entire time, yawned and stared blankly into space. Admittedly, this was their fourth performance of the day.

Yet, the fact that this music even survives to this day is remarkable. There is only one old monk left who was taught this style of Buddhist music in the original manner. Though the new generation may be less committed, the power of

their music remains strong. The buzzing, otherworldly tones lend this quiet complex a mystical air – especially moving while sitting in the courtyard with alien skyscrapers looming in the distance.

Performances are fifteen minutes long, and start at 9, 10, 11 and 3pm. Entry is CNY 20 each. On Wednesdays, the first 200 walk in free.

**Get there:** 5 *Lumicang* Hutong (north of the intersection between *Chaoyangmen* *Nanxiaojie* and *Jinbao* Street.



## Mutianyu Great Wall Going it alone

By Alex Crowe

The Great Wall ranks highly, if not top, on the 'to do' list for anybody visiting Beijing, but a bus tour is off-putting for those who prefer to do their sightseeing independently. However, braving the journey alone can be a daunting prospect.

It is tempting to bite the bullet for the sake of convenience and take a coach tour or even go for the more expensive option of hiring a car and driver. Don't be scared off by the stress that travelling in China can cause for the inexperienced. It is surprisingly easy to reach the Great Wall in *Mutianyu*, alone.

The journey begins at the bus depot at *Dongzhimen* subway station on line 2. Be careful to board the 916快 rather than the regular 916, as this is the express line and will get you there much quicker.

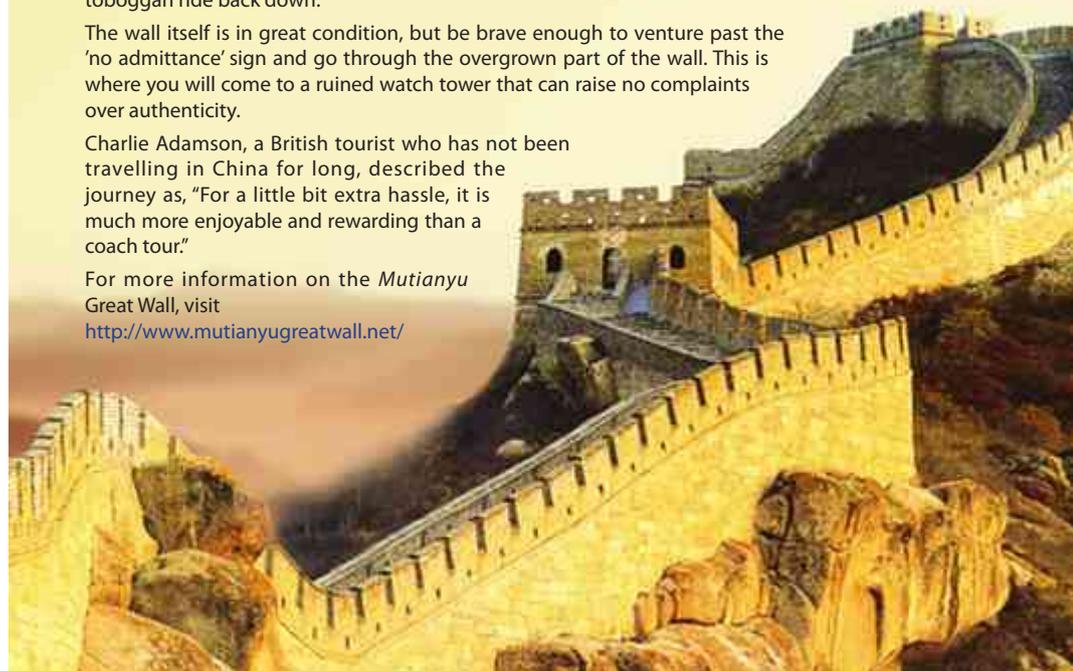
The one hour journey costs a modest CNY 11 per person, but the bus does not go all the way to *Mutianyu* so you will need to take a mini-van from the *Huairou* destination. For this we reached a price of CNY 40 per person for the forty minute journey. This amount could probably be bargained down, especially according to the size of your group, but it is one that seems fair. There are also plenty of mini-van drivers waiting at *Mutianyu*, so you will have no problem getting back to *Huairou*.

*Mutianyu* is most definitely a better alternative to *Badaling*. There are fewer tourists and particularly fewer tourist groups. You have the choice to take an enclosed cable car to one end of the wall or a hair-raising cable-way to the mid-section of the wall where you can also take an exciting toboggan ride back down.

The wall itself is in great condition, but be brave enough to venture past the 'no admittance' sign and go through the overgrown part of the wall. This is where you will come to a ruined watch tower that can raise no complaints over authenticity.

Charlie Adamson, a British tourist who has not been travelling in China for long, described the journey as, "For a little bit extra hassle, it is much more enjoyable and rewarding than a coach tour."

For more information on the *Mutianyu* Great Wall, visit <http://www.mutianyugreatwall.net/>



## Bavarian Beer Back In Tianjin!

The 3<sup>rd</sup> DK 1308 Munich Oktoberfest was held at the German Restaurant DK 1308 from 19-22 September. Situated on the banks of the Haihe River, it was a perfect way to spend an evening away from the noise and stress of work and relax with a big glass of beer in the restaurant's beer garden.

Oktoberfest originally began when Prince Ludvig married Princess Therese in Munich on 20 October, 1810. The local citizens of Munich at the time were invited to the wedding celebrations and the party hasn't stopped since. This was my first Oktoberfest, so all I could think of was the large quantities of great German beer on offer. I was pleasantly surprised when we were served a three course meal of delicious food, cooked according to traditional German cooking methods. The Drei Konen 1308 Beer House has outdone itself in terms of the food and drink, with a range of traditional German delicacies to choose from.

Guests sat down on long wooden benches ready to eat anything from juicy sausages and sauerkraut to a seafood platter and pretzels. Free, all you can drink beer was also included. DK 1308 served up its best homebrewed beer to guests, making it that little bit easier to forget that we were in Tianjin, not Germany. The décor also added to the sense of being in a traditional German Oktoberfest, with wooden flooring and German decorations and artwork creating a real Bavarian feeling.

However, the night wasn't complete until the visiting band 'Alpenrockner and Igor' started playing. Their raucous German music suited the atmosphere perfectly, and with the seven piece ensemble playing to a lively crowd, a great time was had by all.



## The Second Charity Basketball Tournament in TEDA, "The War is on, the love spreads."



The second Charity Basketball Tournament, whose theme was "China full of love and hope", kicked off in TEDA Stadium on 8 September. This match was hosted by the Tianjin TEDA City Authority, co-organised by the TEDA Cub, Binhai Forum and undertaken by TEDA Community Service Volunteer Association (TEDA-CSVA) and Charitable Association.

The competition carried on the previous tournament, helped to raise about CNY 80,000 for 100 children in one of the city's western poverty-stricken areas and was used to purchase educational tuition aids. In addition, it is expected to help finance the construction of a standard basketball court worth about CNY 150,000 for a primary school in *Lijiang, Yunnan Province*, which will realise the local kids' basketball dreams.

Ten teams participated in this tournament including the Volunteer Association, TEDA Group, and TEDA Maple Leaf International School. All the registration fees, advertising fee and income from the charity fair will be donated to the cause. What's more, the association will take out CNY 50,000 from the TEDA Expo in May to buy educational aids.



## 美琪食品 Mighty Deli



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Add: No. 85-87, Water Park Xi Lu, Nankai District  
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Tel: +86 22 8783 9683

**TEDA Store:**  
Add: Ground floor store, No. 5, crossing of the 2nd Avenue and Xincheng Xi Lu, TEDA (Next to Sheraton Tianjin Binhai Hotel) 开发区第二大街与新城西路交口世富花园底商6号(滨海喜来登旁)  
Tel: +86 6628 2425

## Indigo Hotel Stationed in Tianjin Exquisite German Style Villas

The Indigo Hotel, a subsidiary of Intercontinental Hotels & Resorts, held its grand opening in Tianjin on 15 September. Indigo is the first worldwide international boutique chain hotel. Following the opening of the Indigo Hotel on the Shanghai Bund and Xiamen Harbour in 2012, Tianjin Haihe Indigo Hotel will become the third one in China. It is the only hotel which provides a villa-style accommodation experience in Tianjin's downtown area.

Indigo Haihe Hotel, located in a triangular block where the former German consulate was situated, boasts eleven fabulous independent villas. The external walls are comprised of red bricks, with an ornate dome, designed in a German style. The inspiration for the newly



completed villas comes from the former German consulate (former residence of a Russian merchant) and a local church.

Ringo Poon, General Manager of Indigo Hotel Tianjin explained that "The Tianjin Haihe Indigo Hotel brings unprecedented brand-new feature for Tianjin. The style, appearance and feeling of the hotel refreshes people's impression and makes Tianjin and China's characteristics more unique. The distinctive feature, inspired by Tianjin's long history and profound culture is consistent with the brand spirit of Indigo Hotel".

## Hotel Nikko Tianjin Spectrum All Day Dining New Opening

Located on the 7th floor of the Hotel Nikko Tianjin is Spectrum All Day Dining which has just completed a CNY 4 million refurbishment. The management proudly unveiled the new stylish and sophisticated restaurant on 4 September.

The Spectrum All Day Dining will feature contemporary and indulgent dining experiences with an expansive and mouth watering buffet spread to tempt your taste buds. Featuring more than 100 dishes with five live action counters, plus everyone's favourite piping hot steamed dim sum, full rolling noodles, crispy pizzas, al dante pastas, sizzling grills, fresh sashimi and sushi varieties, teppanyaki, plus exquisite New Zealand Natural ice-cream and savoury desserts.

Spectrum is also available as a preferred venue for weddings and group dining which can cater for up to 100 people in an intimate and ambient setting.

To celebrate the new opening of Spectrum, there will be numerous sensational lucky draw prizes including a major prize of tickets for 2 to Hong Kong including accommodation.

Also, the Hotel Nikko will be hosting a special Malaysian Food Promotion on 26 October to 9 November 2012, with special guest chefs from Malaysia.



## The 3<sup>rd</sup> China (Tianjin) Yacht and Boutique Exhibition Brings down the Curtain



The 3<sup>rd</sup> China (Tianjin) Yacht and Boutique Exhibition was held in lavish fashion from 6<sup>th</sup> to 9<sup>th</sup> September in Tianjin's Jinwan Plaza. This exhibition venue covers an area of about 250,000 square metres. The exhibitors were from more than 50 yacht manufacturing enterprises, including more than 100 top-class yacht brands. Eight luxurious cars brands were displayed in the Jinwan Plaza. Wine tasting, financial services, immigration investment and high-end real estate were also the important elements of this event.

During the four-day exhibition, the turnover amounted to about CNY 3600 million. Five yacht exhibitors made the deal on six yachts. In addition, organisers invited the experts to jointly participate in the International Symposium on China Urban Water Planning and Construction of Marina and held the China's Champion Night: Vintage wine appreciation and auction, SCC sports car shows, a deep blue fashion night party, Maserati test driving and New Silk Road Model interactive activities, enabled domestic and international exhibitors to enjoy the visual feast and take part in it as well.



## Somerset's Riverside Mid-Autumn Festival Party

The 'golden autumn', traditional festival, ushered in the best season of the year! This is the annual party you didn't want to miss whilst staying at the Somerset Serviced Residences in Tianjin. On 15 September, the party was held in DK 1308, right alongside the Haihe River. Everyone felt a little drunk with the beer and the breeze on an early autumn evening. And just when you felt relax and comfortable, Mr. Clown sneaked in and surprised us with a 'knife' in his hand. Got ya! Truly fantastic party, wasn't it?



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# T.I FOR MEN LOTTE Tianjin Launching 2012 Fall-Winter Fashion Show



T.I for Men held the 2012 Fall-Winter Fashion Show in Le Procope Lounge on 8 September. This is the first store of T.I for Men in Tianjin's LOTTE shopping mall. During the fashion show, 45 male clothing ranges were presented by the models. The theme 'Tim's Second Trip', mix & match in both formal and casual styles were shown at this event. The unique feature and classical design of T.I for Men clothing complemented the grand fashion show.

At the same time, T.I for Men's flagship store in Tianjin's LOTTE shopping mall launched some boutique ranges which will only be sold in China and include handmade silver men's jewellery and vegetable tanned stationeries. T.I for Men will continually expand across the Chinese market.

The event's organiser also invited DJ Eddie LV, the coolest DJ in Beijing, to the push after party to a sensational climax. Go and check out T.I for Men in Tianjin's LOTTE Shopping Mall!



# Listings Index TIANJIN

## Home 65-66

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

## Restaurants 56-60

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

## Hotels & Accommodation 66-67

- 5 Stars
- 4 Stars
- Apartments

## Recreation 67-69

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

## Coffee Shops & Tea Houses 60-61

- Coffee Shops
- Tea Houses

## Wine 61

## Nightlife 61-63

- Bars & Discos
- KTVs

## Health & Beauty 63-64

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

## Sports 64-65

- Golf Clubs
- Gyms
- Swimming Pools
- Tennis Courts

## Services 69-71

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

## Shopping 71-72

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



## 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 Xinli, 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:** -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 1576 **W:** coldstone.com.tw

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

**Kissling 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 2334 0330

**N K** **Mighty Deli 美琪食品** Imported goods supermarket with pastas, sauces, cheeses, salamis, cereals, and 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 Believe 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:** chinagoubuli.com



**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 a refined ambience. From home-style dishes to royal cuisine. 11:30-14:30; 18:00-22:30. **A:** 6F, Tangla Hotel Tianjin, No. 219, Nanjing Lu, Heping District 和平区南京路219号天津唐拉雅秀酒店6楼 **T:** +86 22 2321 5888 ext. 5106

**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E门1-3层 **T:** +86 22 2321 9070 **A:** Xianguang 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

**H B** **Shui An 水岸中餐厅** Shui An takes its inspiration from the land and sea specialities of the city and re-imagines them for the sophisticated, global traveller. 11:30-14:00; 17:30-22:00. **A:** 1F, The Astor Hotel Tianjin, No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号天津利顺德大饭店豪华精选酒店1层 **T:** +86 22 2331 1688 ext. 8920

**Tao Li Chinese Restaurant 桃李中餐厅** Renowned amongst Tianjin's discreet jetset as one of the territory's finest Chinese restaurants, seating a total of 132 people with 9 private rooms. 11:30-14:00; 17:30-22:00. **A:** 6F, Hotel Nikko Tianjin, No. 189, Nanjing Lu, Heping District 和平区南京路189号天津日航酒店6层 **T:** +86 22 8319 8888 ext. 3561

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

**Yan Ting 宴庭中餐厅** Yan Ting offers an ideal setting for intimate dinners or grand celebrations, all accompanied by traditional Cantonese flavors and an exquisitely curated wine collection. Dim Sum every weekend. 11:30-14:30; 17:30-22:00. **A:** No. 158, Zhang Ji Zhong Lu, Heping District 和平区张自忠路158号(津塔旁, 哈密道正对面) **T:** +86 22 5930 9965 **W:** stregis.com/tianjin

**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. Dine 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

**ZenSeo 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号天津威斯汀酒店4层 **T:** +86 22 2389 0088

**N K** **Oak Tree Garden Restaurant 橡树花园餐厅** Special environment gives you unique feeling: Sitting in the garden with a cup of coffee. What a beautiful day! **A:** No.101, Building 34, Magnetic Capital, Binshui Xi Dao, Nankai District 南开区滨水西道时代奥城34号楼101号 **T:** +86 22 8379 3659

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

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

**Celestial Court Chinese Restaurant 天宝阁中餐厅** Sheraton's premier restaurant with traditional decor gives special care to each dish's detail and presentation. 11:30-14:00; 17:30-21:30. **A:** 2F, Main Building, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District 河西区紫金山路天津喜来登大酒店主楼2层 **T:** +86 22 2731 3388 ext.1825/1826

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

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

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



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

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

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

## French

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

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

自由道意大利风情街50号 **T:** +86 22 2446 0388



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

## Indian

**N K** **Bawarchi Indian Restaurant 芭瓦琪印度餐厅** Authentic aromas of Indian spices. Great naan, curries, samosas and lamb. 11:00-14:00; 17:30-21:30. **A:** No. 69, bldg. 6, Shang Gu Business Centre, Tianta Lu, Nankai District 南开区天津路上谷商业街6座69号 **T:** +86 22 2341 2786

## Italian

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

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

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

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

## Japanese

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

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

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

**Haru Haru Fashionable Restaurant** 通天阁新派料理 Great buffet with sushi, sashimi, noodles, and more. A la carte also available. 11:00-14:30; 17:00-22:00. **A:** No. 50, bldg. D, Shang Gu, Tianta Dao, Nankai District 南开区天塔道上古商业中心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

**Kintaiyoku** 锦带桥日餐厅 Taste 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 南开区天塔道上古商业街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, Dagu 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 和平区南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, and 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** 七贝叶素食餐厅 For those who don't always feel comfortable reading a whole menu in Chinese and are vegetarian, this restaurant is inviting and comfortable and offers a versatile selection of dishes. 11:00-14:00; 17:00-21:00. **A:** 2F, Yuanyang Building, the junction of Huayue Dao and Xinkai Lu, Hedong District 河东区新开路与华跃道交口远阳地产2层  
**T:** +86 22 2337 1479

## Western

**PH Drei Kronen 1308 Brauhaus** 路德维格·1308 德餐啤酒坊 The world's oldest heritage brewery joins Tianjin's growing segment of good international restaurants. You're greeted by the stainless-steel brew tanks, featuring dark beer, wheat beer and lager. Till 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 Xiaoku, 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 2381 5678  
**W:** chateau35.com

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

**Helen's** Already established across China. Expats enjoy it for the appealing promotions they offer daily and for wooden and cosy atmosphere. Wi-Fi. 10:00-03:00. **A:** No. 116, the junction of Wu Jia Yao Er Hao Lu and Heyan Dao, Heping District 和平区河沿道与吴家窑二二路116号  
**T:** +86 22 2334 0071

**Opera Café** 欧培拉咖啡厅 Offers a wide selection of local & western specialities 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 Zizhong Lu, Heping District 和平区张自忠路158号天津瑞吉金融街酒店一层  
**T:** +86 22 5830 9959

**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 2385 5327

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

**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 menus served from the open-plan kitchen. 00:60-23:00. **A:** 1F, Radisson Plaza Hotel Tianjin, No. 66, Xinkai Lu, Hedong District 河东区新开路66号天津天诚丽笙世嘉酒店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, Bawel Lu, Hedong District 河东区兴南路音乐街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 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

**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 Dao and Jie and Xikang Lu, Heping District 和平区新兴大街与西康路交口万科都市花园二号楼 **T:** +86 22 2783 7104

**Starbucks Coffee 星巴克咖啡** A haven to listen to the best American songs and enjoy coffee and tasty bites with friends. **A:** Mon-Thu 09:00-22:30; Fri 09:00-23:00; Sat & Sun 09:00-23:00 1F, Parkson Shopping Centre, No. 162, Heping Lu, Heping District 和平区和平路162号百盛购物中心1层 **T:** + 86 22 8558 6292 **A:** Mon-Fri 07:00-23:00; Sat & Sun 08:00-23:00. International Building, No. 75, Nanjing Lu, Heping District 和平区南京路75号国际大厦 **T:** + 86 22 2313 1133

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

**Harvest Book & Coffee 哈维斯特咖啡** They have a great collection of muffins, scones and toasted bagels to go perfectly with their healthy smoothies. 09:00-19:00. **A:** 4F, Cafeteria, Tianjin University of Technology, extended line of Hongqi Nan Lu (Huanwai), Nankai District 南开区红旗南路延长线天津理工大学餐饮楼4楼(环外大学城) **T:** +86 22 6021 5789

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

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

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

**Canvas Café 画布咖啡西餐厅** Decorated with an ivory grand piano hosting performances on weekends. There's also Chinese and Western food available. 09:30-00:00. **A:** Yuanyang Xin Tiandi, No. 61, Xinkai Lu, Hedong District 河东区新开路61号远洋新天地 **T:** +86 22 6089 6520

**Tea Houses**

**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 the internet and play mahjong. 09:30-02:00. **A:** The junction of Kunming Lu and Chongqing Dao, Heping District 和平区重庆道与昆明路交口 **T:** +86 22 2339 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

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

**MILAN WINES 米兰酒业**  
We now have 10 stores in Tianjin including these popular locations:  
**Galaxy Shopping Center** Tianjin Galaxy International Shopping Mall 81-037 天津银河国际购物中心 81-37 Tel:022-83867133 Hours:10:00-02:00  
**Bailou Wine Bar & Cellar** Kaifeng Dao, Heping District, Tianjin (Near Hisense Plaza) 天津市和平区小白楼街开封道酒吧 Tel:022-23398999 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酒廊 Tel:022-65399899 Hours:9:00-20:00  
**Bin Xi Wine Shop** No.187 Binshui West Rd., Nankai District, Tianjin 天津市南开区滨水西道187号 Tel:022-23372118 Hours:10:00-22:00  
**Rong Ye Wine Shop** No.175 Yongye Avenue, Heping District, Tianjin 天津市和平区荣业大街175乙 Tel:022-27231268 Hours:9:00-20:00  
All shops open 7 days  
**4006-199-159**  
www.tjwines.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 普若酒廊** Elegant, sleek, relaxed. You will want to dress-up before going to Le Procope. Luxury and comfort is the core idea. Crème de la crème of Tianjin's nightlife. 10:00-03:00. **A:** The Junction of Chengde Dao and Shandong Lu, Heping District 和平区承德道和山东路交口 **T:** +86 22 2711 9858

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

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

**O'Hara's 海维林** Offers the intimacy of an English gentleman's lounge with regal Winchester styled sofas and an oversized bar counter. 17:00-01:00.

**A:** 1F, The Astor Hotel Tianjin, No. 33, Ta'er Zhuang Lu, Heping District 和平区台儿庄路33号天津利顺德大饭店豪华精选酒店1层  
**T:** +86 22 2331 1688 ext. 8919

**Qba Bar Q吧** Savour authentic Latino food, drinks and music. Try the signature mojito and dance the night away to the sound of Latin-American music. 17:30-01:00. **A:** 2F, The Westin Tianjin, No. 101, Nanjing Lu, Heping District 和平区南京路101号天津君隆威斯汀酒店2层  
**T:** +86 22 2389 0088

**River Lounge 推畔吧** Leave your footprint on the Haihe River. The latest address for an afternoon rendez vous. Cocktails two for one bottles at 25% off. Daily 19:00-23:00. **A:** No.158, Zhang Zi Zhong Lu, Heping District 和平区张自忠路158号(津塔旁, 哈密道正对面)  
**T:** +86 22 5830 999  
**W:** streigs.com/tianjin

**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 STREGIS BAR

瑞吉酒吧

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

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

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

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

**The Lounge 澜庭聚** This is the heart and soul of the hotel with a buzz of activity and professional offering of classic cocktails, wines and foods throughout the day and night. 06:00-01:00. **A:** 1F, Renaissance Tianjin Lakeview Hotel, No.16 Binshui Dao, Hexi District, Tianjin 河西区滨水道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 Dagu Nan Lu, Hexi District 河西区大沽



南路与津河道交口国美电器1层  
**T:** +86 22 2825 1919

**JV'S Bar JV'S 酒吧** Features a wide screen TV where you can watch Rugby and enjoy a broad selection of cocktails, beer on tap, and a live band. 17:00-01:00. **A:** 1F, Main Building, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District 河西区紫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

**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 河北区意大利风情区胜利路437号  
**T:** +86 22 2445 9905

**Macchiato Live Music Bar 玛奇朵音乐餐吧** Warm, comfortable, elegant, romantic atmosphere where you can enjoy authentic Western food and nice

live music. 10:00-00:00. **A:** Music Street, the junction of Shisi Jing Lu and Bawei Lu, Hedong District 河东区八纬路与十四经路交口音乐街  
**T:** +86 22 24318649

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

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

## KTVs

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

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

## Beauty Salons

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



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

## Spa & Massage

**Heavenly Spa by Westin 威斯汀天梦水疗** Ancient Chinese traditional and modern therapy techniques merge in an oasis of relaxation and rejuvenation. 00:00-00:00. **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 河西区紫山路天津喜来登大酒店1层  
**T:** +86 22 2731 3388 ext. 2227



Host:  
T.I.C.C  
Tianjin International  
Community Center

Date:  
Friday 19th, October  
6:30 Cocktails  
7:30 Dinner

Where:  
The Westin Tianjin  
101 Nanjing Lu  
Heping District

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

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

**Dikara Spa 迪卡拉水疗中心** A wonderful place to boost energy with just the right treatment for your needs. 09:30-01:00. **A:** 4F, Radisson Plaza Hotel Tianjin, No. 66, Xinkai Lu, Hedong District 河东区新开路66号天津天诚丽笙世嘉酒店4层  
**T:** +86 22 2457 8888 ext. 3910

**The Balneum "道" 水疗中心** 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 Jinchou Dao, Heping District 和平区山西路与锦州道交口111号  
**T:** +86 22 2730 6615

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

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

## T.I.C.C. Pink Ribbon Gala Dinner 2012

ticket inquires: [ticc\\_09@hotmail.com](mailto:ticc_09@hotmail.com)

The best protection is early detection

All proceeds and donations will be officially presented to Tianjin Cancer Hospital Prevention Centre

## Yoga

**HP** **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

**NK** **Yogi Lotus Tianjin Branch** 悠季莲花瑜伽天津分店 Spread pure YOGA culture, start your YOGA life. **A:** Inside Nancuijing Park, The Junction of Shuishang Xi Lu and Hongqi Nan Lu, Nankai District 南开区水上西路与红旗南路交口南翠屏公园内  
**T:** +86 22 2813 2007  
**W:** tjyoga.cn

## Hospitals

**HP** **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, Huaju Department Store, No. 72-74, Xikang Lu, Heping District 和平区西康路72-74号华聚百货4层  
**T:** +86 22 8568 5606

**HP** **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 Congramarie Gynecology & Obstetrics Hospital** 天津坤如玛莉妇产医院 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

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

(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 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 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

**HP** **G&G Golf Clinic/ Pro shop/ Club Fitting** 吉恩吉高尔夫诊断中心 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号华侨大厦负2层  
**T:** +86 22 2392 1937

**JH** **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

**Fitness Body Comfort Club**

Fitness Body Comfort Club is designed in an elegant and fashionable state with all fitness equipment up to a high global standard. A variety of aerobic 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 天津南开区滨水西道时代奥城中央会所  
**VIP-LINE:** 400-108-7890



**T:** +86 22 6850 5299  
**W:** songjianggolf.com

**XQ** **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

**HP** **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

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

**NewClub Life** 优莱荟 Yoga, Squash, Luxury Spa, Heated 50m pool and 2 Standard badminton courts. A brand



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

## Swimming Pools

**HP** **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

**HD** **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

**HP** **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

**HB** **Flo Prestige** 福禧外宴策划 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

**NK** **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

**HX** **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

**DL** **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

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

## Electrical Appliances

**HP** **Yamada Denki** 亚马达电器 Sells electric home appliances 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

**NK** **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

**HX** **Gome** 国美电器 Find all the electronic appliances that your home 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 河北区中道88号  
**T:** +86 22 2629 1502  
**W:** cnsuning.com

## House Services

**HP** **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:** lbllife.com



### Laundries

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

### Movers

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

### Relocation

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

**E-Smart Relocation Consultants Co., Ltd. 天津市伊斯玛特房地产服务有限公司** Expert in expat housing and relocation around Tianjin, Teda and Beijing. 08:30-17:30. **A:** 19B, bldg. 2, Zijin Garden, No. 15, Binshui Dao, Hexi District 河西区宾水道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 (津塔旁, 哈密道正对面) **T:** +86 22 5830 9999 **W:** stregis.com/tianjin

**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:** tetedajclub.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, Meiyuan Lu, Huayuan Industrial Area, Nankai District 南开区华苑产业区梅苑路8号 **T:** +86 22 2376 8888 **W:** tjsaixianghotel.com

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

**Renaissance Tianjin Lakeview Hotel 万丽天津宾馆** Located within walking distance of Tianjin Municipal People's Government Offices and near shopping areas, night life venues, the Tianjin International Exhibition Centre and Meijiing 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

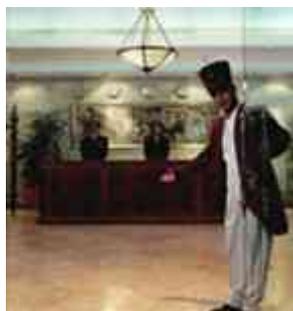
**BD Hyatt Regency Jing Jin City Resort & Spa 京津新城凯悦酒店** The resort resembles an ancient, mythical royal palace surrounded by a labyrinth of pathways, archways and waterways; creating a unique oasis that commands and dominates the surrounding skyline. **A:** No. 8, Zhujiang Da Dao, Zhouliang Zhuang, 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

**Marriott** EXECUTIVE APARTMENTS THE LAKEVIEW - TIANJIN 天津万豪行政公寓  
**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 centres of International Art in Tianjin. CNY: 10. 09:30-16:30. **A:** The junction of Jiefang Bei Lu and Chifeng Dao, Heping District. 和平区解放北路与赤峰道交口  
**T:** +86 22 2330 3255

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

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

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

## Museums

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

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

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

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

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

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

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

**Tianjin Princess Residence Museum**  
天津格格府典藏博物馆 Known as Gege Fu, revives great treasures such as jades, bronzes, ceramics, and 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 unearthen 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 Next to 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, cosy 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** 杰夫私立幼儿园  
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

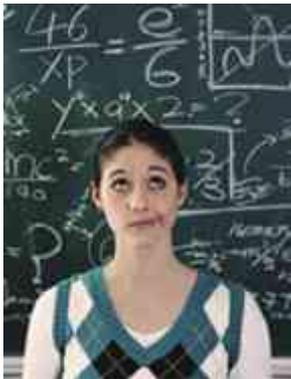


## International Schools

**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 228816 1180  
**E:** +86 131 3259 7584  
**E:** admissions@regoschool.com  
**W:** regoschool.com

**Wellington College International**  
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 Habits

**International School of Tianjin** 天津经济技术开发区国际学校天津分校  
Only international school in Tianjin fully authorized by the IBO to teach all three IB programs (PYP, MYP and DP) from age 3-18. Mon-Fri 07:30-16:30. **A:** Weishan Nan Lu, Jinnan District 津南区(双港)微山路 **T:** +86 22 2859 2001 **W:** istianjin.org

## Universities

**Nankai University** 南开大学  
Rated as one of the best universities in China. Former premier Zhou Enlai graduated from this Uni. It has a strong focus on liberal arts and humanities. **A:** No. 94, Weijin Lu, Nankai District 南开卫津路94号 **T:** +86 22 2350 1583 **W:** nankai.edu.cn

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

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

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

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

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

## Language Schools

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

**Tianjin Translation College** 天津翻译专修学院

**Tianjin Golden Collar Translation Center** 天津市金领翻译服务中心  
**A:** No.5 Pinghu Road/Anshanxi Street/Nankai District 南开区鞍山道平湖水路5号 **T:** +86 22 27379758 **E:** jenny\_tj@126.com

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

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

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

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

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

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

## Exhibition Centres

**Tianjin International Exhibition Centre** 天津国际会展中心  
Located near Tianjin 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 Dagubei North Road, Heping District, Tianjin 天津市和平区大沽北路2号天津环球金融中心津塔写字楼4605-07室 **T:** +86 22 5830 8877 ext. 205 **E:** mailto:Yi.Ji@savills.com.cn **W:** www.savills.com

## Religion

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

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

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

## Serviced Offices

**Regus Tianjin 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 5111 **A:** 41F, Tianjin World Financial Centre, No.2, Dagubei 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 7860 **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 9898 **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)

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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, Dagubei 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 77

- Electrical Appliances
- Laundries

### Hotels 77-78

- 5 Stars
- 4 Stars
- 3 Stars

### Recreation 78

- Art Galleries
- Cinemas
- Libraries
- Parks

### Coffee Shops & Tea Houses 75

- Coffee Shops
- Tea Houses

### Nightlife 75-76

- Bars & Discos
- KTV

### Health & Beauty 76

- Beauty Salons
- Spas & Massages
- Hospitals

### Services 78-79

- Education
- Exhibition Centres
- Real Estate
- Travel Agencies

### Shopping 79

- Department & Shopping Malls
- Supermarkets

### Sports 79

- 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, cosy setting. 09:00-21:30. **A:** Back street of King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰任佰汇商业广场后街  
**T:** +86 22 6620 8462  
**W:** maky.com.cn

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

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

## Chinese

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

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

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

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

**Xiang Jiang Yu Pin Seafood Hotpot (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:** xjyppy.com

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

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

**Zen Chinese Restaurant Zen中餐厅** Authentic Cantonese and Chinese flavours with plenty of soups, appetisers 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

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

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



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

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

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

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

## Pizza

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

**Pizza Hut 必胜客** Enjoy delicious pizzas. Open salad stands and western food. 11:00-22:00. **A:** No. 453, Juchuan Jin Hai'an Building, Jiefang Lu, Tanggu District 塘沽区解放路巨川金海岸商界453号  
**T:** +86 22 2530 0242  
**W:** pizzahut.com.cn

## Western

**Salsa Churrasco 巴西烧烤餐厅** A typical Brazilian barbecue restaurant with waiters going from table to table with skewers of



picanha. 11:30-14:30; 17:30-22:00. **A:** 1F, Holiday Inn Binhai Tianjin No. 86, 1st Avenue, TEDA 开发区第一大街86号天津滨海假日酒店11层  
**T:** +86 22 6628 3388 ext. 2740

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

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

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

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

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

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

**Wydson Restaurant 风之细语西餐厅** Continental and Asian cuisine is the fare, with a large open kitchen and a delicious

à la carte menu. 06:00-00:00. **A:** 1F, Crowne Plaza Tianjin Binhai, No. 55, Zhongxin Da Dao, Airport Industrial Park 空港物流加工区中心大道55号天津滨海圣光皇冠假日酒店1层  
**T:** +86 22 5867 8888 ext. 2333

## Coffee Shops

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

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

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

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

## Tea Houses

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

## Bars & Discos

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

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

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

**Charlie O's Music Bar** 查理音乐吧

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

**Dublin Irish Pub** 督伯林爱尔兰西餐吧

Where the food is great, the fireplace is warm and the pints stay full. 10:30-02:30. **A:** No. 137, 3rd Avenue, TEDA 开发区第三大街137号  
**T:** +86 22 6629 2963

**Euro Bar** 欧罗吧

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

**Happy Soho Live Music & Dance Bar**

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

**Jacky's Pub**

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

**Lobby Bar** 大堂吧

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

**Lobby Lounge** 大堂吧

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

**O'Leary Irish Pub** 欧莱瑞爱尔兰西餐吧

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

**Renaissance Lounge** 万丽泰达酒店酒廊

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

**TEDA Bar** 泰达酒吧

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

**W&H Pub** 韦哈酒吧

One of the oldest pubs in TEDA, it's always visited by expats looking for a quick meal, drinks or conversation. 09:00-02:00. **A:** 2nd Avenue, TEDA 开发区第二大街  
**T:** +86 22 2529 3628

**KTV**

**Eastern Pearl** 东方之珠 KTV An ideal venue for people to play and sing. 10:00-05:30. **A:** No. 507, Jiefang Lu, Tanggu District 塘沽区解放路507号  
**T:** +86 22 2586 2222

**Beauty Salons**

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

**Spas & Massages**

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

**Tea Tree Spa** 茶树水疗中心 The Spa embraces a holistic approach to physical



and spiritual vitality. Inspired by traditional healing philosophies from China. 13:00-00:00. **A:** 1F, Crowne Plaza Tianjin Binhai, No. 55, Zhongxin Da Dao, Airport Industrial Park 空港物流加工区中心大道55号天津滨海圣光皇冠假日酒店1层  
**T:** +86 22 5867 8888 ext. 2400

**Touch Spa** Ultimate relaxation in a

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

**Timeless Foot Massage** 康足会所

Take care of your feet! Treat them to some much needed care and revive them! 11:30-00:00. **A:** 2F, King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰仟佰汇商业广场2层  
**T:** +86 22 6621 1111

**Yue Spa** Decorated with tasteful antiques

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

**Hospitals**

**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

**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

**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号新洋世纪商厦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 开发区发达街(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 开发区奥运路泰达时尚广场  
**T:** +86 22 6628 5656

**Holiday Inn Tianjin Binhai** 天津滨海假日酒店

Located 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 开发区奥运路11号泰达时尚广场  
**T:** +86 22 5988 8999  
**W:** hiexpress.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:** tedaahotel.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 开发区南海路与发达街交口12号  
**T:** +86 22 6620 8888  
**W:** baiyun-hotel.com

**D. D. Center** 大地中心酒店

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

**Mayfair Hotel** 美华酒店

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

**TEDA Center Hotel** 泰达中心酒店

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

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

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

**Tianjin Elegance Hotel** 天津惠中酒店

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

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

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

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

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

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

## Art Galleries

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

## Cinemas

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

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

## Libraries

**TEDA Library 泰达图书馆** A multifunctional and comprehensive five-floor structure with the latest technology, spacious leisure area, magazines and newspapers, reading area for children



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

## Parks

**Binhai Aircraft Carrier Theme Park 滨海航母主题公园** A military theme park featuring all sorts of adventure. 09:00-17:00. **A:** Ba Gua Tan, Yingcheng Zhen, Hangu District 汉沽区营城镇八卦滩 **T:** +86 22 5991 8888 / 8007 **E:** 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:** biccc.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 898,000 sqm urban precinct in the thriving Binhai Hi-tech Park. It 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 Listings Index! Email [listings@tianjinplus.com](mailto:listings@tianjinplus.com).

# Pandora

By Chris Graham



Fans of the movie 'Avatar' should know exactly why an article about Zhang Jiajie is titled 'Pandora'. It was, after all, the setting which provided renowned director, James Cameron, with the inspiration for the 2009 Hollywood blockbuster.

Previously, I had never even thought about going to this part of China. In fact I hadn't even heard of it. That was until my friend mentioned there was a place called 'Zhang JiaJie' which contains a national park and allegedly epic scenery. During my time in China I have been able to travel around, although mainly I have been working in Tianjin. Therefore, when an opportunity arises which allows me to escape the busy city life and enjoy the rural side of this great country, I take it with both hands.

My friend and I took a two hour flight to Zhang Jiajie Lotus Airport and after a quick train ride to Wuling, we found a small hotel to stay for the night. Inside the hotel, there were pictures of where we intended to go as well as several other sightseeing activities. Due to the size of the national park and the many surrounding attractions, getting someone to guide us around was very easy.

The next day, accompanied by our guide and two other people from the South of China, we took a minivan with us and began our two-day tour. For the first day, the weather was great and there were many opportunities to take a photo or two. Some of the scenes were breathtaking and our guide was happy to explain some ancient stories about the shapes of the towering rocks. This was all in Chinese, although luckily for me my Chinese friend speaks very good English!

In the morning, there was quite a strenuous ascent in order for us to gain a better view of the rocks. This was a tough climb and represented the most difficult part of the entire trip, but from then on we were able to spend time looking at the beautiful views. In fact, we were even able to come back down via a cable car, which was certainly a little more relaxing than the journey up!

On the second day, the weather had unfortunately taken a turn for the worse, with a lot of fog and mist. However, once the clouds cleared it also provided a good opportunity to take some photos as the rocks seemed to be piercing the clouds, shooting up through them, and thus offering an eerily spectacular sight.

We only spent two whole days at the national park, but it was certainly a great experience. If you have the time, you could perhaps spend an extra day or two there, but we had a very enjoyable time enjoying this wonderful piece of landscape.



## Getting there:

A return ticket from Tianjin to Zhang JiaJie Lotus Airport cost CNY 1200 return. We then had to take a train from Zhang JiaJie Lotus Airport to Wuling where we found a hostel nearby. The train ride costs CNY 80 one way.

## Accommodation:

We found a cheap hostel the first night we were there and spent the second night within the national park itself. The second night's accommodation was included in the CNY 450 we had paid for the guide. This also included an evening meal and breakfast. If you would like to look at hotels in the area, please take a look at the following link: [http://www.tripadvisor.com/Hotels-g494933-Zhangjiajie\\_Hunan-Hotels.html](http://www.tripadvisor.com/Hotels-g494933-Zhangjiajie_Hunan-Hotels.html)

## Tips:

Zhang JiaJie is a very beautiful place that also contains a very large national park. Take your time to appreciate and absorb the sights as the days can be very tiring due to all the climbing that you do in the morning. Sun protection is also a must, whether it's a big hat or sun cream, as on a good day, like the one we had, the heat can build up quite quickly.

# A Weekend in Seoul

By Christopher Ribeiro

“There’s not much to do tourist-wise, just good living.” This was a friend’s reply to my question, “I’ve got a weekend in the city, what should I do?” Perhaps I gleaned what I wanted to hear from my friend’s response, but I interpreted that to mean, “Good food, good food and, well, more good food.” Whether or not that was his intended meaning, I’d say my expectations were well exceeded, both in regards to the food and the sights.



## How to get there:

There is a direct flight from Tianjin to Seoul – it’s less than two hours and the service on Korean Air is among the best I’ve experienced (read: pretty flight attendants!). There’s an airport shuttle that’ll get you into the city centre quickly.

## Where to stay:

There are plenty of choices downtown in terms of luxury hotels. If you’re travelling on a budget, there are also loads of back-packer hostels to choose from. I suggest the Backpackers Inside, which is in a bustling university district. There are plenty of other options as well, depending on what part of town you want to stay in. Seoul is a bit expensive, so expect to pay about CNY 100/night for a dorm or in excess of CNY 250/night for a private room.

## What to do:

Seoul is a vibrant city with lots to see and do. The subway system is fairly easy to navigate, so getting around from place to place is fast and easy.

If you’ve only got a few days, I suggest you make it a priority to see the restored *hanok* village in Bukchon. A *hanok* is a traditional Korean house – characterised by the unique roof made of curved wooden beams, and the windows, which appear to be covered in onion skin paper. I suggest going

in the early morning hours as the sun is coming up – you can avoid the crowds and have a better shot at getting a nice photograph.

Everyone that goes to Seoul should make a point of going to the Myeongdong and Dongdaemun shopping districts. The crowds are predominantly female, so women shouldn’t have any trouble coaxing their boyfriend or husband along for a day of ‘people watching’ whilst they shop. All of the designer labels can be found there and crowds gather all day and deep into the night to seek out the latest trends.

The iconic N Seoul Tower is another sight worth seeing. The young and vigorous can spend an afternoon climbing the mountain to reach the top, or you can take the cable car, which whisks you over the city in a matter of moments. Once you’ve reached the top, you can soak in the stunning panoramic views of the city. Later in the day, the Namsam Pavilion is a perfect vantage point to view the hourly light show projected on the side of the tower.

## What to eat:



The food in Seoul is remarkable. The variety and the depth of the flavours is enough to keep any travelling ‘foodies’ satisfied for a long time.

The Norangjin Fish Market offers a glimpse of real Korean culture – a definite must-do while visiting Seoul. The locals will jostle for your attention as you pass through – thus making it necessary to bring a Korean with you to make sure you get the freshest fish at the best price. Choose your fish and within moments of removing it from the tank it is cut and arranged in carefully lined rows of sashimi - pair that

with a big bowl of clams and a cold beer or a bottle of soju!

Bibimbap is Korea’s staple dish – served sizzling hot with a heavy dose of *gochujang* (hot pepper sauce) – and you shouldn’t leave without seeking out some *gogigui* (Korean barbecue). Don’t worry, it’s not hard to find. You can often catch the smell wafting out onto the streets and simply follow your nose to the jackpot.

I was surprised to find western style brunch is popular in Seoul as well. Several of the best brunch joints are located in the Yongsan-gu district. I went to Flying Pan Blue and was duly impressed by the quality; the pancakes with ricotta and caramelised figs were nothing short of incredible and the Eggs Benedict were also outstanding.

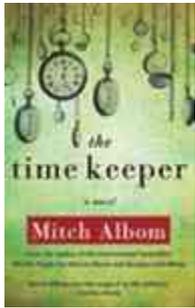
Just a few days in Seoul left me with a deep impression and a longing to return for more than just two days – it was good living indeed. Oh, and did I mention that the food was pretty good too?

## Tip:

Your Chinese mobile phone may not work in South Korea – you can rent a phone at the airport for about CNY 20/day, plus usage.



Mitch Albom – *The Time Keeper*



Best-selling author, Mitch Albom, has inspired millions of readers worldwide with books like *Tuesdays with Morrie* and *The Five People You Meet in Heaven*. Albom's latest fiction story, *The Time Keeper*, is his most imaginative novel yet, a compelling fable about Father Time who is cursed to hear every one of man's cries for time.

In *The Time Keeper*, the inventor of the world's first clock is punished for trying to measure God's greatest gift. He is banished to a cave for centuries and forced to listen to the voices of all who come after him seeking more days, more years and more time. Eventually, Father Time is granted his freedom, but this comes along with a mission – to teach two earthly people the true meaning of time.

He returns to our world now dominated by clock-watching and hour-counting and commences a journey with two unlikely partners: One wealthy old businessman who wants to live forever and the other- a teenage girl who is about to give up on life. To save himself, he must save them both.

With Albom's signature prose, *The Time Keeper* appeals to anyone who has ever said, "I just don't have the time." It is a remarkably original tale that will surely inspire readers everywhere to reconsider their own notions of time, how they spend it and how precious it truly is.

Hardcover, English

e Recreation BLOG

Movie Ratings at Rotten Tomatoes

Are you in doubt about whether the latest movie offering in the cinema near you is worth watching? Do the wise thing and check out Rotten Tomatoes' movie review and ratings in 'Tomatometre'.

Derived from a cliché of audiences throwing rotten tomatoes at a poor stage performance, [www.rottentomatoes.com](http://www.rottentomatoes.com) is widely known as a film review aggregator and forum where critics and movie fans review and rate movies, share movie news and information and network with people who have similar tastes.

Currently owned by Flixster, a Warner Bros. company, Rotten Tomatoes was originally owned by a Jackie Chan fan, Senh Duong, who launched the site on 12 August, 1999 as a spare time project with the goal to "create a site where people can get access to reviews from a variety of critics in the US."

Additionally, the site has a top box office results page, movie recommendations, picture galleries, celebrity features and Rotten Tomato Social- where you can share your movie ratings with your friends. Rotten Tomatoes is the ultimate online home for movie critics and fans from around the globe.



Pop

Owl City – *The Midsummer Station*



*The Midsummer Station*, Adam Young's fourth album under the moniker Owl City, gives an 80's feel of early MTV days with up-tempo hooks, buoyant choruses and sunshine melodies which certainly puts Adam Young on a different range compared to the many sprouting music album this year. Composed of 11 tracks, Adam Young's message for the entire album is pretty simple - life is good and there is no time to dwell on anything but optimism and positive vibes. The album opens with frothy positivity through the urgent thump of *Dreams and Disasters* and later on brings a giddy and summery exuberance in *Good Time* with Carly Rae Jepsen, Relient K's Matt Thiessen and the Minneapolis Youth Chorus- while Mark Hoppus' feature on *Dementia* gives an idea of what Blink-182 might sound like with a full-time synth player. More expansive and diverse this time around, Owl City's *The Midsummer Station* truly brings in a refreshing respite from the generic and jaded electro we hear from the radio.

Recreation Movie

US – *The Bourne Legacy*



**Genre:** Action and Adventure, Mystery and Suspense  
**Casts:** Jeremy Renner, Rachel Weisz, Albert Finney, Edward Norton, Joan Allen, Stacy Keach

**Director:** Tony Gilroy

*The Bourne Legacy* is the fourth instalment of the hugely popular espionage franchise that has earned almost \$1 billion at the global box office. This time, writer/director Tony Gilroy expands the Bourne universe created by Robert Ludlum with an original story that introduces us to a new hero, Aaron Cross (Jeremy Renner) whose life-or-death stakes have been triggered by the events of the first three films. Renner joins fellow series newcomers Rachel Weisz, Edward Norton, Stacy Keach and Oscar Isaac, while franchise veterans Albert Finney, Joan Allen, David Strathairn and Scott Glenn reprise their roles. With believable acting, and intense chase sequences, not to mention Jeremy Renner's intensity and physicality, this fourth instalment of the Bourne series shouldn't be missed.

Cyberspace Shout Outs



Get over it and move on. Don't give anyone the satisfaction of watching you suffer.

-from Facebook

If a girl ever steals your man, there is no better revenge than to let her keep him. Real man can't be stolen.

-@ithinkthatway, Twitter

There are two reasons people don't talk about something, either it means nothing or it means everything.

-@Relationship101, Twitter

The best medicine in the world is a mother's hug.

-from Facebook

## 二十四节气 24 Solar Terms

### 寒露 Hán Lù

Cold Dew  
(2012-10-08)

#### Introduction

Han Lu is the 17<sup>th</sup> solar term. It begins when the Sun reaches the celestial longitude of 195° and ends when it reaches the longitude of 210°. It more often refers particularly to the day when the Sun is exactly at the celestial longitude of 195°.

#### Origin

The ancient book, Collected Explanations of the 72 Hou (five days), says that 'in lunar September, the cold dew coagulates'. At this time, temperatures are much lower than in the White Dew period and the dew is greater in quantity and colder in temperature. The temperature will be low in most areas of China and there will be less rain. Autumn crops will be ripe.

#### Custom

If the weather becomes very cool in the White Dew period, and dews drip all over the place,

then temperatures are much lower and there is much more dew in the Cold Dew period. Even frost may occur in some parts of China. North China has taken on a look of late autumn with white clouds, red leaves and early frost. In southern China, cicadas keep silent and lotuses become withered.

#### Healthcare

People should put on more clothes to keep warm and exercise more to improve their constitution. In addition, it's important to keep the air indoor flowing and fresh to ensure a good environment for the human body.

### 霜降 Shuāng Jiàng

Frost's Descent  
(2012-10-23)

#### Introduction

Shuang Jiang is the 18<sup>th</sup> solar term. It begins when the Sun reaches the celestial longitude of 210° and ends when it reaches the longitude of 225°. It more often refers particularly to the day when the Sun is exactly at the celestial longitude of 210°.

#### Origin

People in ancient China recorded that dew froze into frost in September and the atmosphere became solemn. During Frost's Descent, the weather becomes much colder than before and frost begins to appear. The frost of the Frost's Descent period reflects the climatic characteristics of the Yellow River regions.

#### Custom

People usually buy persimmons and apples, which sounds similar to 'safety' in Chinese. Some sellers also put chestnuts

and persimmons together, which sound similar to 'luck' in Chinese. In addition to their pronunciation, eating persimmons during the Frost's Descent period can help people to resist the cold and protect their bones.

#### Healthcare

Eating chestnuts during this time is very good for one's health. Chestnuts have a warm nature and sweet flavour, and are good for nourishing the spleen and stomach, invigorating the circulation of blood, relieving coughs and reducing sputum.



## Celebrating the Best of Tianjin



**Aries**  
3.21 - 4.19

Your immediate need is to restructure some things in your life. A place in your heart needs healing and some time to fully embrace who you are and the gift you can offer the world. Love knocks. Are you ready to take the risk and open the door?



**Taurus**  
4.20 - 5.20

October presents you with two or more physical tasks that may be daunting at first but you'll surprise yourself when you see them in completion before the month ends. It is also the best month to clear your mind of worries and just believe that all things will work out for the better.



**Gemini**  
5.21 - 6.20

You are loved, dear Gemini. October is the best month to reflect on this. Why are you insecure and so controlling of others? Sometimes, it is better to let things go and realise that even though things don't work out the way you want them to, they will still work out well in the end.



**Cancer**  
6.21 - 7.22

One piece of advice for you this month - choose happiness. Dear Cancer, you keep on looking at the flaws, the mistakes and setbacks that you forget to see the wonderful beauty presented amidst the confusion. Relax, enjoy the ride and decide to stay positive.



**Leo**  
7.23 - 8.22

Life is so much more than work and you know this, dear Leo. This month, iron out a plan for yourself. It could be a short trip or a relaxing day at your favourite Spa, or better yet, a social occasion with close friends or family members. Try to enjoy life a little bit more and see how it works wonders on your perspective.



**Virgo**  
8.23 - 9.22

Taking care of your health should be your main concern for the month. The change of season might bring you several inconveniences which can affect your work performance and family life. On a happy note, October presents wonderful surprises, so be excited!



**Scorpio**  
10.23 - 11.21

Focus is needed this month. You have been juggling so many things at once and this could only drain you. Take a break. Follow it with a clear vision of how you want things to be and where you want your life to go. Write them on paper and read them every single day. This will work for you.



**Sagittarius**  
11.22 - 12.21

You are enough. Remember this all the month. You are smart, independent and have a great zest for life. You don't need validation from others, what's important is in how you see yourself. October presents low moments for you and this reminder is what you needed.



**Capricorn**  
12.22 - 1.19

Your decision to make is whether to let go or hold on. This requires discernment and wisdom as the heart and mind don't always agree. Try to go for the heart, but decide only when there is peace. Besides this, October is your busy month so find ways to slow down and relax.



**Aquarius**  
1.20 - 2.18

Find a new interest this month, whether it be a new craft, new hobby or new exercise regimen. Try to stay away from the couch or from your computer and explore more. You'll find interesting things and experiences are waiting for you to discover.



**Pisces**  
2.19 - 3.20

Withdraw to a place where peace can be attained. You need time to think, to rejuvenate not just the body but importantly, the mind. The past weeks have been challenging but this month presents you with time to go to a quiet place and listen to your heart.

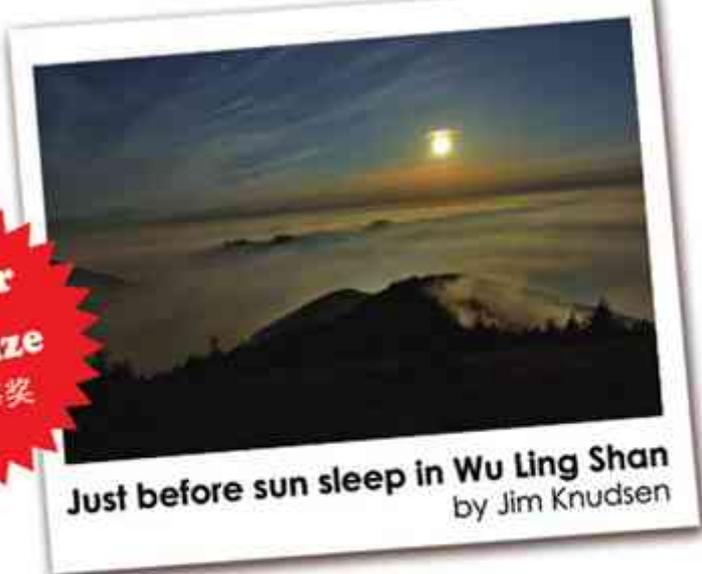
## October Horoscope



**Libra**

9.23 - 10.22

Listen to others, not only on the words they say but on what they do. This is a nugget of wisdom that you have to learn over and over again, dear Libra. Problems within the family sphere and at the work front should be dealt with good communication and proper listening. Take heed.



**October 1st Prize**  
10月一等奖

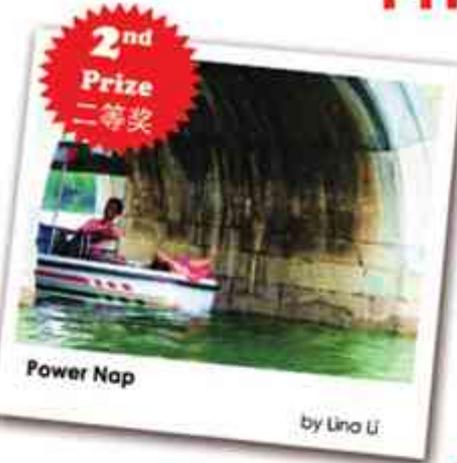
Just before sun sleep in Wu Ling Shan  
by Jim Knudsen

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by Lina Li



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**Wellington College International Tianjin 天津惠灵顿国际学校**  
 A: No. 1, Yida Dao, Heping District  
 红桥区义道街1号  
 T: +86 22 8758 7199 ext. 2001



**Klaus Ink Tattoo 墨福刺青**  
 A: No. 111, the junction of Shanyi Lu and Jinchou Dao, Heping District  
 和平区山西路与锦州道交口111号  
 T: +86 22 2726 6615



**GIA Lounge 吉雅酒廊**  
 A: South of the intersection of Nan Menwai Street and Qinghe Street, Heping District  
 和平区南门外大街与清和大街交口 (大悦城对面)  
 T: +86 22 2715 1868



**Tianjin Grand Theatre 天津大剧院**  
 A: Tianjin Cultural Centre, Yuanxi Lu, Heil District  
 滨海新区泰达天津文化中心内  
 T: +86 22 8388 2900



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