

2013.02

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HOURS:
Monday - Sunday 9AM - 11PM



Lee Jae Soon

2013 February & March Calendar

2013.02
01
FRI



Vocal Music Classic Concert
歌声飞扬——声乐经典专场音乐会
Western Show Art Gallery 西秀艺术馆
⊙ 20:00 ¥100 ☎ +86 22 2326 3505

2013.02
01
FRI



IST China Culture Week
IST中国文化周
International School of Tianjin
天津经济技术开发区国际学校天津分校
☎ +86 22 2859 2001
1-8 Feb

2013.02
01
FRI



The 1st Happy Families Ice and Snow Festival in the Second Workers Stadium
河东二宫首届欢乐家庭冰雪节
Second Workers Cultural Palace Stadium
第二工人文化宫体育馆
⊙ 09:00-17:00 ¥70-110 ☎ 400-818-3333 (Ticket)
1-25 Feb

2013.02
02
SAT



String Quartet Concert
琴声乐动——弦乐四重奏音乐会
Western Show Art Gallery 西秀艺术馆
⊙ 20:00 ¥70-110 ☎ +86 22 2326 3505

2013.02
02
SAT



Russian National Exemplary Small Birch Dance Troupe
俄罗斯国立模范小白桦艺术团访华演出
Opera House, Tianjin Grand Theatre
天津大剧院歌剧厅
⊙ 19:30 ¥80-580 ☎ +86 22 8388 2000
2-3 Feb

2013.02
04
MON



Lorin Maazel and Chicago Symphony Orchestra Concert
洛林马泽尔与芝加哥交响乐团音乐会
Concert Hall, Tianjin Grand Theatre 天津大剧院音乐厅
⊙ 19:30 ¥80-2880 ☎ +86 22 8388 2000

2013.02
08
FRI



Wanlong Ski Chinese New Year Trip
万龙滑雪新年行
Wanlong Ski Resort 万龙滑雪场
SInfo@chinabustravel.com
5-12 Feb

2013.02
14
THU



The Gift of Valentine's Day: Concert by Sheng Zhongguo and Seta Hiroko
情人节献礼——盛中国田裕子小提琴钢琴名曲音乐会
Tianjin Concert Hall 天津音乐厅
⊙ 19:30 ¥80-380 ☎ +86 22 8388 2000

2013.02
16
SAT



Pei Yanling's 60th Anniversary of Her Stage Career
甲子四折·裴艳玲
Opera House, Tianjin Grand Theatre
天津大剧院歌剧厅
⊙ 19:30 ¥50-380 ☎ +86 22 8388 2000
16-17 Feb

2013.02
18
MON



IST Panda Book Voting 2012 熊猫图书奖
International School of Tianjin
天津经济技术开发区国际学校天津分校
☎ +86 22 2859 2001
18-22 Feb

2013.02
21
THU



TICC Monthly Lunch
TICC月例午餐
Hanki Bar & Grill 汉克斯运动酒吧
⊙ 12:00 ¥120-150 ☎ +86 22 2341 7997

2013.02
22
FRI



IST Secondary Winter Formal Ball 中学冬季舞会
International School of Tianjin
天津经济技术开发区国际学校天津分校
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2013.02
22
FRI



Wanlong Ski Weekend Trip 万龙滑雪周末行
Wanlong Ski Resort 万龙滑雪场
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22-24 Feb

2013.02
28
THU



IST Thursday Night Live 周四表演夜
International School of Tianjin
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2013.03
09
SAT



TICC Beijing Bus Trip - Ya Show Indoor Market
TICC北京行
Sanlun, Beijing
北京三里屯
⊙ 07:30-16:30 ¥50-100 SInfo@ticc@hotmail.com

Special Days

9 Feb	New Year's Eve
10 Feb	The Spring Festival
14 Feb	Valentine's Day
24 Feb	The Lantern Festival

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

Be My Valentine @ Albert's, Hotel Indigo Tianjin Haihe



Albert's is the perfect spot in Tianjin to woo a date this Valentine's Day with delicious food crafted by Chef Dick Lu. Couples can choose between the four-course "Be My Valentine" at CNY 688 plus 15% service charge per couple or the "Only You" menu for CNY 1,088, which includes a welcoming glass of Champagne, unlimited soft drinks and juices and a bottle of hand-selected Red, White or Rose wine to accompany dinner.

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时间：2013年2月14日18:00 - 22:30

Romance Package @ Hyatt Regency Jing Jin City Resort and Spa

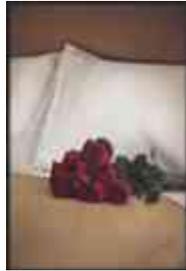
Our Romance Package offers a one night stay in a Hyatt Guestroom, including daily buffet breakfast, complimentary internet access, welcome fruit, flowers, chocolates and a bottle of red wine per stay, as well as CNY 300 credit for use in our restaurants.

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Sweet Times — Romantic set Towers Menu for couples include a bottle of champagne toasts. RMB 1999 net / couple

Passion for Love — Libation menu buffet for couples and one night stay in a Grand Suite include breakfast for two. RMB 2299 net / couple

On February 14, 2013 5:30pm - 9:30pm
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Time: 18:00 - 21:30, 14 February, 2013

Price: CNY 588 net for two people

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时间：2013年2月14日，晚上6:00 - 晚上9:30 净价人民币588元每两位

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- 赠送情人节玫瑰花，及自制甜心浪漫巧克力

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Valentine's Day set menu CNY 888 net per couple

Lunch: Daily 11:30 - 14:00, Dinner: Daily 17:00-22:00, 14 February 2013

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情人节双人套餐RMB 888 净价

时间：2013年2月14日，午餐：11:30 - 14:00，晚餐：17:00 - 22:00



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Price: CNY 2,180-3,180

*Subject to 15% service charge

Time: Lunch 11:30 - 14:00 Dinner 17:30 - 22:00, 1-24 February, 2013

丽笙新年盛宴@ 天津天诚丽笙世嘉酒店二楼中国站

迎接蛇年，畅享美味尽在丽笙中国站，并有机会赢取每日大礼。中餐厅行政总厨马建民先生为您精心准备了四套蛇年菜单供您选择。健康的烹饪，精美的菜品，无穷的回味，使您在新年的伊始，迎接全新的味蕾体验。

价格：人民币2180-3180 10人/桌 *需加收15%服务费

时间：2013年1月19日至2月24日，午餐 11:30 - 14:00 晚餐 17:30 - 22:00

Tianjin Plus Speaks to Cornelius Chiu of the Chicago Symphony Orchestra



Photo by Todd Rosenberg

2013年，对天津的古典艺术来说是精彩异常的，芝加哥交响乐团会在二月为天津带来世界级精彩的演出。津品生活杂志也借此机会与此乐团的著名小提琴手裘元植先生(Cornelius Chiu)进行了心与心的交流，将与读者一起探究他的音乐生活，并共同期待他们在天津大剧院的音乐盛宴。

华裔小提琴家裘元植进入乐团的时间则稍晚，他是在1996年加入的芝加哥交响乐团。说起裘元植，他的家族颇具传奇色彩：其祖先是清代乾隆年间的尚书裘曰修（裘文达公），而他外祖母家族的先祖则是南宋民族英雄文天祥。元植的父亲裘威国上世纪30年代在天津出生，50年代末到美国念书，直到现在家中还有不少亲戚在天津与北京。

裘元植对室内乐有着狂热的喜爱，因此经常出现在乐团室内乐组合的演出中。谈及芝加哥交响乐团，他表示：乐团中每一位乐手都是优秀的音乐家，而乐团各声部的首席是大家的榜样。大家在一起不但是演奏音乐，更是对音乐进行再创造。

2月4日，芝加哥交响乐团在天津大剧院的演出是乐团中国之行的最后一站，在此之前他们还将在上海和北京巡演。此次巡演恰逢春节前夕，大部分华裔乐手在演出后会直接回家过年。天津的乐迷们，在辞旧迎新之际不妨走进大剧院，与我们的音乐家们一起度过这个难忘的春节吧！



"While visiting Tianjin in 1989, I gave an impromptu performance after someone found a violin for me."



"On that trip, I shared a meal with all of my relatives at their home."

On 4 February the Chicago Symphony Orchestra will be gracing Tianjin Grand Theatre with its presence and performance. 2013 looks set to be an exciting year for classical music enthusiasts in Tianjin and the CSO's performance is one of the many world class acts that will be coming to the city in the coming months. Leading up to the performance we caught up with the CSO's star violinist, Cornelius Chiu, to get an insight into his life as a musician and find out what the audience can expect from his group's upcoming appearance at the TGT.

Can you tell us a bit about your professional background as a musician?

I have been with the Chicago Symphony Orchestra for 17 years, and was chosen by the then Music Director Daniel Barenboim to join the first violins. I did all my training at the Indiana University School of Music. My main teachers were Franco Gulli, Yuval Yaron and Josef Gingold. I also had many chamber music coaching sessions with Rostislav Dubinsky of the Borodin Quartet, Menahem Pressler and Janos Starker. I started playing the violin at the age of six and my brother, Frederic Chiu, is a concert pianist, and I believe quite well known in China, having worked with many Chinese orchestras, conductors and composers.

You have a special connection to Tianjin. What memories do you have of the city and how does it feel to be performing in China?

My father's family has its roots in Tianjin, and he still has cousins that live in Tianjin. Actually I have a connection with almost every city the orchestra is visiting on this tour! My mother's family is from Beijing; my mother went to high school in Taiwan (the first place we visit); my father went to college and taught at a high school in Hong Kong; I still have relatives in Shanghai; my wife is Korean, and still have my in-laws family live in Seoul. I first came to Tianjin in early 1989, as part of a friendship tour. It was during that time that I met my second cousins, aunt and uncle, who still live in Tianjin, and still have many memories of a dumpling dinner at their apartment, as well as riding on a bike with many hundreds of bicyclists with my cousin to his workplace.

I returned to China in 2009 with the Chicago Symphony on its first China tour. I met all my relatives, both in Shanghai and Beijing (the same cousin that I went biking with in 1989 picked me up in Beijing in 2009 in a beautiful car driven by a chauffeur!). All my relatives were living in a very spacious townhouse, very different from the drab concrete floor one in 1989.

I was so impressed with how much China had changed and how prosperous it was, and even though I had heard from my father, who returned in 2004, about the improvements, actually seeing it for myself and being there made a huge impression on me.



Photo by Todd Rosenberg

Finally, what are your thoughts on the current Chinese classical music scene? How do you see it developing over the next few years?

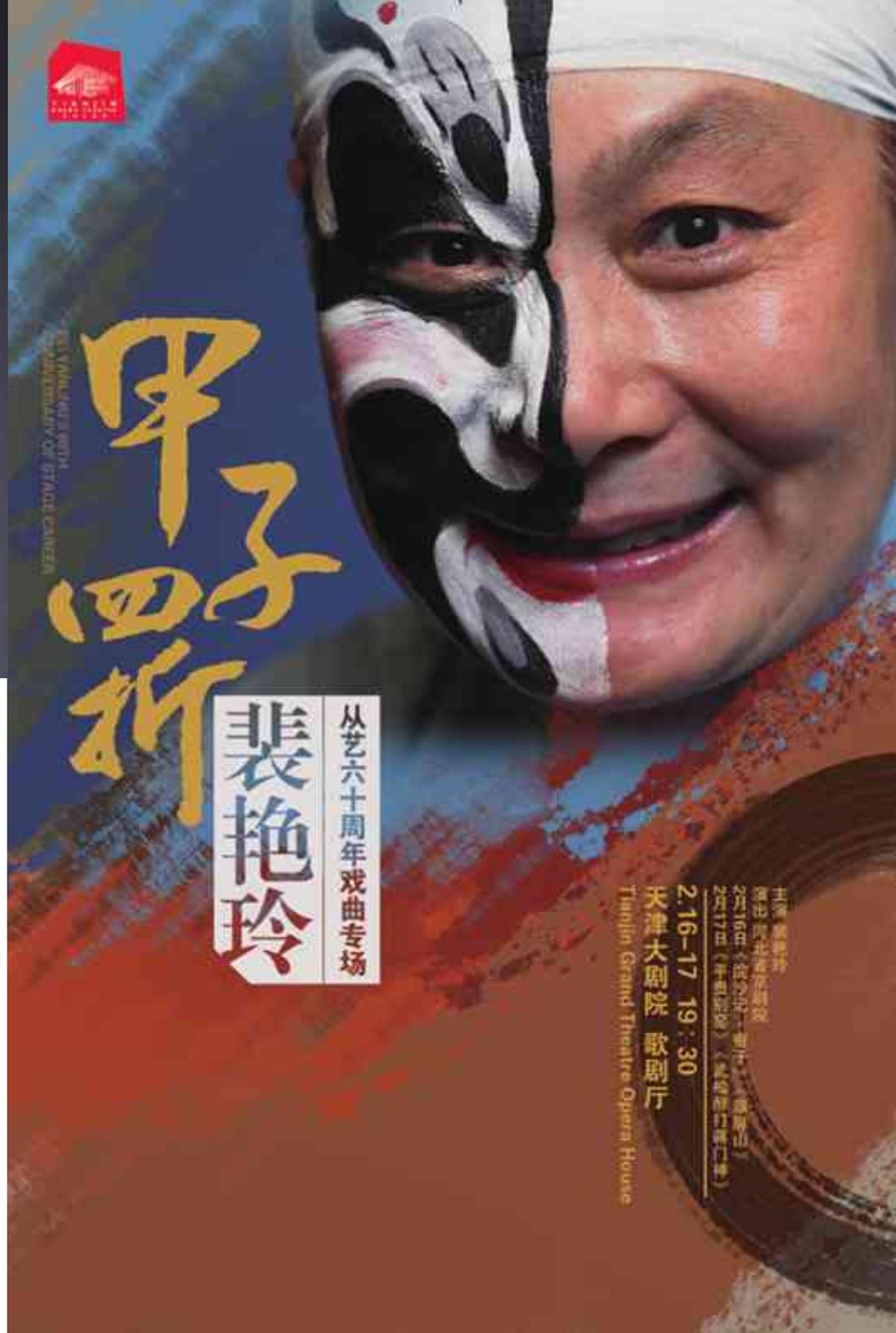
Because I was born in the US and never lived in China, it is hard even with my Chinese heritage to know exactly what the current classical music scene is like in China. Except in generalities, such as the tremendous interest in classical music not only in China but in other Asian countries, such as Korea and Japan. Judging by the sheer musical talent that is flooding the famous music schools in the USA from before I was a student to even more so now, and also the famous Chinese classical stars such as Yo-Yo Ma and Lang Lang. It is obvious that China is at the forefront of being one of if not THE dominant force in classical performing arts; especially in the realm of classical pianists and strings instrumentalists. Much in the same way that Jewish artists were a generation or two ago.



"I was wearing a friendship tour T-shirt, standing in front of a Tianjin market."



"All of the friendship tour participants and our hosts at the Tianjin harbor."





AL WALSER NOMINATED FOR GRAMMY

By Robert Watt



第55届格莱美音乐奖在乡村音乐之都纳什维尔公布了提名名单，独立乐团Fun.共入围年度制作、年度专辑等7项提名领跑，而The Black Keys乐队的丹·奥尔巴赫(Dan Auerbach)，英国独立民谣乐团Mumford & Sons，R&B歌手Frank Ocean以及Jay-Z和坎耶·维斯特(Kanye West)两位说唱大腕也均拿到六项提名。第55届格莱美音乐奖的颁奖典礼将于当地时间2月10日晚在洛杉矶斯台普斯中心举行。

Al Walser 被提名为2012 最佳舞曲制作，这项提名争议很大。有人说貌似格莱美最佳舞曲制作提名中混进来一个？也许你喜欢Al Walser，或许有很多人还不知道Al Walser到底是谁，最终的格莱美颁奖到底花落谁家？让我们拭目以待吧！

The 55th Grammy Awards on 10 February are already providing a degree of controversy, not least because of the nomination of virtual unknown, Al Walser for Best Dance Recording.

Controversy over his nomination is ironic because the usual complaint is that they're dominated by popular acts and achievement is measured by record sales. Epitomising this criticism this year is a one hit wonder, Gotye (nominated for Best Record) who had the biggest selling single of 2012.

There are 81 categories of awards, but the attention is on Best Album, Best Record, Best Song and Best Performance. Most awards are presented

outside of the show to allow more focus on these acts that appeal to a TV audience.

The result is nominations heavy on popular acts, with a token leftfield entry. This year's nominations don't come much more popular than last year's favourite Adele or *Billboard's* woman of the year, Kate Perry. Both of them are up for the Best Pop Solo Performance. Annual attendee, Rihanna, also returns, hopeful for another shelf full of awards.

Nor do they get more leftfield than Al Walser, who has neither hits in the music charts, nor on his YouTube video. Should he appear at the Awards show, it will be as surprising as seeing Anthrax (nominated for Best Hard Rock/Metal Performance).

Rock, like all acts, must appeal to the widest audience. The Black Keys and Mumford and Sons will be hoping that this year's nominations for Best Rock Performance and Best Rock Song have more appeal to the judges than last year's.

The main draw of the Grammy Awards live broadcast is the hope someone will get full of drink or ego and offend part of the audience. Such outbursts provide headlines and show the program is representing the grit as well as glitter of Rock and Roll. The music industry thrives on controversy and the right amount of it keeps both the viewers and the accountants happy. That's why it doesn't matter if Al Walser, the obscure choice from Liechtenstein, is there because he has powerful friends, or is a clever con artist. It's ultimately very entertaining stuff!

新年星味道 Taste the New Year



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Let's Play Mahjong

By Tad Miller

Mahjong in English is *ma que* in pinyin (meaning sparrow), usually known now as *ma jiang*. Originating in China, it is a four person table game. However, there are variations involving fewer players in other countries and even a solitaire version with remote resemblance to the ancient rules.

The contestants receive thirteen random tiles (typically cards in modern times) from a set containing 136, each of which have on them Chinese characters indicating *winds*

(north, south, east, and west) plus those with *numbers, guns, and a sparrow*. Taking turns, players attempt to form *melds* (groups), and then, using a fourteenth tile, try to make a *head* (pair). Those are just the bare basics—actually learning to play requires spending time with a patient teacher. It does seem to share dynamics to the western card games stemming from *rummy*.

In Taiwan, Fujian and Guangdong there are 144 tiles—the other eight representing the seasons—winter, spring, summer and autumn in addition to the plum blossom, orchid, bamboo and chrysanthemum.

How mahjong came into existence is a tricky question to answer. People have suggested different theories, including Confucius inventing it, evolving from *Hanging Horse* - a previous game, to soldiers finding ways to kill time during the Taiping Rebellion. It was made illegal in 1949 by the CPC for its association with gambling—a specifically capitalistic behaviour (people were told), until 1985. Making a grand come back, it's a fantastically popular on-line past-time and nowadays it often involves betting.

The American standard mahjong is a favourite amongst older Jewish women. Evidence for its dominance in Chinese culture is the sub-genre in Hong Kong made movies it inspires. Doctors recommend playing it to treat dementia by building memory skills.

Another mahjong experience is using the cards in a particular way to read fortunes. The person doing this must have an understanding about what is being told by the cards, after a shuffling, and then set them out in a circular order in such a way that they change meanings in relation to each other. As with the *I Ching*, the person wanting the oracle has a question in mind which the result addresses.

Welcome to the entertaining world that is mahjong!

打麻将可是非常开动脑筋的，玩法复杂多变，一点儿也不简单。要想在这里用几句话完全概括出来是不太现实的。小编只能为大家讲解天津麻将玩法的大致规则，真正要想学会如何打麻将，那就需要你自己叫上三五好友去“实战”了！

天津麻将共有136张牌，其中有东南西北中发白各4张(28张)，一到九万各4张(36)，一到九饼各4张(36)，和一到九条各4张(36)。这其中每张牌都可能被选作“混儿”，即“万能牌”，顾名思义，可替代任何牌。四人一桌，要用骰子(Dice) 掷出四个方位，分东南西北排座位。由东风起庄，打4圈为1锅牌。确定自己的座位方位就需要筛子来帮忙，任意人掷骰子，逆时针算 数字2,6,10为过(下家); 3,7,11,为对门(对家); 4,8,12为底; 5,9为自己。开始正式打牌之前要有“开门”这一步，即起牌。庄家对门掷骰子确定混儿。由于庄家有14张牌，其余人只有13张，所以庄家先出牌。

大家最关心的莫过于胡牌了，也就是赢了。胡牌的方式种类很多，有一条龙、捉五儿、本混儿龙、混儿吊、杠开混儿吊、双混儿五等等等等。

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Dances of Love

It's the love month and one of the best and most artistic ways of expressing love is by dancing. To put it simply, dancing is an expression of the condition of one's heart. It requires energy, movement, and a lot of passion. *Tianjin Plus* interviewed two forerunners of Tianjin's dance community - Monica of 51 Dance and Lance Zhang of Tianjin Lance Dance Club. So read on and hopefully, via Monica and Lance, you'll express your love in a different way this February...and that is, through dancing!

Teaching Tianjin How to Dance!

By Matthew Baum

你喜欢看《舞出我人生》吗？你喜爱迈克尔·杰克逊吗？如果你喜欢舞蹈，热爱跳舞，那你一定不想错过任何学习舞蹈的机会！

天津有很多热爱跳舞的人，其舞蹈行业也处于正在积累的阶段。天津的51 Dance舞蹈工作室有两个校区，莫妮卡（Monica）是51 Dance舞蹈工作室的教练。“51 Dance”，数字“51”可以读成“我要”，即“我要跳舞”。充分体现了整个舞蹈工作室的老师及学员的舞蹈热情。

这个工作室的目标就是让更多的人学会舞蹈，享受舞蹈。他们会依据每个人的特点制定舞蹈计划，以学员为中心。

莫妮卡从4岁开始学习舞蹈，最爱的舞种是洛杉矶风格街舞，是一种融合故事和情感的舞蹈。她在尝试将古典舞蹈的元素融入到现代舞之中，达到质的飞跃。她希望全中国会有更多的人通过在51 Dance工作室学习舞蹈，享受舞蹈为大家带来的乐趣。

People do it on the street, in clubs and in competitions. It is fair to say that dancing is very popular in China, but the professional dancing community in Tianjin is very small. Monica is an instructor at 51 Dance, which has two dance studios in Tianjin: one at 小白楼 Xiǎo Bái Lóu and the other at 南门大街世纪花园 Nánmén Wàidàjiē Shìjì Huāyuán. They teach a variety of dance styles from beginner to advanced level.

What got you interested in dance, and what formal training have you had?

I watched a lot of western movies when I was younger, like Step Up. I also watched some music videos like Michael Jackson's Thriller. Seven years ago I joined a hip-hop club in Tianjin and got training there. Later on, I went to university in Beijing and got more training. After university I also performed in some clubs. However, the training I had with Beijing opera from 4 to 12 years old, laid a solid foundation for my dancing career.

You are an instructor at 51 Dance Studio. What is the studio's specialism?

Our studio's strength lies in the quality of our facilities and teachers. Our classroom is spacious and our teachers are all graduates from professional schools like Beijing Dance Academy, and Tianjin University of Sport. They are not amateurs but professionals who only teach here, so they can focus all of their time and energy on the students here.

What kind of dance style would you suggest a complete beginner learn?

As everyone is different, it depends on the preference and the personality of the beginner. We don't force people to do what they don't want to do. Our aim is to draw out the potential of the learner, using teaching methods that suit them. If the beginner likes graceful or noble styles of dance, we will recommend a beautiful Latin dance like the Cha-Cha or Rumba. If the customer is young and they want to emphasise their personality, jazz is a good choice.



Address: Room B, 7F, Building B, Arc De Triomphe Building, Xiao Bai Lou 小白楼凯旋门大厦B座7楼B室

Website: <http://www.51dance.cn/index.asp>

Tel: +86 22 2339 4778



You teach L.A. style dance. What exactly is that and how does it differ from other forms of Hip-Hop dancing?

In America Hip-Hop dance can be divided into two types, L.A. and New York style. New York style is more relaxed and exaggerated whilst L.A. style is more modern, more popping, more fresh. It attaches great importance to the dancer's emotions and feelings, and shows if the dancer is happy or sad. It has a lot in common with RnB, which emphasizes lyrics. The song's lyrics are not ignored and are interwoven into the dance. Therefore, L.A. style is a dance of stories and emotions. These are the major features that distinguish it from other forms of hip-hop.

What do you think of the dance scene in Tianjin? Is there any place you like to go to dance for fun?

In terms of the dance scene in Tianjin it is still in an early phase of development. There are few places where you can communicate with others through dance. Bars and clubs are the current choice for dances. As for me, there are not really many events that I can go to for communication about and through dance. Our studio holds dance competitions sometimes and I like to dance in them. But when we talk about improving the state of dance in Tianjin, it is a matter of waiting for experience to accumulate.



As a dancer what is your ultimate goal?

To be honest, I am not very ambitious. I don't dream of being the leader of a dance troupe or anything like that. What I want most is to make more people in Tianjin interested in dance and perform it. I hope 51 Dance will have branches throughout China, so that we can help more people to dance and to enjoy dance.

What style of dance do you most prefer?

L.A. style is my favourite, because it is not just casual movement to the music, but a dance full of meaning that reveals my deep feelings. It has a story within it, much more than many other styles of dance, that's why I am diligently practicing and teaching it.

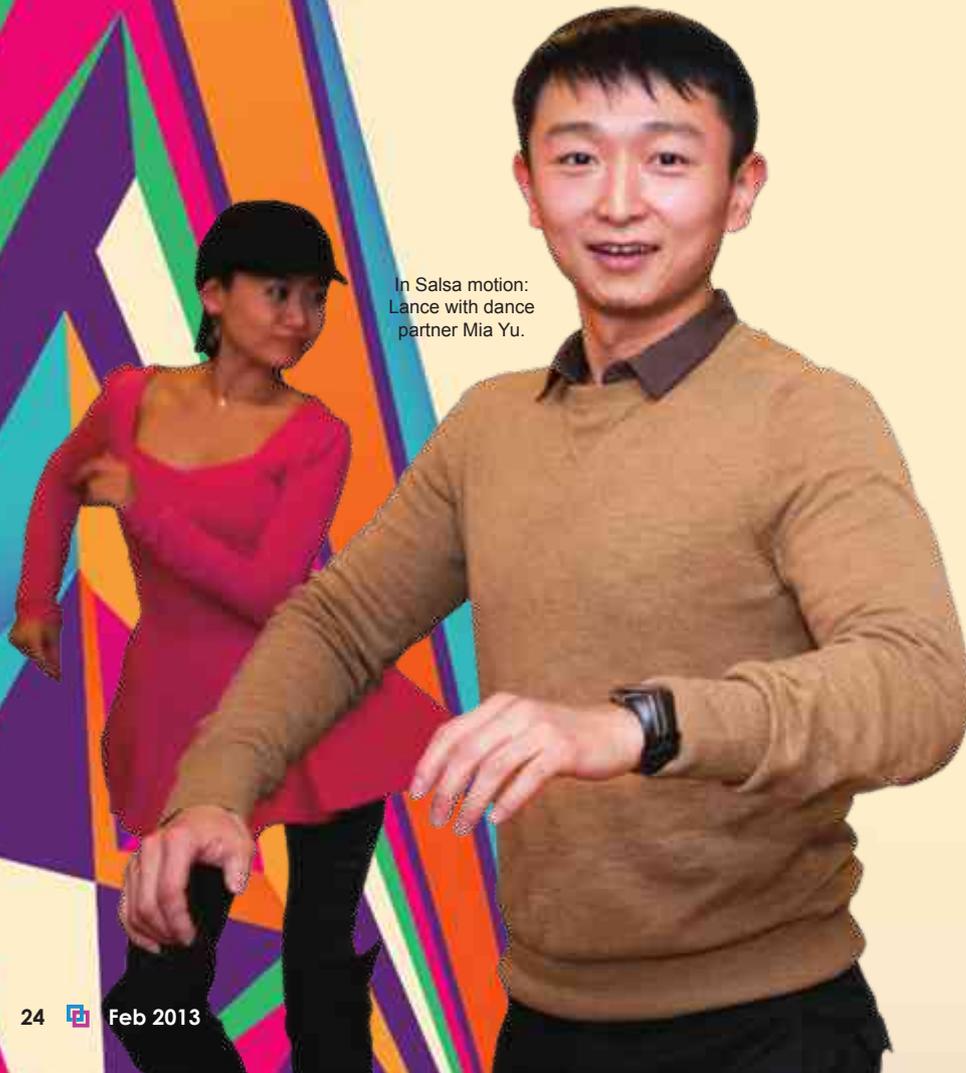
Do you ever try and combine classical Chinese dance with more modern dances?

Yes, I am trying to blend traditional opera elements such as costume, props, tunes, etc, into modern dance. I was born into a Beijing opera family and I had to start training from a very early age. My parents did allow me to have my own hobbies, and so that was when I became interested in hip-hop. Through my studies, I understood that traditional Chinese opera and modern dance are connected as they both require a high level of physical conditioning and acute musical sense. But as this dance originated in the West, and is well developed, it is quite hard to add Chinese elements into it. It is definitely a work in progress.

Salsa Passion

By Cathy Perez

In Salsa motion:
Lance with dance
partner Mia Yu.



拉丁舞蹈-萨尔萨 (Salsa) 起源于古巴, 随着它的发展和广泛流传, 拉丁舞蹈-萨尔萨逐渐被分为很多种风格, 不同国家, 不同地域的萨尔萨都有所不同, 动作风格也各具特色。全世界最著名的拉丁舞蹈-萨尔萨有来自古巴的萨尔萨舞蹈 (Cuba Salsa), 美国纽约的纽约萨尔萨 (New York Salsa) 和哥伦比亚的萨尔萨 (Columbia Salsa) 等。

拉丁舞蹈-萨尔萨的音乐是建立在很多古巴传统音乐的基础上, 同时又融入了非洲音乐的元素, 后期受到了爵士乐的影响, 逐渐的融合、发展, 最终形成了我们今天听到的萨尔萨音乐。拉丁舞蹈-萨尔萨以其别具一格的风格, 在世界各地深受人们的喜爱, 在很多高尚的社交场合, 拉丁舞蹈-萨尔萨的音乐在飘扬, 大家随着音乐, 翩翩起舞, 在旋律中遨游...

这期津派生活杂志专访了天津莱恩斯舞蹈俱乐部的创始人张矛教练(Lance), 有着多年舞蹈教学经验的他, 最为开心的是越来越多的人开始喜欢萨尔萨, 学习跳萨尔萨。他曾在2011年、2012年被邀请, 参加CCTV的一档舞蹈、健身教学栏目的录制。Lance也会定期举办Salsa Party, 让更多的朋友通过萨尔萨认识彼此, 与更多的人接触交流。萨尔萨并不难学, 相信看了Lance的介绍, 你会感兴趣并爱上萨尔萨的! 情人节的时候, 不妨和你的爱人一起, 用萨尔萨传达你们对彼此的爱吧!

Everything about Salsa spells passion: the hip movement, the shifting of the ribcage, the up and down movement of the shoulders, the change of direction; not to mention the rhythm, the expression on dancers' faces and of course, the timing. Normally a partner dance, Salsa expresses emotions and messages through music and dance, albeit fast in some forms but romantic nonetheless.

In Tianjin, the go-to-guy to learn Salsa is Lance Zhang (张矛, Zhāng Mǎo), the founder of Tianjin Lance Dance Club. With several years of experience in teaching Salsa, Lance has blessed many students with his skills, knowledge, and love for Salsa. As well as his passion for teaching others to learn and love this synergetic dance form. After getting his Bachelor's Degree in Sports Dance /Physical Dance (International Standard Dance), Lance then focused his attention in Salsa, as he feels this kind of dance brings him a lot of joy. Here's more of Tianjin Plus' conversation with Tianjin's Salsa maestro.

First off, what are the basic skills one must have to start learning Salsa?

Salsa dancing is very easy to learn. Many people may feel intimidated when they hear the word dancing. They think it must be very professional and difficult to learn. Actually, Salsa can be regarded as a way for people to communicate while listening to the music and its rhythm. Therefore, anyone can learn Salsa. Age, gender, nationality and figure cannot stop someone from learning this dance.

How can Salsa students overcome difficulties in dancing?

As a dance teacher, I can easily discover the problems and difficulties during classes. What I need to do is to tell students to use the easiest way to solve their problem, and let them feel real fun whilst dancing. Even though they may come across some difficulties, they can overcome them with my help.

What health or emotional benefits would one get from dancing this kind of dance?

Salsa dancing is good for mental and emotional health. Continuous 60 minutes (one session) of Salsa dancing will help an individual to consume about 500-600 calories and they can consume more calories with faster musical rhythm or larger range of motion. Meanwhile, Salsa is not a very strenuous kind of dance, so it will not increase the pressure on our knees or ankles. That's the reason why even people who are obese or overweight can learn this kind of dance.

When dancing Salsa, your mind can stay clear of unhappy things with the help of the background music and with the whole body being involved in dancing. What's more, it can promote the secretion of brain dopamine which helps to ease your pressure and helps the body to react positively.



Can you tell us about your biggest achievement so far?

I was invited to attend the CCTV program, about dancing and body building, which was shown in 2011 and 2012. I've also judged some dance shows and have been a guest to some TV Programs. However, the biggest achievement for me is the increasing number of people starting to learn and love Salsa.

Aside from Salsa classes, you also organise Salsa parties. Tell us about this.

I always organise some themed parties and birthday parties, and organising Salsa parties is something that is very interesting for me. With totally different themes and content plans, we make these parties full of surprises and excitement. Also, this is unique in Tianjin!

How is the Tianjin crowd accepting this kind of dance?

More and more people are learning Salsa now and have joined my Salsa classes, so this means that lots have already become part of our Salsa family. Salsa is a language, a kind of communication that brings people together. Through dancing Salsa, we connect with each other and become friends with people from different cities and from countries.

Lastly, what would you like to tell Tianjin Plus readers who are interested in joining your Salsa classes or Salsa Parties?

I'm so happy that I can share my passion of dancing Salsa with you. Tianjin Plus Magazine is really good and useful, and I hope that through Tianjin Plus more people will get to know the fun classes and exciting Salsa Parties in the city. Let's all learn to dance Salsa together!

(For more information on Salsa classes and parties, contact Lance Zhang via these social networking portals -Twitter: @LanceZM, Facebook: Lance ZM and Weibo: @莱恩斯张矛.)



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REVIEW

German Restaurant Beer House

By Najla Rasdeen

本期小编为您推荐在天津享用地道德餐，畅饮进口德国啤酒的好去处之一：麦谷德餐啤酒坊！麦谷德餐啤酒坊位于梅江富力津门湖棕榈花园底商，开业时间虽然不长，但是已经收获了许多忠实的顾客了！如果你到这里，一定要喝艾丁格啤酒哦！当然，还有许多种类的进口啤酒任您挑选。

主打菜是正宗的烤猪膝，鲜嫩的猪肉配上酥脆的烤皮，无上的美味啊！即使是小小的面包也不容错过，依然是来自德国的面包，蘸酱也是特色十足！这里的整体环境安静优雅，特别适合家人朋友聚餐，二楼还有令人惊喜的户外空间，夏天在户外吹着微风，尽享美食的画面你看到了吗？

There's a new restaurant in town! Decked with rustic and antique decorations, this restaurant creates the ideal atmosphere for family and friends to enjoy a perfect evening meal this winter. The bricked walls, the wooden panels together with the elegant spiral staircase add the perfect edge to this unique and wonderful restaurant.

The menu offers a collection of four authentic German beers, specially imported from Germany, to provide the

ultimate German experience! Be sure to try the Erdinger Dunkel Beer which is the favourite among their customers. The Bavarian roasted pork knuckle comes highly recommended so make sure you don't miss trying this exquisite dish. The tender, slow cooked meat gives a rich and unique taste. It is no doubt a treat for your taste buds! The menu also has a great collection of salads and soups so there is really something for everyone. The Farmer's salad, which comes with smoked chicken and

assorted vegetables and served with Thousand Island dressing, is among the restaurant's popular dishes.

Once inside, you will no longer feel like you are in China and that's something many are looking for when restaurant browsing. The friendly and hospitable staff will make you feel right at home.

After having drunk a couple of 0.5 litre mugs of beer alongside some of their delightful dishes, you will certainly be walking out as a happy customer.



German Restaurant Beer House 麦谷德餐啤酒坊

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REVIEW



Bavaria German Restaurant

By Justin Toy

本期小编为您推荐在天津享用地道德餐，畅饮进口德国啤酒的好去处之二：巴伐利亚德餐啤酒坊！

巴伐利亚德餐啤酒坊为一家拥有独特德国饮食风情的主题西餐啤酒坊，坐落于天津海岸畔的意大利风情街，提供享誉世界、具有优良酒质的原装德国啤酒，并提供多达百种口味的其他国家的啤酒、红酒及烈酒系列。

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是不是心动了呢？心动不如行动！

Bavaria has been a popular local Tianjin haunt with expats and out-of-towners for a number of years. Located in a prime spot right in the heart of the Italian Style Concession Area, Bavaria serves up authentic and delicious German food, such as Bratwurst, Nuremberg, and other homemade sausages, pickled pork knuckles and a wide variety of schnitzel. There is also a great seafood selection that includes baked lobster, English style fish and chips, North Atlantic salmon, and more. The restaurant chefs have been trained by a German culinary master, so you can always expect a truly authentic taste. All meals here are served with freshly baked bread and homemade pretzels.

Of course, you can't mention a German restaurant and not talk about beer. Bavaria has a wide

selection of imported world-class German classics, as well as a number of great tasting freshly home-brewed beers. They also have an impressive selection of wines from around the world and great tasting cocktails. If the weather is nice, you could sit outside on the spacious patio area and have a fresh stein while people-watching, in one of the most beautiful and picturesque parts of the city. Inside the atmosphere is warm and inviting and is well decorated with polished wood furniture that gives the place a home-like feeling. Sprawled over three massive floors of open dining space, the restaurant and patio can seat over 500 people. Every evening you have the chance to enjoy dinner and beverages whilst getting serenaded by the Filipino band until the late evening. So next time you want

to impress a date, drink a keg with your mates or just having a nice evening out, Bavaria's friendly atmosphere and tasty food will have you saying "Das war köstlich!" (That was delicious).



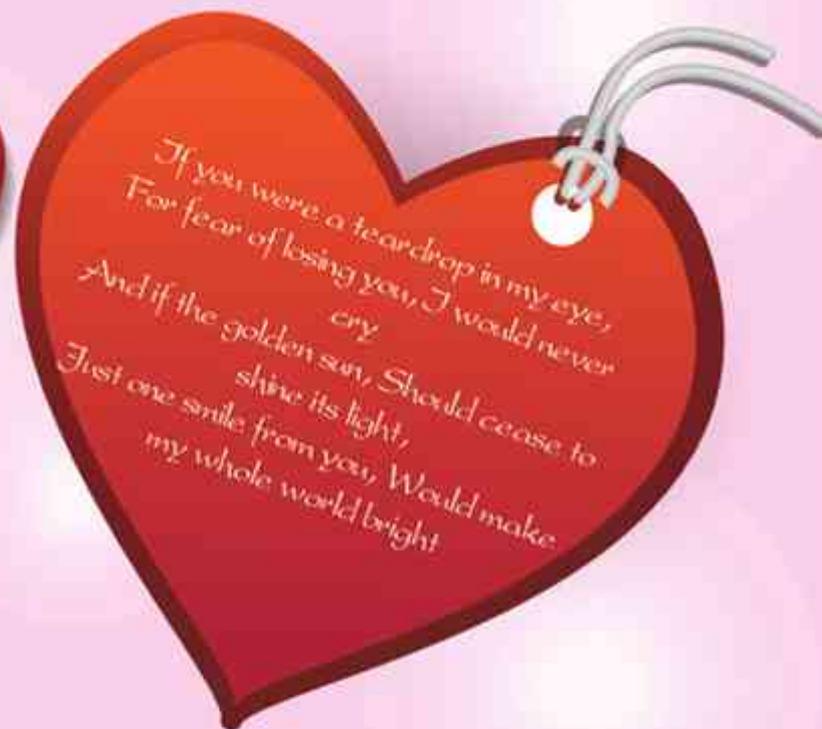
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Sānxiān Dumplings

By Justin Toy



过年啦！今年2月9日就是农历大年三十！

提到过年，许多北方人想到的都是一家人围在一起包饺子。饺子是北方人年夜饭桌上必不可少的。俗话说：“大寒小寒，吃饺子过年。”

吃饺子是表达人们辞旧迎新之际祈福求吉愿望的特有方式。按照我国古代记时法，晚上11时到第二天凌晨1时为子时。“交子”即新年与旧年相交的时刻。饺子就意味着更岁交子，过春节吃饺子被认为是大吉大利。另外饺子形状像元宝，包饺子意味着包住福运，吃饺子象征着生活富裕。

你可以尝试包各种馅料的饺子，这期我们现为大家介绍的是“三鲜饺子”的做法。还不赶快来学习，等到春节时候给亲朋好友们露一手！

It's almost time for the utter madness that is known as Spring Festival (春节) or Chinese New Year. The longest and most significant of Chinese holidays. Spring Festival is riddled with a number of time-honoured and important traditions and customs. One such custom in the North of China is feasting on little delicious dumplings (饺子) filled

with various tasty fillings. There are several stories behind the origin of eating dumplings during Spring Festival. The most common explanation is that 饺子, pronounced jiǎo zi, is similar to the traditional Chinese timing system pronunciation of the first hour of the New Year, zǐ shí. Also, the pronunciation of jiǎozi (dumpling) is similar to jiǎo zǐ (meaning auspicious). Another reason is that the shape of the dumplings looks like gold-ingot money, a currency used during ancient China, which expresses the wish for a rich year. In general, the dumplings will be made on the eve of Spring Festival and are enjoyed by the whole family just after midnight.

Dumplings can be made with many different fillings, but perhaps the most popular filling amongst expats and locals alike is 三鲜饺子 sānxiānjiǎozi. Sānxiān literally meaning 'three fresh', includes a combination of ground pork, shrimp and chives. Of course, when you make jiǎozi you can fill it with anything you fancy (how about some cheese and potato dumplings?) but here is the recipe for the most classic kind.



Wrappers

- 500g jiǎo zi fen (Dumpling Flour)
- Water



Filling

- 200g Chinese leeks or celery (depending on your taste)
- 150g Shrimp
- 100g Ground Pork
- 1 egg
- 8g salt
- 5 g white pepper
- 15g soy sauce
- 15g cooking wine



1. Stir up to a cup and a half of warm water with the dumpling flour, adding enough water to form a smooth dough. Don't add more water than necessary. Knead the dough for 5-10 minutes into a smooth ball. Cover it and let it sit for 30 minutes.



2. Clean the shrimp and get rid of the outer shell and tails. Dice the shrimp into very small pieces until it resembles a paste.



3. Chop the celery/leeks into very tiny pieces.



4. Fry the egg in a pan with a little bit of oil.



5. Combine all ingredients for the filling together and mix well.

6. To make the dumpling wrappers, knead the dough until it forms a smooth long round tube. Cut the dough into about 60 equal pieces. Then, using a rolling pin, roll them out into a circle about 3-inches (7.6 cm) in diameter. Be sure to place flour on the rolling pin and cutting board to make sure things don't stick.

7. Place about 1 level tablespoon of filling into the middle of each wrapper. Fold the dough over the filling into a half moon shape and pinch the edges to seal. Repeat for all the dumplings (Use a little bit of water to get the wrappers to stick close if necessary). Put the dumplings on a tray sprinkled with flour so they don't stick.

8. To cook them, bring a large pot of water to a boil. Add the dumpling, giving them a gentle stir so they don't stick together. Let the dumpling simmer on low heat for about 15 minutes. Drain the water and enjoy (if you prefer, the dumplings can also be fried in a pan after boiling).



Executive Chef Dick Lu
行政总厨卢晓聪
Hotel Indigo Tianjin Haihe
天津海河英迪格酒店

Salmon with Pickled Fennel and Black Bean Sauce

三文鱼配腌茴香和豆豉酱

Ingredients:

Salmon fillet 180g, Fennel 80g, Black bean paste 10g, Unsalted butter 70g, Fresh lemon juice 30g, Sugar 30g, Chopped chive 10g, Grape seed oil 15g, Sea salt and freshly ground black pepper.

Method:

1. Heat a non-stick frying pan till hot. Put the salmon fillet with grape seed oil, season with salt and pepper and cook it in the pan, skin-side down, for 4 minutes.
2. Add thinly sliced fennel, sugar, and 20g lemon juice.
3. Heat the butter in a frying pan, and gently sauté the chives for half a minute, add black bean paste and 10g of lemon juice.

原料:

三文鱼柳180克, 球茎茴香80克, 豆豉10克, 无盐黄油70克, 鲜柠檬汁30克, 细香葱碎10克, 葡萄籽油15克, 海盐和鲜磨黑胡椒碎。

做法:

1. 取一个不粘锅并加热。三文鱼淋上葡萄籽油后用海盐和黑胡椒调底味, 皮朝下煎4分钟。
2. 将茴香切成薄片, 用糖和20克柠檬汁腌制。
3. 在锅内加热黄油, 倒入细香葱煸炒半分钟后加入豆豉和10克柠檬汁。

How to Get a Library Card

By Matthew Baum

中国有历史悠久和博大精深的传统文化, 如果你想了解中国文化, 恭喜你, 在天津有两所大型图书馆, 应有尽有的图书可供你阅读。其中一所就坐落在文化中心内, 另外一所时间比较久一点, 位于南开区复康路。或许你的中文不是那么好, 只是想看英文原版书籍, 也不用着急, 在这两所图书馆里, 你同样可以借读到! 目前, 你需要解决的问题就是怎样借阅。是的, 这期我们的编者就来教大家如何申请借书证。

值得一提的是, 到两所图书馆中自学是免费的, 所以推荐大家去看一下!

One of the greatest things about China is the desire for self-improvement that pervades all aspects of society. The physical embodiment of this spirit is in the public library. Luckily for us Tianjin has two great libraries; both of which are very accessible, and quite large.

The first library is 天津文化中心 (Tianjin wénhuàzhōngxīn), or Tianjin Cultural Centre on 平江道 píngjiāngdào. It is the newest of the two, having finished construction barely half a year ago. The other is on 复康路 Fùkānglù, and is a lot older, tracing its roots back to 1908.

Applying for a Card

Both libraries use the same application system, a simple form that is easily filled out. They use the same system, so you only need to apply for one card to use both libraries. Staff at both libraries can speak enough English to lead you through the process step-by-step.

You **must** bring your passport; it is the only form of ID acceptable for foreigners applying for a library card. If you want to borrow foreign language books you must choose option 2, which is RMB 500.

If you just want to read Chinese books then the fee is only RMB 100, while replacing a card just costs RMB 15. There is a separate charge for the use of the children's library which is not included in the other two price categories. You will get your money back should you choose to return your card.

Important Information:

- You cannot take bags into either library, and the Culture Centre Library has no foreign books section yet.
- This payment lasts one year, after that you have to re-register free of charge once per year.
- Overdue fees are 1 mao per book per day.
- If you don't want to borrow any books then you are in luck. No library card is needed to access either library, only to borrow books.
- There is a DVD section at 文化中心 wénhuàzhōngxīn, but DVD's cannot be rented.
- Both libraries have self service book returns.

Contact Information:



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nánkāiqū fùkānglù 15 hào

<http://www.tjl.tj.cn/jsp/jtxntsg/main.html>



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No. 7 Pub: A Place for Friends

By Robert Watt

7号西餐吧坐落在滨海新区第二大街，这个餐吧的经营团队是几个好姐妹一起努力协作的，来到这里会让你感觉很温馨很舒服。这里可以使用wifi，有下午茶还可以免费停车。最具特色的是菜单，菜单上会有推荐菜供你选择。这里的厨师来自北京，做出的菜品口味绝对一流哦！价位也合适，来看看顾客在大众点评网的评价吧：“非常正宗的西餐，沙拉和汤都很好喝，牛排和披萨也都很不错，三四个朋友一起去得才花了200块钱，太值了，7点半以前是欢乐时光，就是说酒水才半价，非常适合朋友聚会。台球桌也是免费的哦。”

It seems like a new bar is opening on TEDA every month. The latest one, sitting 2 doors away from Wei Ha bar on 2nd avenue, is No. 7 Pub. This brings the total choice of western style bars to three within a very short stagger of each other.

But, while No. 7 Pub has the usual TV screens showing continuous sport, the international drinks and a pool table that you'd expect in all bars. Joy (aptly named), one of the owners of the pub, has tried to create a place that offers something different. And it does feel different. It feels friendly and homely. Maybe, this is because it's a bar owned and run by a team of friends, or maybe it's the absence of flags, football scarves or photographs of drunken lads, or maybe it's just because the décor is fresh and the accessories look chosen and placed with the love and feminine touch of home. Like any home, it's a good choice to start and end a night out, or just enjoy a night in!

Another exciting difference at No. 7 Pub is the menu. Joy's team have put an emphasis on good food and have employed an international chef from Beijing, to create a good choice of dishes that are different from the other bars. It's something that is really appreciated if you've been in TEDA for more than a month. The result is as good a meal as you'd get in your hotel, but in an atmosphere where you don't feel so alone, so foreign, or so uncomfortable.

But it's not a restaurant. While the games, the wifi and the coffee make this a good working or meeting place during the day and evening for the family, later at night you'll likely find yourself shooting pool or dancing to music with the new friends you've made there. The staff members are genuine in their welcome and friendship, and this becomes infectious amongst their guests. It's a great place to eat, drink, to have fun, but most of all, it's a place for friends.

No. 7 Pub

Address: No. 25-7, 2nd Avenue, Binhai New Area

滨海新区第二大街2-7号(近万丽酒店)

Call: +86 22 6620 0770



Gen'er Bar

By Justin Toy

眼儿(g'é n er),天津俗语言,意为“有趣,有意思,可笑”,也有“可爱,好玩”的意思。常与“倍儿”连用为“倍儿眼儿”,意为“特别有意思”。河东区十经路与津塘路交口新开了一家餐吧,名字就叫做“眼儿吧”。听上去就非常有意思,而且吸引人的店名,会让人忍不住想去看看。我们的编辑忍不住去一睹“眼儿吧”的“芳容”,果然没有令人失望。

眼儿吧的装修风格会令你穿越的感觉哦!乘坐电梯来到二楼,进入餐吧,你会感到仿佛置身于中国的明朝时代。这里的驻唱乐队演奏的独特曲风的音乐会让你愿意坐下来一边品尝美食一边欣赏。

Tired of going to the same old bars in Tianjin? Want to try somewhere new and unique? Gen'er Bar in Hedong District is a hidden little gem that is perfect for a night out. Gen'er in the Tianjin dialect means funny or interesting and is the proper word to describe the atmosphere here. Situated near the intersection of *Shijinglu* (十经路) and *Jintanglu* (津塘路), this hip new bar stands out from other Chinese bars because of its fresh design, unique themes and welcoming atmosphere. The selection of beer may be modest and the menu is entirely in Chinese, but the friendly staff will go to lengths to accommodate foreign friends.

When you pull up to Gen'er Bar, you'll need to head up to the second floor by elevator which opens up right into the bar. The theme at Gen'er Bar will have you reminiscing about dynastic China - Ming style decor fused with modern design. There are opium den style day beds to sit on, antique style furniture and at the front of the bar is a stage where Gen'er Bar's real unique strong point lies, a live house band that plays a unique style of music which blends Tianjin style opera with Rock and Roll. If you come on the right night, you might even get a chance to see MC Caid freestyle rap to traditional style music. When you go to Gen'er Bar, make sure to get dinner beforehand as they only serve light snacks.

Gen'er Bar 眼儿吧

Address: The intersection of Shisan Jing Lu and Jintang Lu, Hedong District 河东区十三经路与津塘路交口

Call: +86 139 0203 3992





Ella Mi

24 years old

Staff at Cold Stone Ice Cream Shop

Favourite restaurant.

Bellagio 鹿港小镇, Honeymoon Dessert and Venice Restaurant.

Perfect place for a lively night out.

Muse Club and Helen's Bar.

Friday or Saturday night in Tianjin?

Friday because of Katy Perry's Last Friday Night. (Laughs)

The perfect spot in the city.

Sitong Bar and Muse Bar are perfect spots these days.

Perfect place to bring a date.

Venice Restaurant is perfect! There is a great singer there named Marci and the Italian food is perfect!

Advice to Tianjin newcomers:

Be sure to visit the famous places in the city like Wudadao, Binjiang Dao, Ancient Culture Street and the Italian Style Town.

I love Tianjin because...

It is warm, cheerful, lovely and full of helpful people.

Favourite restaurant.

Japanese food chain called Yoshinoya, there are several branches around the city, but I usually go to the one on Binjiang Dao.

Perfect place for a lively night out.

The perfect place for a night out would be Scarlet Nightclub close to Tianjin University.

Friday or Saturday night in Tianjin?

Friday night is a good time to get together with friends and relax away from your studies.

The perfect spot in the city.

I know there are a lot of beautiful places in Tianjin but my favourite spot is Tanggu on the seaside during summer time.

Perfect place to bring a date.

It would be to the cinema, like the one in Xiaobailou next to the subway station.

Advice for Tianjin newcomers:

Enjoy your stay in Tianjin by discovering all the incredible places in it. Also, get to know how nice the local people are.

I love Tianjin because...

Here I can experience both Eastern and Western cultures.



Ulise Momoe Laese

26 years old

Samoan student at Tianjin University of Technology and Education



IST China Week

China Week at the International School of Tianjin (IST) is a week-long celebration of Chinese culture, organised by a committee of teachers. Experts on dough figurines and kite making visited all elementary classes to introduce these traditional folk arts. Students also had a great time making dumplings in the brand new elementary kitchen. All the elementary children very much enjoyed learning about Chinese culture. During the Elementary China Week traditional Chinese music, a variety of Chinese art forms, Chinese New Year stories and kung fu were also woven into the specialists' classes. It is a wonderful week with a lot of fun.

Secondary students from the Chinese department will celebrate the Chinese Culture Weeks. The first week will feature Chinese calligraphy. They have the chance to learn to appreciate and practice traditional Chinese calligraphy arts and finish their own works for a Chinese calligraphy competition. This will be followed by two weeks of Peking Opera. Students will be divided into groups to do a project of *lian pu*, Peking Opera facial designs. By the end of the project, they will be able to understand the unique symbolisation of different *lian pu* and have the chance to paint them as well as to present their projects to others.

The highlight of the Chinese New Year celebrations at IST was a whole-school assembly, attended by our whole community. We then went outside to set off fireworks and welcomed the Year of the Snake with a BANG!



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也许世界上最复杂的问题就是感情问题了，但或许解决方法很简单，要看当问题出现时如何去处理。我们可怜 Sarah 一直不能在天津找到她的意中人，是自身的原因为还是根本就没有真正适合她的白马王子呢？天使与恶魔的较量又开始了！希望单身的她可以加把劲，为自己的爱情努力努力再努力！



"I am a young single lady currently living in Tianjin. I'm finding it is so hard to find a good man for friendship and maybe more. What should I do and where can I go to find someone?" - Sarah

Angela says:

Dear Sarah, I hope it helps when I say that you're not alone in this predicament. Many single ladies are asking the same question and I salute you for voicing this issue!

Tianjin's male expat population can broadly be divided into three groups: students who are out to have fun while studying, men in their twenties who, while trying to figure out what to do with their lives, are planning to stay in Tianjin only for a year or two, and businessmen who may already be married. The sad truth is, if you are looking for someone your options are quite limited in Tianjin.

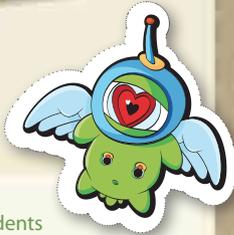
But the good news is that there are indeed good men in Tianjin, although finding them may require time and effort. Study Chinese, hit the gym, dine at restaurants frequented by nice foreign and Chinese men, and join or create events. Be open for new experiences and people and you'll find that more filling than finding a man, and the experience of living your life to the full is even better!

Daemon says:

Don't worry about it Sarah! The good news for you is that there are plenty of us hot guys in Tianjin. The obvious places to look for us would be the city's nightclubs, pool halls and online dating sites.

I think the problems you are having in finding a boyfriend may be more to do with your own personality than the lack of men in Tianjin. Have you ever wondered if your standards are too high or perhaps whether you are a little bit too high maintenance? In any case, I suggest you try a bit of self reflection before you go hunting for 'Mr. Right'!

You need to ask yourself 'what is the point in trying to find a good long term partner here anyway?'. You would have far more fun playing the field and you would save yourself a lot of heartache when you leave China!



Need a relationship advise? Email us at relationships@tianjinplus.com.

Tianjin + Life!

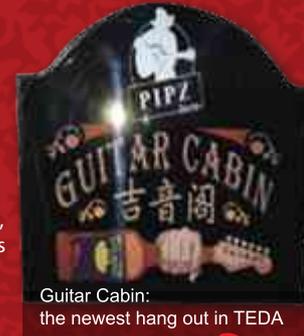
by Cathy Perez

Red

You have every excuse to wear something red this month as the Chinese New Year, Valentine's Day AND the Lantern Festival are celebrated. Interestingly, these three celebrations magnify red, the colour of prosperity, success, passion and romance. Speaking of red, here are some tips on how to 'paint the town red' this month.

February Fashion Challenge.

Celebrate the Chinese New Year by wearing the classy traditional Chinese **Qipao**. Ample finds of this pretty Chinese dress are at **Tianjin Ancient Culture Street**, **Da Hu Tong** and specialty shops in **Binjiang Dao**. To add an extra splash, wear your **Qipao** with winged tip eyeliner and you're it!



Guitar Cabin: the newest hang out in TEDA

Newest hang out. In TEDA, **Guitar Cabin** is the newest place to chill and listen to music. Dispensing your favourite music from cool classics to the latest hits, Guitar Cabin is the place to go. Visit Guitar Cabin located at No. 111 Shang Tian Street, Ao Yun Road (near Decathlon Building). For more information, call Er Ma at +86 158 2236 5475.

Find a quiet place.

Fireworks can be overbearing and we just need a quiet place to relax, unwind, read a book and have a cup of coffee or more. Since Café Bene, Starbucks or Costa Coffee can become a bit crowded, try the cosy and comfy **E Caffè** in the Aocheng area (building C5). The ambience of the place might just be what you need.



Get cosy at E Caffè

Fight for fitness. With all the food and drink intake during the holidays, get back into shape and work on your metabolism. Here are some ways: get **regular exercise**, get **enough sleep** (aim at getting 8 hours a night), drink **more water** (try drinking a glass of water before and after a meal), eat small but **regular meals**, and drink **green tea** as it speeds up the oxidation of unhealthy fats.

WORD!

"Seven steps to happiness: think less, feel more. Frown less, smile more. Talk less, listen more. Judge less, accept more. Watch less, do more. Complain less, appreciate more. Fear less, love more."

— from happinessinyourlife.com

My Style Notes

By Silvina Pardo

浪漫的情人节你打算如何和你的爱人度过？一起去电影院观看一场浪漫爱情片，或是两个人享用烛光晚餐？你不想把自己装扮得美美的，吸引你爱的他？

头疼的问题可能又来困扰你。打开衣橱，是不是完全没头绪该如何搭配？为何不尝试下“黑白配”？永远不会错的黑与白搭配，会让你的整体装束在性感中不失优雅！如果觉得太过单调可以搭配亮色的包包和闪亮的配饰，让你爱的人感觉眼前一亮！

当然红色是亘古不变的迷人颜色，无论什么场合，你都可以穿着一袭红裙去参加。红色的裤子，红色的首饰，都会是你的最佳选择！

如果你和你的他是第一次约会，不妨选择皮衣、皮裙搭配皮包，这会使得你看起来性感极了！



Black and white

Back-to-basics black and white looks right after seasons of brights, prints and over-the-top embellishment. It looks perfect in winter and is the look to go for next spring/summer season.

Date Outfit Ideas



Black and white is simple and sophisticated at the same time. It is a no brainer, really easy to put together the whole outfit and make no mistakes, as you can mix and match prints without looking too overloaded. Go for geometric prints and mix textures. This is the right outfit when you have a 'surprise' date as it works perfectly for daytime dates or evening dinners.

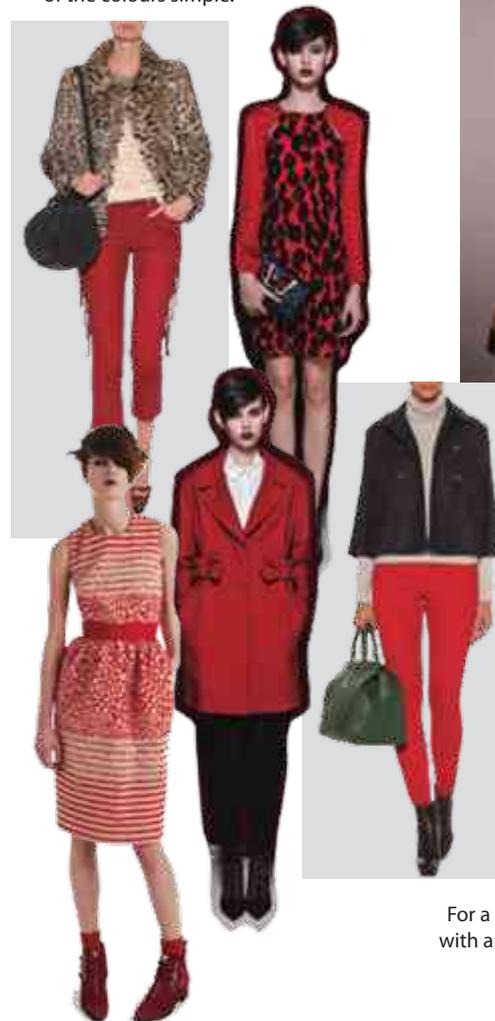
Don't be afraid of wearing white trousers in winter, if you combine them with textured knits, it would look wintery glamorous.



When romance is in the air, you have to dress the part in sexy and pretty ensembles to go out with your loved one. Follow our guide for inspiration and check out our dress alternatives and tips for styling winter pieces for different occasions.



When you are in doubt wear red. A red accessory is always a good choice. For a fancy dinner choose some red coloured stone earrings or a structured red bag for an afternoon tea. The rule: Always choose only one accessory in red and then keep the rest of the colours simple.



Red

It is the forever-glamorous shade that works perfectly at anytime. Perfect at a formal lunch in an elegant fit-and-flare day dress with classic nude accessories, or as evening falls, go for a sophisticated red lace dress with heels and some sparkly detail.

If you are feeling brave go for a whole red outfit, from the dress to the shoes, or just choose one powerful red item and keep the rest of the outfit simple in classic black pieces or neutrals such as cream or brown, nudes and red always looks polished.

For a cinema date, choose red trousers and combine them with a warm jacket to look casual and fun.



To break the monochrome ensemble, choose one detail in a bright colour, pop yellow gives energy to the whole look and makes the outfit more casual, ideal for informal dates during the day or going out for drinks in the evening.

Choose a yellow bag, the new wedge shoes, or some bright jewellery to lift the look.



Leather

Leather is ideal for trans-seasonal dressing and always looks sexy, flirty and fun- perfect for the first date. This season was full of leather outfits on the runways so the choices and inspirations are endless, different items, colours and textures.

This season the leather accessories, shoes, bags and globes come full of details; studs, stones and embroidery.



Go for classic colours such as black, brown, burgundy and nude, and choose demure shapes to look sophisticated.

If you have an after office date, the best option is to throw a leather jacket on top of your outfit, instant update.

If you choose a leather skirt, remember never to wear it short or tight. The pencil leather skirt is ultra feminine, and the flare skirt is ultra flattering.



Celebrating the Best of Tianjin

星光耀津 · 颁奖晚会

Date: 23 March, 7PM





Blouses and shirts are the best pieces of work wear clothing for professional women. Blouses that have bows, frills, and other types of embellishments are brilliant choices for women who want to add a stylish accent to work wear without being too flashy.

Objects of Desire

By Silvina Pardo

寒冷的冬季，身为办公室office lady的你不是每天为了工作要穿上职业正装？但是挠头的是职业装无法让你穿出时尚的感觉？这期我们的时尚达人Silvina来到了天津大悦城的96NY，这家韩国服装品牌的服饰可以让你穿出时尚而不浮夸的感觉。在这里选择从头到脚的搭配，会令你自己以及办公室的同事感觉焕然一新！

Cool office staples

Looking good while you are at work, will set you apart from people who simply grab the first thing they find in the morning. We know that looking for the ideal shop to get trendy work wear can be a difficult task, so we visited 96NY (Nine Six New York) in Joy City Shopping Mall, and found many quality items and fashionable options to make you look chic and professional this winter.



Light knits with some sparkly details are warm, easy to wear and can make a simple outfit look glamorous.



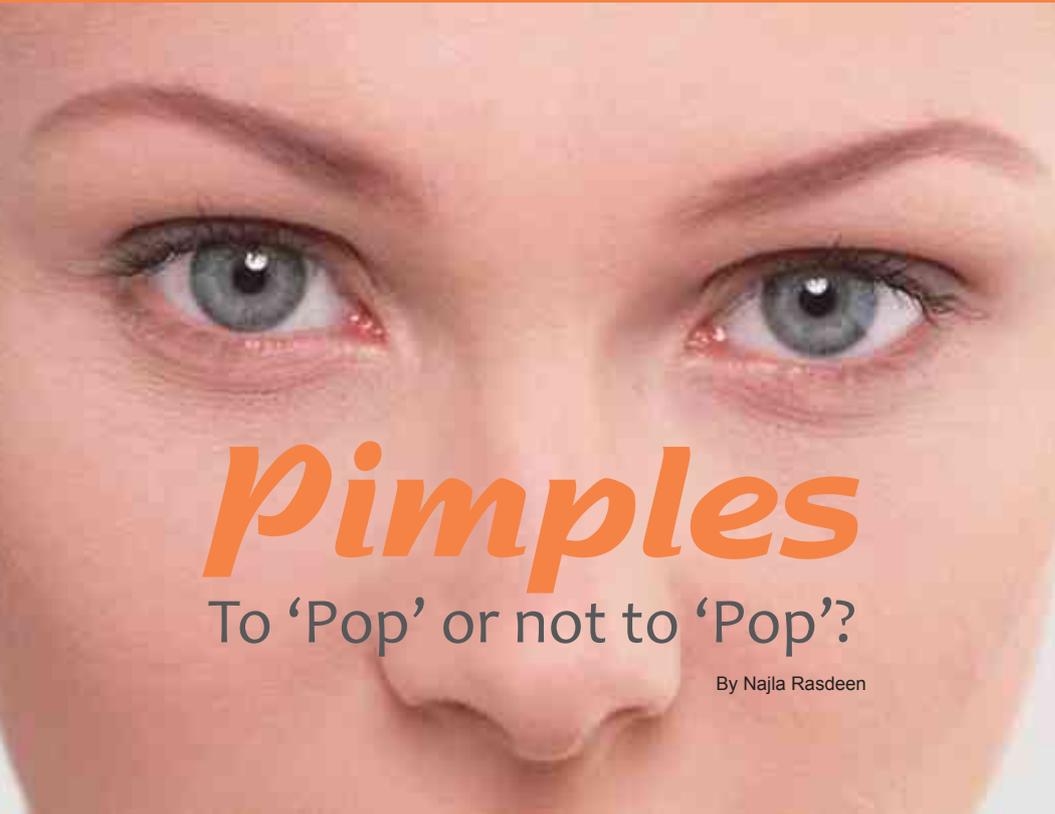
For rainy days a cream trench is the perfect option. Give a colour accent by wearing it with a blue tie dye scarf!



The blazer is now a wardrobe-staple. It is a smart way to look chic and pulled together, whether formal or casual. Women's blazers are the perfect way to complete your look.



A structured bag with lots of pockets is ideal for work. Try to avoid classic colours, such as black or brown, and choose a classic colour like this light blue one with brown details. You can use it every day for work without getting tired of it or accessorise with your favourite jeans on your day off.



Pimples

To 'Pop' or not to 'Pop'?

By Najla Rasdeen

很多人都遭受着痘痘的困扰，尤其是青少年们。人们想尽办法来除掉它们，可是效果甚微。长痘痘的原因有很多，比如荷尔蒙不平衡，油性化妆品等等。痘痘到底是如何形成的呢？它是由于皮肤受到过分的刺激，而导致分泌腺分泌过多的脂肪而引起的毛孔堵塞。根据不同的堵塞情况，还分成粉刺，白头，黑头这几类情况。

很多人都爱挤痘痘，但是这是非常不好的习惯，不仅可能会受到感染，还可能为皮肤留下疤痕。我们应该怎样正确对待它们呢？关键就是要勤洗脸，睡前卸妆，定期清洗眼镜，保持良好的卫生习惯等等。不要给自己太大压力，放松心情，每天都保持一个好的心情，再加上良好的个人卫生习惯，你也会拥有无暇肌肤！

Pimples have always been a problem amongst many people and getting rid of them seems almost impossible. But here's how we are going to change that!

If you are a teenager then chances are that you have already had or still have this problem. Most of us encounter this problem in our teens and still get the occasional 'pop-out' once in a while even in our adulthood. The proportions of people that actually get pimples are more than those who don't and some even suffer with them for years. There are many factors that give rise to pimples such as hormonal imbalance, oily make-up, poor hygiene and lots more.

What are pimples?

Pimples are small swellings in the skin that are caused when a pore is blocked. Some people are lucky enough never to have had them, but a large number of people get multiple pimples recurrently. This is called acne. Acne is just the more severe form of pimples and it is essential that you get medical help in order to get rid of them.

How are pimples formed?

The hair follicles, or pores, in your skin contain sebaceous glands that secrete sebum. Sebum lubricates your hair and skin and usually is secreted in the right amounts. However, sometimes overstimulation can cause the sebaceous gland to secrete more sebum than is required. This overstimulation is mostly caused by a hormonal imbalance that occurs mainly during puberty. This is why many individuals get them in their teens. Along with this overstimulation, the dead cells that line the opening of the hair follicles are not shed properly causing blockages, leading to the formation of whiteheads and blackheads.

Whiteheads, blackheads and pimples?

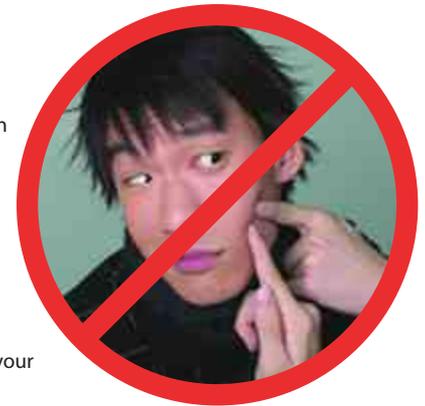
When a pore is blocked up and closed but bulges from the skin it is called a whitehead. When the pore is clogged up but stays open, creating a blackish surface it is called a blackhead. Sometimes the wall of the pore opens up allowing bacteria to collect with the sebum and dead cells and then you are left with a small red bump – a pimple.

How NOT to get rid of pimples?

The million dollar question! Many people instinctively try to pop out a pimple when they see it. But this is not actually advised since it can lead to many infections. Blackheads and whiteheads can be popped but not pimples. If pimples are to be popped it should be done in a sterile environment to prevent those unsightly scars.

Things to remember:

- Wash your face at least twice daily with mild soap.
- DO NOT POP!!! Popping pimples can make the infection spread even deeper and make it scar badly.
- Stop touching your face – who knows where your hands have been!!
- Remove makeup before going to sleep.
- If you do wear glasses remember to clean them regularly because trapped sebum around your glass frames can contribute as well.
- Hair falling on your face can also trap sebum, so keep your hair away from your face.
- Drink plenty of water. Doing so will help to remove some of the excess oil from your skin and will generally free your body of toxins.
- Avoid greasy foods.
- Steaming: boil some water and pour it into a bowl. Hold your head over for a few minutes (not too close to the water) and let the steam hit your face. Doing this will open the pores in your skin and cleanse away some of the bad stuff.



Snow Polo: The Bespoke Pass Time Aiming to Woo China's Nouveau-Riche

By Paul Ryding

China is developing at a breakneck speed in most sporting fields, but perhaps the most unlikely "hot" new sport in China is one played in freezing conditions. For Tianjin Plus, Paul Ryding investigates the newfound popularity of snow polo.

富国高银雪地马球世界杯赛2013于2013年1月25日至2月3日精彩上演。这场由国际马球联合会及中国马术协会主办，并由天津环亚国际马球会协办的国际马球盛事势必引起全球关注。

12支马球国家精英队包括被誉为马球圣地的阿根廷、拥有超过百年马球历史的澳洲、以及巴西、加拿大、智利、英格兰、法国、上届富国高银雪地马球世界杯赛冠军中国香港、印度、新西兰、南非以及美国；其中9队更来自世界马球国家排名前10位，实力非凡，定必掀起一场龙争虎斗。冠军队伍将获得由英国知名银器制造大师Thomas Lyte铸造的奖杯，奖杯设计以四对马球棍呈交叉状装饰，匠心独特，是奖杯中之珍品。

天津环亚国际马球会将在未来的日子举办更多精彩赛事和各种培训课程，将继续致力于促进马球运动的发展，使马球成为不同年龄人士都热爱的运动。

Polo has long been regarded as a sport of the world's aristocracy. Its origins lay in the days of the British Empire. Calcutta Polo Club, the first of its kind, was established by British generals based in India in 1862. The game spread to other strongholds of the Empire before taking root in Argentina and spreading north to the US.

Today, you're more likely to see European royalty – specifically from the UK – playing the game. But an early form of the sport was once popular with the upper classes of China's Tang dynasty over 1,000 years ago. However, "The Sport of Kings" died out almost entirely in China until a recent surge of interest in foreign sports saw it steadily gain a following, particularly in Hong Kong.



Snow polo is a more modern take on the game. Established as a winter alternative to the typically summer sport, which was first introduced in 1985 in Switzerland. The game has grown in popularity ever since, and 2011 saw the first Asian snow polo competition held in Mainland China.

The Snow Polo World Cup will take place at Tianjin's Goldin Metropolitan Polo Club from 25 January to 3 February where twelve polo associations will be represented. Teams from Argentina, Australia, Brazil, Canada, Chile, England, France, Hong Kong China, India, New Zealand, South Africa and the United States will compete for the second annual FIP Snow Polo World Cup. Last year's edition was won by the Hong Kong China team.

The matches are held on a pitch covered with artificial snow at the Tianjin Metropolitan Polo Club on the outskirts of the city. The CNY 10 billion complex was completed in 2010 and will once again

host the competition. The facility is state-of-the-art and houses two international-sized polo fields and stables, large enough for 150 horses, as well as training facilities, a riding school and a prestigious clubhouse. Membership at the club starts at CNY 380,000 and can go as high as CNY 10 million for members who wish to establish their own teams.

It is a natural fit that the Federation of International Polo (FIP) would deem China, and specifically Tianjin, as suitable hosts for the sport in Asia. Predominantly played by the upper classes, snow polo's introduction to the wider Chinese market is viewed as a way of enticing China's burgeoning nouveau-riche to the sport. The Tournament draws a large number of prestigious guests including national celebrities and high-profile sports men and women.

The scale and high standards of the organisers has not gone unnoticed by representatives of some of the more established polo associations.

"I think it's absolutely first class, the entire operation from what I've seen here," said Donald Pennycook, the President of the Canadian Polo Association, at the media launch of this year's edition. "I mean, this hotel, the club house, the restaurants, everything, it's absolutely world class, top of the class scale."

The development of polo on the Chinese mainland is still in its nascent stages. But the ability to host such a high-profile international polo event to such a high standard shows that the Equestrian Association of China and the Federation of International Polo are serious about making China a key player on the international scene.



The 'Lang Lang 30' 2013 Tianjin New Year Concert came to a perfect ending



The 'Lang Lang 30' 2013 Tianjin New Year Concert was staged perfectly on 30 December, 2012 at the Tianjin Sports Centre. Hong Kong singer Karen Mok and famous host *Chen Luyu* attended Lang Lang's piano concert as honoured guests, and together they provided a sumptuous musical feast for the audience. After the show, Lang Lang attended the celebratory party at Hotel Indigo Tianjin Haihe. As the official reception hotel, Hotel Indigo Tianjin Haihe specifically made a 'Lang Lang 30' cake to wish Lang Lang good luck in reaching another career peak. Shi Yangzhou, Deputy Managing Director of Tianjin Haihe Historical Reservation Construction Co., Ltd. cut the cake with Lang Lang. People toasted and welcomed Lang Lang back Tianjin again.



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Hotel Indigo Tianjin Haihe wins Voyage "Worth Expecting Hotel" award for 2012



Hotel Indigo Tianjin Haihe was named "Worth Expecting Hotel" at Voyage magazine's 2012 Hotel and Resort Best Value Awards in Beijing on 15 January 2013.

Ringo Poon, the General Manager of the hotel, attended the award ceremony. "We very much appreciate the endorsement from our honoured guests, readers and industry friends and we will continue to welcome more and more travellers to explore our neighbourhood stories and, enjoy our inspired service and fresh design".

February 8-12, 2013:

Chinese New Year Trip

February 22-24, 2013:

Weekend Trip

March 1-3, 2013:

Weekend Trip, Austrian Charity Ski Race- skiing at Secret Garden Resort next to Wan Long on this weekend

March, 22-24, 2013:

Weekend Trip

Media Appreciation Party

Beijing & Tianjin Marriott International



On the night of 10 January, the Marriott International Beijing and Tianjin Cluster held its annual media appreciation party at the newly opened Imperial Mansion Marriott Executive Apartments, next to the famous shopping district of Wang Fu Jing. Almost 100 media friends joined the party and enjoyed the night full of fun and happiness. Under the theme of 'Time Jumper', the guests dressed up for the event from the ancient to modern times, and the live music and laser dance also helped to build the Time Jumper theme as well. It was an intriguing event whereby the Beijing and Tianjin Marriott International Hotels not only showed their appreciation and gratitude for the organisations who collaborate with them, but also gave them a chance to introduce the new Imperial Mansion Marriott Executive Apartments to the media. Last but not least, Marriott International Beijing & Tianjin hotels will continue to work hard, and to provide personalised guest experience to meet the changing guest needs and demands.



Hotel Nikko Tianjin Celebrates the New Year

On 14 January, 2013, Hotel Nikko Tianjin hosted a special dinner, in which 60 guests attended. Before dinner, all the Hotel staff and guests took part in an activity called "New Year's Lo Hei" to get good luck and happiness for the New Year.

Hotel Nikko Tianjin introduced a new chef, Mr. Chen Jian, who has over 20-years of cooking experience. Mr. Chen Jian served the amazingly delicious "crab with sweet olives" to all the guests. He has created many new Chinese dishes through his passion and perfectionism.

The Hotel also hosted a series of Weibo lottery activities, to great acclaim. The hotel has prepared the next lottery activity, which will provide 5 Lo Hei opportunities. The winners will also have a free ten-person dinner at the hotel for the spring festival day. This event is to thank all the fans of Hotel Nikko Tianjin on Weibo, so to all the fans: Get ready to win!



Wellington College Exchange Programme



For one group of pupils from Wellington College International Tianjin, the Chinese New Year will be celebrated not here in China, but in England as they become the fourth group to visit Wellington's partner school, the highly prestigious Wellington College in Berkshire. The exchange group will spend a week participating in lessons and activities – those in Year 9 and above at Wellington College UK

itself, and those in Years 7 and 8 at Eagle House, Wellington College's junior school, will be situated nearby. The pupils will either stay in boarding accommodation in the schools, or with host families.

The visit will culminate in a two-night stay in London, giving the students a chance to see the sights in one of the world's most famous capital cities, not least the statue of the Duke of Wellington himself close to Buckingham Palace, home of the Queen. In April a group of Year 10 pupils from Wellington UK will come to Tianjin.



Vehicle Leasing!
+86 135 0207 0987
info@chinabustravel.com



Happy Chinese New Year!

By Chris Graham

On 10 February 2013, the year of the Dragon ends and the Year of the Snake begins. This celebration comes from tales and legends when the Chinese New Year began with a battle against a fierce mythological beast called the 'Nian'. Today, 'nian' [年] now means 'year', appearing explicitly in the phrase 'Happy New Year', xīn nián kuài lè [新年快乐].

You can also see how the number of the year is written and spoken in the Chinese language. It is very easy to come to terms with, because you simply say the individual numbers consecutively. So, for instance, 2013 is said, 'two, zero, one, three' or, [二零一三]; unfortunately, 'ling' is quite a complicated character to write!

This time of the year becomes very busy in terms of travel within China. Just like Christmas in the Western world, the prices for flight and bus tickets rise. It is a time of year when families gather together and celebrate the New Year, and where the sharing of food is quite an important activity. Red envelopes are also exchanged containing money.

Chinese New Year is a very exciting and colourful time of year. You will be sure to notice the incredible amount of fireworks on the eve before New Year's Day.



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Bakeries & Desserts

HP **Gang Gang Delicatessen 冈冈面包房** Great bread and pastries, plus other stuff like cookies and sandwiches. Very reasonable prices. **A:** 103-104, Olympic Tower, Chengdu Dao, Heping District 和平区成都道126号奥林匹克大厦1层103-104
T: +86 22 23345716



NK **Mighty Deli (South Park Store)**
A: No. 85-87, Shuishang Gongyuan West RD, Nankai, Tianjin (opposite to Nancuijing Park) 天津市南开区水上公园西路85-87号南翠屏公园对面
T: +86 22 8783 9683
(Somerset Store)
A: 5F, Somerest Youyi, Pingjiang Dao, Hexi District 天津市河西区平江路盛捷服务公寓5层
T: +86 22 2810 7747



Inasia Restaurant (Olympic Stadium Store)
A: 4F, A-Hotel, Olympics Gym, Nankai District, Tianjin 天津市南开区水滴体育馆A-Hotel四楼
T: +86 22 2382 1666/2233
(Somerset Store)
A: 5F, Somerest Youyi, Pingjiang Dao, Hexi District 天津市河西区平江路盛捷服务公寓5层
T: +86 22 2810 7992

Chinese



HP **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

Shui An 水岸中餐厅 Shui An takes its inspiration from the land and sea specialties of the city and re-imagines them for the sophisticated, global traveller. 11:30-14:00; 17:30-22:00. **A:** 1F, The Astor Hotel Tianjin, No. 33, 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. 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

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 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 5930 9965
W: stregis.com/tianjin

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

HX **New Dynasty 天宾楼** A modern upscale 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 河西滨水大道16号万丽天津宾馆2层
T: +86 22 5822 3388

Celestial Court Chinese Restaurant 天宝阁中餐厅 Sheraton's premier restaurant with traditional decor gives special care to 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 河西区滨水大道与紫金

山路交口18号
T: +86 22 2813 8138
W: dintaiifung.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

NK **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, Tianta Lu, Nankai District 南开区分区天津水上东路水上谷商业中心A区36号
T: +86 22 2341 0688

French



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



HB **La Seine 赛纳法国餐厅** A very good French restaurant. Gourmet dishes and a great wine cellar. 11:30-14:30; 17:30-21:30. **A:** No.50, Ziyou Dao, Hebei District, (Italian Style Town) 河北区自由道50号(意大利风情街)
T: +86 22 2446 0388
A: Binhai Sky Fashion Boulevard, No.2-02, TEDA Fashion Square, Binhai New District, (The Decathlon movement supermarket Near) 滨海新区泰达时尚广场滨海时尚天街2-02(迪卡侬运动超市旁)
T: +86 22 5988 6665



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

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

Italian

HP **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



HB **PASTA FRESCA DA SALVATORE 沙华多利意大利餐厅** The most fresh spaghetti and sauce, the best service provides you the most authentic Italian cuisine!
A: No.22, Guangfu Road, Italian Style Town, Hebei District 河北区意大利风情街光复道22号
T: +86 22 2446 3101/3201
M: +86 186 2218 3134
E: yuanpeter@163.com

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, Ziyou Dao, Hebei District 河北区自由道意大利风情街48号
T: +86 22 8761 3413

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. 11:00-23:00. **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

HP **Benkay Japanese Dining 弁屋日本料理餐厅** 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

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. E, Shang Gu, Tianta Dao, Nankai District 南开区分区天津路上海谷商业中心E座50号
T: +86 22 2341 0988

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 2335 0909

HD **Kushi Grill 串烧** The restaurant specialises in all the finest delicacies from Japan. Must tries are the beef sirlion 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号金皇大厦1层
T: +86 22 2302 9888

Pizza

HP **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

NK **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 南开区分区凌宾路时代奥城商业广场B区
T: +86 22 2385 5025

Thai

HP **Kudos Thai Restaurant & Lounge 泰廷泰国餐厅** National cuisine of Thailand, which places emphasis on

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Email listings@tianjinplus.com.



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

HD **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. 11:00-14:00; 17:00-21:00. **A:** 2F, Yuanyang Building, the junction of Huayue Dao and Xinkai Lu, Hedong District 河东区新开路与华跃道交口远洋地产2层
T: +86 22 2337 1479

Western

HP **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, 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. 8918

Helen's Expats enjoy it for the appealing promotions they offer daily and for wooden and cosy atmosphere. 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马路116号
T: +86 22 2334 0071



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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. **T:** 11:00-23:30. **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

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, Change Dao, Heping District (near the crossroad of changed road and Kunming road) 和平区常德道79号对面(久合里1号)
T: +86 22 2331 5678
W: chateau35.com

promenade

河岸

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

HEBE Restaurant & Lounge Club 赫柏餐厅酒廊

Integrating a stylish restaurant, a classy lounge club that can compete internationally and a fashion show room into one, is a sophisticated dining and recreation venue. **A:** No. 1, North Gate of Tianjin Olympic Center Stadium, Binshui West Road, Nankai District 南开区滨水西道天津奥体水滴北门1号位
T: +86 22 2752 1068

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 南开区天塔道上谷商业街B座1层56号
T: +86 22 2341 7997

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 南开区滨水西道时代奥城A4座2楼
T: +86 187 2229 0691
W: tianjin@aulare.com

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



Texas BBQ Saloon 德克萨斯风味烧烤西餐酒吧

A culinary revolution of epic proportions will change the city's restaurant and social scene forever. There will also be a superb range of delicious appetisers to choose from. **A:** Units 115 and 128, Central Avenue, Building C7, Magnetic Plaza, Nankai District 南开区奥城商业广场C7座115-128
T: +86 182 0258 9904 (English)
+86 182 0258 9924 (Chinese)
W: texasbbqsaloon.com

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

Terrace Café 燕园咖啡厅

A great location to have a very relaxed meal, in front of a wonderful garden. 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



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

German Restaurant Beer House 麦谷德餐啤酒坊 The menu offers a collection of four authentic German beers, specially imported from Germany, to provide the ultimate German experience! **A:** No. 1-115, Zonglv Garden, Zhujiang Dao, Hexi District (Face to the Fuli Bus Station) 河西区珠江道富力津门湖棕榈花园底商1-115号(富力津门湖公交站对面)
T: +86 22 8815 8577

PAULANER Tianjin 普拉那啤酒坊

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

Café@66 咖啡66

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

Brownie Bistro Bar 布朗尼西餐酒吧

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

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. 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

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. 07:30-00:00. **A:** 2F, Vanke City Garden, crossing of Xinxing Da Jie and Xikang Lu, Heping District 和平区新兴大街与西康路交口万科都市花园二楼
T: +86 22 2783 7104

Starbucks Coffee 星巴克咖啡

A haven to listen to the best American songs and enjoy coffee and tasty bites with friends.

1) Sun-Thu 08:00-22:00, Fri-Sat 08:00-23:00. **A:** 1F, Berth C1-2, Building No.1, No. 18 by 1, Tai'an Dao 泰安道18号增1号三号院一号楼C1-2铺位首层
T: +86 22 5832 5702
2) 09:00-24:00. **A:** No. 60-62, Ziyou Dao, New Italian Style Town 新意大利风情街自由道60-62号
T: +86 22 2445 3185

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



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

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

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 61-037
天津银河国际购物中心 61-37
Tel: 022-83687139 Hours: 10:00-02:00
Bailou Wine Bar & Cellar
Kaifeng Dao, Heping District, Tianjin (Near Hilsense Plaza)
天津市和平区小白楼街开封道酒吧街
Tel: 022-23389500 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居底商8号
Tel: 022-45399899 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: 022-23372116 Hours: 10:00-22:00
Rong Ye Wine Shop
No.175 Rongye Avenue, Heping District, Tianjin
天津市和平区荣业大街175号
Tel: 022-27231268 Hours: 9:00-20:00
All shops open 7 days
4006-199-159
www.itwines.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 Tangla Hotel Tianjin. Great live music with a saxophone player. 18:30-03:00. **A:** 49F, Tangla Hotel Tianjin, No. 219, Nanjing Lu, Heping District 和平区南京路219号天津唐拉雅秀酒店49层
T: +86 22 2321 5888 ext. 5293

Le Procope Lounge 普蔻酒廊 Legant, 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

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, 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. 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 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 9999
W: stregis.com/tianjin

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 Lu, Heping District 和平区成都道奥林匹克大厦负1层
T: +86 22 2337 7177

Muse Bar 缪斯酒吧
A: Junction of Xi'an Dao and Liuzhou Lu, Heping District 和平区西安道与柳州路交口
T: +86 22 5836 5608

The Bar KEI 桂酒吧 20:00-01:00 (Sun-Thur), 20:00-03:00(Fri-Sat).
A: -1F, International Building Tianjin, No. 75, Nanjing Road, Heping District 和平区南京路国际大厦负一层
T: +86 186 2221 6635

THE ST REGIS BAR 瑞吉酒吧

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

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

Violet Lounge 紫
A: Building C6-107-108, Magnetic Plaza, Nankai District 南开区时代奥城商业广场C6-107-108;
T: +86 22 2347 7699

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

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

KTVs

Eastern Pearl 东方之珠KTV This KTV offers a wide assortment of entertainment and relaxation. You can enjoy, 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

Milo Star KTV 米乐星KTV
A: 5F, New World Store, No. 138, Dongma Lu, Nankai District 南开区东马路138号新世界百货5楼(水阁大街口)
T: +86 22 2728 788

Beauty Salons

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

TITI 佑村造型 A chic salon is in one of the busiest shopping malls, Milenio.

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

Spa & Massage

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

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

Tattoo Studios

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

Hospitals

Tianjin Congramare Gynecology & Obstetrics Hospital 天津坤如玛丽妇产医院 Tianjin's first international 3H (Holistic-care, Hotel-style, Home-warm) gynecological hospital. **A:** No.408 Jiefang Nan Lu, Hexi District (opposite to Huan Bohai Automobile

City) 河西区解放南路488号(环渤海汽车城对面)
T: +86 22 5878 5555
W: fck16.com

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

Tianjin International SOS Clinic 天津国际(SOS)紧急救援诊所 This is Tianjin's premier foreign service medical clinic, offering emergency medicine, vaccinations, radiology, onsite pharmacy and foreign, English-speaking doctors with Korean and Japanese translators available. Doctors are on call 24 hours. Western prices. Mon-Sat 09:00-18:00. **A:** 1F, Sheraton Hotel, Zi Jin Shan Lu, Hexi District 河西区紫金山路天津喜来登大酒店公寓楼1层
T: +86 22 2352 0143

Golf Clubs

G&G Golf Clinic/ Pro shop/ Club Fitting 吉恩吉高尔夫诊断中心 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

Fortune Lake Golf Club 天津松江团泊湖高尔夫球会 The Club occupies an area of 3500 mu, including a 36 hole golf course, 4600 square metres of clubhouse, driving range, villas, business and recreation facilities. 09:00-16:00. **A:** Jinwang Lu, Jinghai Zhen 静海县津王路
T: +86 22 6850 5299
W: songjianggolf.com

Yang Liu Qing Golf Club 杨柳青高尔夫俱乐部 Situated 20-km from downtown Tianjin, this 36 hole golf course, covers an area of 3000 acres, offering an international level golf experience. 09:30-17:00. **A:** Yijing Lu, Yang Liu Qing Zhen, Xiqing District 西青区杨柳青镇一路立交桥北
T: +86 22 2792 2792
W: ylgolf.com

FITNESS BODY COMFORT CLUB
Fitness Body Comfort Club is designed in an elegant and fashionable style with all fitness equipment up to a high global standard. A variety of 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: International Gym, Magnetic Capital, Binshui Xi Dao, Nankai District 南开区滨水西路时代奥城中央会所
VIP-LINE: 400-108-7890

Gyms

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 南开区滨水西路时代奥城中央会所
T: 400-108-7890

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 南开区滨水西路
T: +86 22 2338 2008
W: powerhousegym.com.cn

Catering Solutions

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

Decorations

IKEA 宜家家居 Well-designed, functional and affordable home furnishing products are available to everyone. 10:00-21:00. **A:** No.433, Jintang Road, Dongli District

东丽区津塘公路433号
T: 400-800-2345

Electrical Appliances

Yamada Denki 亚马达电器 Sells electric home appliances 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号天津中心商厦
T: +86 22 5835 8688

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

Laundries

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

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

China Relocation 瑞楼凯旋房地产信息服务有限公司 Our job is to find you the right property at the best price. All rental agreement are in Chinese and English.
T: +86 133 5201 7606
W: chinarellocation.com

Hotels

HP 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
W: tanglahotels.com

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
 天津瑞吉金融街酒店
The St. Regis Tianjin 天津瑞吉金融街酒店 Most luxurious hotel in Tianjin, located by the river next to the train station. **A:** No. 158, Zhang Zizhong Road, Heping District 和平区张自忠路158号 (津塔旁, 哈密道正对面)
T: +86 22 5830 9999
W: stregis.com/tianjin

The 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



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

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


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


Hotel Indigo Tianjin Haihe 天津海河英迪格酒店 It is the only hotel in China that offers villa-style accommodation in a city centre locale. **A:** No. 314 Jiefang South Road, Hexi District 河西區解放南路314号
T: +86 22 8832 8888

HB Holiday Inn Tianjin Riverside 天津海河假日酒店 Enjoy a scenic waterfront location at Holiday Inn Tianjin Riverside, just 15 minutes' drive from Tianjin's financial hub Phoenix Shopping Mall. **A:** Haihe Dong Lu, Hebei District 河北區海河東路鳳凰商貿廣場
T: +86 22 2627 8888
W: Holidayinn.com



Yi Boutique Luxury Hotel Tianjin 天津易精品奢华酒店
A: No. 52-54, Min Zu Road, Hebei District 河北區民族路52-54号
T: +86 22 2445 5511

HF Holiday Inn Tianjin Aqua City 天津水游城假日酒店 Newly opened hotel. Come and enjoy their spacious lobby, fine restaurants. **A:** No.6, Jieyuan Dao, Hongqiao District 紅橋區芥園道6号
T: +86 22 5877 6666


Radisson Blu Plaza Hotel Tianjin 天津天誠麗笙世嘉酒店 Strategically located in the new financial hub of Hedong District and close to the newly renovated Tianjin train station, which is the ideal choice for the discerning business and leisure traveller looking for a comfortable and memorable stay in Tianjin. **A:** No. 66, Xinkai Lu, Hedong District 河東區新開路66号
T: +86 22 2457 8888

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

Apartments

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

Ariva Tianjin No.36 Serviced Apartment 招商·艾爾華36號服務公寓 For the business travelers who spend hours on the road, our spacious and well equipped hotel rooms will help you unwind and relax. **A:** No.36 Xikang Road, Heping District 和平區西康路36号
T: +86 22 2352 3636

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

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


Somerset International Building Tianjin
 No. 75, Nanjing Lu, Heping District
 Tel: +86 22 2330 6666
 天津盛捷國際大廈服務公寓 和平區南京路75号

Somerset Olympic Tower Tianjin
 No. 126, Chengdu Dao, Heping District
 Tel: +86 22 2335 5888
 天津盛捷奧林匹克大廈服務公寓 和平區成都道126号

Somerset Youyi Tianjin
 No. 35, Youyi Lu, Hexi District
 Tel: +86 22 2810 7888
 天津盛捷友誼服務公寓 河西區友誼路35号


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

Antiques & Souvenirs Streets
NK Ancient Culture Street 古文化街 Famous for its traditional architecture located inside the street and the temple. A tourist attraction for all souvenir shopping. 09:00-17:00.
A: Ancient Culture Street, Nankai District 南開區古文化街

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

XQ Caozhuang Flower Market 曹莊花卉市場 A scented wonder for those who love flowers. The biggest flower market in northern China. 08:00-17:00.
A: North No. 7 Bridge, Outer Ring, Cao Zhuangzi, Zhongbei Zhen, Xiqing District 西青區中北鎮曹莊子外環線7號橋北

Art Galleries

HP Min Yuan Xi Li Culture & Invention District 民園西里文化創意街區 An entire area dedicated to modern art with several art exhibitions and a museum inside. Free. 10:00-23:00.
A: No. 29-39, Changde Dao, Heping District 和平區常德道29-39号
W: minyuanxili.com

HP Western Art Gallery 西洋美術館 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 和平區解放北路與赤峰道交口
T: +86 22 2330 3255

HX Western Shore Art Gallery 西岸藝術館 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 河西區友誼北路與馬場道交口3号
T: +86 22 2326 3505

HB Tianjin Academy of Fine-Arts 天津美術學院美術館 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 河北區天緯路4号
T: +86 22 2624 1540
W: tjarts.edu.cn

Museums

HP China House Museum 瓷房子博物館 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 和平區赤峰道72号
T: +86 22 2335 6666

The Astor Hotel Tianjin Museum 天津利順德大飯店博物館 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 和平區台兒莊路33号 (天津利順德大飯店內)
T: +86 22 2331 1688

NK Chinese Shoe Culture Museum 中國鞋文化博物館 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 南開區古文化街海河樓
T: +86 22 2723 3636
W: laomeihua.net

Memorial Hall to Zhou Enlai and Deng Yingchao 周恩來鄧穎超紀念館 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 南開區水上公園北路
T: +86 22 2359 2257

HX Tianjin Museum 天津博物館 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 河西區友誼路31号
T: +86 22 5879 3000
W: tjbwg.com

Yanliuqing Wood-Block New Year Pictures Museum 天津楊柳木年畫博物館 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, Tongluo Area, Hexi District 河西區三合里111号
T: +86 22 2837 8718

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

Parks

NK Tianjin Water Park 天津水上公園 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 南開區水上公園北路33号
T: +86 22 2335 0095
W: tjwaterpark.com.cn

XQ Tianjin Botanical Garden 天津植物園 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 西青區中北鎮曹莊子外環線7號橋北
T: +86 22 2794 8011

Theatres & Cinemas

HP

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

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

HX

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: tjcco.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

HX

International Schools
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, Meiji Jiang South, Hexi District 河西区梅江南环岛西路38号
T: +86 22 8816 1180

M: +86 131 3259 7584
E: admissions@regoschool.com
W: regoschool.com



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 0900
W: tiseagles.com



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



International School of Tianjin
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

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

Kindergarten



Jeff's House Kindergarten 杰夫幼稚园 Welcome to my house. We will play, learn and grow together. We are a family. We and our parents will all be the masters. **A:** No. 77, Munan Dao, Heping District 和平区睦南道77号(近河北路)
T: +86 22 2331 0236/0636
W: jeffhouse.net

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 南开区鞍山西道平湖路5号
T: +86 22 27379758
E: jenny_tj@126.com

Alliance Française de Tianjin 天津法盟 Part of the global Alliance Française network that offers French classes in a French speaking environment. **A:** 2F, Education Centre Building, North gate of Balitai Campus, Tianjin Normal University, Wujiayao Street, Hexi District 河西区吴家窑大街师范大学八里台校区北门教育中心大楼二层
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

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

Libraries

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

Real Estate

CBRE
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

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

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: tjdaibeiyuan.com

Serviced Offices

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

The Executive Centre 天津德事商务中心 The Executive Centre - let us help your business 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
W: executivecentre.com

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

Bookstores

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

Tianjin Book Building 天津图书大厦 The biggest book store in Tianjin with everything from books and magazines to electronic reading materials and accessories, toys, music CD's etc. 09:30-20:00. **A:** No. 362, Dagubei Nan Lu, Hexi District 河西区大沽南路362号
T: +86 22 2306 2335
W: tjbb.com

Department Stores & Shopping Malls

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

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

Galaxy International Shopping Mall 银河国际购物中心 The mega department store in Tianjin, come here to experience forefront of fashion. **A:** Tianjin Cultural Centre, No. 9, Leyuan Dao, Hexi District 河西区乐园道9号文化中心内
T: +86 22 8388 9562

Tianjin Friendship Department Store 天津友谊大厦 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

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 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

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BINHAI AREA, TEDA & TANGGU RESTAURANTS / TEA HOUSES & COFFEE SHOPS



Bakeries

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交口世福嘉园底商6号 **T:** +86 22 6628 2425 **W:** mighty-deli.com

Chinese

Wan Li Chinese Restaurant 万丽轩中餐 An up-market Chinese restaurant offering the finest classical Cantonese cuisine in a refined, elegant yet relaxed atmosphere. 11:30-13:30; 17:30-22:00. **A:** 2F, Renaissance Tianjin TEDA, Hotel & Convention Centre, No. 29, 2nd Avenue, TEDA 开发区第二大街29号天津万丽泰达酒店及会议中心2层 **T:** +86 22 6621 8888 ext. 6750

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

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

Yue Chinese Restaurant 采悦轩中餐 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 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, 2nd Avenue, TEDA 开发区第二大街展望路国信大厦A座27号 **T:** +86 22 6202 1188 **W:** baijiaoyuan.com

Indian & Thai

Patsara Thai Restaurant 芭萨泰国餐厅 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

Kuinoi 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号鸿泰仟佰汇商业广场(肯德基旁) **T:** +86 22 6529 8581

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

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

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

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号鸿泰仟佰汇商业广场2-1-6号 **T:** +86 22 6629 5488

Western

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

Brasserie Restaurant 万丽西餐 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



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

Tea Houses

Aiwan Ting Tea House 爱晚亭茶苑 Watch and learn the art of preparing Chinese tea in traditional Chinese ambiance. 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

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号巨川金海岸商厦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

Bars & Discos

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

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

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

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

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



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

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

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

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 22 532 5353
W: fornnet.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

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



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



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

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 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

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

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 Guo Tan, Yingcheng Zhen, Hangu District 汉沽区营城镇八卦滩
T: +86 22 5991 8888 / 8007
E: binhairpark@163.com
W: binhairpark.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

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

Education

International Schools
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



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 GEMS World Academy 天津杰杰国际学校 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

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

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

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 泰达友谊商厦 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

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

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 天津滨海高新区海泰华科九路16号
T: +86 22 8373 8888



FUZHOU

The Lively Cultural Capital of Fujian Province

By Josh Cooper

福州，简称“榕”，作为福建省的省会，是一座历史悠久、文化灿烂的江南名城。福州是中国大陆离台湾省最近的省会中心城市，也是中国市场化程度和对外开放度较高的地区之一。因为市区城内有屏山、福州乌山、于山三山鼎立，福州被称为“三山”；北宋治平三年，太守张伯玉亲自在衙门前种植了两棵榕树并号召百姓普遍种植，后来这里满城绿荫蔽日，故又有“榕城”的叫法。

“山在城中，城在山中”的福州，久被山间灵气熏染的原因，一派沉稳灵动的模样。青青石板的古调悠长，氤氲苍翠的诸山群翔，古刹钟声、美食佐胃，这便是福州了。

Although it is a little known city amongst expats and even many northern Chinese, Fuzhou is a sizable urban centre with plenty to offer. Located on the south east coast, directly opposite Taiwan, this culturally rich port city is becoming increasingly popular with travellers. Fuzhou currently has around 8 million residents and decent weather all year round. Whilst it is still somewhat underdeveloped compared to Beijing, Shanghai and other major cities, it provides a laidback glimpse of both the old and new China.

On arrival you are sure to notice the city's strikingly scenic backdrop. Looking outwards from the centre, one can clearly see the wonderful mountainous and green landscape of the Fujian province. For those who are more inclined to pursue outdoor activities, a short CNY 1 bus trip from the city centre will take you directly to the outer suburbs. From there you can enjoy a day of high altitude trekking or even stroll around the city's zoo which is situated in a picturesque valley and provides an incredible bird's eye view of the urban landscape.

After a day of outdoor adventures, it is certainly no exaggeration to say that Fuzhou's city centre is where the real action is. As a port city, which is rich in history and culture, there are plenty of things to see and do during your stay. Major tourist sites include the beautiful *Hualin Temple*, *Wuyi Square* - which is home to one of China's tallest *Mao Zedong* statues, and the infamous 'Old Street' - a tranquil purpose-built walking street, which provides a taste of ancient Chinese life. It is also a city that is well known for its numerous natural hot springs, all of which you can enjoy for a very reasonable price at one of the many spring and spa venues dotted around town.

Perhaps the most enjoyable way to spend a quiet afternoon in central Fuzhou is by taking a gentle stroll around *Xi Hu Gongyuan* (West Lake Park). This beautiful urban park, which is located directly in

the centre of Fuzhou, has a quiet and relaxing feel with many fun activities on offer. Visitors can rent a boat to sail around the lakes, visit the panda house or simply take in the beautiful scenery. There is also a science museum located within the park which holds dinosaurs and many other interesting exhibits.

Aside from the cultural aspects, Fuzhou is also well known for its thriving nightlife and dining scenes. The local food in particular is not to be missed. As a southern Chinese coastal city, great seafood dishes are always on the menu. But for those with stern stomachs, street food on the city's notorious *Da Ming Lu* is sensational and incredibly cheap compared to other Chinese cities. As far as nightlife is concerned, Fuzhou has an endless supply of budget friendly bars where you can enjoy a few frothy beverages with the city's small but ultra friendly expatriate community. Popular expat haunts include the Feeling Pub, Honey Bar, the Pure Drop Bar (which looks directly onto West Lake Park) and Lily Marlene's nightclub.

Whatever your interests and tastes are, Fuzhou is certainly one of the must see places on your tour of China!

Getting there: Fuzhou is served by *Changle International Airport*. It is a short distance away from the city centre and is easily reachable from most major airports in China. A regular shuttle bus service runs between the airport and the Apollo Hotel which costs just CNY 25 and takes around 1 hour. By train you can use the high speed rail route from Shanghai or Xiamen which will get you to Fuzhou North Station in 2 or 6 hours respectively.

Accommodation: Fuzhou has plenty of affordable places to stay. A quick internet search will bring up a good range of options before you arrive and even the 5 star hotels are reasonably priced. Those looking for a luxury stay at an excellent location would be advised to go to the Lakeside Hotel.

Tips:

- The locals in Fuzhou are generally very friendly but for the most part are not used to seeing foreigners. It is not uncommon for foreign visitors to receive prolonged stares and even requests for photographs. Don't let this bother you and try to enjoy the celebrity status.
- Buses are extremely cheap and regular but often get very crowded. It is best to jump in a taxi when trying to get around the city centre.
- Take plenty of money for shopping. Fuzhou has numerous markets and malls where you can pick up some incredible bargains to take home!





JAKARTA

By Christopher Ribeiro

雅加达又名椰城，是印度尼西亚最大的城市和首都，东南亚第一大城市。雅加达是个现代与传统融合的城市，在这里你会看到许多清真寺遗迹虔诚的信徒，也会看到现代的高楼大厦和绚丽夜景。

在首都雅加达，世界各国的风味菜肴，如中国菜、欧式菜、泰国菜、越南菜、日本菜、朝鲜菜、印度菜，应有尽有。值得一提的是，到了雅加达，千万别忘记品尝海鲜，鱼虾蟹是不容错过的。

雅加达夜生活之旅也许是当地最棒的一个旅行项目，不仅是因为拥堵的交通状况在晚上会大为好转，同时也因为在这个东南亚的大都市，坐落着许多世界一流的酒吧和夜总会。

What is it that's so attractive about cities that are slightly dilapidated and just a little bit seedy? The high-rises of lower-Manhattan or the *haute couture* shopping districts in Seoul or Hong Kong can't seem to hold my interest for more than a few hours, but somehow I'm endlessly fascinated by graffiti covered slums, shabby back-alley bars and restaurants.

For like-minded people, Jakarta is an ideal destination; Southeast Asia's largest city has a unique flavor unlike any other. The Indonesian capital might not make for the 'World's Prettiest Postcard', but it sure is good fun to spend a few days there!



How to Get There:

Considering the relatively large and influential Chinese population, it's surprising that there aren't any direct flights from Beijing to Jakarta. Frankly, getting there can be a bit of a hassle - Philippine Air has a flight via Manila in the ballpark of CNY 3,500. You can also fly with Air Asia - as with most of their flights from Beijing to Southeast Asia, this one is routed through Kuala Lumpur - the layover is long so it might even be worthwhile to stay in KL for a few days if you've got time to spare. Otherwise you can fly one-stop with Air China - it'll be the fastest way to get there but also the most expensive.

What to do:

For people that are into sight-seeing, Jakarta has a rich history that can be seen at street level or inside one of the many museums in the city center.

If you're interested in seeing some of the remaining Dutch architecture, go straight to Kota, Jakarta's Old Town. It's crumbling and run-down, but makes for great street photography. This is also where most of the notable museums worth seeing are clustered - you can definitely spend an afternoon wandering this area. Nearby is also Jalan Surabaya - Jakarta's famous antique market.

The real draw in Jakarta though is the nightlife - depending on your poison, there are plenty of ways to get into trouble - it's not as 'in your face' as Bangkok, but I can assure you, good times aren't hard to find. The epicenter of it all is Stadium - it's the best club in Jakarta but definitely not the faint of heart. Beyond that, Jakarta has everything ranging from bars to pubs to nightclubs.

What to eat:

Jakarta is a seafood lover's dream, it's not only abundant but it's also reasonably priced. Whole fish is often served steamed in a warm broth with local spices or sometimes quite simply grilled. Giant prawns are served sauteed in garlic or in a rich black pepper paste; crab is also often covered in *lada hitam*, a black pepper sauce. Most meals are served with *nasi goreng* (fried rice), which is a staple food and served with giant pieces of calamari and shrimp and a side of chili pepper sauce.

Often described as the melting-pot of Indonesia, Jakarta is a place you don't want to miss on your way to Bali or Lombok. Where it lacks in pristine beaches and carefree relaxation, it makes up for with its gritty urban character, history and hedonism.





Chinese New Year

By Cathy Perez

2013年的2月真是让人开心的月份啊，2月9日就是除夕夜（大年三十）了，10日就是中国农历年的新开始。今年的大年初五，也就是2月14日是西方的浪漫节日-情人节。而在2月24日，我们又能合家团聚一起过元宵节！你知道这三个节日的起源吗？

春节来到了，现代民间习惯上把过春节又叫做过年。其实，年和春节的起源是很不相同的。那么“年”究竟是怎么来的呢？古时候，有一种叫做“年”的凶猛怪兽，每到腊月三十，便窜村挨户，觅食人肉，残害生灵。有一个腊月三十晚上，“年”到了一个村庄，适逢两个牧童在比赛牛鞭子。“年”忽闻半空中响起了啪啪的鞭声，吓得望风而逃。它窜到另一个村庄，又迎头望到了一家门口晒着件大红衣裳，它不知其为何物，吓得赶紧掉头逃跑。后来它又来到了一个村庄，朝一户人家门里一瞧，只见里面灯火辉煌，刺得它头昏眼花，只好又夹着尾巴溜了。人们由此摸准了“年”有怕响，怕红，怕光的弱点，便想到许多抵御它的方法，于是逐渐演化成今天过年的风俗。



Legends and tales say that the beginning of the Chinese New Year started with people's fight against *Nian* (年), a mythical beast who would come on the first day of the year to eat crops, livestock, and even young villagers. Thus, the villagers put food on their front door as their offering to the beast, believing that doing so would prevent *Nian* from entering and destroying their household.

One time, a little child wearing red scared away *Nian*. From then on, villagers believed that *Nian* was afraid of the colour red. Hence, every time the New Year was about to come, villagers hang red lanterns and red scrolls on windows and doors to frighten the beast away and used firecrackers to ensure that *Nian* never comes back.

Today, the Chinese New Year is the longest and the most important of the Chinese traditional holidays. It is popularly known as Spring Festival or *Chunjie* (春节) as it marks the end of the winter season and signifies the beginning of spring. It begins on the first day of the first month in the traditional Chinese calendar and ends on the 15th day with the Lantern Festival.

During *Chunjie*, people pour out their money to buy presents, foods, decorations and clothing. On Chinese New Year's Eve, families gather for the annual reunion dinner where they prepare grand meals and drinks, hand out money in red paper envelopes to children and end the night with firecrackers. As the holiday also stands for new beginnings, the tradition also encourages reconciliation, forgiveness and sincere wishes for everyone's peace and happiness.

Chunjie is not only celebrated in China but also in countries and territories with significant Chinese influences like Singapore, Indonesia, Thailand, Malaysia, Mauritius, the Philippines, and also in Chinatowns elsewhere.



Tips:

Sure, being invited to a Chinese family's dinner and receiving traditional Chinese items as presents are meaningful. However, to make the most of *Chunjie*, here are some practical tips you can observe:

- Clean your apartment. Cleaning means sweeping away last year's bad luck and welcoming good luck for the coming year.
- Decorate your apartment with paper cut-outs of auspicious Chinese phrases and couplets.
- Get a haircut, purchase new clothing and shoes as these symbolise a good, fresh start.
- Pay off all your debts and extend gratitude to family, friends and loved ones.
- Watch the CCTV New Year's Gala and witness the best of Chinese entertainment and culture.



Lantern Festival



元宵节是中国的传统节日，元宵赏灯始于东汉明帝时期，明帝提倡佛教，听说佛教有正月十五日僧人观佛舍利，点灯敬佛的做法，就命令这一天夜晚在皇宫和寺庙里点灯敬佛，令士族庶民都挂灯。以后这种佛教礼仪节日逐渐形成民间盛大的节日。

Lantern Festival caps the Chinese New Year. Its origin can be traced back to the Han Dynasty (206 BC-AD 220), the time when Buddhism started to flourish. Buddhist monks light lanterns to worship Buddha on the 15th day of the 1st lunar month. As a sign of respect, the emperor ordered to light lanterns in temples and the imperial palace to commemorate Buddha. Later, this Buddhist rite developed into a grand festival amongst common people and its influence expanded to the whole of China.

It is during this festival that people eat 'tangyuan' rice dumplings, a sweet glutinous rice ball brewed in a soup. Families walk the streets carrying lit lanterns and candles are lit outside houses as a way to guide wayward spirits home.

Valentine's Day

据说瓦伦丁是最早的基督徒之一，那个时代做一名基督徒意味着危险和死亡。为掩护其他殉教者，瓦伦丁被抓，投入了监牢。在那里他治愈了典狱长女儿失明的双眼。当暴君听到一奇迹时，他感到非常害怕，于是将瓦伦丁斩首示众。据传说，在行刑的那一天早晨，瓦伦丁给典狱长的女儿写了一封情意绵绵的告别信，落款是：From your Valentine（寄自你的瓦伦丁）。当天，盲女在他墓前种了一棵开红花的杏树，以寄托自己的情思，这一天就是2月14日。自此以后，基督教便把2月14日定为情人节。

February 14 is widely celebrated as the day for lovers but did you know that among Christians, February 14 is called the Feast of St. Valentine? The most popular mythology associated with Saint Valentine was that he was imprisoned for ministering to Christians who were persecuted during the Roman Empire and for performing weddings for soldiers who were forbidden to marry.

It was in the 15th century when the Feast of St. Valentines evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectioneries and sending greeting cards. Today, Valentine's Day symbols include heart-shaped outlines, winged Cupid, doves and red roses.



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Horoscope

2013年即将到来,那么您对于接下来的爱情,事业,学业或者健康问题是否关注期待呢?想不想提前知道您将在哪一方面脱颖而出让您成为别人瞩目的对象呢?真该提前知道一些这类的问题,好给自己压压惊。关于2013年的各种运势,大家请留心关注哦。



Aquarius (1.20 - 2.18)

This month is your chance to show everyone what you're capable of doing at work. You're tired being a follower and this is the time to finally take the lead. A loved one will need some space. Let him or her be alone for a while.



Aries (3.21 - 4.19)

Not the best month for you Aries but you may get lucky nonetheless. A friend whom you haven't seen for a long time will make a comeback in your life. It is going to be a lot of fun reminiscing about the old times.



Taurus (4.20 - 5.20)

Your steady nature will keep you calm during a tumultuous month at work. However, it's a different story when it comes to romance. An evening with that special someone will allow you to open up and let your emotions show.



Gemini (5.21 - 6.20)

It's an emotional roller coaster when it comes to family matters this month. Don't hold your emotions in. Venting them will help bring you back to an even keel. For relaxation, it's best to look for friends whom you can spend quality time with.



Cancer (6.21 - 7.22)

Work life is successful this month and your superiors will be impressed. There's also an improvement in your social life as your phone won't stop ringing and friends near or far will be in touch.



Leo (7.23 - 8.22)

Your outgoing personality is a hit with superiors at work. At the same time, your loyalty to a good friend could put you in a difficult situation. Don't lose someone close to you just because you're feeling impetuous.



Virgo (8.23 - 9.22)

Even though it may be hard for you, you're going to have to sit still when it comes to a family event this month. Let

relatives make the plans and only give your input if asked. It will all work out for the best.



Libra (9.23 - 10.22)

The love month indeed brings you something special. Romance blossoms later in February. You'll be swept off your feet when you least expect it by someone whom you never thought could interest you.



Scorpio (10.23 - 11.21)

Don't be a showoff at work early in the month. It can make you look foolish in front of your boss. On the family front, show loved ones how much you care — even if they do drive you crazy at times.



Sagittarius (11.22 - 12.21)

Your family ties grow stronger this month as you spend quality time with your parents and siblings. As for romance, you're riding a wave of excitement. Enjoy it and start thinking about the future.



Capricorn (12.22 - 1.19)

Don't let petty arguments among co-workers distract you this month. Keep your shoulder to the wheel. Close friends will need your help. Give them support but stand your ground when they make ludicrous requests. You'll be thanked for it later.



Pisces (2.19 - 3.20)

Life is your stage this month so make your mark wherever you go. However, don't let your satiric nature go overboard and remember to respect other people's feelings. A friend needs your compassion and is counting on your advice. Be there.



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