

2013.03

津品生活

TIANJIN PLUS

Your guide to the City



18

Build a Future
in LEGO Style

乐高积木建造孩子的未来

06

Best of Tianjin

26

Beauty in Henna

ISSN: 2076-3743



InterMediaChina

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INTERNATIONAL SCHOOL OF TIANJIN 2013-2015 SCHOLARSHIP ANNOUNCEMENT

APPLY NOW BEFORE IT'S TOO LATE!

The International School of Tianjin (IST) is once again proud to announce it's scholarship program for students in their final two years of school. The purpose of the scholarship program is to provide an outstanding educational opportunity every year for a limited number of students of exceptional talent. Successful candidates will be those who demonstrate a high level of academic potential and who have the ability to make a significant contribution to the life of the school.

Students who successfully complete the two-year program will be awarded the IST High School Diploma, with the opportunity to earn the full International Baccalaureate Diploma.

For more information, or to receive an application package, please contact the school. The closing date for applications is Friday 15th March 2013.

Just some of our recent university acceptances:

- Brown University
 - Cornell University
 - Johns Hopkins University
 - KAIST
 - Korean University
 - Kyoto University
 - Seoul National University
 - University College London
 - University of British Columbia
 - University of California, Berkeley
 - University of North Carolina, Chapel Hill
 - University of California, Los Angeles
 - University of Cambridge
 - University of Melbourne
 - University of Toronto
 - University of Washington
 - Waseda University
 - Yonsei University
- And many more...



INTERNATIONAL SCHOOL OF TIANJIN



Working Learning Acting TOGETHER



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ISSN 2076-3743




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Celebrating the Best of Tianjin

星光耀津·颁奖晚会



Date: Saturday, 23rd March, 2013
Time: 7PM (Registration start at 18:30)

Dress Code: Formal

Ticket Price per person: Standard Ticket: 600 RMB
Premium Ticket: 800 RMB
VIP Ticket: 1,200 RMB

Venue: **RENAISSANCE**
TIANJIN LAKEVIEW HOTEL

Organizer: **IMC**

Media Sponsors:



Reservations: ticket@intermediachina.com
Tel: +86 159 22 000 555
Fax: +86 22 2391 0558

Venue: Renaissance Tianjin Lakeview Hotel
万丽天津宾馆

Address: No. 16, Binshui Dao, Hexi District, Tianjin 300061
天津市河西区滨水道16号

Tel: +86 22 5823 3388

Special rates for Hotel Room at hotel@intermediachina.com



Best of Tianjin 2012 Awards

Tianjin is a city with a long history, 2433 years to be exact. However, it gained its modern appellation 'Tianjin' over 600 years ago. The changes this great city has gone through to become what it is today are too numerous to count. After such a long history Tianjin is now the fourth largest city in China, and has seen dynamic growth through its role as a transport and trade hub in Northern China. But it is not just the location of Tianjin that makes it such an astounding metropolis. It is the business community in Tianjin that continues to push economic growth forward at such an amazing rate. In just a few years, the capital brought in by investment generated by China's economic resurgence has changed not just the face of Tianjin, but of the world. Join us as we celebrate what has made this city great. **Join us for the Best of Tianjin 2012 Awards!**

In the spirit of this tradition, InterMediaChina is holding the Best of Tianjin Awards, an award ceremony for the brightest stars in Tianjin's business community. Awards are open to all manner of companies, from corporate industrial giants- right down to educational institutions and NGOs. Awards will be given on the basis of social impact, environmental policy and business acumen. Not only will this be a chance to celebrate the most successful businesses in Tianjin, it will be an excellent networking opportunity. Over 600 guests from businesses representing a diverse range of industries based in Tianjin and throughout the rest of China will be in attendance.

We don't only want to celebrate with this award ceremony, we aim to motivate and inspire. By providing a platform to show what the best companies and individuals can do, we hope to help other organisations that need the insight and knowledge that the winners of the Best of Tianjin awards provide. To this end we have over 20 categories of awards to present to businesses who have achieved excellence and best practice in their respective fields.

Date: Saturday, 23rd March, 2013
Time: 7PM (Registration start at 18:30)
Dress Code: Formal

Ticket Price per person: Standard Tickets: 600 RMB
Premium Ticket: 800 RMB
VIP Ticket: 1,200 RMB

Reservations: ticket@intermediachina.com

Tel: +86 159 22 000 555

Fax: +86 22 2391 0555

Venue: Renaissance Tianjin Lakeview Hotel 万丽天津宾馆

Address: No. 16, BinShui Dao, Hexi District, Tianjin 300061 天津市河西区宾水道16号

Special rates for Hotel Room at hotel@intermediachina.com

Venue: Organizer: Media Sponsors:



The event is sponsored by Business Tianjin and Tianjin Plus, Tianjin's most well-known and widely read English language magazines. Other major media organisations will be present to cover the event, as well as to liaise with businesses to find new opportunities to cooperate together. The awards ceremony judges' panel will consist of experts from industry, civil society, government and academia, as well as members on the board of IMC. After receiving an award, winners will be invited to a photo shoot, so please remember to dress for the occasion!

This prestigious event will be held on 23 March at the Renaissance Tianjin Lakeview Hotel. The Renaissance Hotel is a luxury five star hotel situated in the heart of Tianjin. Guests will be able to book rooms and enjoy the ample facilities which the Renaissance provides; including spas, a fitness centre and business facilities. The Renaissance will also be providing a three course meal from their award winning chefs, so guests can enjoy the opulence and splendor of a night spent in one of the best hotels in Tianjin. Guests coming for the Best of Tianjin Awards will be able to book rooms at a special rate. There is only limited availability, so it is crucial that you book a room in advance.

Apart from the many excellent facilities provided by the hotel, there will also be a vast number of performances to entertain guests while they enjoy their food. Guests are invited to come and see performances by top international and Chinese bands, as well as mingle with some of the stars that will be in attendance. If that isn't enough, there will be a chance to win some incredible prizes in our lottery prize draw. After the award ceremony has finished guests will be able to enjoy the dance floor. We hope you will join us in celebrating the very best individuals and organisation this city has!



26



30



70



72

CONTENTS ²⁰¹³ 03

Best of Tianjin	06
March Calendar	10
Partner Promotions	12
Art & Culture	
Killers of the Three Kingdoms	14
Must See Movies	16
Cover Story	18
Building an Educational Future in LEGO	
Education	
Wellington College International Internship Programme	22
IST Spoken English Poetry Recital	24
Feature Story	26
Beauty in Henna	
Restaurants	
Café Sambal	30
Golden Fork Indian Restaurant	31
Recipes	32
Irish Lamb Stew	
How to	33
Send Money Abroad	
Chitchat	34
Nightlife	35
The Bedroom Bar	
Health	36
Relax in Style	

CONTENTS ²⁰¹³ 03

Beijing Beat	38
Trash and Treasure	
Relationships	40
Lifestyle	41
Tianjin+ Life - Back to School	
Fashion	
My Style Notes - Beauty News	42
Objects of Desire - Moussy	46
Sports	48
The 18 th CBA Championship Regular Season	
Past Events	
Sheraton Tianjin Hotel Celebrates Chinese New Year + Romantic Valentine's Day in Hotel Indigo Tianjin Haihe	52
Snow Polo World Cup 2013	53
Chinese Lesson	54
Chinese Language Examinations: HSK	
Listings	
Tianjin Listing Index	56
TEDA Listing Index	67
China Travel	70
Guangzhou	
Global Travel	72
New Orleans	
Special Days	
Easter Sunday	74
Saint Patrick's Day	76
Horoscope	78
March Horoscope	



Weekly Aulare Lucky Draw

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滨海新区滨水西道
新城商业广场A4大堂2-16号

HOURS:
Monday - Sunday: 9AM - 11PM



2013 March Calendar

2013.03
01
FRI



String Quartet Concert - Prelude of Spring
《春之序曲》莫扎特春弦乐重奏音乐会
Western Shore Art Gallery 西岸艺术馆
20:00 ¥100 +86 22 2326 3505

2013.03
01
FRI



Austrian Charity Ski Race
奥地利慈善滑雪赛
Wanlong Ski Resort 万龙滑雪场
info@chinabustravel.com
1-3 Mar

2013.03
02
SAT



Rock and Jazz Concert
《爵士爵士》摇摆爵士专场音乐会
Western Shore Art Gallery 西岸艺术馆
20:00 ¥100 +86 22 2326 3505

2013.03
03
SUN



All Beethoven II - Tang Muhai and Tianjin Symphony Orchestra
贝多芬全集之二——汤沐海与天津交响乐团
2013季交响音乐会
Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅
16:00 ¥80-380 +86 22 8368 2000 (ticket)

2013.03
05
TUE



String Music Concert - Glamorous Woman's Heart
《魅力女人心》弦乐音乐专场音乐会
Western Shore Art Gallery 西岸艺术馆
20:00 ¥100 +86 22 2326 3505

2013.03
07
THU



TICC Coffee Mornings
TICC咖啡时光
Qing Wang Fu 庆王府
10:30-12:00 ticc_09@hotmail.com

2013.03
09
SAT



TICC Beijing Bus Trip - Ya Show Indoor Market
TICC北京行
Sanlitun, Beijing
三里屯
07:30-16:30 ¥50-100 ticc_09@hotmail.com

2013.03
15
FRI



Black Humour Drama - Lv De Shui
荒诞黑色幽默话剧《驴得水》
Opera House, Tianjin Grand Theatre
天津大剧院歌剧院
19:30 ¥50-380 +86 22 8368 2000 (ticket)
15-16 Mar

2013.03
15
FRI



String Quartet Themed Concert
《一弦芬芳，献给你》弦乐四重奏主题音乐会
Western Shore Art Gallery 西岸艺术馆
20:00 ¥100 +86 22 2326 3505

2013.03
16
SAT



Folk Music Quartet Concert - The Sound of Music
《丝竹之音》民乐重奏音乐会
Western Shore Art Gallery 西岸艺术馆
20:00 ¥100 +86 22 2326 3505

2013.03
22
FRI



IST Spoken English Poetry Recital
英语诗朗诵
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

2013.03
22
FRI



Wanlong Weekend Ski Trip
万龙滑雪周末行
Wanlong Ski Resort 万龙滑雪场
info@chinabustravel.com
22-24 Mar

2013.03
24
SUN



Dance Feast by the Jefferson Dancers of USA
舞的盛宴—美国杰弗逊青年舞蹈团中国巡演
Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅
19:30 ¥50-380 +86 22 8368 2000 (ticket)

2013.03
28
THU



IST Thursday Night Live 周四表演夜
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

2013.03
31
SUN



EASTER SUNDAY MASS in the Cathedral
复活节周日弥撒
St. Joseph's Cathedral 西开教堂
11:30 wikalacathedral@gmail.com

Special Days

8 Mar International Women's Day
31 Mar Easter Day

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

A Feast of Mushrooms @ Fire House, Renaissance Lakeview Hotel

In this early spring, join the mouthwatering journey of mushrooms with us! Come and try the brand new A La Carte menu of mushrooms at Fire House.

Time: Lunch: Daily 11:30 to 14:00, Dinner: Daily 17:00 to 22:00, March-April, 2013

清新美味 蘑菇盛宴 @ 万丽天津宾馆浓舍扒房

与我们一道加入清新美味的蘑菇美食之旅吧! 浓舍扒房初春甄选蘑菇零点菜单静待您的光临。

餐厅每日营业时间: 午餐: 11:30 - 14:00, 晚餐: 17:00 - 22:00

活动推广期: 2013年3月至4月



Teppanyaki @ Crowne Plaza Tianjin Binhai

Kasumi Japanese Restaurant focuses on providing healthy food whilst keeping the original flavor within our traditional dishes. Our Chef offers you this unique Signature sauce to tempt your taste buds. Just the smell of our cooking will make you think that our food irresistible.

日式铁板烧 @ 天津滨海圣光皇冠假日酒店

日式铁板烧以健康为主题, 少油盐并保持食物的原汁原味。厨师长精湛的烹制技艺配以独家调制的神秘酱料, 刺激您的味蕾。而烹制时弥漫于整个餐厅的诱人香气更是让宾客们闻香而来, 诱惑难挡。

Easter Sunday Brunch

The spirit of Easter is all about hope and new beginnings. Bring your family together to celebrate this special day. Enjoy a tempting array of Western and Asian dishes, and our special live cooking stations where our chefs will cook for you personally.

• RMB 388 / per person, children under 1.2m 50% fee.
Venue: 1863 Restaurant
On March 31, 2013 11:00am - 10:00pm
For reservations, please call 2321 5888
(*Above prices are subject to 15% service charge)

TANGLA HOTEL TIANJIN
No. 119 Heping Road Heping District, Tianjin 300011 China
Tel: (86-22) 2321 5888 Fax: (86-22) 2321 5888
TANGLAhotels.com

IHG Greater China New Hotels 7 Day Campaign @ Hotel Indigo Tianjin Haihe



IHG will launch the 7 Day Campaign in Greater China supporting new hotels that opened in 2012 and 2013, as well as other selected hotels. Hotel Indigo Tianjin Haihe has been selected for the IHG Greater China New Hotels 7 Day Campaign - Buy 2 to 4 Consecutive Nights at the Best Flex Rate. Get 50% off!

Campaign Period:

Booking Period: 16 Apr 2013 to 22 Apr 2013

Stay Period: 16 Apr 2013 to 04 Jul 2013

洲际酒店集团大中华区新酒店限时7天销售活动 @ 天津海河英迪格酒店

洲际酒店集团大中华区将针对2012、2013年开业的酒店及其他被选中的酒店推出大中华区新酒店限时7天销售活动 - 以最优弹性价入住连续两晚至四晚, 可享五折优惠。天津海河英迪格酒店参与此次活动。

活动期间: 预订日期: 2013年4月16 - 22日 / 入住日期: 2013年4月16日 - 7月4日

Thai Food Promotion @ Aqua Café, Holiday Inn Tianjin Aqua City

Want a different taste? The Thai Cuisine buffet dinner at Aqua Café in March is the perfect choice. Our chef has prepared some authentic Thai Cuisine and we are awaiting your visit!

Price: CNY 168 net per person

Including free flow of beer and soft drinks

Time: 17:30-21:30, 1-31 March, 2013

泰国美食自助晚餐推广 @ 天津水游城假日酒店

千万不要错过3月水游城全日餐厅泰国美食自助餐推广, 酒店大厨为您精心烹制各式地道泰国美食, 给您带来不一样的味觉享受!

价格: 168元/位

含啤酒软饮无限畅饮

时间: 2013年3月1-31日, 17:30 - 21:30



150 Classic Weekend Brunch

@ The Astor Hotel Tianjin, A Luxury Collection Hotel

Enjoy the weekend with an a la carte selection of classic breakfast and lunch delights at the 1863 Bistro & Terrace, which offers the best traditional and classic western cuisine in Tianjin.

Join us for the 150th Anniversary Celebration of the Astor Hotel. At CNY 150, this sumptuous brunch which is inspired by the British brunches of bygone days, shouldn't be missed!

Venue: 1863 the Dining Room

Time: 11:00-14:00 on Saturday and Sunday



150周年经典周末早午餐 @ 天津利顺德大饭店豪华精选酒店

每月最后一个周末, 以烹饪传统和经典西式美食著称的1863别致西餐厅&花园都会上演别样精彩的周末尊享早午餐盛宴, 一系列经典的欧陆早午餐零点精选菜品将一一呈现在您面前。

加入我们150周年庆祝的行列, 仅需150元人民币即可享用无比精致美食。厨师团队的创意灵感来自于早先从狩猎午餐演变而来的英式早午餐, 当上午的活动后, 富人们在自家别墅内悠闲地享用丰盛的食物。

地点: 1863别致西餐厅&花园 - 经典国际餐厅

时间: 周六周日上午11:00 - 下午2:00

Killers of the Three Kingdoms

By Justin Toy



三国杀, 融合了西方类似游戏的特点, 并结合中国三国时期背景, 以身份为线索, 以卡牌为形式, 集合历史、文学、美术等元素于一身, 是一款风靡全球的热门桌上游戏, 玩家也可以在线玩网页版。三国杀自从诞生一直风靡至今。各种令人无限纠结的武将技能和层出不穷的锦囊让每个玩家都伤透了脑筋。可以说, 三国杀充分体现了“看着上家, 盯着下家, 弄死对门”的游戏精神。

三国杀中共有4种身份: 主公、反贼、忠臣、内奸。主公和忠臣的任务就是剿灭反贼, 清除内奸; 反贼的任务则是推翻主公。内奸则要在场上存在除主公以外的其他人物之时先清除其他人物, 最后单挑主公。游戏开始时每个玩家随机抽取一张身份牌, 抽到主公的玩家, 要将自己的身份牌明示。其他人的身份牌不能被其他玩家看到。游戏采用回合制的出牌顺序, 由主公开始依次行动, 在自己的回合内, 玩家需要完成摸牌、出牌和弃牌的过程。游戏牌共分为三大类: 基本牌、锦囊牌和装备牌。每类牌里包含了多种同类型牌。每种牌都有自己的独特用处。游戏中加入了武将系统, 每名玩家除去自己的身份外, 还需要扮演一名三国时期的武将。每名武将都有专属武将技, 这些技能从名称到作用都是根据该武将能力、性格而设计。

SanGuoSha (三国杀) literally "Three Kingdoms Kill" is a Chinese card game based on the Three Kingdoms period of Chinese history and the semi-fictional novel "Romance of the Three Kingdoms." First released on 1 January, 2008, SanGuoSha has been widely popular and successful in China and more recently, internationally. You can purchase the English version of the game from Amazon and other websites.

The cards and characters in SanGuoSha are all based on ancient history during the Three Kingdoms era in China, that lasted from 220 AD to 280 AD. The characters in the game are all given a special ability that usually reflects that historical person's personality, strength/weakness, cause of death, etc. For example, Cao Cao is given the ability of 'Villainous Hero' which allows him to keep any card that causes him damage. This is meant to reflect Cao Cao's ability to persuade the top advisers of his enemies to defect and join him.

Gameplay

The actual card game is quite similar to another card game called *Bang!*, which is meant to recreate an old-fashioned spaghetti western shoot-out. In SanGuoSha each player has one of four roles; monarch/ruler, minister/loyalist, rebel, and turn-coat/defector. At the start of the game each player draws a role card. The monarch (there is only one per game) must reveal his card immediately while the other players hide their roles until they are killed in the game. Each role has a different objective to win. For instance, the monarch and the ministers can win when all turn-coats and rebels have been killed. The rebel wins when the monarch has been killed and the defector wins when all other plays have been killed. The game can be played by from 2 to 10 players but for the best playing experience it is recommended that you have at least 5 players.



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PESA
TESA
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- **In Vitro Fertilization and Embryo Transplantation**
- **Intracytoplasmic Sperm Injection**
- **Pre-Pregnancy Evaluation**



*Please contact us for further information.

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MUST SEE MOVIES

By Matthew Baum

你喜欢看电影吗？你是一个电影爱好者吗？电影陪伴我们成长。教会我们人生道理。给了我们人生感悟。电影类型种类繁多，爱情片，喜剧片，科幻片，动作片等等等等，不计其数，相信每个人的心中都有最爱的那一部。本期编者为您推荐两部必看影片，第一部是《被解放的姜戈》，是昆汀·塔伦蒂诺导演的最新力作。第二部是有名的《色戒》，是由著名导演李安执导，应该有不少人看过吧？还记得其中的故事情节吗？让我们一起来再来回忆一遍吧！

Django Unchained (2012 165 mins)



Django Unchained, the latest effort by Quentin Tarantino, is about the struggle for former slave Django (Jamie Foxx) and his mentor cum partner Dr. King Schultz (Christopher Waltz) to rescue the former slave's wife (Kerry Washington).

The movie is highly enjoyable and is quite funny at times. It was also great to see Leonardo DiCaprio in a villain's role which he plays very well and with real menace. The film is set in the pre-civil war American South, thus slavery is one of the key themes of the movie. Tarantino doesn't shy away from the more brutal aspects of this period, putting both Django and his wife through a grinding series of ordeals that never let up.

One flaw is the relative passivity of Django's wife Broomhilda, who throughout the film does little more than gasp and moan at the events that surround her. This detracts from the other strong characters in the film, in particular Schultz who steals the show as a German in America, passing his way through the Old West in a blaze of gunfire, great dialogue and a genuine desire to help.

The soundtrack is a mixture of spaghetti western classics with hip-hop in the mix. It takes a bit of getting used to but the hip-hop goes well with the swagger carried by Foxx throughout the movie.

Lust; Caution (2007 157 mins)



Lust; Caution, directed by Ang Lee, takes place between 1938 and 1942, during the Sino-Japanese War. While the war is the catalyst of the movie, there is very little contact with Japanese people. Instead the plot follows a young group of conspirators and their struggle to assassinate a Chinese collaborator.

The plot is somewhat unbelievable. From the start, the group is unprepared for their deeds, and as a result the heroine Wong Chia Chi (Wei Tang) is forced to make several pointless sacrifices. However, the movie takes a darker, more explicit turn when the young Wong is once again called to help the Chinese resistance.

Ang does a good job of capturing the hustle and bustle of 1940's Shanghai, but the driving force of the story is centred around the ambiguous nature of Wong and her relationship with the main antagonist, Mr. Yee (Tony Leung Chiu-Wai). The movie sometimes dwells on their relationship far too long, and a lot of the other characters are not developed. Wei Tang does a great job in her role, and at times vulnerable, but also possibly the bravest member of the resistance. Her unique role draws up many questions about strength and how to be true to one's self.



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Dallas Zhou, Headmaster of LEGO Education Centre

Building an Educational Future One Brick at a Time

By Matthew Baum

乐高积木是由丹麦的奥勒·基奥克发明的一种塑料积木，一头有凸粒，另一头有可嵌入凸粒的孔，形状有1300多种，每一种形状都有12种不同的颜色，以红、黄、蓝、白、黑为主。它靠小朋友自己动脑动手，可以拼插出变化无穷的造型，令人爱不释手，被称为“魔术塑料积木”。现在已是儿童喜爱的玩具。

在天津奥城，就有这样一家乐高教育中心，培养孩子们的手脑协调能力，以发现式教学，给孩子们创造一个自由的学习环境，自由创新，合作学习。这里有最动脑筋的机器人，有各种乐高积木可以让孩子们在搭建积木的同时，了解物理，数学等学科知识。真正地做到了寓教于乐，不仅提高了孩子的学习能力，同时也对孩子们之间的社交能力，动手能力加以锻炼。本期我们的编辑马休采访了乐高教育中心的周校长，让我们一起来看看她对于乐高积木教学的体会及详细讲解吧！

LEGO education first started in 1980 and is now an education system used throughout the world. Having seen the LEGO method first hand, it is fun, informative and challenges children in a unique way. Despite having little market penetration at the kindergarten and primary school level, the LEGO style of education is available at some public high schools, as well as private education centres. Dallas Zhou is the Headmaster of the LEGO education centre in Aocheng, she has been working with LEGO for over 10 years. Today she talks to us about the LEGO education method, and the place it has in every child's education.

What are the goals of LEGO education? How are they achieved?

We mainly focus on giving students valuable life skills, like creativity, cooperation and the skill of building things with confidence. Our teachers provide the children with leadership and advice on how to construct, design and express their ideas.

Each course is divided into four steps: Connection, Construction, Contemplation and Continuation. For example, we might tell children they are going to build a door, we show them different types of doors and opening mechanisms using visual materials, we talk about how doors work with the students, after which the children try and build a door. In the construction stage we teach children how to improve on what they have built, and show them how things move. In the contemplate stage, all the kids are different, so we will ask them questions based on their level, and for advanced students, we will give them some more projects to do. Each child works by themselves, but they cooperate with each other by sharing solutions and working together to overcome design problems. Not only that, but they must show appreciation for the help they receive, whilst sometimes having competitions where they can win a small prize.



How has LEGO education adapted to fit a Chinese market?

The teaching techniques are the same but in terms of our interaction with students, things are different. For example almost every family in the West has some LEGO products, while in China the penetration is not as deep. In terms of education, in China education requires a lot of memorisation, and not as much practical application of knowledge. So LEGO provides an outlet for children to put what they have learnt into practice.

What difference is there between the different age groups?

LEGO teaches students aged from 3 to 13. Children develop very quickly when they are very young, change is counted in days. So courses are divided by year, for kids over 6 they take a design course of one or two years, and then they take a robotics course. Children under six are still developing a sense of themselves, and they are also learning to recognise the world around them. We have courses designed to introduce them to these concepts, for example: What is a hospital? What are the police? For four year olds we focus on bringing in more simple objects and getting them to construct things that can move such as: How do gears work? By age six they have accumulated a lot of knowledge about how things work, so they can bring in their own ideas. We also change the equipment from DUPLO (large blocks) to LEGO (small blocks) at age six. There is a jump in complexity as well, we start teaching robotics and programming to help develop logic. If a child comes to us at the age of 10, without having done any of the other courses, then we won't make them do any of the primary courses, but the teacher will give him or her simpler tasks, so there are multiple levels in the class, and they all help each other.



LEGO Education Centre

Address: 2F, Southwest Corner of Building A2, Magnetic Plaza, Nankai District 南开区奥城商业广场A2座二楼西南角
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Some parents would prefer their child learn a foreign language. Why should a parent choose your school instead of sending their child to a language school?

While I think it is good to send a child to an English school, childhood is one of the best times in life to study language. In my opinion the issue is not should a child learn English, the issue is how a child learns. I sent my own child to study at an English school and they started to teach him how to write at a young age. I think this is too early. We teach skills that are relevant at any age.

We are also planning to introduce courses in English, but we haven't started to do this yet, as we are still working on the right English/LEGO balance.

How much instruction does a teacher provide?

It really depends on the child. Some kids need a lot of help, others not so much. Teachers have a lot of materials, like pictures and videos, to help students learn. Especially for some of the design courses and the robotics, students must work with the teacher, who takes down the speed and the performance of the machines, as well as the results of different configurations.

How does the system of LEGO education fit in with what students learn at school?

At the beginning they learn mathematical concepts, for example height, size etc. After that they learn direct applications of physics. They also gain confidence, as they learn how to solve problems, and how to be well-organised and efficient. On top of this, they learn practical skills like observation and critical thinking.

Are children given homework, and if so how do parents deal with robotics that may be beyond their understanding?

Children learn programming here, but they can also learn at home. We don't have homework, but we do advise parents to play with the children at home and try to build together. Children usually come once a week but it isn't a problem if they fall behind, as we cover a lot of the curriculum in different ways throughout our courses.

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Minju Oh

Wellington College's Korean Intern

A unique feature of Wellington College International Tianjin is the strength of its links to its UK partner school, the prestigious Wellington College in Berkshire. This is no better illustrated than by the Internship Programme offered to former pupils of Wellington UK. Each year, several interns, or 'gappies' as they are often fondly known, thanks to the gap between school and university, come out to Tianjin to work in the school from three and six months.

This term Wellington Tianjin has been delighted to welcome its very own South Korean gappie, Minju Oh. Soon to be 19 years old, Minju left Wellington UK in 2012 with a very impressive 42 out of 45 score in the IB Diploma Programme. Having lived in South Korea until she was nine, Minju then moved with her family to South Africa. Then heading to Wellington UK with her brother in 2007, where they both boarded full-time. In her last year, Minju was Deputy Head of her boarding house, helping to look after some 60 girls. Minju recently conducted and completed an introductory leadership course with children in a little town called, Soshanguve, in South Africa. They were children aged 14 to 15, they came to the Child Development Centre every afternoon for extra learning and food. The programme was sponsored by Africa Food for the Hungry.

Minju's brother, Tony, took a degree in Philosophy and Economics at University College, London (UCL), and is now doing a postgraduate course at the London School of Economics (LSE). Minju is every bit as ambitious, and still has the enviable decision to make between studying for her undergraduate degree in Politics & International Relations at LSE, UCL, or King's College, London. Having gained a place at each, thanks to her excellent IB score. Her involvement in the Model United Nations and the European Youth Parliament competitions at Wellington UK has prepared her well for this. Beyond that, she intends to apply to either Harvard or Princeton to read Psychology as a postgraduate. Her time in Tianjin really is just the latest chapter in a very exciting journey.

Minju is very much enjoying her time at Wellington Tianjin, which she describes as a "budding community". "Wellington Tianjin hosts its entire student body in one main teaching building and the adjacent Nest, or nursery. This means that there is a friendly intimacy, provided by regular interaction, between children from the Nursery and Reception up to and including young adults in the sixth form. Certainly, this feature of the College has allowed me and the students to approach each other more quickly and with greater ease. A further inspiring feature of the College is its multiculturalism which triggers a variety of informal learnings about different cultures and languages amongst students and staff. Being a cosmopolitan person myself, I hope to be a positive role model during my time here." Minju adds that "The potential for Wellington Tianjin to develop into the best international school in China is clear. I, a mere gap-year student who has experienced only a part of what Wellington has to offer, can confidently claim to have witnessed such 'awesomeness' and I cannot wait for more, which promises to come in the near future.

Life in Tianjin outside of school is one which sparks many curiosities for Minju. "Why do cars come before humans, when pedestrian traffic lights turn green? I have no idea. Further, why do fireworks go off at 7am in the morning? There again, I have no idea. But such peculiarities are what excites me. There are times when life gets tedious. The fact that I am an Asian in China, and yet I am incapable of speaking any Chinese is quite frustrating. However, discovering new customs, foods and places, which are wholly unfamiliar, is always a thrilling experience. Since I am now certain of my bearings around the shopping malls, I aim to explore and familiarise myself with the real Chinese outlook of Tianjin", says Minju.



WELLINGTON COLLEGE
INTERNATIONAL
TIANJIN

Wellington College Tianjin to open its boarding facilities in August 2013

The first boarding school in the city of Tianjin will offer premium boarding facilities and care, and the widest range of academic and extra-curricular activity options



Wellington College in Tianjin, the partner school of Wellington College in the UK, one of the country's most prestigious independent boarding schools, will receive its first intake of boarders in August 2013.

The boarding facilities at Wellington's spacious campus in the Hongqiao district of Tianjin have been designed for boys and girls, aged 11 to 18. Weekly (Monday to Friday) and full-time boarding will be available, though it is expected that the former will be a more popular option. Wellington follows the British national curriculum, as taught at the College in the UK, adapted to reflect the geographical location of the school and the international make-up of the student body. The world's leading pre-university qualification, the International Baccalaureate Diploma Programme, will be introduced from August 2013, subject to authorisation.

"We want to provide an all-round education that truly prepares our young people for the global market place," said David Cook, Headmaster of Wellington in Tianjin. "We have had an amazing response to the opening of the College in August 2011 and our student roll is now over 300. Our research tells us that there is a strong need for boarding, not only in the wider Tianjin area,

but also further afield in China. Parents and pupils are attracted by the possibility of boarding merely an hour or so away from home, in a school that will provide the very best in international education. The Wellington boarding programme will also set the standard for the provision of pastoral care and the range of extra-curricular activities throughout the school."

"Living on campus enables boarding students to develop independence of both thought and work, while also deepening their sense of inquiry and spirit of adventure," added Mr Cook.

With world class facilities and a highly-qualified teaching staff, Wellington offers an education distinct from other international schools in the region. The state-of-the-art facilities at the school range from the 500-seat Seldon Theatre to the Performing Arts Centre and the various sporting venues, which include the Sports Hall, an artificial football pitch, a swimming pool and tennis and basketball courts. The Wellington boarding house has been purpose-built to provide premium, student-friendly accommodation, on the edge of the campus. It is in every sense a **'home from home'**.

Please contact admissions@wellington-tianjin.cn for details.



Spoken English Poetry Recital

English is the most widespread language in the world; a higher number of people speak Mandarin, but English covers a greater area.

Students at the International school of Tianjin learn English through studying drama, novels, poetry, short stories, journal writing, role-plays, speeches, discussions and interacting with each other. From beginner levels to the more advanced, there are always opportunities for students to inquire, take risks and communicate as they build their confidence and improve their English levels.

On 22 March all students will have the opportunity to be involved in the Annual Speech Recital. Students will be given selected poems to learn and then perform in front of their school community. The competition will be seeking students who can use varying pitches, paces, volumes and other forms of expression. The event was first held in 2012 and proved to be very successful. This year, classes in Elementary will also be presenting choral speaking.

Here are some fun English language facts:

There is no egg in eggplant or ham in hamburger; neither apple nor pine in pineapple...

If teachers taught, why didn't preachers praught?

We have noses that run and feet that smell.

Why, when I wind up my watch, do I start it, but when I wind up an essay, I end it?

In what language do people recite at a play, and play at a recital?



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Beauty in Henna

By Cathy Perez

曼海蒂彩绘纹身 (Henna Mehndi design) 是一种以印度指甲花为颜料的人体彩绘艺术。海娜纹身 (Henna Tattoo) 是中东、印度女人最主要的体绘 (Skin Art) 装饰手法。尤其是婚礼上, 新娘必须着艳装、戴金银珠宝, 象征今后的高贵和富足, 在身体、手脚画满图案, 向真主、神祈求幸福。海娜纹身是一种无创、无害、可擦除更换的安全、健康的体绘手法, 因此历经千年且越来越被东、西方文化所吸收。

这期我们的编辑Cathy走访了坐落在天津和平区医科大学附近的印度曼海蒂人体彩绘美容会所。店主莱拉 (Laila) 热爱曼海蒂人体彩绘, 专门去印度学习彩绘技术, 并把这美好的手绘艺术带到天津, 让所有爱美的女士都可以享受这种皮肤上的装饰。在这里你可以挑选自己喜欢的图样或者自己画出喜欢的花色图案带给彩绘师, 为你做曼海蒂纯植物即时彩绘。由于每个图案的复杂程度不同, 大约需要花费5-15分钟时间绘出图案, 再等10-20分钟干燥即可。3月8日就是妇女节了, 带着你的朋友们一起去绘制美好心情吧!

You guys have to admit it, you couldn't live without women. Rightly so, women have this moment to boast as *International Women's Day* happens on the 8th of this month. **Tianjin Plus** celebrates with women all over the world for this special day, and as a treat, covers this secret to beauty, that had been discovered as early as the Bronze Age – the enduring use of Henna.

Henna is a tall shrub that's a native to the tropical and subtropical regions of Southern Asia and Africa. It's called *Mehindi* in Sanskrit and has been mentioned in Indian Court records as an instrument for hair dyeing in as early as 400 BC. It was also found in the medical texts of Ebers Papyrus in Ancient Egypt and in 14th century Syria as a medical herb.



Beauty and Cosmetic

Lawson, Henna's colouring property, is an organic compound that has an affinity for bonding with protein. A paste of ground Henna is placed in contact with the skin from a few hours to overnight for skin dyeing. The stain can last a few days to a month depending on an individual's skin type and the quality of the paste.

Aside from skin dyeing, Henna can also be used to dye the hair, fingernails, leather, silk, and wood. As a cosmetic hair dye, it has been used for more than 6,000 years and is believed to have started in Ancient Egypt.

Henna also has anti-fungal qualities and is used as a preservative for leather and cloth. Aside from these uses, the flowers of this plant have been used to make perfumes, while the plant itself repels some insects and mildew.



Body Art

It is safe to say that Henna is a 'wonder plant' with all its fine qualities and uses. But this great plant isn't just used for hair and skin dyeing and the likes, it's also known for its remarkable ability to create body art, or in what is popularly known as 'Henna Tattoo'.

While most of us hesitate to get permanent body tattoos, especially with the needles and pain, and the awful thought of one day deciding to remove them, Henna rises as a good option. Firstly, it doesn't give any pain. Zilch! Secondly, its natural elements are good for the skin. And lastly, it's gone in a few days or weeks so you still have flawless skin when the Henna fades. In many countries, Henna tattoos are applied to create a statement, whether a fashionable one or simply to imply meaning, like in marriage or other celebrations. Finely detailed body art, with designs that range from alphabets, numerals, to flowers, animals, and many splendid tribal designs can be done with Henna.

However, do you know that you can

actually get Henna tattoo in Tianjin? Yes – in Tianjin! Read on...



Salon Owner - Li Hong (or Laila Noor Mohammad)

Mehndi Indian Henna Beauty Salon

You can tell right away that this place is unique compared with many other salons in Tianjin. It may be because of the trademark scent of Henna, or the well-placed furniture and wall décor. Whatever it is, one can tell that this is a unique place. This is Mehndi Indian Henna Beauty Salon.

Salon owner Li Hong (or Laila Noor Mohammad) opened the place a little over a month ago and tells us that the salon has now gained a number of customers, both Chinese and foreigners. She specifically chose to use Henna, as she believes in its natural qualities for beauty, specifically for the skin and hair. As a lover of intricate Henna tattoo designs, Laila went to India and studied the art of Henna designing for several months. "I've been interested in designing tattoos with Henna ever since I was in Dubai, where I lived for several years. So after learning the art in India, I'm bringing this wonderful Mehndi here in Tianjin where my husband and I now live", Laila said. With lots of intricate patterns available, one would never run out of ideas on what design to have. Henna application may take 5-15 minutes (depending on the design), and about 10-20 minutes to dry.

Aside from Henna tattoos, the salon also offers hair dyeing, skin treatment, nail art, hair waxing, make up and even classes in Henna tattoo designing, from Laila herself or from Divya Lakshmi, one of the salon's tattoo designers.

Lastly, when asked what beauty secrets she would like to share to women, Laila cheerfully answered, "Get enough sleep, worry less and be happy!" Indeed, beauty is skin deep and obtaining a balance in inner and outer beauty is a must!

Henna tattoos and all other beauty applications await you at Mehndi Indian Henna Beauty Salon, so visit now and let your beauty reign!



Tattoo Designer - Divya Lakshmi

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Business Hotline: 022-83136360 or call Miss Laila at 13821679729, opens daily from 10am to 8pm



Café Sambal: Tianjin's Number One Malaysian Eatery

By Josh Cooper

For many westerners living in Tianjin, Malaysian food still seems to be a somewhat unknown entity. But now the time has come to sample some of Asia's finest cuisine right here in the city's most authentic Malaysian restaurant! Café Sambal is located in a quiet spot on Min Yuan Xi Li, away from the hustle and bustle of Tianjin life but still within walking distance of Ying Kou Dao subway station. If you take the time to find this hidden gem of a restaurant you certainly won't be disappointed!

The restaurant and its accompanying boutique hotel have an atmosphere of ultra tranquillity. The modern, chique décor and dim lighting allow you to feel perfectly relaxed with friends and family. As for the food, it is no exaggeration to say that Café Sambal's offerings are probably some of the best dishes you will ever try in Tianjin. The restaurant serves a superb range of traditional Malaysian classics—including fried egg and prawn rice, curried chicken, beef and lamb, and some fantastic seafood plates. There are also a number of great vegetarian dishes and the dessert menu is sensational. Café Sambal combines its owner's Malaysian cooking expertise with selected influences from around the world to make sure that there is something for everyone. For those who have yet to try Malaysian food, imagine the flavours and textures of Thai, Indian and Southern Chinese cuisine, plus more, all rolled into one amazing recipe. Malaysian chefs are known for their excellence in using dozens of spices and blending sweet ingredients such as coconut milk with savoury and meat staples. The results are mouth watering to say the very least!

And whilst you are trying Café Sambal's amazing food, why not enjoy a few drinks and make a great night even better? The restaurant's staff are well trained in the art of cocktail making and there is a fine selection of beers and spirits. Whether you are out to impress a date, chat with friends or even hold a business meeting, and you are looking for a nice quiet place with a relaxing ambience and incredible food, Café Sambal is the perfect choice!

Address: Min Yuan Xi Li, No. 31, Changde Dao, Heping District
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The Golden Fork Tianjin's Authentic Indian Food Haven

By Cathy Perez

Nestled nearby Tianjin Medical University is a place frequented by Indian food lovers because of its appetizing Halal Indian foods that will truly satisfy the taste buds and not to mention, the hungry tummy.

The Golden Fork Authentic Indian Restaurant offers the best of Indian delights, as it not only brings you the ambiance of India but more so the best of its culinary offering.

How delicious is the food at Golden Fork? Let's count the aspects of quality on offer:

Let's start with the magical and addictive flavours of Papdi Chaat, an Indian comfort food that definitely warms the palate. At Golden Fork, Papdi Chaat is totally hearty with zesty toppings drizzled with a bed of papdi and other ingredients like onions and coriander leaves that give this appetiser a sweet, tangy and savoury taste. Crunchy at every bite, Papdi Chaat serves as a great start to a superb Indian meal that awaits you.

Next in line, the Tandoori Pomfret (grilled pomfret with tandoori marinade) served with lemon slices to further appreciate the grilled fish. Pomfret is a kind of table fish found in India or anywhere in the tropical sea of the Indo-Pacific region, so having pomfret over your meal here in Tianjin is already a big plus. The distinctive taste of pomfret goes incredibly well with lemon slices and other side dishes that Golden Fork prepares.

The crispy Chicken Pakora, considered by many as one of the stars of Indian cuisine, are chopped pieces of chicken that are bursting with the flavours of India. It is the result of chicken marinated with special ingredients – blended ginger, garlic, chilli powder, lemon juice and many more. At the Golden Fork Chicken Pakora comes with a special sauce that brings out the best of the fried chicken. Every dip is totally worth the bite!

If mutton is what you love, the restaurant's Tandoori Mutton does not disappoint! Delicious and succulent, this dish satisfies the palate especially when you pair it up with the Golden Fork's take on Chicken Biryani, a traditional Indian dish that includes rice, tender morsels of chicken and other ingredients like onion, garlic, ginger and cumin.

These are just some of the ways in which Golden Fork Authentic Indian Restaurant satisfies you. There are so many more pleasant and delicious foods available on their menu, so give the restaurant a visit and you'll find out what it's like!

Address: No. 7, Qixiangtai Lu, Heping District 和平区气象台路7号

Tel: + 86 22 2335 7567

Irish Lamb Stew

By Justin Toy



我们都知道每年的3月17日是爱尔兰的国庆节——圣帕特里克节。2013年的前两期食谱专栏为大家介绍的都是传统的中国美食，这一期我们的编者依然是亲自下厨，但是为大家准备的是地道的爱尔兰“国菜”——爱尔兰炖羊肉。

要将大块鲜美的羊肩肉，加土豆、胡萝卜、洋葱等食材切块一起炖煮，清淡的烹调方式让羊肉的鲜味浸入浓浓稠稠的汤汁里，被各种根茎类植物所吸收，最后撒上剁碎的荷兰芹和百里香调味，散发着浓郁的蔬果香味，完全没有一丝羊肉的膻味。配上一杯香醇的红葡萄酒或白葡萄酒，美味十足，令人垂涎欲滴。

Irish Stew dates back to as early as the 18th century and was originally a filling and flavourful peasant dish made with the cheapest and most readily available ingredients. Irish families generally raised sheep for wool, milk and cheese, and eventually for meat alongside root crops such as potatoes. When the great potato famine struck Ireland, many Irish people immigrated to the US, where they of course brought their tasty food traditions. As lamb was not as readily available in the US, Irish stew and other traditional foods evolved and adapted to include the local offerings. Today it is common to have Irish stew with either beef or lamb and often it will include Irish Guinness Stout. This Saint Patrick's Day, why not try your hand at this traditional and delicious Irish dish?!

Prep time: 20 minutes

Cook Time: 2 hours and 25 minutes

Ingredients:

- 250 g thickly sliced bacon
- 1 kg boneless lamb shoulder
- 3 cloves garlic, minced
- 1 large onion chopped
- 1 large onions, cut into bite sized pieces
- 500 g diced carrots
- 3 potatoes
- 3 g salt
- 1 g ground black pepper
- 8 g white sugar
- 60 g all purpose flour
- 2 bay leaves
- 1 g dried thyme
- 1 bottle of Guinness or another stout beer
- 950 ml beef stock
- 235 ml white wine

Directions

- 1) Cook bacon in a skillet over medium high heat until evenly brown. Drain, crumble, and set aside.
- 2) Put lamb, salt, pepper, and flour in a large mixing bowl. Toss to coat meat evenly. Brown meat in frying pan with bacon fat. Do not crowd the pan and cook without stirring until nicely browned on one side, then turn the pieces over.
- 3) Place meat into a stock pot while leaving 1/4 cup of fat in the frying pan. Add the garlic and chopped white onion into the pan and saute till onion begins to become golden. Deglaze frying pan with 1 cup of Guinness. Set aside 1/4 cup of Guinness for later.
- 4) Add the garlic-onion mixture to the stock pot with bacon pieces, beef stock, and sugar. Cover and simmer for 1 1/2 hours.
- 5) Add carrots, onion pieces, potatoes, thyme, bay leaves, and wine to pot. Reduce heat, and simmer covered for 20 minutes until vegetables are tender.
- 6) To thicken the stew if necessarily, mix the 1/4 cup of Guinness and cornstarch until smooth. Add the mixture to the stew and simmer until thickened.
- 7) Enjoy with friends and sip a few some Irish stouts!

How to Send Money Abroad

By Matthew Baum

许多外国人会遇到境外汇款这个问题，这期编者就来为您解答如何向国外汇款。汇款程序很简单，和人民币一样到银行柜台填电汇申请书就行，要用英文准确填写1. 收款人姓名；2. 收款人地址；3. 收款人账号；4. 收款银行名称；5. 收款银行地址；6. 收款银行代码 (SWIFT CODE)；注：加拿大ABA (6位)，澳大利亚BSB (6位)，欧洲IBAN (22-27位)。境外汇款手续费0.1%，最低50元，最高260元。境外汇款邮费为150元/笔。可以去中国光大银行使用西联汇款，填写西联汇款发汇单。也可以带着你的中国好朋友到中国银行填写境外汇款申请书，让他使用个人账户能够帮助你一次性汇最多5万美元。具体细节请仔细看我们编者的解释吧！

There are several ways to send money abroad, but this article will outline the two safest and most common methods.

The first method is to go to a Western Union (西联汇款 xīliánhuìku) and send money this way. You can find a Western Union in all China Everbright banks 中国光大银行 (zhōngguóguāngdàiyínháng).

When you walk into the bank speak to an assistant who isn't behind a glass wall, say:

我要汇款到外国
W yào huì ku n dào wài guó
I want to send money abroad.

They will give you a three sheet form to fill in, there is an English translation for each part. You must bring a passport, but that's the only documentation you need. You only need to know the address, and the name of the receiver. If it is a bank account then you need the account number and SWIFT code. You can track your transaction online via the Western Union website. It should arrive in your account within half an hour. If there is a problem, the money will be returned to where you sent it from, you can try and send it again (free of charge).

Important information:

You can only send USD. If you bring CNY to Western Union then you can only send a maximum of USD 500 per day. If you bring USD then the maximum transaction is USD 10,000. So if you want to send a lot of money-change it at a different location and then send it.

Funds cannot be sent or received from Africa.

There is a maximum of 1 transaction per day.

The second method allows you to send money to any bank account in the world, as long as that country has no financial sanctions against it, e.g. Iran.

This method involves going to Bank of China, and bringing a Chinese friend. If you go by yourself then you can only send USD 500 with a charge of CNY 200. If you bring a Chinese friend, and get them to send it, then you can send a maximum of USD 50,000 per person per year. USD 50,000 is the maximum limit for 1 year, but you can send money twice a week or four times a month, as long as it does not exceed this limit. There is a processing charge of CNY 150 plus a 0.1% charge between CNY 50 – 260. Funds take up to two days to reach their destination, if there is a problem then the funds will be returned and you will have to pay a charge. Your Chinese friend must bring their ID card, along with the following:

- Name and address of the receiver
- Receiver's Account Number
- Receiver's Bank name
- Receiver's Bank location
- Receiver's Bank SWIFT code (a form of BIC code 8-11 characters long)

Charge:

Amount (USD)	Charge (USD)
<500	15
501-1000	20
1001-2000	25
2001-5000	30
5001-10,000	40



Chang Ziguang
常紫光

27 years old from Tianjin
Works at Tianjin CJ Home Shopping Co.

Friday or Saturday night in Tianjin?

Friday nights. Because I like to spend my Saturday and Sunday nights resting.

The perfect spot in the city.

The 'Tianjin Eye'!

Perfect place to bring a date.

No other place but the Hai River for its fantastic view at night.

Advice to Tianjin newcomers:

Learn more about Tianjin's customs, try out the local snacks and if you can understand it, listen to the popular Crosstalk!

I love Tianjin because...

Tianjin is my hometown and there is indeed a lot to see here. New buildings have sprouted and a variety of shopping centres are now open. Also, Tianjin now has its expressway, overpasses, parks and so much more! In the streets you'll see white-haired old men with the vigour and vitality of youth, and people from different walks of life with a smile on their faces. At night the city becomes more beautiful with buildings that are all lit up and its brilliance gives a truly warm feeling.

Perfect hangout for you and your friends.

'Coffice' on Chongqing Dao in Wudadao 五大道. It's a little slice of home away from home or some wonderful cooking courtesy of the next big thing on the cooking scene - Justin Toy. Sam's home is also pretty edgy. Oh, and Tianjin Cultural Centre is sweet in the sunshine.

The perfect spot in Tianjin.

It's a close call between Munan Park in Wudadao 五大道 and Jixian towards the mountains and the Great Wall in the north. Having lived in a village all my life, I really value a feeling of community - a sentiment abundant across Tianjin, especially amidst the musicians of Munan and in the tranquil lakeside farmhouses.

Perfect place for a date.

Tianjin is a deceptively romantic location, full of little hole-in-the-wall tea houses, parks and theatres, and my ideal date would embrace the local delicacies. Alternatively, the Astor Hotel is an elegant and refined spot, as is the Renaissance Tianjin Lakeview Hotel. Or maybe a joint blind massage...that was fun.

Advice to Tianjin newcomers:

Smile at people; be patient; talk with locals, hear their stories, learn, read the newspaper, make friends for life. And if it ever all becomes too much, just stay calm and carry on! Or for the Chinese, 神马都是浮云。

I love Tianjin because...

To quote a famous Chinese philosopher, 没有为什么 (there is no why).



Christopher Boobier
博一夫

25 years old from Kent, England

Works at Wellington College International



The Bedroom Bar

By Justin Toy

你看过《春娇与志明》这部影片吗？如果你看过，那你一定对其中的优发给志明的那条“我们上床吧”的短讯记忆深刻。“床吧”是一种新兴酒吧形式，顾名思义，就是用床代替椅子的酒吧。床吧的设计概念就围绕在“床”上，在BED一层层递进的各个房子里，都摆满了床。床吧是继酒吧、陶吧、书吧、氧吧等之后的又一种时尚的吧。在天津，你就可以找到这样一家特色十足的“床吧”，坐落在最早的Helen's附近。想不想去一探究竟？来看看我们编者的亲身体验吧！



Located next to the original Helen's off of Wujiayao dajie (吴家窑大街), the Bedroom Bar is one of the newest hot spots on the Tianjin nightlife scene. Upon entering the Bedroom Bar, you'll notice right away that this is not your typical dark and grungy 'western style' bar with writing all over the walls. Instead, the walls are a clean and bright white that are used to display the changing neon lights, reminiscent of a night club in Miami. The main seating area is filled with tables that can comfortably seat 8 people, while in the back there are several 'bedrooms' for larger parties and functions.

The menu at the Bedroom Bar offers typical western bar food, such as pastas (CNY 20-30), salads, burgers (CNY 20-25), and pizzas (CNY 45) at prices and portions that are quite reasonable. Their beer selection is a bit limited and on the expensive side (CNY 20-50) but they make up for it with tasty cocktails made with real spirits. During the evening there was a tequila promotion, CNY 100 for 12 shots of Jose Cuervo Gold and a game that involved lighting the bar on fire and getting free drinks! The staff members are friendly and can speak English quite well.



Address: Commercial Site, No. 1-4, Chaoyang Li, Heyan Dao, Heping District 和平区河沿道朝阳里1-4号底商
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Relax in Style!

By Najla Rasdeen

每天坐在办公室工作的你，每天对着电脑目不转睛的你，是不是下班回到家感觉到脖子僵硬，颈椎不适，头晕？快节奏的工作生活会让人感觉“鸭梨山大”！但是，不能让压力打倒你，寻找适合的放松方式舒缓自己的压力，调节自己的心情很关键。那么，这期我们为您推荐减压放松的最佳方式，就是使用按摩浴缸泡澡或者去蒸桑拿。

桑拿浴能够加快血液循环，使全身各部位肌肉得到完全放松，达到消除疲劳，恢复体力，焕发精神的目的。同时它对风湿症，关节炎，腰背痛，哮喘，支气管炎，神经衰弱等均有一定疗效。此外，传统桑拿浴其固有的保健功效，对工作劳累者而言，也是一种高级的享受与休闲。据测试，桑拿10分钟相当于长跑10公里，因此具有健美减肥的功效。桑拿浴时间最长不要超过30分钟，不然容易产生由于温度过高导致人脱水的现象。最好的方法就是蒸桑拿之前先饮用水，补充体内水分。

而按摩浴缸主要是通过马达运动，使浴缸内壁喷头喷射出混入空气的水流，造成水流的循环，从而对人体产生按摩作用。不仅可以缓解肌肉的紧张，也是一种浪漫的休闲方式！



A jacuzzi or a sauna immediately spells luxury, but these are words becoming increasingly more popular amongst regular people. Spa's and other venues with these kinds of facilities serve as a great place to wind down or to have an afternoon chat with friends. Or it could simply serve as a romantic getaway for you and your loved one. For whatever reason you choose, you might be surprised to learn how these can actually turn into a good healthy lifestyle.

Stress has become a major part of our life. It's amazing how just 15 minutes in a jacuzzi can help to release it. Wouldn't it be nice, for a change, just to slow down in this fast-moving-technological world? And that's exactly how you'd feel! You'd feel every muscle in your body tickled into a deep trance! There is actually a science behind this; the hot water and soothing jets in the jacuzzi create an almost uniform massage that can range from soft to deep-muscle massages.

Soaking in a jacuzzi is known to relieve symptoms of arthritis, backaches, stiff necks, reduce blood pressure, and make you sleep better. The hot water also pumps blood faster throughout your body, removing toxins away and increasing your metabolism.

Saunas and steam rooms also provide similar benefits. They work by exposing your body to temperatures of close to 150 degrees, and a 30 minute session is said to reduce up to 500 calories! Physicians do not generally recommend using saunas for weight loss due to many risks. However, if you still are willing to try it out, there are some important things you have to consider.

Any one who spends too much time in a sauna or a steam room, runs the risk of becoming dehydrated or overheated and may faint after exiting the sauna. For this very reason, drinking plenty of water before, during and after is very important and cannot be stressed enough.

The recommended duration of time to spend in a sauna or a steam room is between 10-20 minutes and one should not exceed 30 minutes. Experienced sauna users may be able to stay even longer, but novices to this should not try to do so.

If you do have high blood pressure, heart conditions and are on medication, it is advised that you consult a doctor before using any of these facilities. Children and elders are not advised to use saunas or steam rooms due to the high risk of dehydration and other complications that may occur.

So if you don't have a jacuzzi at home, or don't have access to a steam room or sauna, do not be baffled! There are numerous places right here in Tianjin, where you can get it! You are guaranteed to have a wonderful time!

What is Cancer?

By Dr. Michael Couturie, International SOS

Cancer is a serious condition in which cells of the body grow in an uncontrolled way. The disease – which is also sometimes called tumour, neoplasm or malignancy – can affect almost any part of the body. The term ‘cancer’ is used for a group of diseases. There are more than 200 types, each with its own name and treatment.

Though cancer can be treated, it is still a leading cause of death worldwide: accounting for 7.6 million deaths (around 13% of all deaths) in 2008. The cancers which most commonly kill are lung, stomach, liver, colon, breast and cervical cancers. According to the World Health Organisation, 84 million people will die of cancer between 2005 and 2015 in the absence of intervention. About 30% of all cancer cases could be prevented by lifestyle and vaccination choices.

What causes cancer?

The exact cause of cancer is not known. However, we do know that certain agents called carcinogens damage cells and may cause cancer. Aging and genetic factors also play a part: in many cancers - the risk generally increases as a person gets older, and some cancers run in families.

Some known carcinogens include:

- Tobacco smoke – this is the single leading risk factor for cancer -
- Ultraviolet radiation – which comes from the sun as well as other sources;
- Asbestos (a group of silicate mineral fibres);
- Biological agents, such as infections with certain viruses, bacteria or parasites.

How can some cancers be prevented?

There are several ways to reduce your cancer risk. Firstly, and by far the most important, is to avoid tobacco smoke, including second-hand. Cigarettes and tobacco cause over 20% of all cancer deaths and of the majority of all lung cancer deaths worldwide each year. Secondly, maintaining a healthy weight with a healthy diet may reduce your cancer risk. Obesity and being overweight may increase some cancer risks, and there is increasing evidence that avoiding processed foods and eating a balanced diet rich in vegetables, fruit and fibres will help reduce not only your cancer risk, but your cardiovascular disease risk as well. Other factors, such as limiting alcohol intake and getting regular exercise will also help. Thirdly, you can limit your skin cancer risk by wearing appropriate protective clothing, using a high SPF sunscreen and by not getting sunburned. And finally, some cancers can be prevented with vaccination. Hepatitis B infection can lead to liver cancer, so getting vaccinated can limit your risk of getting infected. Ninety-nine percent of cervical cancer is known to be caused by infection with Human Papilloma Viruses (HPV). There are now vaccines to prevent infection from the most common forms of HPV which are associated with cancer.

Cancer is treatable...

Treatment is most effective if cancer is detected early. Certain screening methods, such as Pap smears, mammography and stool tests, may detect some cancers earlier and, most importantly, may increase the survival of people with these cancers (cervical, breast, colon). You should also be vigilant. Learn the early warning signs and seek prompt medical attention if you detect symptoms such as: lumps or sores that don't heal, persistent indigestion or coughing, change in bowel habits, abnormal bleeding or unexplained weight loss.

Always remember, though, the best treatment is prevention. If you smoke, talk with your healthcare provider about ways to quit. If you are overweight, ask them about strategies to change your diet and increase your exercise. Not all cancers can be prevented, but talk with your provider to identify the aspects most relevant for your particular risk profile.



The health content in this article is vetted by International SOS.



TRASH AND TREASURE

By Paul Crowe



Beijing's Panjiayuan market is a must visit destination for anyone shopping for souvenirs or just wanting to see some of the more curious wares available in the capital city. Remember though that however convincing many of the ancient looking items are, the chances are they're probably not long off the production line.

The giant market is open seven days a week but the best times to visit are Saturday and Sunday. It's easily accessible now with its own subway station on line 10 (leave at exit B). The market opens at dawn and

stallholders begin to pack away their goods mid-afternoon.

It's also known as the dirt market because originally it was said to be just a big open field from where sellers would hawk their goods. Now it's said to be the largest flea market in China and every type of item a souvenir collector could wish for is up for sale, particularly if it relates to Chairman Mao.

Calligraphy, porcelain, jade, carvings, posters and prints and jewellery are all up for grabs. Giant statues and outdoor furnishings are on sale as well but they're all a little too big to fit in a suitcase. English language books can also be found after a bit of hunting through the book section and can be snapped up for as little as CNY 5.

US expat, Jacob Docking, who was hunting for presents to take back home for an upcoming holiday managed to find most of his family gifts. He explained that "It's huge and there are many different things to choose from but you have to bargain very hard for the right price!"



Wanlong Ski Tour
Come ski with us!



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

真爱是值得耐心等待的，但是安德鲁先生最近很急切地想找到自己的意中人，而且他还特别想要一位中国的女朋友，由于害怕文化差异以及考虑回国等外界因素，他求助于我们的帮助。不过，天使和恶魔的建议完全背道而驰。来看看两位感情专家都说了些什么建议吧！两位都是很诚恳地道出自己的内心想法，就要看安德鲁如何抉择了。



"I am a long term expat who really likes Chinese women and I would love to find a serious girlfriend in Tianjin but I am worried about the clash of cultures and the fact that I may go home in a year or two."
Andrew

Angela says:

Dear Andrew, the fact that you're a long term expat in Tianjin tells a lot about how you have come to know the culture quite well and the truth is that 'culture clashes' happen everywhere, even in your home country.

With that cleared up, let me just say that love is a risk! It may or may not have a happy ending. You will never know. For now, don't worry about culture clashes or in going home in a year or two. Push those worries aside and find time to get to know people, especially women with good characteristics. If you find someone worth taking a risk on, go for it! Culture clashes and all other worries will become instruments to spice up the relationship. However, if you don't find someone worth it, just be patient and wait. Love has its own timing and eventually it will shine for people like you who are serious about love.

Daemon says:

My friend, you have nothing to worry about! I can assure you that Chinese women look for the same things in a man that women elsewhere in the world do. If you want to improve your appeal, the best thing to do is to get yourself to the gym and beef up. If you are usually clean shaven, you should also consider growing some facial hair, and furthermore, be sure to dress well and splash your cash around when you are out!

I don't think you need to worry too much about culture clashes. I find that a few alcoholic beverages and the 'language of love' always transcend these boundaries. And in terms of returning home one day, don't let that spoil your fun. I'm sure the Tianjin ladies with whom you work your magic on will be upset when you leave, but they will always be grateful for the experience of being with you!



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

Tianjin + Life!

by Cathy Perez

Back to School

It's back to school for students and teachers alike. After several weeks of chilling by either staying at home or out travelling, it's time to dust the books, prepare the pen and paper, and bring your mind back to school mode. Which is probably difficult to do for some of us given the loads of fun, parties, and not to mention foods during the Spring Festival celebration. Hope the list below brings your school mode back on.

THAI Smartkidz International's Qipao Party. Wouldn't you love to go back to school when you know you'll have a lot of fun while learning? That's what Tianjin Hanua Advanced Institute (THAI) does to their cute kids – bringing out the best in them, while having fun. In their Chinese New Year celebration, for example, the school had their Qipao Party with all the kids, teachers, and staff flaunting their fabulous traditional Chinese attire. To know more about THAI Smartkidz International, visit their website at www.thaismartkidz.com or call them at +86 22 27837801 or 13820364644.



Easter Sunday at Xikai Cathedral. March 31st is a big day of celebration and the English-Speaking Community of Xikai Catholic Cathedral invites everyone for an Easter Sunday mass at 11:30 a.m., followed by a potluck lunch at the church ground. Come and be part of the celebration! To inquire about the event, you may email Fr. Eko at xikaicathedral@gmail.com or call him at 18622793950.



HEBE Restaurant and Lounge Club. In case you didn't know, Hebe Restaurant and Lounge Club opened just a few weeks ago located at the ground floor of the Olympic Stadium in Nankai District. This posh place catches the eye rather easily as it radiates staggering lights and its mirror walls reflecting fancy furniture and cosy ambiance that is just perfect for those needing a relaxing night out. For more information, call Hebe at its hotline: +86 22 2752 1068 and visit the place one of these days!

Stress less. As school's back and the next holiday's still way out there, some of us would just like to know how to stress less. Here are some suggestions: Smile, look for opportunities in life's challenges, ask for a hug, reminisce the good times, focus on what you can control, sleep early, breathe hard, talk about your problems, go for a walk, and lastly, dance it out! Shoot out that stress and enjoy your Tianjin life!



My Style Notes

By Silvina Pardo

Beauty News

想不想在新的一年里有潮女的感觉？从2013年流行彩妆着手吧！今年的T台走秀给了我们许多新的灵感，在彩妆中更多地融入了摩登感，不管是浆果色唇妆，还是哑光紫红唇色，还是迎接即将到来的春天的正红和艳粉，都让人看起来内敛沉静，极具魅力。目前正流行的彩色睫毛眼妆，用惯了黑色睫毛膏的你，是不是也应该换口味了？看看秀场让人惊艳的宝蓝色和艳粉色吧，如果使用得当，这些艳丽的颜色能衬托你白皙的肤色，还可以放大双眼。使用一些水果亮色眼影，给自己化出迷人的彩虹眼妆，也会让你在众人中脱颖而出！要敢于让自己与众不同，眼线也可以变换风格，烟熏妆还是性感十足。那么，既然眼妆唇妆都已经很浓郁了，就让肤色自然一些吧，会更加突出魅力的眼部以及唇部。最后，巴洛克式的发型搭配完美无瑕妆容，潮女怎能不是你呢？



▶ Blackberry lips

It is time to fall for the new lip colour, blackberry. We have seen plenty of this look on the runway, Etro, Gucci and Rochas; they all choose the hue of the season to make the lips to stand out in berry, plum and dark red colours. You can choose a more subtle look by going for berry gloss or go for full-on lip colour with a berry lipstick. A good tip for making deep colour lipstick appear more modern and last longer, apply lipstick to your lips and dust some powder over the top for a beautiful, velvety finish to your look.

After a season of eye-popping colours and blaring prints, designers embraced the dark arts for fall. Backstage it was all about wine-stained lips, pale-out complexions, black eyeliner and baroque hair styles. The runway marks the trend and we give you inspiration for how to get the look.

▶ Colour eyelashes

The colour eyelashes are back! Think blue, purple, burgundy colour ... This popular 80's trend is back making your look full of mystery and sophistication. To update the make-up, keep the rest of the products simple and put the accent only in the eyelashes, choose neutral eye shadow and apply three coats of mascara. Don't forget to look after your eyelashes with some eyelash serum, to encourage active growth and keep them strong. Navy blue mascara suits all eye colours, give it a try!



▶ Rainbow eyes

This winter your eyes will be the centre of everyone's attention if you choose to do the rainbow eyes. To get the look you need to choose different coloured eye shadow, mix together and finish with geometric black lines. It is a risky look but it is worth it. To get inspiration check the Prada look, mixing orange and purple eye shadows and the amazing look in Cavalli's show, mixing metallic olive green, purple and gold; the perfect eye that can lift up every outfit!



▶ Super eyeliner

Black eyeliner is essential for sexy make-up. This time we have seen geometric shapes, long finishes and deep black in all the autumn beauty looks. You can create the most risky styles by only applying eyeliner or create a new intense smoky eye by using dark grey and black metallic eye shadow and then finishing with black kohl. If you are tired and have shadow around your eyes, play on it by doing a smoky eye; a good tip is to pump it up by adding a small dab of gloss to the centre of the lids.





► **Natural skin**

We are getting deep burgundy lips, or maybe exotic strong eyes, so it feels that the right way to soften the look is by going for a natural skin look. You can choose to make your eyes or lips pop with neutral skin or go for the totally natural look. The make-up artists suggest choosing make up that doesn't hide the skin, they just try to make the skin look naked with a healthy glow.

For a radiant look apply a bb cream or primer before the foundation and then choose soft, light, velvety foundations that melt with your skin and you are ready to go!



► **Hairstyles**

Baroque, sophisticated and chic are the hairstyles we have seen on the runways around the world for this winter. Dolce and Gabbana dazzled with embroidered hair bands and over loaded hair styles, Pucci created plaits wore as hair bands and Gucci chose jewelled broaches to get an elegant look. Get inspired to create your own look!



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香港



Objects of Desire

By Silvina Pardo

摩西(Moussy)是巴罗克集团日本公司在2000年创立的第一个品牌，当时摩西服饰是以美国休闲风格作为市场定位，并主力发展摩西牛仔服饰。摩西服饰是为有自我形象、自我生活态度、独立而且有影响力的时代女性所设计。摩西的风格从来没有特定规范，品牌设计具备潮流元素，既华丽性感又有时尚魅力，同时亦非常易于搭配。我们的时尚达人Silvina还是在天津南开大悦城发现了摩西品牌，这期就为大家介绍这个品牌的特色搭配。让你在美好的春天穿出潮范儿！

Trendy Casual

Japanese brand Moussy is in town offering a vintage style collection. Moussy's grungy look is a top pick for the tricky seasonal transition, with a sporty feeling and full of character items that will transform your dark winter wear. To update the grunge style, choose a more urban look, more minimal and glamorous, a style that features grunge basics and girlie pieces.



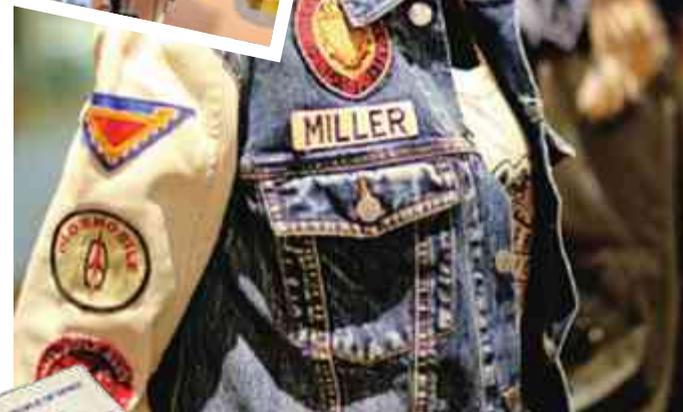
Denim is the strong point of the brand. You can find colourful torn jeans; think yellow, orange and green, that will work perfectly now as well as in summer. The ripped faded shorts are the must-haves and the denim jackets are full of vintage details and patches which are fabulous items to make an impact.



All the accessories have a hand craft and ethnic feeling.



The envelope bags are full of vintage details. To get a unique and fun item, go for the envelope bags with bright comic patterns.



To get the grunge style without looking too 90's, ditch the boots and Dr. Martens. Combine the vintage items; ripped jeans, flannels shirts, plaid trousers and beanies with modern heels. This will take you from tomboy to super sexy.



The beanie hat. To get the perfect grunge style you can forget the beanie hat, or you can add only a little bit of casual wearing a beanie with smart clothes.



Game Changer: The CBA Enters It's Reckoning Period

By Paul Ryding

As the 18th CBA Championship regular season draws to a close, for Tianjin Plus, Paul Ryding looks at a sometimes testing year for the domestic Chinese game, and examines the leading teams in the league.

Tracy McGrady



麦蒂、马布里、阿里纳斯，这个赛季的CBA群星璀璨，在“后姚明时代”，国人在家门口再度体会到篮球带来的快乐。不知不觉间，从去年11月24日的京沪揭幕战，到收官之战，CBA常规赛即将向球迷说再见了。

2月17日，2012-2013赛季CBA常规赛进行了最后一轮的较量，广东东莞银行将坐镇主场迎战麦蒂领衔的青岛双星男篮。最大看点莫过于易建联等华南虎将士将首次与麦蒂过招。

2012-2013赛季CBA常规赛在2月18日晚进行了最后一轮的争夺，其中广东队与青岛队的比赛因为是麦蒂在本届CBA上的谢幕战而受到更多的关注。麦蒂在本场比赛拿下30分9个篮板5次助攻，但青岛队最终以104比121败走客场。除了麦蒂之外，这场收官战也有可能是八一队王治郅的最后一场CBA联赛。他在北京队的主场拿下31分，在现场DJ的带动下，主场球迷甚至全场欢呼，向这位老男孩致敬。

It comes as little surprise to see Guangdong Southern Tigers top the CBA standings as the regular season winds down. At the time of writing, with two games of the regular season left, the Southern Tigers sit at the top of the standings having lost just one of their last 17 games. That defeat came in an enthralling match with defending champions Beijing Ducks back in February, and is one of just four defeats this season for Guangdong. That day a rampant Ducks second half performance saw them blast past the Southern Tigers in the second half to win 93-82,

courtesy of 41 points from the Ducks' star player, Stephon Marbury.

Guangdong are looking to go level with Bayi Rockets as the most decorated team in CBA history this season. Having won or finished runners-up in each of the last 10 seasons, another championship title would see them celebrating their eighth CBA championship.

Shandong Lions have hit an incredible late season run of form to fire themselves into second spot in the standings after taking 15 wins on the spin. Their forward duo of Zaid Abbas and Pooh Jeter have been in sparkling form of late propelling the Lions to a record of 23-7 before an encounter with Guangdong.

Current CBA champs the Beijing Ducks have enjoyed an impressive 2012/13 campaign after scooping their first CBA crown last season. Third in the standings, with their playoff place assured and a record of 21-9. The Ducks, though not spectacular this season, will still be a threat come playoff time. Having won six of their last eight outings, it seems Marbury and his teammates are hitting their stride at just the right time of the season.

Alas, it has not been such a sparkling campaign for the struggling Tianjin Golden Lions. They still have a mathematical chance of making the playoffs, but with the team on a nine-game losing skid, it looks likely that their year will end with the climax of the regular season, and once again, there will be no post-regular season for the Golden Lions. Tianjin have now missed out on post-season involvement every year since they joined the CBA in '2008/'09. Ugly scenes marred Tianjin's loss to Qingdao in January when assistant coach Gary Gaspard had to be physically restrained after a series of contentious refereeing decisions.

The year has been a successful one for the profile of the CBA. The season's two big foreign imports, Tracy McGrady and Gilbert Arenas have wowed crowds sporadically throughout the year. And Quincy Douby's incredible 75-point performance for Zhejiang Golden Bulls against Shanxi Brave Dragons was another of the season's highlights. The 2012/3 season looks set to provide a thrilling finale with the battle for the playoffs likely to go right down to the wire.

However, problems remain in the Chinese game. Officiating standards continue to be an issue, and instances of on-court violence – occasionally involving fans – continue to plague the game. The behavior of some of the foreign imports to the league this season has also been in the spotlight at various times this year. From the Sina Weibo outburst of McGrady – however justified his reasons – which resulted in a fine and suspension, to the six-month suspension of Shanxi Brave Dragons' Marcus Williams for marijuana use, on occasion the league's most high-profile players have made the headlines for all the wrong reasons.

Despite its problems, the CBA's star continues to rise as it attracts more and more big-name foreign players. The climax to the 2012-13 season looks like being another thrilling one.

Jianlian Yi



Zhizhi Wang



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Fortune Heights Snow Polo World Cup 2013 Hong Kong China Victorious, Wins Tournament for Second Year Running

12 teams from around the world vie for the World Championship
at Tianjin Goldin Metropolitan Polo Club from 25 Jan – 3 Feb

The Fortune Heights Snow Polo World Cup 2013 (Snow Polo World Cup) concluded on 3 Feb at Tianjin Goldin Metropolitan Polo Club ("Metropolitan Polo Club"). The Snow Polo World Cup is one of the major events on the world polo calendar, and is the largest snow polo tournament in the world. This is the second year and twelve teams have participated in this year's tournament with handicaps ranging from 14 to 16 goals, making this the world's premier event. The teams, selected in cooperation with the Federation of International Polo, represent 9 out of the top 10 polo countries. Finalists Argentina and Hong Kong China competed for the coveted silver trophy.

Hong Kong China was first to score, but Argentina fought back hard and took back 2 goals, but allowed Hong Kong China to add a crucial fifth goal, resulting in a win for Hong Kong China.

In the closing ceremony, Dr Richard Caleel, President of the Federation of International Polo, presented medals to each of the day's teams. Mr Pan Sutong, Chairman of Goldin Group, then personally presented Hong Kong China with the Fortune Heights Snow Polo World Cup 2013 trophy.



Sheraton Tianjin Hotel Celebrates 2013 Spring Festival on the first day of Chinese New Year

Early on the morning of the Lunar New Year's Day, many foreigners in Tianjin participated in the annual Spring Festival Lion Dance Show exclusively held at the Sheraton Tianjin Hotel and enjoyed a happy get-together in the hotel, whilst feeling the lively local atmosphere of the Spring Festival.



Arranged and held by Sheraton Tianjin Hotel for their guests from all over the world, the wonderful performance of the lion dance attracted almost all the hotel guests to get up early to witness this unforgettable moment and record it with the phones and cameras in their hands. In addition, a big surprise was given to the guests when they received the red packets given by the God of Wealth with blessings. Moreover, Mr. Zhang Dawei, the chairman of JTG, also attended this grand event and painted the eyes of the lion.



Romantic Valentine's Day Dinner @ Albert's

Neighbourhood restaurant Albert's prepared a four-course classic European style dinner for couples on 14 February. The menu featured an amazing array of quality fresh products including seared foie gras, Australian Wagyu beef tenderloin and a deliciously rich Chocolate parfait to share. As well as delicious food, the couples also enjoyed BOB JENNIFER Cabernet Sauvignon Bin 688 from South Australia, provided by the wine sponsor The Velvety Amethyst. The lucky draw section attracted guests' attention. The marketing director of The Velvety Amethyst, Ms. Wang Qing issued the second prize award of one bottle of wine and hotel sales and marketing director, Tristan Zhang issued the first prize award, a one night complimentary stay at Hotel Indigo Tianjin Haihe Superior Room.



Chinese Language Examinations: HSK

By Chris Graham

They say that the best way to learn a language is whilst you're living in the same country. After the first few months of living in Tianjin, I could order food, grab a taxi and generally get around town and make basic conversation. I thought that it was time to start working towards gaining some sort of qualification that would surely aid me in the future.

I was also taking Chinese lessons twice a week and I was advised by my Chinese teacher when to take a HSK exam. He waited until I was nearly ready for my HSK 2 exam, before suggesting that I sit my HSK 1. This erased a lot of nerves upon first sitting a test in a foreign country and in unfamiliar surroundings. My advice is certainly to be patient with HSK 1, as this will make your higher level HSK exams enjoyable, instead of stressful.

The cartoon is based on my HSK test. I sat both my HSK exams at the Tianjin Foreign Language University, where the support that I got was second to none. One of the HSK exam admin staff members speaks brilliant English and he kindly assisted me in preparing an envelope in which my exam certificate upon arriving at the university, he would mail it to my home in England, for a cost of only CNY 25. I achieved a pass for my most recent HSK exam and received my certificate, in England, six weeks later. A top class service from the university and I would highly recommend sitting your exams there.

The environment in which the exams were taken was very relaxing too. It took place in an air-conditioned room at the top of one of the university buildings, so it was quiet and stress free. Also, you don't have to start writing and speaking in the examinations until HSK 3. HSK levels 1 and 2, has only reading and listening components in the examination, are great as the workload is halved

A great way to boost your preparation for the exam is to visit a large bookshop in Tianjin and find the practice HSK exam books as they are laid out in exactly the same style as the formal examinations. There is of course an audio CD provided with the books, which costs around CNY 60 each. This is an excellent price and a great resource. I would often practice alongside a Chinese native speaker and this was an exceptionally helpful and enjoyable way of studying.



Listings Index TIANJIN

Home 61-62

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

Restaurants 56-59

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

Hotels & Accommodation 62-63

- 5 Stars
- Apartments

Recreation 63-64

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

Coffee Shops & Tea Houses 59

- Coffee Shops
- Tea Houses

Wine 59

Nightlife 59-60

- Bars & Discos
- KTVs

Services 64-65

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

Health & Beauty 60-61

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

Shopping 65

- Bookstores
- Department Stores & Shopping Malls

Sports 61

- Golf Clubs
- Gyms

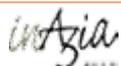


Bakeries & Desserts

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, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号天津利顺德大饭店豪华精选酒店1层
T: +86 22 2331 1688 ext. 8920

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

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: dintai fung.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号金星大厦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 七叶叶素食餐厅** 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, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号天津利顺德大饭店豪华精选酒店1层
T: +86 22 2331 1688 ext. 8918

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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Email listings@tianjinplus.com



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

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, Chongde Dao, Heping District (near the crossing 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 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



CHATEAU 35
The only authentic wood fired pizza in Tianjin. The finest imported Australian Wines, cooked to perfection. Extensive international Wine, Beer and Beverage list. Open all day concept, visible from our quiet courtyard. Cozy, golden area for intimate dining.
TEL: 022 2331 9478
187-1351-2290 TRIVORA
E-MAIL: CHATEAU35@VIP.163.COM
ADD: OPPOSITE NO. 79 CHANGDE DAO, HEPING DISTRICT.
和平区常德道79号对面(知味全日餐厅)



Hank's
Hank's Sports Bar & Grill
Offers traditional American favourites like burgers, steaks and pizzas in a cozy, laid back environment. 11:00-23:00.
2341 7997
139 2061 4814

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

Mug 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, Zongli 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
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: 022-83687133 Hours: 10:00-02:00
Bailou Wine Bar & Cellar
Kaifeng Dao, Heping District, Tianjin (Near Hipseze 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乙
Tel: 022-27231268 Hours: 9:00-20:00
All shops open 7 days
4006-199-159
www.itwin.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
Legat, sleek, relaxed. You will want to dress-up before going to Le Procope. Luxurious 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 妈咪咪呀音乐酒吧
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号天津中心商城
T: +86 22 5835 8688

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

Laundries

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

H P 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
TIANJIN

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

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 河西區滨水道16号
T: +86 22 5822 3388



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

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



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

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



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

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

Apartments

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

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

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



Somerset International Building Tianjin
A: No. 75, Nanjing Lu, Heping District
T: +86 22 2330 6666
天津盛捷国际大厦服务公寓 和平区南京路75号

Somerset Olympic Tower Tianjin
A: No. 126, Chengdu Dao, Heping District
T: +86 22 2335 5888
天津盛捷奥林匹克大厦服务公寓 和平区成都道126号

Somerset Youyi Tianjin
A: No. 35, Youyi Lu, Hexi District
T: +86 22 2810 7888
天津盛捷友谊服务公寓 河西區友谊路35号



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

Antiques & Souvenirs Streets

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

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

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

Art Galleries

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

Art Districts

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

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

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

Museums

China House Museum 瓷房子博物馆 It's decorated with ancient pieces of porcelain, crystal, white marble, jade figurines, rare jewels and antique furniture, from all dynasties. CNY: 35. 09:00-17:30. **A:** No. 72, Chifeng Dao, Heping District 和平区赤峰道72号
T: +86 22 2335 6666

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

Chinese Shoe Culture Museum 中国鞋文化博物馆 Eight hundred square metres displaying 56 special

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

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

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

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

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

Parks

Tianjin Water Park 天津水上公园 Tianjin's best well-preserved park. A year-round attraction for nature lovers with nine islands and three lakes. 06:00-19:00. **A:** No. 33, Shuishang Gongyuan Bei Lu, Nankai District 南开区水上公园北路33号
T: +86 22 2335 0095
W: tjwaterpark.com.cn

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

Theatres & Cinemas

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
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)微山南路
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

HP

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

HP

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

NK

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

HX

Alliance Française de Tianjin 天津法盟 Part of the global Alliance Francaise network that offers French classes in a French speaking environment. **A:** 2F, Education Centre Building, North gate of Balitai Campus, Tianjin Normal University, 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

HX

Tianjin International Exhibition Centre 天津国际会展中心 Located near Tianjin museum, this two-storey

building is suitable for holding large-scale international and domestic exhibitions. 09:00-17:00. **A:** No. 32, Youyi Lu, Hexi District 河西区友谊路32号
T: +86 22 2801 2988

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

Libraries

NK

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

PH

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

HP

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

HB

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: tjdabeiyeuan.com

Serviced Offices

HP

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



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

The Executive Centre 天津德事商务中心 The Executive Centre - let us help your business succeed.
A: 29F, bldg.2, The Exchange, No.189, Nanjing Lu, Heping District 和平区南京路189号津汇广场2座29层
T: +86 22 2318 5111
A: 41F, Tianjin World Financial Centre, No.2, Dagubei Lu, Heping District 和平区大沽北路2号天津环球金融中心41层
T: +86 22 5830 7860
A: Level 17, C1 Tower TEDA MSD, No.79, First Avenue, TEDA 天津经济技术开发区第一大街79号TEDA MSD C1座17层
T: +86 22 5985 9898
E: tianjin@executivecentre.com
W: executivecentre.com

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

Bookstores

NK

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

HX

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

HP

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

HX

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

NK

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

XQ

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

Listings Index

BINHAI AREA, TEDA & TANGGU

Home 68
•Laundries

Restaurants 67
•5 Stars

- Bakeries
- Chinese
- Indian & Thai
- Japanese
- Western

Recreation 69
• Art Galleries
• Cinemas
• Libraries
• Parks

Tea Houses & Coffee Shops 67-68
• Tea Houses
• Coffee Shops

Nightlife 68
• Bars & Discos
• KTV

Health & Beauty 68
• Spas & Massages
• Hospitals

Sports 69
• Golf Clubs
• Outdoor Clubs
• Polo Clubs

Services 69
• Education
• Exhibition Centres

Shopping 69
• Department & Shopping Malls
• Supermarkets

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

Live band every fri-sat. Live music every night. Fun, friendly and international. Good drinks and pub grub. 17:30-02:00.

A: Bin Hai Fashion Street, beside Decathlon sports store 滨海新区泰达时尚广场奥运路4号4号楼4-101
T: +86 22 5985 8856

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 2532 5353
W: fornet.com.cn

Hotels**Crowne Plaza Tianjin Binhai** 天津滨海圣

光皇冠假日酒店 An International five star hotel with a stylish lobby lounge, Luxurious Western and Chinese restaurants and elegant accommodation. Staff can speak Chinese, English and Japanese.

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

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

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 Gua 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.mapleleafnet.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. 00:00-22:00. **A:** No. 1, Nanghai 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



Guangzhou:

A Weekend in China's Former Gateway to the World

By Josh Cooper



广州，中国第三大城市，中国的南大门、国家中心城市，国务院定位的国家三大综合性门户城市和国际大都市。作为中国对外贸易的窗口和国家门户城市，广州外国人士众多，被称为“第三世界首都”，是全国华侨最多的城市，与北京、上海并称“北上广”。

广州以小吃著称，就连大文豪鲁迅也折服在广州的美食下。广州菜注重色、香、味、形，口味上以清、鲜、嫩、脆为主，讲究清而不淡，鲜而不俗，嫩而不生，油而不腻。时令性强，夏秋力求清淡，冬春偏重浓郁。较为常见的广州菜色有白切鸡、白灼海虾、肠粉、云吞面、奶黄包、马蹄糕等。

广州还有很多有高尔夫球场、网球场、保龄球俱乐部可健身保健。卡拉OK歌舞厅、酒吧等更可尽情放松、疯狂，夜生活丰富多彩。泡吧对广州人

来说，真正美妙的一天是从夜生活开始的，泡吧因此成了广州最主要的夜生活方式。

铺天盖地的粤语、大街小巷的鲜花、美味的粥品靓汤，让现代化的广州，仍保留着市井气息，漫步街头，各色靓仔靓女定会吸引你的眼球。

Not only is Guangzhou China's third largest city, it is also one of the country's most important economic and cultural urban centres. It is an ultra vibrant mega city, which always has plenty of fun in store for Chinese and foreign visitors alike. Guangzhou's historical significance as the gateway to the western world, which gives it a unique and intriguing cultural heritage.

If you were to sum up Guangzhou as a Chinese travel destination, perhaps the most suitable term would be 'a city of contrasts'. Not only does it have some of the oldest and most historically rich sights in China, it is also home to some of the world's most modern urban architecture. Some of the notable sightseeing destinations around the city are the Canton Tower 沙面岛 (which is currently the tallest structure in China), Sanyuan temple 三元宫, the Sun Yat Sen Memorial Building 中山纪念堂 and the Yuntai Garden 云台花园. For museum enthusiasts, the Guangdong Museum 广东省博物馆新馆 is not to be missed.

Guangzhou's food and drink scene is just what the doctor ordered. Dim Sum dishes and splendid seafood snacks are being enjoyed everywhere you look. Visitors who have become accustomed to Northern Chinese dining will be in for delightful surprise when experiencing the southern style of cooking. Tasty and nicely priced foreign foods can also be enjoyed almost anywhere you go and at any time of day.

And it's not just the cuisine which sets Guangzhou apart from other Chinese cities; its nightlife scene is in a league of its own!

Expat pubs and lively dance venues are scattered all over the city and are incredibly western and wallet friendly. Some of the more popular haunts include Hooley's Irish Pub, the Elephant and Castle, and Covent Garden; all of which offer a great range of local and imported beverages at wonderfully cheap prices during happy hours. The Cave and the Gipsy King Bar are superb nightclubs with plenty of entertainment from dancers to top class DJs every night of the week.

Getting there: In terms of air travel, Guangzhou is probably the most accessible place in China. Baiyun International Airport is one of the busiest and well connected transport hubs in the world. Cheap flights are available all year round from pretty much any city in China or even other major destinations elsewhere in Asia. It is also easy to reach the city from Hainan or Macau by ferry or Hong Kong and Shenzhen by train.

Accommodation: Guangzhou is one of China's most important business hubs, therefore all the big name 5 star hotels have venues within the city centre. Budget orientated travellers will also find it easy to rest their heads without shedding too much cash.

Tips:

- The traffic in Guangzhou is much better these days but still, your best bet is to stick to the subway system when getting around the city. In doing so, beware of pickpockets which unfortunately are fairly rife.
- Guangzhou has many cultural trademarks, one of which is the love of tea amongst the locals. Go into some of the city's ubiquitous tea houses and sample a few of China's finest brews.
- The city is also a well known as hub for reasonably priced imported foreign products. Shop till you drop at the night markets and be sure to barter for everything you buy!



How to get there:

For flights to America, try a flights search website like expedia.com or skyscanner.net. For cheap inter-city travel in America try a bus service like megabus.com or greyhound.com to get budget rates to cities in the US.

Accommodation:

The Roosevelt New Orleans is located right in the heart of downtown New Orleans, and is walking distance to the famous French Quarter. It is a 5 star hotel with a price tag to match, so for those looking for a more wallet friendly place to stay try Jo and Flo's Candlelight Hostel New Orleans, where rooms go for USD 25 a night.

<http://therooseveltneworleans.com/>
<http://www.joe-and-flos-candlelight.hostel.com/index.php>

新奥尔良，美国南部城市，濒临墨西哥湾，是路易斯安那州一个重要的港口城市。以爵士乐和法国殖民地文化闻名。新奥尔良市是美国路易斯安那州最大的城市，也是美国仅次于纽约的第二大港城。这座城市以烹饪美食、建筑、音乐（尤其这里还是爵士乐的诞生地）而闻名于世，市中心区主要在密西西比河东岸。新奥尔良的传统卡真/克里欧餐馆大多与法国大餐结合在一起，新奥尔良的餐馆从来不是以贵而著名的。到餐馆吃饭，一个大盘子肯定是满满的，一定要让人吃个沟沟壕壕外加打包才叫南方的待客之道。来一勺热气腾腾的秋葵浓汤，它是新奥尔良人生活的一部分，和嚼起来有滋有味的 beignets(一种甜糕饼)一样。

No Time for Sleep in the Big Easy

By Matthew Baum

New Orleans (or the Big Easy) has a long history marked by periods of Spanish and French influences. People come from far and wide to sample the Cajun and Creole cuisine, listen to the excellent jazz and party in one of the most laid back and welcoming cities in the US.

This relaxed attitude has persisted throughout its history and has allowed the city to recover remarkably well from Hurricane Katrina, which struck in 2005. Thankfully, New Orleans is still a treasure trove of historical architecture. Just take a stroll down Canal Street and see classic designs like the Shotgun house, Creole cottages and American town houses.

Located in the State of Louisiana in the Southern part of America, New Orleans was founded by the French in 1718. It is a port city in the South where African slaves, Jews and immigrants from Italy and Germany came together to create one of the most unique cultures in the USA.

So where is a traveller to go in New Orleans? Start your day off with some beignets (pron: ben-yays) a doughnut style pastry topped with powdered sugar at Café du Monde. Drink it with some hickory coffee.

After that, head on down to the Southern Food and Beverage Museum. There you can learn all about the foods and drinks that have made New Orleans great. Once you have decided what to eat, go to the French Quarter, one of the most popular tourist spots in New Orleans.

Local favourites like Galatoire or NOLA Restaurant, run by celebrity Chef Emeril Lagasse, all serve great food. Try some New Orleans classics like gumbo, jambalaya or the excellent po'boys sandwich, which can be found in almost any restaurant or café in New Orleans.

After eating, stroll over to the World War II museum on Magazine Street and see America's contribution to the 'War that changed the world'. Of particular note are the many personal stories from ordinary soldiers on display.

By now it should be time to sample New Orleans' famous nightlife. No place is better to do this than Bourbon street. If you want to hear some live music go to the Maple Leaf café. For the bargain price of USD 10 you can hear some hugely talented musicians play great music.

For the ultimate New Orleans party arrive around a week and a half before Fat Tuesday, the Tuesday before lent. In 2013 it falls on Tuesday, February 12. Mardi Gras, the name for Fat Tuesday and the various parties that take place over that period, is a huge party over New Orleans. People celebrate in garish costumes, ride on self-made floats and share coloured beads. Be warned, Mardi Gras is not for the faint hearted, parties continue long into the night and for those who like a good night's sleep, you might want to leave the city for a few days!





EASTER SUNDAY

By Cathy Perez

复活节（主复活日）是一个西方的重要节日，在每年春分月圆之后第一个星期日。基督徒认为，复活节象征着重生与希望，为纪念耶稣基督于公元30到33年之间被钉死在十字架之后第三天复活的日子。复活节那一天，是由三个历法（分别是西历、中国阴历、星期）合并出来的，怪不得它会如此飘忽不定。有些年份三个教派的复活节是重合的，而有些年份又不同，进而它们耶稣受难日的日期也有所差异，今年天主教、新教的复活节是2013年3月31日。

十二世纪时，人们在复活节节庆中加入鸡蛋，此蛋多涂以红色，也有绘成彩色。故一般称之为“复活节彩蛋”（easter egg）。蛋的原始象征意义是为“春天—新生命的开始”。基督徒则用来象征“耶稣复活，走出石墓”。复活节彩蛋是复活节里最重要的食物象征，意味着生命的开始与延续。

For Christians all over the world, Easter Sunday is the most religious and important day of the year. As it commemorates the resurrection of Jesus Christ from the dead on the third day after his crucifixion at Calvary, Easter symbolises victory, salvation and eternal life.

Easter is preceded by Lent, a forty-day period of fasting, praying and penance. Lent begins on Ash Wednesday and lasts for forty days (excluding Sundays). The last week of Lent is called Holy Week and includes Maundy Thursday (also known as Holy Thursday) - Remembering the Last Supper - and Good Friday remembering Jesus' crucifixion and death and Holy Saturday which is sometimes referred to as Silent Saturday.

This year, Easter Sunday falls on March 31 and activities like all-night vigils, baptism, and church-wide meals will be observed. Easter customs vary across the Christian world but most Christians celebrate this day by attending early morning Church services, holding baptisms, exclaiming the Paschal greeting and decorating Easter eggs (symbolising the empty tomb). There are also egg hunting, the Easter Bunny, and Easter parades which are celebrated by both Christians and non-Christians.

Easter is a moveable feast, meaning that it does not fall on a fixed date in the Gregorian or Julian calendars. Instead, the date for Easter is determined by a lunisolar calendar similar to the Hebrew calendar and it always falls on a Sunday between 22 March and 25 April. In many countries with predominantly Christian religion, the following day, Easter Monday, is a legal holiday.

Aside from church activities, Easter Sunday is also celebrated by restaurants with Easter Sunday breakfast or lunch special in which bountiful foods are prepared to celebrate the day. So whether you're Christian or not, **Tianjin Plus** wishes you a wonderful Easter Sunday experience here in Tianjin!

Easter & Spring

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Celebrate Saint Patrick's Day Right Here in Tianjin!

By Josh Cooper

圣帕特里克节是每年的3月17日，是为了纪念爱尔兰守护神圣帕特里克。这一节日5世纪末期起源于爱尔兰，如今已成为爱尔兰的国庆节。随着爱尔兰后裔遍布世界各地，现在，圣帕特里克节已经渐渐在一些国家成为节日。

圣帕特里克节离不开绿色和三叶酢浆草，爱尔兰的国花。这种小草的生命力极为顽强，无论多么恶劣的条件都能生根发芽，爱尔兰人以它为民族精神的象征，带着它走遍世界各地。酢浆草一般为三叶，据说如果能找到四叶酢浆草的人就会获得幸运，所以四叶酢浆草也被称为“幸运草”。

Celebrated on 17 March, Saint Patrick's Day is not just an Irish cultural holiday, it is one of the biggest party events on the global calendar. Nowadays the festival which was originally intended to commemorate the country's patron saint, has become a worldwide celebration of Irish culture. 'Paddy's Day', as many British and American revellers affectionately refer to it, is synonymous with green clothing, Irish music and an unsavoury consumption of Guinness. The city of Chicago, which has a large ethnically Irish population, even dyes its river green every year!

The celebrations take place on this date each year to mark the death of Ireland's mysterious patron saint. Little is known about his life apart from the fact that he existed in the 5th century AD and that he became an ordained missionary after being taken as a slave by Irish raiders from his hometown. Legend has it that he later saved the country by expelling the deadly snakes that threatened its people. But these days, celebrations are not so much about the myths as they are about Irish cultural identity.

If you feel like going out to celebrate Saint Patrick's Day 2013 there are plenty of great places to go for discounted drinks. Anyone living in TEDA can pay a visit to the Dublin Irish pub for a traditional Irish atmosphere. The Dublin will be decorated and have a live band. There will be Guinness promotions such as tee shirts and hats. O'Leary's is also planning on doing two beers for the price of CNY 1 all day and playing Irish folk music. Those who are located in the city centre will no doubt be able to enjoy a pint of Guinness and some Irish music in any of the usual expat hangouts. And if you don't fancy going out for this year's Saint Patrick's Day, why not have a house party with some of your friends and colleagues?! Get yourself down to the nearest foreign products store to stock up on the drinks, cook some traditional Irish snacks and download the Dubliners' greatest hits. To add an extra flavour of Ireland, request that all partygoers wear green outfits. However you choose to spend this special day, make sure that you don't miss out on the fun!

On Saint Patrick's Day this year, the good news for Tianjin's non Irish expats and locals is that you don't need to be Irish in the slightest to get involved with the partying. In fact, we highly recommend that you take advantage of this wonderful holiday. Get out there and 'paint the town green'!

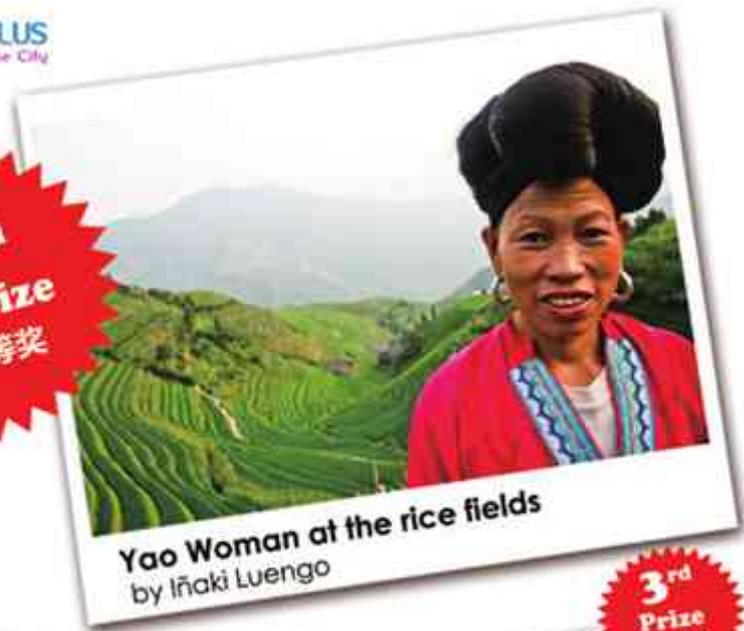


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Horoscope

2013蛇年的春节已经过去了，相比于生肖运势，相信年轻一代的朋友们更加关注自己的星座运势。其实，大家可以结合起来一起看看，无论你是求爱情还是求事业，都是想越来越好！3月份又是新的起点，你的心情最近如何，是不是很想预知自己新的一月各种境况？赶快看看你自己的星座运势吧，如果你周围朋友是不同的星座，那就帮他们也提前预告一下吧！



Pisces (2.19 – 3.20)

Slow down and take a few days off work and find time to relax and enjoy nice moments with loved ones. This will help you to realise that you are still in control of your life. Don't be afraid of changes as they may lead you to new opportunities.



Aries (3.21 – 4.19)

Love is in the air at the end of the month. Someone will reveal their feelings for you. At the workplace, a colleague tries to help you in your dilemma but creates confusion instead. Be patient and focus on the problem.



Libra (9.23 – 10.22)

Chaos in the office may occur this month. Your call is for harmony so be cautious in involving yourself at disagreements and if you do, make sure you settle it before it drains you emotionally.



Scorpio (10.23 – 11.21)

Follow your instincts in the business world this month. At the same time, love takes centre stage as the month draws to a close. An old friend will resurface and want to begin a relationship. Follow your heart.



Sagittarius (11.22 – 12.21)

It's a busy month for balancing work and family life. Make sure your priorities remain in the family. At the same time, be frank when a close friend asks for your opinion. While the truth may not be what they want to hear, it's what they need to hear.



Capricorn (12.22 – 1.19)

Chances to shine at work are likely to occur this month. You'll be given the opportunity to lead a new project and your intelligence and efficiency will shine through. Don't be shy when it comes to meeting new people for they may give you the confidence and network you need.



Aquarius (1.20 – 2.18)

Be cautious about making impulsive purchases as finances may be tight for you this March. Practicality is the key so focus on your basic needs and nothing more. At the same time, a relationship moves into high gear when you realise how much you have in common with that special someone.



Taurus (4.20 – 5.20)

Someone will open up to you about a present problem and your advice will be deeply appreciated. When it comes to romance, it's a month to decide and think about where you stand in your present relationship.



Gemini (5.21 – 6.20)

It's time to be cautious in making decisions as March is the month when you feel like everything is working against you. Keep calm and know that the best is still to come for you.



Cancer (6.21 – 7.22)

It's time to take a chance when it comes to romance. Making the first move might help as the other person may need an extra push.



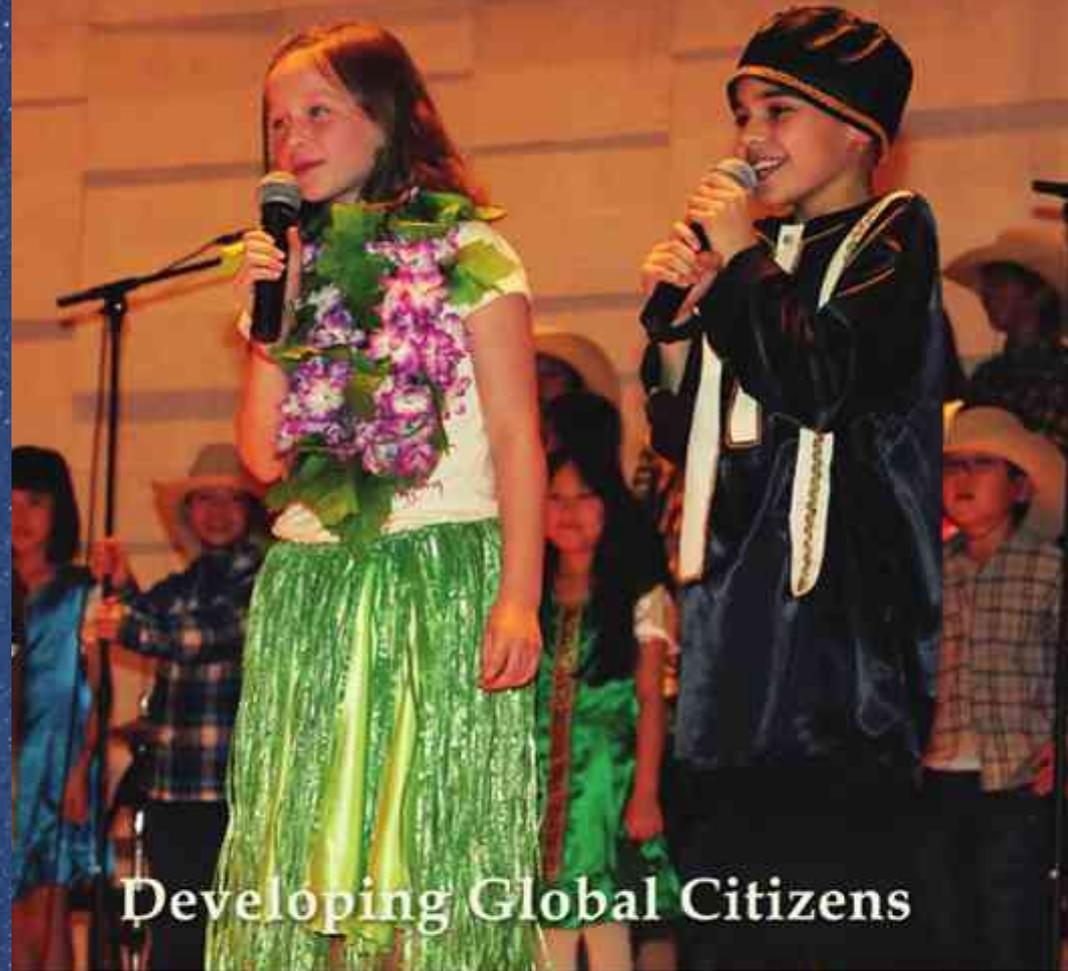
Leo (7.23 – 8.22)

It's going to be a hectic month at work so there's nothing wrong with giving in to your desires and pampering yourself every once in a while. A loved one may need your listening ear and moral support.



Virgo (8.23 – 9.22)

You'll learn the true meaning of teamwork this month as a project involving colleagues will put you at your best. From it you'll share good ideas and may actually gain close friends.



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