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TIANJIN PLUS

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中国首位

12

Julio Iglesias

Art Maestro Visits China

胡里奥·伊格莱西亚斯
音乐大师来到中国

38

Jia You, TEDA!

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Publishing Date

May 2013

Tianjin Plus is a Lifestyle Magazine.

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Tel: +86 22 2576 0956
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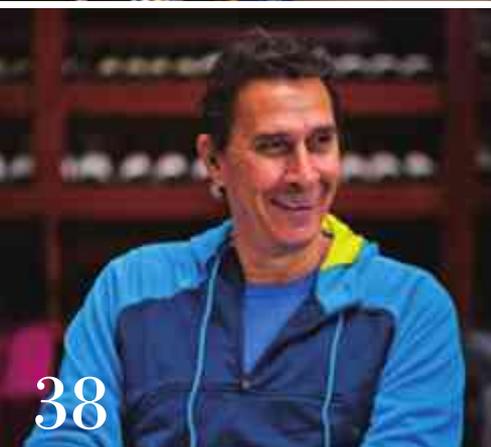




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HOURS:
Monday - Sunday 9AM - 11PM

2013 May Calendar

2013.05
01
WED



EDITOR'S PICK

Stanislavsky Opera - Eugene Onegin
柴可夫斯基歌剧《叶甫根尼·奥涅金》
📍 Opera House, Tianjin Grand Theatre 天津大剧院歌剧院
🕒 19:30 🎫 80-1280 ☎ +86 22 8388 2000
01-03 May



EDITOR'S PICK

North Korean Oil Painting Bouffque Exhibition
朝鲜油画精品展
📍 Tianjin Western Art Gallery 西洋美术馆
🕒 09:30-16:30 🎫 5-10 ☎ +86 22 2330 3255
01-25 May

2013.05
12
SUN



Beethoven The Symphonies - Tianjin Symphony Orchestra Concert Series 6
贝多芬全集—天津交响乐团系列音乐会6
📍 Concert Hall, Tianjin Grand Theatre 天津大剧院音乐厅
🕒 16:00 🎫 50-260 ☎ +86 22 8388 2000

2013.05
17
FRI



Classical Folk Music Appreciation
烟花入夜璀璨—经典民乐欣赏
📍 Western Shore Art Gallery 西岸艺术馆
🕒 20:00 🎫 100 ☎ +86 22 2326 3505

2013.05
03
FRI



String Quartet Special Concert
海河漫步—弦乐四重奏专场音乐会
📍 Western Shore Art Gallery 西岸艺术馆
🕒 20:00 🎫 100 ☎ +86 22 2326 3505

2013.05
04
SAT



Beethoven The Symphonies - Tianjin Symphony Orchestra Concert Series 5
贝多芬全集—天津交响乐团系列音乐会5
📍 Concert Hall, Tianjin Grand Theatre 天津大剧院音乐厅
🕒 16:00 🎫 50-280 ☎ +86 22 8388 2000

2013.05
17
FRI



Drama - Marry a Budget Husband
小剧场话剧《嫁给经济适用男》
📍 Multifunctional Hall, Tianjin Grand Theatre 天津大剧院多功能厅
🕒 19:30 🎫 50-280 ☎ +86 22 8388 2000

2013.05
22
WED



EDITOR'S PICK

Top Music Dialogue - Kramer Dirvanauksalle and Chen Sa Trio Concert
巅峰的音乐对话—克萊默、德瓦里斯凱特和陳薩鋼琴三重奏音乐会
📍 Concert Hall, Tianjin Grand Theatre 天津大剧院音乐厅
🕒 19:30 🎫 80-580 ☎ +86 22 8388 2000

2013.05
10
FRI



Woodwind Quintet Concert - Beauty of Harmony
和谐之美—木管五重奏音乐会
📍 Western Shore Art Gallery 西岸艺术馆
🕒 20:00 🎫 100 ☎ +86 22 2326 3505



Drama - Suspense 小剧场话剧《非常悬疑》
📍 Multifunctional Hall, Tianjin Grand Theatre 天津大剧院多功能厅
🕒 19:30 🎫 50-280 ☎ +86 22 8388 2000
10-11 May

2013.05
25
SAT



EDITOR'S PICK

TICC Beijing Bus Trip
Ya Show Indoor Market Sanlitun
TICC北京行—三里屯雅秀市场
📍 Yashow Indoor Market, Sanlitun, Beijing 北京三里屯雅秀市场
🕒 07:30-16:30 🎫 50-100 ☎ ticc_09@hotmail.com



Piano Trio Concert - Dancing with Heart Beating
随心起舞—钢琴三重奏音乐会
📍 Western Shore Art Gallery 西岸艺术馆
🕒 20:00 🎫 100 ☎ +86 22 2326 3505

2013.05
11
SAT



EDITOR'S PICK

Dragon Quartet Music Concert - String in Summer
弦上初夏—弦乐四重奏天津首演音乐会
📍 Concert Hall, Tianjin Grand Theatre 天津大剧院音乐厅
🕒 19:30 🎫 50-380 ☎ +86 22 8388 2000



EDITOR'S PICK

TICC Spring Ball 2013 "James Bond" Theme
TICC 2013春季舞会007主题夜
📍 The St. Regis Tianjin 天津瑞吉金融酒店
🕒 18:30-22:30 ☎ ticc_09@hotmail.com

2013.05
31
FRI



EDITOR'S PICK

Piano Trio Concert - Childhood Memories
光影中的童年记忆—钢琴三重奏音乐会
📍 Western Shore Art Gallery 西岸艺术馆
🕒 20:00 🎫 100 ☎ +86 22 2326 3505

Special Days

1 May	International Labour Day
4 May	China's Youth Day
12 May	Mother's Day

Include your events in our calendar.
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A Feast of Asparagus

@ Fire House, Renaissance Tianjin Lakeview Hotel

The fleshy asparagus are both succulent and tender, and have been considered a delicacy since ancient times. This spring, join the mouthwatering journey of asparagus with us! Come and try the brand new A La Carte menu of asparagus based dishes at Fire House.

Promotion Period: May, 2013

Time: Lunch: Daily 11:30 to 14:00, Dinner: Daily 17:00 to 22:00

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活动推广期: 2013年5月

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



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Date: May-July, 2013

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活动日期: 2013年5月-7月



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Operation Hours: 11:00-14:00

Valid: May to June, 2013

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营业时间: 11:00 - 14:00 有效期: 2013年4月至6月



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Date: 1-31 May, 2013

Time: Lunch 11:30-14:00, Dinner 17:30- 21:30

Price: As a-la carte menu

(Monday Specials: Dining with membership card in Celestial Court to enjoy free service charge.)

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日期: 2013年5月1-31日

时间: 中午11:30 - 中午2:00 晚上5:30 - 晚上9:30

价格: 以菜单为准 (周一持会员卡于天宝阁中餐厅用餐免服务费)

价位: 套餐1 - 净价人民币198元每位

套餐2 - 净价人民币298元每位

凡消费客人每人赠送进口红酒一杯





Julio Iglesias Receives Well-Deserved Recognition Award in Beijing

By Cathy Perez

现年70岁的西班牙歌手胡里奥·伊格莱西亚斯(Julio Iglesias),于4月1日来到中国,重返北京领取“中国首位最受欢迎的国际艺术家奖”和“世界吉尼斯最佳男性拉丁艺术家奖”,由中国著名青年钢琴家郎朗颁奖。颁奖典礼开启了胡里奥在上海、深圳、北京三地举办的个人巡演——“浪漫巅峰”。1995年,胡里奥·伊格莱西亚斯成为了在中国专辑销量最多的外籍艺人,而且是唯一获得中国文化部颁奖的外国艺术家。胡里奥全世界专辑销量超过3亿张,拥有包含14种语言的80张专辑,超过2600张黄金和白金专辑,他被称为“情歌王子”,是世界专辑销量纪录的保持者。他的音乐传遍世界各地,感动了几代人,他们来自各行各业,他的音乐跨越了文化差异,国家种族。他确实是音乐界传奇,这次来到中国,将继续宣传这位传奇歌唱艺术家兼作曲家的四张白金唱片汇编。



In 1995, Julio Iglesias became the only foreign artist to have officially sold the most records in China and then became the first and only artist to ever receive an award from China's Ministry of Culture. His music crosses borders as it touches the hearts of people from all walks of life, people from different cultures and generations. Julio Iglesias is indeed one of the music industry's living legends and his return trip to Beijing on 1 April, 2013 to receive two other awards was a memorable one.

Selling over 300 million records worldwide, in 14 languages with 80 albums, and more than 2,600 gold and platinum records, Julio Iglesias is considered as one of the top five best-selling Hispanic music artists of all times. He returned to Beijing to receive two historic awards honouring his extraordinary career in music marked by global number one hits. The two awards are China's First and Most Popular International Artist of All Time Award (presented by China's world-renowned artist Lang Lang) and Guinness World Records' Best-Selling Male Latin Artist.

Upon receiving the first award, Iglesias, who is turning 70 this year, thanked Lang Lang and China for the special recognition, "Lang Lang, I have to thank you and this beautiful country and the Sony Music family for giving me this opportunity to be back. To be back in China means so much to me and my family and my people. I will never forget this honour. I'm proud of this special situation today because it comes from the people and it comes from a country that is in my heart. So thank you so much, thank you to the people of China!"

World-renowned Chinese artist Lang Lang was the perfect person to present the award to Iglesias as he himself is internationally acclaimed and considered the most influential young artist in the world, receiving praises worldwide for his record of sold out concerts, prestigious awards and innumerable achievements. The event witnessed the first meeting of two music champions from two generations, who both have incredible impact on music throughout the world.

When asked whether there is a possible collaboration between himself and Lang Lang, Iglesias smiled and said, "you know, Lang Lang and myself, we have a very different situation. Lang Lang is an avid fan of Barcelona, and I'm for Real Madrid so to put together Barcelona and Real Madrid is not very easy. But you know, Lang Lang has a lot of obligations now and I don't want to add more into that. I feel that the love and friendship we have together is more important than anything else."

The award ceremony kicked off Julio Iglesias's 3-show tour in China and further promotes the release of his already worldwide multiplatinum compilation CD, Julio Iglesias 1. On the album, the singer-songwriter returns to performing many of the tracks that made him one of the most outstanding artists of our time, and proves once again why he is listed among the names of eternal stars like Elvis Presley, The Beatles, Frank Sinatra and Michael Jackson as one of the best-selling artists worldwide of all time.



One of the secrets to Julio Iglesias' unique global success over the generations is his ability to sing in more than 14 languages and connect with so many different cultures around the world. Even today, no one else can boast a discography of 80 albums in so many languages. "I don't believe in frontiers. Musicians like Lang Lang and I, when we play, we play for the souls, for the passion of people. It doesn't matter what race, we love people naturally."

"Top of the Romance – Julio Iglesias China Live Tour" last month happened on 14 April in Shanghai Grand Stage, 18 April at the Shenzhen Concert Hall, and 21 April at the Beijing Exhibition Centre Theatre. These live tours are Julio Iglesias's gifts to his Chinese fans as he sang his well-known songs including "La Paloma", "Wo Bist Du", "Hey" and many other world hits.

Aside from China, Iglesias also held concerts in the Philippines, South Korea and Singapore to complete his Asian tour.



A Dance of Love

By Matthew Baum

特迪·安德森 (Teddy Anderson) 是加拿大人，毕业于温哥华桑列根湖的麦斯威尔国际学校，曾经获得此学校授予的最高荣誉“鹰奖”。特迪十五岁那年跟随导师斯科特·沃德 (Scott Ward) 学习呼啦圈舞，刚开始跳呼啦圈舞时只能转9个圈，随着他对呼啦圈的热爱，现在能同时摇摆30个圈。从2001年到2005年，他为提高自身技能加入一个青年团体，为2000多名学生定期表演呼啦圈舞，每课时75分钟，课程内容各不相同，都是即兴发挥。他游遍全球，从事社会事业并在学生中传播和平文化即“团结一心，理解万岁”的理念。儿时在非洲的经历让他对呼啦圈舞情有独钟。转动一个呼啦圈可以让人静心冥想，康复病体。跳呼啦圈舞就像解决难题，理解呼啦圈舞背后的深层文化意义才能真正跳好呼啦圈舞。具备学习热情的学习者绝对可以真正学好呼啦圈舞。

这次Teddy来到天津，津品生活杂志编辑团队在天津瑞金国际学校与可爱的学生们一起观看了他精彩的呼啦圈舞蹈表演并对他个人经历做了专访，来看看他都去过哪里，又在世界的哪些地方用呼啦圈舞传播和平文化。



Teddy Anderson

Teddy Anderson is a professional hoop dancer who calls Alberta, Canada his home. He has been practicing and performing hoop dancing from the age of 15 and was taught by his mentor Scott Ward. He travels across the world spreading his message of unity and understanding at schools and corporate events. Today he talks to **Tianjin Plus** in Tianjin Rego International School about his experiences as a hoop dancer and the development of hoop dancing.

What attracted you to Hoop Dancing and how is it an effective vehicle for connecting with young people?

Ever since I was little I wanted to be able to express myself. When I was nine my family moved to Africa, and ever since then we moved to different in places all over the world like Afghanistan, Iraq and Nepal. Having lived in these places, I saw a lot of hatred between people and also amazing unity between people. I wanted to express that and when I saw a hoop dance, I thought "that's exactly what I want to do".

What are the origins of the hoop dance and how has it changed with the time?

Traditionally hoop dancing was used as a form of meditation and healing, and only one hoop was used. A person did a hoop dance to try and overcome a problem they were facing. The hoop was used as an aid to focus the mind. The more fluidly you used with the hoop the closer you were to solving a problem. Currently it's evolving into a form of entertainment, but there is still a deep-seated culture behind the dance. For example, if you don't clearly state who you are and why you're performing the dance, it can lead to some misunderstandings, especially in a traditional location.

Which cultures have you experienced and can you identify any issues that affect all young people across the world?

I've been to Japan, Malaysia, Tonga, Brazil, Rwanda, Holland, Germany, Belize and the United States, as well as a lot of other countries. Honestly, everywhere I have been I have always seen suicide, bullying, and addiction. For me it all comes back to identity and how well you know yourself. If you know yourself really well you don't need to medicate. I've seen it everywhere, where a lack of belonging creates problems for young people. My goal is to teach kids that they are not just a cup that gets filled with water, they control their own environment. When kids realise this it empowers them to create change.



Why is it necessary for a teacher to give a student permission to perform? Are there hoop dancers who perform without permission?

When Scott Ward gave me permission to teach he put a lot of trust in me. I had to give him a gift of tobacco, which was originally used as a form of trade in native Canadian culture. He still plays an active role in my performance, particularly when I have a problem.



Some people have tried to learn hoop dancing without formal permission, but it just doesn't have the same strength and depth. I think if someone was really sincere about learning hoop dancing, then they will eventually succeed. There is also a lot of racism as well, for me to be a non-native doing a native dance causes a lot of controversy, but when people see my performance their doubts are dispelled.

Art & Culture

INTERVIEW

How can hoop dancing and your message achieve a long lasting effect? Once you move on to the next school, what steps do the previous audience usually take?

Recently a school invited me to perform a dance as an introduction. Then I spent the entire week with a group of students, and I used my degree in Social work and Child and Youth Care to help the school transform its culture into a peaceful culture. On my website you can see information about these techniques, so schools often call me to come in and talk about a suicide that just happened, or a bullying problem at the school.

I often do social change workshops, where I come in and teach kids. On top of that there is my website and my account on Twitter, where people can get hold of me. On my website I am starting a peace blog, which should be ready by the end of May. Hopefully people from elementary and high schools can continue the conversation on my blog.

What age's do you teach, and does your performance change based on age?

With older students and adults you can go a lot more in-depth, you can talk about suicide, and you can talk about bullying. But with younger kids it's more about getting them excited about my message. I have a core repertoire, which is about 75 minutes. I generally tend to do whatever I feel is right, so I can easily adapt to a lesson. There are certain things I have to do, and certain things that I can add-on, so each lesson is never the same.

What are teachers' reactions to your methods? Have any teacher's approached you about adopting your methods in the classroom?

Something I'm working on right now is DVDs for learning hoop dancing as a way to exercise and trying something new. We have already distributed these to a few schools in Canada and they have met with a great response. I try to help teachers set an example in terms of attitude. Some teachers may react with anger or frustration at something so I try and set an example and show them that I am here to support them.

Website: <http://www.hoopdanceproductions.com/>

Twitter: @Hoop_it_Teddy



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SUMMER FOOD AND FITNESS ESSENTIALS

By Cathy Perez

津品生活杂志编辑本期向两位营养健康专家，分别是来自SOS紧急救援诊所的泽维尔医生和宝力豪健身俱乐部教练赵文铭 (Jethro) 咨询夏季养生的意见和建议，其中包括预防H7N9禽流感的有效方法。

H7N9禽流感症状表现为38度高烧，咳嗽，气短，严重肺炎。预防禽流感，应当健康饮食，注意卫生消毒，专家建议注意饭前便后洗手，用肥皂或酒精消毒；感冒打喷嚏要用纸巾捂住口鼻，把纸巾放到垃圾箱后记得洗手；烹饪肉类食物需要加热到70度以上滚烫且没有血块才可食用，市场买菜时避免接触活物。

夏日日照时间变长，出门次数增多，饮食结构发生变化，营养方面给出的建议是：无论是什么季节，健康的饮食卫生习惯最重要。1、夏季饮食热量大，要限制糖分和脂肪的摄入量。2、多吃水果蔬菜，坚持一周锻炼几次。3、如果你不想在去海滩游泳时暴露太多赘肉，需坚持饮食平衡。你可以户外慢跑或者乡村远行。锻炼前的建议：锻炼2小时前吃些香蕉，巧克力，苹果补充瘦肉蛋白。

Tianjin Plus asks two experts in nutrition and fitness to give suggestions and important considerations for the hot season, including a note on the H7N9 virus.

Nutrition

“No matter what the weather, it is best to stick to a healthy diet”

Sunny and longer days may mean more time outdoors with friends indulging in foods that might not be healthy for you. Summer may also mean crash dieting to appear slim and fabulous in summer outfits. No matter what season, **Dr. Xavier Rault, Senior Medical Officer, International SOS**, states that it is important to be mindful of your diet. Here he shares three essential tips:

- During summer, you may be tempted to indulge in fatty foods such as hamburgers or hotdogs at the barbecue, or eat more ice cream to cool you down. No matter what the weather, it is best to stick to a healthy diet – limit your intake of sugar and saturated fats. It is important to keep up your hydration so drink plenty of water.

- Fatty food and sugar (fast food and junk food) are becoming a regular part of peoples’ diet in China. This could lead to a sharp rise in the incidence of diabetes in the future. Ensure you eat a balanced diet which includes fresh fruits and vegetables, and be sure to exercise several times a week. This will help you to stay healthy in the future all year round.

- I understand that people do not wish to be overweight when they go to the beach, but my advice is to be careful of being overweight throughout the year! It is better to think of eating healthily at all times, rather than crash diet for one month. To do this, always try to limit fatty foods and sugar. Take in a good breakfast, lunch, and a smaller dinner. Avoid alcohol and snacking between meals and don’t forget to have fruit in your diet. Ensure you do plenty of exercises; sport is a good way to stay healthy.”



Dr. Xavier Rault,
Senior Medical Officer,
International SOS

Fitness

“Wellness is a lifestyle”

Many people neglect doing exercise during winter and only do it during summer because of favourable weather conditions. Though many studies show that the best exercise to lose weight and feel healthy is by doing it outdoors (or what is smartly coined as “green exercise” – a jog under a row of trees or a hike in the countryside, etc.), a good fitness regimen at the gym also proves effective and useful, especially in Tianjin when summer heat could reach the extreme and the air quality isn’t as good.

Powerhouse’s Jethro (Zhao Wenming), Master Trainer and Personal Trainers’ Technical Director, shares valuable tips to help you stay in shape, especially during summertime:

- People should do exercise whether it is outdoors or at the gym, especially during summer with possible increase of BMR (basal metabolic rate, or the amount of energy expended daily). I suggest cardio exercises like long duration swimming, running, fast walking, hiking, or playing sports like basketball and badminton. Remember to do these exercises in four considerations: do them for a long time (like 30 minutes or longer), do them with your whole body, continuous motion for a prolonged period of time, and lastly, aim for the feeling of an increased heart rate and sweat as a result of doing your exercise.

- Foods that are good to eat two hours before exercising are bananas, chocolate, apples and foods with lean protein because these foods can supply energy upon working out. Post workout, make sure you drink water and about half an hour later, you should eat the right amount of food- especially fruits and vegetables.

- Running and walking are good exercises. However, if you have a certain fitness goal, then you may choose a different kind of exercise that works best for your goal. For example, some people may opt for functional exercises like Nike Training Club, Cardio, Crossfit and doing two or all of them can obtain maximum result.

- Remember that wellness – eating, sleeping, living, and working out – is a lifestyle. So do exercise all year long, no matter what season.

A note on H7N9 virus

With reports on the spread of the H7N9 virus, it is important to keep oneself healthy by eating proper kinds of food, exercise, and proper sanitation and hygiene. The H7N9 virus, which was first discovered in China, is a type of bird flu virus that progresses from the first signs of symptoms to a full-blown illness in a matter of one day. Symptoms of H7N9 include fever that is more than 38 degrees Celsius, cough, and shortness of breath that progress to severe pneumonia.

Here are some prudent tips to prevent infection:

- Make it a habit to wash your hands with soap and running water before, during, and after you prepare food, before you eat, after you use the toilet, when your hands are dirty, and when providing care when someone is sick. Hand hygiene prevents the transmission of infection from one person to another. An alcohol-based hand cleanser is also helpful when soap and running water are not accessible.

- When coughing or sneezing, cover your mouth and nose with tissue (not your hands), or a sleeve or flexed elbow. Throw the used tissue into a closed bin immediately and wash your hands after contact with respiratory secretions.

- Prepare and cook meat properly. It is safe to eat meat including poultry and game birds provided that they are properly cooked and prepared since influenza viruses are inactivated by normal temperatures used for cooking (food reaches 70°C in all parts, “piping” hot with no “reddish” parts).

- When visiting markets, avoid direct contact with live animals or in areas in contact with live animals.



Powerhouse’s Jethro
(Zhao Wenming)
Master Trainer and
Personal Trainers’
Technical Director

Cinco De Mayo

By Justin Toy

五月五日节 (Cinco de Mayo) 是墨西哥的地区性节日，在普埃布拉尤其著名，在美国加利福尼亚州亦有庆祝。五月五日节是墨西哥传统的爱国主义节日，是为庆祝墨西哥军队击败法国殖民军而设立的。

1862年5月5日爆发了普埃布拉战役，墨西哥以寡敌众，以4500民兵打败了被称为“世界最强”的8000名法国士兵并取得胜利。在墨西哥普埃布拉和美国的墨西哥人聚集地，人们把五月五日节当成宗教节日庆祝。20世纪40年代，美国开始普遍承认这个节日，但是直到80年代，五月五日才成为主流节日。许多市场销售商，特别是啤酒公司借着这个节日寻求商机。现在也有不少国家庆祝这个节日，其中包括澳大利亚、新西兰、英格兰、加拿大，中国也加入其中。

Cinco De Mayo, the fifth of May, is a holiday celebrating the victory of the Mexican militia over the French army at the battle of Puebla on 5 May, 1862. Contrary to popular belief, Cinco De Mayo is not a celebration of Mexico's Independence Day which actually takes place on 16 September. In fact, Cinco De Mayo is a regional holiday that is primarily celebrated in the Mexican state of Puebla and in US cities.

History

After years of war in Mexico, the country racked up a massive debt to foreign countries including France. At the time France was eager to expand its empire and looked to use this debt issue to move forward with their goal by establishing their own leadership in Mexico. The French invaded in late 1861 at Veracruz. Upon marching to Mexico City, the French army of about 8,000 soldiers, who at the time were considered "the premier army in the world," faced heavy resistance in Puebla. It was there that a poorly equipped Mexican army of about 4,500 was able to crush the French troops. Although the French would come back with a larger force and conquer Mexico the next year, the battle on Cinco De Mayo was a symbolic moment that helped Mexico to develop a sense of national unity and pride.

During this French invasion, the US was fighting a bloody civil war. Some say the real goal of the ruler of France, Napoleon III, was to break up the American Union during the midst of the civil war by aiding the Southern Confederacy. However, the loss on Cinco De Mayo delayed the French one year in helping to resupply the Confederacy. This allowed the north enough time to build up a powerful army and defeat the Confederates in Vicksburg and Gettysburg just 14 months after the battle at Puebla. Had Napoleon not been defeated in Puebla, the outcome of the American Civil War could have been quite different.

Today

Today, Cinco De Mayo has become more significant and widely celebrated in the US than in Mexico. In the US, the holiday has become a time to recognise the Mexican community, to learn about Mexican culture, and to hold celebrations that include Mexican traditions and food. The holiday first started to become widely recognised in the US during the 1940s, but didn't become mainstream until the 1980s when marketers, especially beer companies, started capitalising on the celebratory nature of the holiday. You can also see Cinco De Mayo being celebrated around the world in Australia, New Zealand, England, Canada, and even China!

Mexican Rice

By Justin Toy



TJ-Mex 墨西哥餐厅

如果您想在天津庆祝墨西哥的五月五日节，您可以去奥城或者大悦城的墨西哥餐厅，在这里可以享用正宗和美味的美式墨西哥菜，菜品注重质量和鲜美程度，泡菜汁和调味汁都是家酿。还有墨西哥玉米煎饼，肉馅玉米卷饼，墨西哥玉米汤。如果您在五月五日来这里，可以品尝到既烈性又美味的玛格丽塔酒和桑格利亚汽酒，以及特制罗霍红烧肉。津品生活杂志美食达人Justin向墨西哥餐厅厨师取经还介绍了墨西哥炒饭的做法供您参考，还等什么呢？快来天津墨西哥餐厅吧！

If you are looking for a way to celebrate Cinco De Mayo in Tianjin, why not check out TJ-Mex. Located in Ao Cheng and a brand new location in Joy City. TJ-Mex offers authentic and delicious Tex-Mex food with a focus on quality and freshness. Everything at TJ-Mex is as fresh as possible and all sauces and marinades are made in house. The selection at the venue is an extraordinary blend of Mexican and Tex-Mex dishes ranging from burritos, to enchiladas, to Mexican corn soup. If you come in on Cinco De Mayo you can enjoy 2 for 1 margaritas (very potent and very delicious), special sangria, and a chance to try a special Pork Rojo (red) Stew.

Ingredients:

- 2 cups chicken broth, plus more as needed
- 1 tablespoon olive oil
- 1 large chopped onion
- 1 large finely diced carrot
- 1 large garlic clove, minced
- 2 cups medium-grain rice
- 2 teaspoons salt
- 1 bay leaf
- 1 whole serrano chilli
- 1/4 cup fresh or frozen peas, thawed

Directions

Cut the tomatoes in half, and remove the seeds. Add the tomatoes and 2 cups of broth to a blender and puree. Strain into a bowl and reserve the liquid. Add enough extra broth to make 4 cups of liquid.

In a large saucepan, heat the oil over medium-high heat. Add the onion and carrots and saute for 4 minutes until the onion is translucent. Add the garlic and saute for 1 minute. Stir in the rice and cook until slightly toasted, about 3 minutes. Add the tomato broth mixture, stir and bring to boil. Add the salt, bay leaf, and the serrano chilli. Reduce the heat, cover and simmer until the rice is tender, about 20 minutes. Remove the pan from heat. Scatter the peas over the top of the rice, cover, and let the rice stand 5 minutes. Fluff the rice with a fork, transfer to a serving bowl and serve.





Another Tangla Treat

By Matthew Baum



The Tangla hotel is host to the S6U Restaurant, resting comfortably atop the hotel on the 49th floor, making it the highest restaurant in Tianjin. The S6U restaurant has a sweeping panoramic view from which diners can survey Tianjin whilst enjoying the excellent food on offer.

The 360 degree view highlights the international cuisine on offer, and the buffet style restaurant means that no matter how big your eyes are, they will never be too small for your stomach. When first walking in guests are greeted by a fresh seafood selection, consisting of live Boston lobster, crab, oysters and other assorted seafood. The oysters

from Dalian are especially fresh, as the seafood is imported on the day of use.

The hotel also has a large range of Japanese food, including the delicious staples: sashimi and sushi, as well as the less seen teriyaki and tempura, cooked in front of guests' eyes by chefs stationed at each counter. This dedication to freshly cooked food means that the great flaw of buffet dining- food cooked en-masse and to low quality is completely avoided. This holds true for almost all the food made at S6U, so whether you are ordering from the Chinese BBQ section or the Western delicacy area, the majority of your food on the dish will have been made just for you.

Another homemade treat awaiting guests at the S6U is the homemade pizza. Definitely a cut above the rest, it is specially made and is served piping hot from the kitchen, so try to win the race and get a slice before it disappears!

The atmosphere pushes the S6U Restaurant to even greater heights. As you gaze over the vista of Tianjin at night the city comes alive, creating a laidback, romantic atmosphere which is perfect for dates. If your legs can manage another floor after gorging yourself, go to the Bar Blue, one floor up from the S6U. It is perfect for an after dinner drink with friends.

The Sou restaurant is open from 17:30-21:30

For reservations call: +86 22 2321 5888 ext. 5109

Address: 49F, Tangla Hotel Tianjin, No. 219, Nanjing Lu, Heping District
和平区南京路219号天津中心唐拉雅秀酒店49层

Cantonese Cuisine at its Very Best in Qing Wang Fu

By Josh Cooper



Cantonese cooking has long topped the list of Chinese culinary styles for many of Tianjin's expats. Ranging from the uniquely flavoured meat dishes to exquisite dim sum delights, it is hardly a surprise that many consider Cantonese cuisine to be the finest regional food in China. The good news for fans of this style is that Qing Wang Fu, which is also one of Tianjin's most magnificent cultural sites, has just launched their Yum Cha menu. And luckily for us, the editorial team at Tianjin Plus were invited to an exclusive pre-launch taste testing!

'Yum Cha' literally translates from Cantonese as 'drinking tea'. However, the phrase carries a specific cultural significance in Hong Kong and Guangzhou where it refers specifically to the tradition of enjoying morning tea with family, friends and colleagues. Therefore, stunning southern teas are intrinsic to Qing Wang Fu's new Cantonese dining experience. The refreshing taste and the uplifting feel that one gets from sipping a cup or two of the venues finest brews gives you the perfect complement to the wonderful dishes.

In true Cantonese fashion, Qing Wang Fu's master chef (who is also from Hong Kong) serves up a splendid variety of tasty treats that are sure to leave you begging for more. Some of the most exciting dishes on offer includes the Crispy Duck Cantonese Style, Chinese Egg Pancake with Bitter Melon and Shredded Pork, Three Flavour Chicken Taiwan Style and the Homemade Sour White Turnip. As for the dim sum selection, the Hong Kong Sausage Roll, Steamed Shrimp Dumpling with Bamboo Shoots and Steamed Shao-Mai with Sliced Shrimp are particularly tasty. There is also a fantastic range of rice and noodle dishes that will keep you full for the rest of the day.

To add to the excitement of Cantonese dining at Qing Wang Fu, guests can enjoy these delicious dishes in the Portico, the venue's stunning dining hall which was the setting for many a royal banquet in years gone by. The Yum Cha range is served between 11am and 2pm, and everyone in Tianjin is invited to come and enjoy one the city's best working lunches!

Address: No. 55, Chongqing Dao, Heping District 和平区重庆道55号

Call: +86 22 8713 5555



Concession Brunch at the Astor Hotel's 1863 Bistro & Terrace

By Cathy Perez

Sundays will never be the same again as the 1863 Bistro & Terrace of the Astor Hotel transform Sunday brunch into a delectable culinary journey. Every Sunday from 11:30 a.m. to 2:30 p.m. is the perfect time to experience a piece of luxury and bygone memoirs from the traditional flavours of the concession countries.

Every Sunday, the bistro prepares an exceptional concession menu to satisfy your cravings for delectable dishes from outside China's shores. For example, the month of April had British concession as the theme on the first Sunday, French on the second Sunday, followed by the German, Italian and Russian/Belgian concessions respectively.

The perfect ambience of the 1863 Bistro & Terrace, which is located at the first floor of the historical wing of the Astor Hotel, evokes a feeling of luxury and a wave of nostalgia from classical European movies of elegantly-designed architecture and furnishings. On warm Sundays, the terrace is open for dining, which gives a splendid view of the peaceful and charismatic road of Taier Zhuang, not to mention being swept by the fresh breeze of the nearby Hai River.

On its concession menu are well-selected dishes that are moulded and prepared by the hands of The Astor's expert chefs. On its French concession range, for example, excellent appetizers like Crème Dubarry (cream of cauliflower soup scented with blue cheese), Garlic Snails (half a dozen snails marinated in garlic butter with toasted baguette) and the savoury Salmon Aux Normandy (house-marinated salmon with dill and apples, calvados brandy and mustard cream sauce) definitely stimulate a good start to an elaborate and delightful Sunday culinary feast. The menu also includes breakfast offerings, desserts, and the main dishes which include the best of the French cuisine – Roast Leg of Lamb with Garlic and Rosemary, Coq Au Vin, Fillet of Fish Bonne Femme, Grilled Salmon with Ratatouille, Grilled Minute Steak Rossini and Escalope of Pork Normandy, all served with market vegetables and potatoes.

To experience culinary delight and an exciting Sunday feast, a visit to the Astor Hotel's 1863 Bistro & Terrace is essential.

1863 Bistro & Terrace - classical international restaurant

1863别致西餐厅&花园

Address: 1st floor, Astor Wing, The Astor Hotel Tianjin, A Luxury Collection Hotel, 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

Call: +86 22 2331 1688 ext. 8918



French Dishes at Via Veneto in Yi Boutique Luxury Hotel Tianjin

The Yi Boutique Luxury Hotel Tianjin is a boutique hotel located in the Italian Style Town. Nickson Liu, Head Chef at Via Veneto Cuisine and Lounge, who has been working in western kitchens for 18 years, has served many international hotels, such as Marriot, Starwood, Accor, Kempinski and Ramada. Nickson received extensive training needed to acquire the work and management skills of these hotels. He has a great range of experience in western a-la-carte, banqueting, cocktail receptions and western sausage making, and he is also good at kitchen cost control.

Chef Nickson Liu recently introduced 3 new dishes: Prawn and Mango (大虾芒果), Crispy Apple Pie (酥皮苹果派), and Braised Roasted Crocodile (鳄鱼扒). Each of them with their own style and all nutritionally balanced.

Prawn and Mango is nutritious, containing tropical fruits, a little olive oil, honey and garlic. Chef Nickson Liu explained to us that because the prawns are seafood, people may find them a bit oily, while honey overlaps the taste and beautifies the skins; honey's sweetness creates a good mood too. It only costs CNY 138 to have a bite!

Crispy Apple Pie costs you CNY 88, and it is made from beef tallow flour which makes it easy to become crisped in the boiling oil. With several pieces of apple and crisped sugar placed in the pie, the facade of the dish seems to give a cubic effect. With ice-cream and crisped strawberry garnish the dish gives a sense of fulfilment on every level. According to the chef, the dish is most suitable for the summer.

Braised Crocodile is fine to eat in every season, and the meat derived from 20 to 30 pounds of the crocodile's leg is used for roasting and braising in order to bring out the meat's flavour. The crocodile's skin is full of collagen which is really wholesome, and is especially good for women's skin. Sour and sweet cherry tomatoes are needed to mitigate the oily flavour of the crocodile. Beetroot are added to make sure that the colour of the dish is vivid. The price of Braised Crocodile is CNY 268.



Nickson Liu, Head Chef at Via Veneto Cuisine and Lounge

Address: No. 52-54, Minzu Road, Hebei District 河北区民族路52-54号

Call: +86 22 2445 5511



The HEBE Experience

The Latest Sophisticated Dining and Recreation Venue

By Cathy Perez

坐落于天津奥林匹克体育中心区域内有这样一家独具特色的餐厅酒廊——赫柏餐厅酒廊。酒廊外面硕大的“HEBE”字眼会一下子就吸引住你的眼球，让你想进去一探究竟。如果你选择来到赫柏享用美食或品味美酒，那恭喜你，你会因为自己没有错过这样一家超赞的餐厅酒廊而感到自豪！

目前赫柏还是处于试营业期间，然而在一周七天的时间内，每天都有优惠多多，惊喜不断！

每周三“LADIES NIGHT 今夜女人我最大”：17:00-20:30晚餐时段女士3人或以上消费后送香槟或百利甜酒一瓶 21:00-24:00 酒廊时段女士全场免费畅饮多种特调鸡尾酒！每周日“50% OFF 疯狂半价日”：提前预订（餐段17:00以前；酒廊21:00以前）除整瓶洋酒类/葡萄酒类/单一麦芽威士忌/生啤/套餐类/河海鲜/烟外5折（酒廊时段21:00之后菜品不享受半价，酒水半价至24:00）。

值得一提的是赫柏的用餐环境，真的是别具一格。装潢的风格典雅不失活泼，每一个角落的位置均是安静的，非常适合和朋友聊聊天，小酌两杯。这里的外籍调酒师Orest来自阿尔巴尼亚，不但外形帅气，而且非常亲切，中英文交流都没问题，调酒技术更是不错！

晚餐时段的菜品供应，种类齐全，美味不容错过。至于您会喜欢哪些菜系，依您个人口味决定吧！小编个人作为吃货一枚，已经去过好几次赫柏饱餐了！乐队表演当然更是酒廊不可或缺的元素之一！总而言之，言而总之，选择赫柏餐厅酒廊小聚约会，是您的不二之选。

An entertainment venue sparkling with sophistication and vibrancy... that is the HEBE experience! HEBE Restaurant and Lounge Club, located at the north gate of Tianjin Olympic Centre Stadium on Binshui Xidao, in the Nankai District is the latest addition to Tianjin's growing nightlife scene.

The place is impressive as it boasts a classy lounge club and a stylish restaurant that is open for dinner and late night snacks. It adopts a simple design style that brings a romantic and relaxing ambience, magically fusing together art and architecture for a pleasing and appealing experience. It also has a fashion show area and three VIP rooms that can accommodate more than 100 guests all at the same time.

From Monday to Sunday, HEBE sizzles with daily offerings that are tempting enough to make one want to experience them. Monday is an Open Bar which gives one free special cocktail to ladies during

dinner from 5:00-8:30 pm while Lounge Time (9:00 pm-12:00) offers special cocktails for CNY 100.

Tuesday is Free Tasting which gives one free new delicacy for tables spending more than CNY 300, while Lounge Time is a buy one, get one for cocktails. Wednesday is Ladies Night with ladies getting one free bottle of Champagne/Baileys for three or more ladies dining together while Lounge Time offers ladies a special cocktail for free. Thursday is Happy Member's Day, Friday is Wild Weekend with extra value wine combos to make it a wild Friday night out, and Saturday has the lively music of DJ Paul to create a stylish party to rock the Saturday night away! For Sunday, the venue offers a whopping 50% discount when you do a dinner reservation before 5:00 p.m.

For their dinner offerings, some of the most impressive dishes from all over the world are created by HEBE's acclaimed culinary team, carefully adapting Chinese foods, elegant French menus, spicy Latin meals, strong-flavoured Southeast Asian foods, and much more! It combines the very best from worldwide cuisine, producing different and wonderful tastes to satisfy customers.

Should you need a little help on which dishes to try first from HEBE's countless dinner offerings, here are some dishes that you cannot go wrong with: Chinese Yam with Crab Roe Salad, Goose Liver in Sake with Cherry Jam, Octopus in Sauce, Smoked Duck and Vegetable Rolls Vietnamese Style and Green Tea and Mint Cake. Other highly-recommended dishes are Abalone and Pumpkin Soup, Fried Hokkaido Scallops Prosciutto Rolls, Silver Cod with Miso, Fried Eggplant Slices in Seafood Sauce, Braised Side Pork with Longjing Tea Leaves, Steamed Spare Ribs with Purple Yam, Bamboo Shoots Stewed in Chicken Soup, and Penne Carbonara. Another worthy recommendation is their Barbecue Chicken Pizza.

For its Lounge Time, available drinks in HEBE are sensational as highly qualified bartenders mix good-quality materials with delicate wines to embrace both traditional and modern formulas, offering more than one hundred different cocktail selections.

To top all these, HEBE brings the Red Tape Band, with Filipino and Chinese band members, to give dinners the best from the music scene – from catchy pop songs of the past decades to the latest hits from the pop charts.

With great ambience, good food, fantastic drinks, top-notch service and a vibrant live band, HEBE is surely here to prove that a wonderful venue for a splendid night out does exist. Try the HEBE experience and see it for yourself!

(Dinner Time: 17:00-21:00 Lounge: 21:00-02:00)

Address: No. 1, North Gate of Tianjin Olympic Centre Stadium, Binshui Xi Dao, Nankai District
南开区滨水西道奥体中心水滴北门一号位（近1068御车房）

Tel: + 86 22 2752 1068 and + 86 186 2229 1068



Mr. Zhang Wensheng
Executive Vice GM,
1068 Catering Management Co., Ltd



International SOS Provides Health Advice in Response to New H7N9 Bird Flu Outbreak in China



International SOS is providing medical advice and support to member organisations, travellers and expatriates in response to the new bird flu virus (H7N9) outbreak in China. A team of physicians and pandemic experts at International SOS' 27 Assistance Centres, led by its Beijing and Hong Kong facilities, is monitoring the situation 24/7 and updating its pandemic resources. At its clinics in Beijing, Nanjing, Tianjin and Shenzhen, International SOS is providing advice to members and reviewing pandemic preparedness plans.

Since 31 March, International SOS has issued over 30 updates to its medical alerts. Its Pandemic Preparedness website and has seen a 30-fold increase in visits. In 2012, according to recent analysis of over 4.6m travellers in its TravelTracker platform, China was a top destination for business travellers with over 180,000 individual journeys recorded.

The threat of bird flu H5N1 has not diminished. In addition, another new threat, the novel coronavirus, has emerged in the Middle East. If any of these three viruses were to become easily transmitted from one person to another they could cause a pandemic.

Current Bird Flu (H7N9) Situation

As of April 16th, at least sixty people in several provinces in China have been infected with the new H7N9 virus. Most have developed a very severe respiratory illness and so far at least fourteen patients have died. As yet it does not appear to spread easily between people. It is currently unclear how these people contracted the H7N9 virus, although it may have been through direct contact with infected birds.

Unlike bird flu H5N1, birds with H7N9 may not become sick, making it harder to determine how widely the virus has spread. Antiviral medications Tamiflu and Relenza might be effective if given early in the illness. There is no vaccine available.

Advice for Companies, Travellers and Expatriates

At this time, International SOS advises that there is little risk to people residing in or travelling to China and no need to alter travel plans if appropriate precautions are taken. People travelling to or residing in China are advised to:

- Avoid contact with sick animals, including cats and dogs.
- Avoid live animal markets, poultry farms or pig farms.
- NOT handle any birds, even if they appear well and do not swim in any body of water that is used by birds.
- Always maintain high levels of personal hygiene. Wash hands frequently, before and after food preparation and before eating.
- Thoroughly cook all poultry and poultry products, including eggs.
- Monitor the advice of local health authorities – they may be implementing screening of travellers returning from Shanghai or other affected areas.

Comprehensive information on H7N9 and H5N1 bird flu and novel coronavirus can be found on the International SOS Pandemic Preparedness website, <http://www.internationalsos.com/pandemicpreparedness/>. This website has different levels of information available to the general public, International SOS members and subscriber companies.



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



Celebrating the Best of Tianjin
星光耀津·颁奖晚会

What Are Vaccines?

By Alison Cannon, Registered Nurse and Clinic Manager, International SOS

Vaccines protect you from getting sick with specific diseases, such as influenza (flu), hepatitis and tetanus. They usually contain a tiny piece of the disease-causing germ, or a variant of the germ that is dead or very weak. Not all diseases have a vaccine, for example, there is no vaccine to protect against HIV/AIDS or Malaria.

When you are vaccinated, your body produces antibodies to the given vaccine. These antibodies stay in your system and you become "immune" to the disease. This means that if your body encounters the disease in the future, it is already prepared to fight it, and this should keep you from getting sick.

Although they are often injected, some vaccines can be swallowed or inhaled through your nose.

When to get vaccinated?

Many vaccines are given on a routine schedule to babies and children. **Whilst some vaccines can last for several years, it is important to know when you are due for a 'booster' to ensure you stay protected.**

When travelling to China, we recommend completing your vaccinations prior to arrival. For Mainland China we recommend the following vaccinations:

Hepatitis A: This is a common disease causing inflammation of the liver. The disease can pass from human to human and can also be transmitted in food.

Hepatitis B: Another common disease also affecting the liver, causing inflammation and jaundice. Hepatitis B is transmitted from human to human by blood, unprotected sexual contact and contaminated needles.

Rabies: Rabies is a disease spread to humans from mammals. It is transmitted in the saliva of an infected animal. Rabies remains 100% fatal to humans that contract the disease and is found throughout China. Expatriates, long-term travellers and other travellers who have a higher risk of contact with animals should consider vaccination before arrival in China. It is very important that any wound caused by an animal is assessed for treatment for rabies.

Tickborne encephalitis is a brain infection transmitted through tickbites. It is important in areas where the disease occurs to take steps to prevent being bitten by ticks. For people at higher risk, such as those who will visit forests during summer, consider vaccination.

Typhoid: This is a food and water borne disease that is particularly prevalent in the summer time.

Japanese Encephalitis: Transmitted through the bite of a mosquito, Japanese Encephalitis poses a risk to those who plan to travel to rural areas.

Many vaccines such as Tetanus, Diphtheria and Polio are covered under childhood vaccination programs. If you are unsure of your vaccination status, please discuss this with your doctor as further vaccination maybe required.

We also recommend that all patients have an annual flu vaccine.

Why get vaccinated?

Protect yourself

Many infectious diseases can cause serious complications, such as deafness, paralysis, and brain damage. Some can be deadly. When you are vaccinated, your health is protected.

Protect your family

If you get sick, your family will spend time and money to help your recovery; this can cause increased concern and stress. There is also the risk that you may pass on a disease to a family member who hasn't been vaccinated, like young children or people with weakened immunity (e.g. people undergoing cancer treatment).



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



WELLINGTON COLLEGE
INTERNATIONAL
TIANJIN

Wellington College Exchange Programme goes from strength to strength.



Yet again showing that our partnership involves far more than just sharing the name, our Exchange Programme continues to offer pupils in both China and the UK fantastic opportunities.

Early April saw a group from the UK – from both Wellington, and for the first time Eagle House, its junior school – visit Tianjin, to spend a week as pupils here, and to live with host families. They also had time for sightseeing, with a boat trip along the Haihe, a visit to Ancient Culture Street, as well as some time in Beijing. In early June we will be sending a group of our own pupils to the UK, to experience all that our prestigious partner school has to offer.

Alex & Eloise, two of the Year 10 pupils from Wellington UK, shared their views and experiences of the trip. For both it was their first time in China, and they were fascinated by the contrasts with home – the dominance of high-rise apartment living, the different approach to learning in the classroom, the completely manic traffic, not to mention the number of people who wanted to take photographs of them!

Staying with a family gave them a real insight into the way that their Chinese and Korean peers live, and they swapped stories about their day to day lives with their hosts as they made traditional dumplings, or Korean

specialities such as kimbap, and shared meals with the whole family. Hosting was equally revealing for the Wellington Tianjin pupils, and their parents. Lucy in Year 9 described it as a precious experience, and a rare chance to learn about different cultures and habits, and said that she would remember the visit for years to come.

Lucy's parents say that, alongside the great academic reputation of Wellington College International Tianjin, the Exchange Programme – and the strong links back to Wellington UK in general – were a key factor in deciding on a school. They reflected how proud they were that their daughter wore the same uniform as the UK pupils, and that it was very special to be part of such a historic and well known school.

Lucy, Alex and Eloise are all very much planning to stay in touch with each other now. Indeed, they will be able to meet again in June, when the Exchange group from Tianjin travels over to Wellington UK and Eagle House.

Once our boarding accommodation is open, we hope to be able to offer longer stays in China, and an even fuller immersion for pupils on the Exchange Programme. These are exciting and unique opportunities.

Shang Huo, Internal Fire

By Justin Toy



"上火" 是中医术语，意为人体阴阳失衡，内火旺盛。所谓的"火" 是形容身体内某些热性的症状。而上火也就是人体阴阳失衡后出现的内热症。

如果你待在中国的时间长了，可能会听中国的朋友或同事们说过，为了身体健康你应当注意饮食作息。当你的脸上长有红色脓包，浑身肿胀等身体不适的时候，那就说明你上火了。"上火" 的原因很简单，你的身体内部"阴" "阳" 不和，根据中国古代哲学理论，阴阳是世界万物存在的两级属性，两者相生相克，一些必要的内火可以保持体内"气" 的平衡，过多的"火" 会影响肝脏，肾脏，胃肠，心脏，肺和脾的功能。干燥、炎热、潮湿、寒冷的天气可能是导致上火的外在原因，但是上火更有可能是自身压力和饮食习惯导致的。

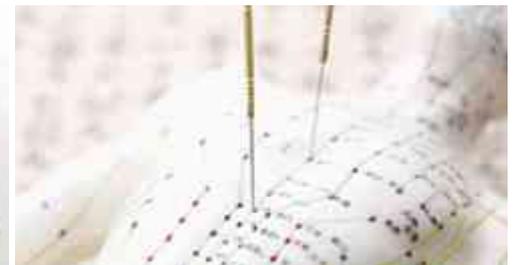
上火的症状主要是脸上长红色脓包，口腔溃疡，腰椎疼痛。如何减轻上火的症状呢？应该食用凉性食品，多吃绿色蔬菜，多喝菊花茶，金银花，多吃梨和香蕉等水果，不要吃菠萝和橘子，它是热性的水果。你还可以饮用金银花、胖大海等中草药材，或者进行针灸、拔罐和按摩促进血液循环和新陈代谢。其实学会自我减压才是避免上火的最有效方法。

If you have lived in China long enough, then you have probably heard your Chinese friends and co-workers tell you about what you should and shouldn't do in order to keep a healthy body. You might get a speech about how you shouldn't drink or eat things that are cold or what do to do if you are experiencing certain symptoms. If you have experienced red skin & pimples, swelling, and discomfort then your Chinese friends will immediately diagnose your situation as having too much internal heat or 上火 "shang huo".

This internal heat or 'fire' is created within the body because of an imbalance of yin and yang, the ancient Chinese philosophy based on the idea that everything in the universe is created and influenced by two opposing forces. While some internal 'fire' is necessary to maintain a balance of chi (气, the energy of life) in the body, too much 'fire' can harm vital organs such as the liver, kidney, stomach, heart, lung and spleen.

How does this imbalance of internal 'fire' happen? Dry and hot weather can be one culprit of internal fire as well as extended periods of humidity and coldness. Another cause of this imbalance can be stress and diet; especially coffee, seafood and very spicy food.

Common symptoms associated with上火 include itchy red bumps surrounded by a red patch of skin (most often found on the face), mouth ulcers, body aches (especially in the waist or spine), and insomnia. If you find yourself with too much heat in your body, there are certain things that you can ingest with cooling properties that will help bring your body back into balance. Most green vegetables, chrysanthemum tea, and some fruits such as pears and bananas (stay away from pineapples and oranges which have 'fire' properties). Some herbal medicines that can help put out the fire are honeysuckle and sterculia scaphigera (seeds of a tropical nut-bearing tree). Other ways to help release the excessive 'fire' from the body are through acupuncture, cupping therapy, and massage. These methods can all help warm and stimulate the skin, causing the blood vessels to expand while promoting blood circulation and metabolism. At the same time these treatments will help increase discharges of bodily waste and toxins. Since stress is a major contributor to increasing your internal 'fire', your best preventative strategy is to avoid living a stressful life!



IST Earth Day Celebration

On 19 April, 2013, the International School of Tianjin celebrated Earth Day. Our theme for Earth day this year was '2041: Saving the Earth's Last Wilderness'. This is following on from polar explorer and environmental activist Sir Robert Swan's visit to IST in November, where he inspired our community to take action, and set a challenge to help save Antarctica by honouring the 2041 treaty. Not only did he inspire us to create a 'green classroom at IST', he also invited us to sponsor an adventure for one of our teacher's to Antarctica in order to experience firsthand the beauty of this wilderness there. By doing this, we will have a direct link, to supporting the treaty and will offer an opportunity for IST to have a global impact. This is a school-wide initiative and a great way for children of every age, in their own small way, to help save Antarctica.



Earth Day 2013, with the theme of '2041: Saving Earth's Last Wilderness' was truly motivational as a community-wide effort in supporting saving the Earth. Earth Day does not simply end with activities on the day every year. IST will continue its efforts through its commitments to sustainable thinking for years to come.

The IST community and all people outside of IST may still make contributions to go towards helping a teacher get to Antarctica, and to help us build our 'green classroom', a classroom running entirely on renewable resources.

IST Tree Planting



On Friday, 12 April, the International school of Tianjin (IST) staff and students experienced a great opportunity by joining with other Tianjin communities in planting trees in Guang Gang Park in Da Gang District. As our bus arrived, we came out armed with shovels for digging, buckets for watering trees, gloves for preventing blisters, and lots of excitement to be working with others around Tianjin to help forest an area of barren land. As the students followed the IST flag towards our designated tree planting area, it became quickly apparent that several area schools were joining us in this important event.

With flags flapping and a cool breeze blowing, IST students and staff, together, managed to plant much more than just our required number of trees in quite a short amount of time. In fact, our students

volunteered to help other schools, with smaller children, to plant almost an additional 30 trees.

This experience was not only great as a bonding moment for our students and staff, it helped us to meet others working on a community project to better the environments around Tianjin. Some of the officials represented at the tree planting were even able to show us where groves of trees, planted only three years ago, now have the potential of becoming a forest.

Overall, it was truly a pleasurable and educational experience to work together, as a community, in helping to beautify our home here in China.

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TEL: 87789883

Inasia Restaurant

(Olympic Stadium Store)

ADD: 4F, A Hall, Olympic

Gym, Nanhai District, Tianjin

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A Hall 2楼

TEL: 23621666-2231

Mighty Deli

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ADD: 3F, Somerset Town

Pinggang Dao, Heil District

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枫林里3楼

TEL: 26107747

Inasia Restaurant

(Somerset Store)

ADD: 3F, Somerset Town

Pinggang Dao, Heil District

地址: 天津市滨海新区

枫林里3楼

TEL: 26107982



Alesia

25 years old Ukrainian student studying Chinese Language

Favourite restaurant:

I love Chateau 35, YY Beer Thai Restaurant and the Sakura Sushi Place.



Perfect place for a lively night out:

I like Q Bar at the Westin Hotel for its atmosphere, live band, and the best mojito in the city.

Which do you prefer to go out - Friday or Saturday night in Tianjin?

Friday night because it's the best time to relax after a hard working week.

Perfect hangout for you and your friends:

We love visiting interesting places in Tianjin. We also do picnics or climb mountains, or just relax and visit the spa.

Favourite salon, spa, or hairdresser:

I like the spa at Holiday Inn Tianjin Riverside, they don't only have Chinese professionals but also foreigners. I also like a European hairdresser, not many people know about her, but her hair salon is behind T.G.I. Friday's.

The perfect spot in Tianjin:

Most definitely Qing Wang Fu and the Wudadao area.

Which do you think is the perfect place to go with a date?

Italian Style Town is very romantic with a couple of good restaurants. However, the restaurant on the 40th floor of Tangla Hotel Tianjin is a must-visit if you are with your date.

Advice to Tianjin newcomers:

Visit more cultural places, not only bars!

I love Tianjin because...

It's a cosy and nice city and I have found good friends here.

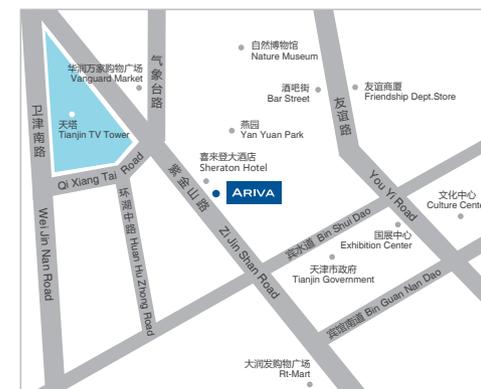


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Ariva Tianjin Binhai Serviced Apartment has a complete range of amenities, including the gym, meeting rooms, reading room, café, restaurants, business centre, lobby lounge, convenience shopping store, as well as children's playground. Everything you need is within indoors—life, work, and entertainment. All the apartments come with security card access system and 24-hour security measures to ensure safety and privacy of guests.



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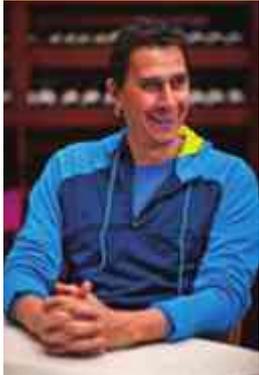
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Jia You, TEDA!

By Robert Watt

Alexandre Guimarães



如果你是天津泰达队的铁杆球迷，你一定不愿错过2013赛季中超联赛的每一场球赛。4月27日的主场比赛，泰达终于上演了绝地反击的好戏，帕拉塔鲁的梅开二度以及瓦伦西亚的凌空扫射，帮助泰达队艰难地以3：2击败武汉卓尔队，拿到本赛季联赛首场胜利的同时，终于将负分这一沉重的“包袱”卸了下来。这一期运动专栏我们专访到天津泰达康师傅队主帅——亚历山大·吉马良斯。想请他谈谈自己的执教经历，以及对于目前天津泰达康师傅队的战果评价，还有天津康师傅队的未来发展方向。

吉马良斯主教练出生于巴西一个医生家庭，他的童年在里约热内卢度过。1971年，吉马良斯跟随身为泛美卫生组织官员的父亲来到哥斯达黎加工作，全家也迁居首都圣何塞，自此哥斯达黎加也就成了他的第二故乡。吉马良斯在哥斯达黎加大学体育学院毕业后，来到了阿雷纳斯角甲级队开始踢球。后来他先后在萨普里萨和图里亚尔巴俱乐部队效力。1985年吉马良斯加入哥斯达黎加国籍后不久，便入选了国家队参加墨西哥世界杯的预选赛，但国家队未能够出线。

1990年，吉马良斯参加了自己唯一一次世界杯赛。在职业球员生涯中，吉马良斯共参加了377场正式比赛，进球95个，于1992年退役。从1994年起，吉马良斯开始从事足球教练工作，1997至2000赛季，他执教萨普里萨队两次夺得全国甲级联赛冠军。此后，他被任命为国家队助理教练，协助巴西籍主教练努内斯。

Alexandre Guimarães was born in Brazil, but has lived most of his life in Costa Rica where he was National Champion 3 times with top football team Deportivo Saprissa. He also played for the Costa Rican National team in the 1990 World cup before retiring as a player to take up coaching. His second career has been equally successful, working with football clubs and national teams around the world. Now he is working as Chief Coach for Tianjin TEDA Football Club.

He took some time out from a training session at the Olympic Park stadium to tell **Tianjin Plus** about his remarkable career and his goal of leading the city's premier team towards the top of China's Super league.

Can you tell us a bit about your life as a footballer and then as coach?

Football has been my life. I was born in Brazil and football is a way of life there. I started playing very

early at 8 years old, then my family moved to Costa Rica where I have lived ever since. I finished high school and college when I was 18 years old. I was then playing football, as well as basketball, and I had to make a decision which way to continue. I chose to play football professionally because it's in my veins.

At 24 I got my Costa Rican nationality and a few years later I played for the Costa Rican national team in the 1990 World Cup in Italy. After that experience I knew that I had to continue in this profession.

I retired as a footballer 2 years later and studied for 2 years to become a professional coach. I first coached a number of clubs in Costa Rica, including Deportivo Saprissa where I had been National Champion, and then things started happening very fast. I got married, had kids and now I have started to coach abroad. I worked in Guatemala before returning to coach the Costa Rican national team in the 2002 world cup in Japan and Korea. At that time I started to get calls from China but it was not the right time. I went to Mexico for a while then I returned and coached the national team again for the 2006 World Cup in Germany. Then I went to Panama to work with the national team and in 2009 I took a coaching position at a club in the United Arab Emirates for almost 2 years.

By this time, my family was starting to get older and move away. One son was playing professional football; first in Norway, now in Sweden. The other son chose to study Cinematography and went to Spain to complete his studies. Then the invitation came to work in China again and I decided it was now the right time.

Is coaching a Chinese team different to coaching in other parts of the world?

It is different because of the culture. You have to adapt, you have to be very flexible in my way of coaching. I like the relationship, the players have been wonderful and their interaction with our supporters is very good too. Communication is the hardest thing, we have 5 foreign players; 2 Brazilians, a Serbian, a Columbian guy and an Australian guy who is also Asian. Thanks to my father I speak Portuguese, Spanish, English, French and Italian. So communication has not been too much of a problem. The work is not different with the foreign players but they also have to adapt to being in China.

What are the responsibilities of the head coach of Tianjin TEDA Football Club?

I have to attend to everything about the first team, training, practice, scouting, videos, and motivation, basically everything that surrounds me. I have assistance from two Chinese coaches, but in terms of the responsibility and supervision aspects, I have to control them.

In what way has the game changed since you were a player?

In the time when I was a player you could be a sportsman and play professionally, but now that's not possible. You must be an athlete to be a professional and that's totally different. The game is much faster and that reduces the spaces. Football is a way to gain space and the faster you gain the space the more possibility you have to win the game. Also tactically, players have to be much more versatile. It's changed a lot but it continues to be a fantastic game.

Is Chinese football different compared with other parts of the world?



Yes in the last 3 seasons the league has changed a lot. More important players and different types of coaches have come. You can play up to 3 foreign players and 1 from another Asian country. Most of the teams have 4 foreign players in case there is any injury or suspension, so now it's a good mix. I think with all the experience, methodologies and knowledge they bring to football it is helping to improve the whole game. The foreign players know they have to do something in order to help Chinese football to improve. Certainly the

foreign players in TEDA have been very professional and know they are here to help.

How long do you think it will be before the Chinese super league is at the same level as the European Premier leagues?

The level of the tournament is improving but it's a long way from that standard. First it has to be much more competitive in Asia. Some clubs are making this effort. The face you show the outside world is always the national team. China needs to be very alert to see how they can manage to get all the improvements that the local tournaments have and put it there in the national team, but that takes a long time.

Are there TEDA players that you think play at that level?

I think TEDA has 1 or 2 players, at least, who could play at that level, but they have not been called so far. I have spent 6 or 7 years as national coach for different countries and I know that if you choose someone or don't choose someone it is because you have a reason. I don't know the reason why the TEDA players have not been called so far, so I have to respect their decision.

Will you be going to the world cup in 2014?

I hope to be going to the world cup because it's in my country, so I really hope to go. I was working in 2010 in South Africa with a FIFA technical group study. I was working with 18 different coaches from all over the world to produce reports about different tactics and techniques, fitness etc of the different national teams. The information is used to help develop football through the federations such as the Asian Federation. So maybe I will be invited to do this again in Brazil. If Costa Rica qualifies for the world cup then it's possible my son will be playing and that would be fantastic.

What changes are you planning for the future?

When I took the decision last year to continue here, I took it thinking about the improvement of the team and the fight to get a place in the top of the league. Then because of an event that happened with the club in 2003, the Chinese Football Association gave us a sanction. This meant we started this season with minus 6 points. It completely changed our objective of the season. Now to finish at the top is a huge, huge goal. But the team has been doing very well; it's unfortunate that in the last 2 games the results have not matched our performance. We have to get some points, so the next games are very important for us.

Support your local team

You can experience live top class football and spend a thrilling evening cheering on your team throughout the warm summer evenings. Get tickets on the evening at the Olympic Park Stadium and let's help Mr. Guimaraes to push Tianjin TEDA up the league and into next year's AFC Champions League by shouting "Jia You TEDA!"

Sat	11/05/13	Tianjin Teda	19:35	Jiangsu Sainty
Sat	25/05/13	Tianjin Teda	19:35	Guizhou Renhe
Sat	22/06/13	Tianjin Teda	19:35	Changchun Yatai
Sun	30/06/13	Tianjin Teda	16:00	Shanghai Shenxin
Sat	06/07/13	Tianjin Teda	16:00	Shanghai Shenhua
Sat	13/07/13	Tianjin Teda	19:35	Liaoning Whowin
Sun	04/08/13	Tianjin Teda	19:35	Shandong Luneng
Sat	17/08/13	Tianjin Teda	16:00	Shanghai SIPG
Sat	31/08/13	Tianjin Teda	19:35	Guangzhou Ever...
Sat	21/09/13	Tianjin Teda	19:35	Beijing Guoan
Sat	05/10/13	Tianjin Teda	19:35	Dalian Aerbin
Wed	30/10/13	Tianjin Teda	14:35	Guangzhou R&F

Fixtures for 2013 season



UEFA Champions league final viewing party @ 欧冠巅峰对决就在德客知



Heineken Draught buy 2 get 1 free
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Date: 25 May 2013 Time: 7 pm onwards
Venue: Texas BBQ Saloon
Address: AoCheng Business Plaza Central Ave unit115&128
日期: 2013年5月25日 时间: 晚上7点
地点: 德客知 地址: 奥城商业广场C7座115-128

From 1st May till 17 May, for every purchase of Heineken Beer at Texas BBQ. You stand a chance to win VIP seat for the UCL Final Viewing Party. Each VIP seats come with free flow of Heineken and a set meal from Texas BBQ.
从5月1日至17日, 凡在德客知购买喜力啤酒的客户将有机会赢取欧冠决赛VIP席位。每个VIP席位将享有喜力啤酒无限畅饮和一份德客知套餐。

Draw date: 18 May 2013
抽奖时间: 2013年5月18日
Prize: 4 VIP seat for UCL final Viewing Party.
奖项: 4张欧冠决赛观赏派对VIP席位


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你会为爱情牺牲一切吗？你会为了交往两年的美国男友到另一个国家生活吗？我们的主人公Yang Yang 遇到了这个难题，天使和魔鬼各抒己见：也许到国外融入男友的家庭会更容易，更深入地了解他的家庭背景，朋友圈子，适应这种生活需要全身心投入，这样关系才会更加稳固深入。不论将来是在中国还是在美国生活，都会对他们两个的关系有益无害；他才来中国两年就吵吵着回家，是想念妈妈的家常菜，家里的安居小窝了吧？女友诚可贵，爱情价更高，若为家乡故，他会两者皆可抛吧？



"My boyfriend of 2 years has decided that he wants to go back to the USA and has asked me to go with him. I am scared of moving to another country but I really can't imagine what life would be like without him!"

--Yang Yang

Angela says:

Yang Yang, I think going with him to the US would be a perfect chance for you to get to know him and his family better. Being with him for two years may be enough time, but it is still different when you spend time with him and his family, get to see his hometown and meet his friends. Think of this as a way to take the relationship to a deeper level.

You'll initially be scared of moving to another country, this is natural for everyone, not just yourself. After all, this means you'll be uprooted from your comfort zone and this requires so many adjustments (besides the vast amounts of paper work you'll be processing), and it will never be easy. What you need right now is a wholehearted decision to go, unless you decide with your whole heart you will always be scared.

Whatever decision you choose in the end – go to the US or stay in China – I hope that it works out for you and your boyfriend's relationship. Decide well!



Daemon says:

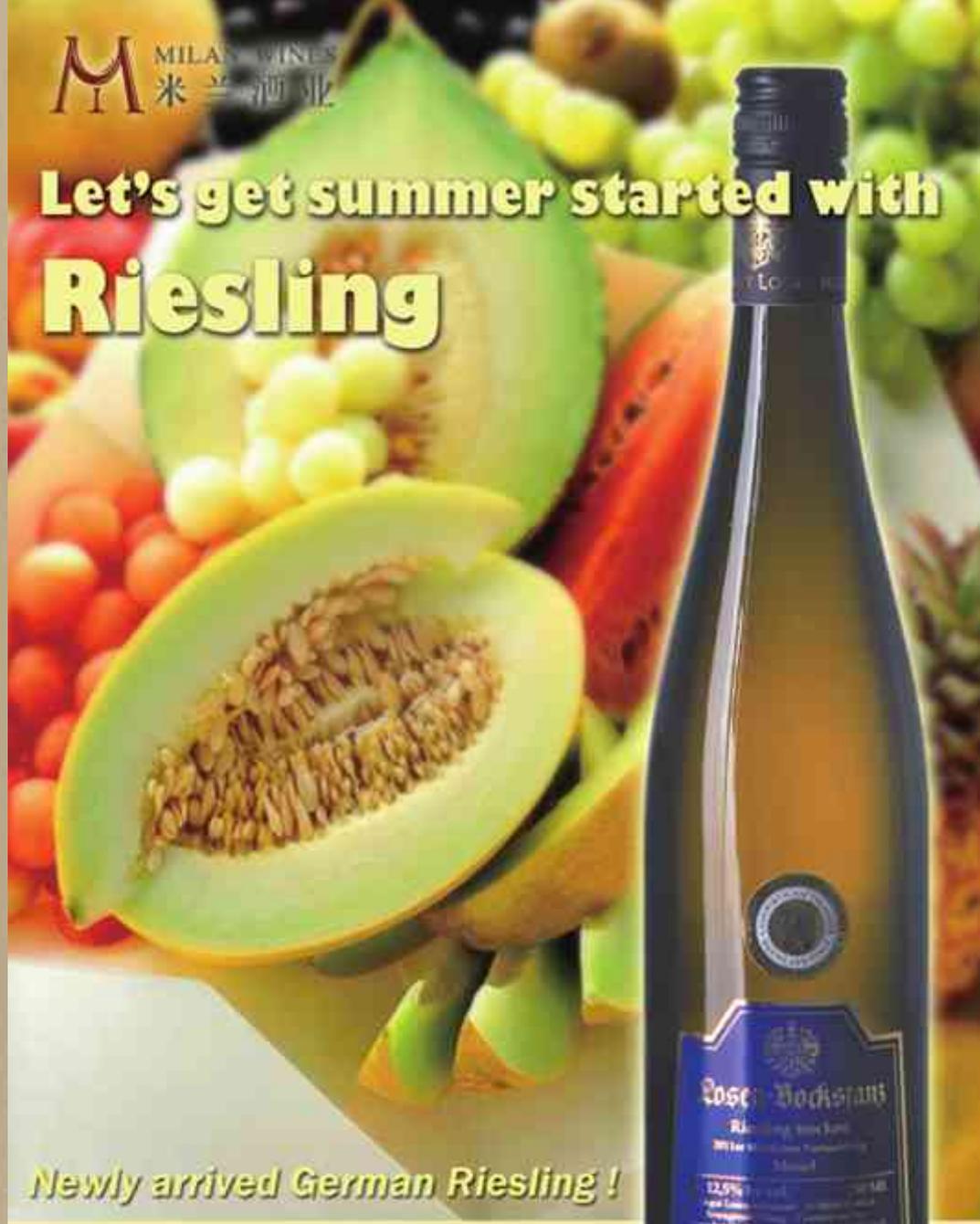
Ah, decisions, decisions. Well Yang Yang, I suppose it comes down to one key question: is this guy really worth moving half way across the world to be with? I mean, if after just two years of living in this wonderful city he has decided that he misses his mother's cooking and wants to go back to his comfort zone, then, let's be honest, he's probably not worth the hassle! You will be quite upset when he goes, but think about what is best for you.

Even on a practical level, by the time you've finished all the paperwork that is involved in getting a visa to live in the USA, you will have probably forgotten who he is any way! Thankfully for feminists like me, we now live in a world where women have an equal say in relationships. Be strong, and tell him that he either stays in China to be with you or he can cry himself to sleep on the flight back home!



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

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Tianjin + Life

by Cathy Perez

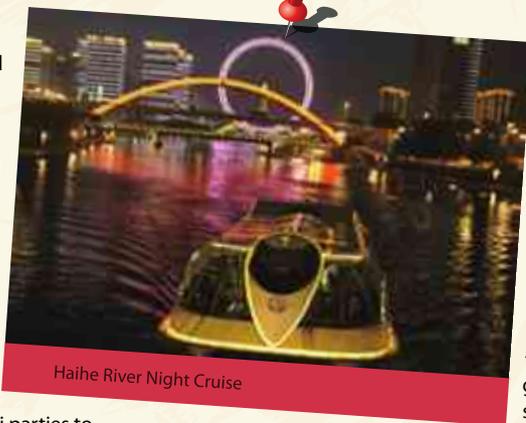
Hello Summer!

Say goodbye to thick jackets and hello to cool, comfy outfits! Soon it will be summer, the time of the year for outdoor activities and loads of fun under the sun. With the right attitude and information, you're on your way to a fabulous experience and not even the summer heat can dampen your spirit. Ready to get your summer loaded? Then try the following...

❑ **Learn salsa at Lance's Culture and Art Centre.** Sway to the beat of summer by learning Cuban salsa! Whether you'd like to learn salsa dancing in pairs or through Rueda De Casino, Lance's Dance Club will make sure that you get the right body movement for every beat. Open

to all levels with mini parties to practice what you learned with friends and socialise with new ones. For inquiries and more information, contact Lance Zhang at +86 22 2339 5157. (Address: Huitong Dasha B-703, no. 22 Pukou Road, Hexi District, near Xiaobailou Subway Station)

❑ **Capture dazzling Tianjin via Haihe River Sightseeing Night Cruise.** The mother river of Tianjin has blessed the city with nearby attractions from the Jiefang Bridge to the Tianjin Eye. Covering eight bridges all decked with pretty lights plus countless pictures-perfect scenery for a



Haihe River Night Cruise

50-minute round trip ferry cruise, the experience will definitely force you to appreciate the city more.

❑ **Shop at BHG Market Place.** The newest addition to Tianjin's growing lists of shops selling imported products.

Claiming to provide high-quality products and services, and good value for shoppers, BMG Market Place is at Colourful Village, in the Aocheng area. (Open from 10:00 am to 9:00 pm. For inquiries, call +86 22 5838 6901)

❑ **Wine and dine at Le Procope Lounge.** Cosy and fancy best describes Le Procope Lounge's vibe. Recently celebrating their 2nd anniversary, Le Procope has captured the hearts of people who want a quality place to chill in a gorgeous atmosphere. (Address: Chengde Dao, Heping District. For more info, call +86 22 2711 9858)

Blessed are those who see beautiful things in humble places where other people see nothing.
— Camille Pissarro

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Summer Prints and Patterns

If you love bold prints, this is your season! Find inspiration in 2013 summer collections and play with mixing and clashing textures.



Patchwork

Spring's message was multilayered, courtesy of patchworks of textures, prints, fabrics and patterns. Think about making a collage

- This look could get messy if you don't do it properly. Go for dresses that clash patterns and keep the rest of the look simple.
- Mix this era's graphic prints with vintage floral patterns. It will look modern with a twist.
- Get inspired by the print Masters: modern and graphic patterns by Mary Kantrantzou, optic by Peter Pilotto and exotic skins mixed with soft florals by Preen.



Tropical

Tropical prints

lift your mood for the summer. They instantly take you away on holiday to a paradise beach. They are playful, fun and colourful. This fashion staple born in the late 50s in Palm Beach gets updated with new developed fabrics.

- Don't save this print only for holidays; wear colourful fruit prints in the city.
- Colourful tropical prints look great paired down with olive green and nude colours.
- Mix tropical prints with exotic skin patterns as seen in Max Mara.
- This season Kenzo was the tropical print genius. Get inspired!



Stripes

We have seen stripes all over the catwalks, thin or thick, vertical or horizontal, black and white, blue and white and colourful, we never get tired of them!

- Everyone should have a striped T-shirt to unpack and get into the stripy mood.
- This time around, stripes were not only for



casual wear; fancy maxi dresses and luxury materials were also covered in stripes.

- Vertical stripes elongate the body and look classy.



Snake skin

Snake skin, with the usual nude colours, is traditionally a winter texture. This time it got updated



with pastel tones and was mixed with floral and delicate floating materials, making it totally fresh for the summer wardrobe.

- Pastel pink, light blue and yellow are the perfect tint for this summer's exotic skin prints.
- Mix snake skin with powerful florals as seen in Bottega Venetta.
- If dressing in snake prints is not your thing, choose snake skin shoes or bag!



Optic

Playing with the art of contrast, optic prints are big this season. Louis Vuitton made a fashion moment with a giant white and yellow check runway full of models dressed in eye-grabbing checks.

- Follow the 60s trend by choosing mini dresses with checked patterns.
- Have a look at the Louis Vuitton collection and find millions of ideas on how to combine and mix optic prints.
- Go for long, mid- and miniskirts all in optic prints.



Lace

Lace is always classic, delicate and fresh. Last season's lace was soft in pastel colours. This season feels stronger and makes an impact in strong hues:



orange, turquoise and deep blue.

- Lace is perfect for dresses but choosing a structured fabric is amazing for coats, shirts and skirts.
- Don't show too much skin, lace is already a see-through material, so keep the hems long and the cut conservative.





Objects of Desire

By Silvina Pardo

Marni是由设计师Consuelo Castiglioni女士在1994年创立的女装与配饰品牌。纯粹的奢华感是Marni所致力打造的风格。Marni的现代版服饰趋向物质，轮廓鲜明，混搭色彩独具匠心的印花材质，创建了独一无二的成衣收藏款服装。印花造就了这个品牌，最近的收藏款赋予了平衡感。自2005年起，Marni与艺术家合作，独创了印花和插图式样服装，把这个品牌打造成类似艺术品的收藏款。2013年夏季装，Marni和荷兰艺术家洛浦·范·米尔洛开创了新款服饰，把驴，老虎，鸚鵡，鸵鸟等各种野生动物的斑点图案印到T恤衫和背包上。今年春季款装比冬季款装略显清新、洁净，和冬季厚重的服饰形成反差，保持低调的色系。黑与白单色系纯色套，专注外形的服饰。

Iconic Luxury brand Marni was born in 1994. The designer, Consuelo Castiglioni, created eclectic women's clothing and accessories brands. Consuelo's modern approach to material and silhouette, mixing of colour, exclusive prints, and textures has resulted in a unique, ready-to-wear collection. The prints made Marni's name but the sense of proportion is playing a big game in the latest collections.

Since 2005, Marni collaborates with artists to create unique prints and illustrations for the brand making the collection like a piece of art. The summer edition 2013 collection features a special collaboration with Dutch artist Rop van Mierlo, who created blotchy shapes of animals: a donkey, tiger, parrot and ostrich printed onto T-shirts and bags. These art works are part of the artist's book called "wild animals".



The Marni spring collection is fresher, cleaner and lighter than previous ones, making an impact with volume and keeping the colours low key.

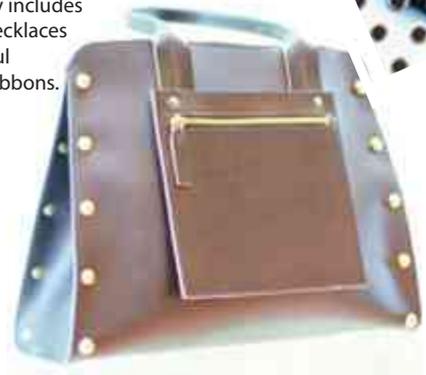
Monochrome black and white and solid-coloured outfits focused on pure shape.



Graphic prints are still the brand signature, so there are plenty of bold prints, colourful checks, stunning florals and colours.



Also infinitely worthy of mention is the playful shoe collection, with original flat sandals and metallic shades. The jewellery includes statement necklaces with colourful stones and ribbons.



Marni

Address: 1F, Galaxy International Shopping Mall, crossing of Leyuan Dao and Yuxiu Lu, Hexi District
 河西区乐园道与越秀路交口银河国际购物中心一楼



How to Get an Online Bank Account

By Matthew Baum

在中国开通网上银行极其简单，只要保证准确填写个人信息和输入密码就可以轻松搞定。开通网上银行的前提是有一个银行账户，如果没有，则首先需要去银行开通。每家银行的开通步骤都几近相同：你只需要一张护照，一部手机，一台有网页浏览器的电脑。第一步，如果你有这家银行的账户，把银行卡给柜台人员，填写包括姓名，地址，出生年月等个人信息。你需要签字，来确认填写的所有信息准确无误；第二步，到另一个柜台办理网上账户，这包括下载安全证书，你会得到一个U盾或者电话银行的密码口令卡，上网输入8位数字密码，之后等待你的账户激活；第三步，插入你的U盾，安装软件，打开浏览器，但不要使用Chrome或者火狐(Firefox)，打开银行的官网，输入用户名和密码，点击登录，如果遇到什么问题，可以拨打免费客服电话95599（中国农业银行）。

You will need:

A passport, a working mobile phone and a PC with Internet Explorer.

Getting an online viable bank account in China is surprisingly easy. Make no mistake, there is the usual rigmarole of form signing and password inputting, but the process in itself simply adds a new function to a pre-existing, or newly opened bank account. If you want to open an online bank account in China without a pre-existing account, then you must open a regular bank account first. Luckily the process is essentially the same for each bank, so it really shouldn't matter if you are with Bank of China or Agricultural Bank. (I used the Agricultural Bank of China for this how-to). Also, when you apply for online banking you will be able to use phone banking, but this is rarely used in China.



To open an account you simply need to say to the teller:

我要开通一个网上银行。

wǒ yào kāi tōng yī gè wǎng shàng yín háng.

I want to open an internet account.

If you already have an account with that bank, show the teller your card. Regardless, the teller will ask you to fill in some information: usually your address, name, date of birth etc. Make sure everything is correct. You will be asked to sign your name several times; write it according to your passport, all capital letters. Check the information each time they ask you to sign something. If there is a mistake it can be very time consuming to rectify, so take the time when you apply to make sure everything is okay.

When his process is completed you will be asked to go to a different area where an assistant will set-up your online account. This involves downloading a security certificate. You will also receive a USB key and a password card (for phone banking).

You will be asked to input an internet password. This is 8 digits long and is your key to your account, do not forget it. Once this process has been completed it may take a couple of days for your account to be active.



Using your account:

First plug in your USB, and install the software. Then go to the website (for Agricultural Bank this is 95599.cn) and select the English language version in the top-right corner. You should use Internet Explorer- using Chrome and Firefox will not allow you to access your account. Choose personal online banking and then click 'log on'. Select certificate log on, and then input your internet password when prompted. The next page you see should be your account page informing you of when and where you last logged on. This is also mainly in English and is very easy to use.

Congratulations you have opened your account and can now buy all of Taobao!



Useful numbers:

95599 is the 24 hour free of charge hotline. Press 9 for an English language service where you can talk to an operator who speaks excellent English.



Harley Davidson Comes to Tianjin

Harley Davidson rolled into Tianjin with a bang on 16 April. A searing blast of rock and roll, high-speed bikes and plenty of attitude blew attendees away at the recent Harley Davidson opening ceremony. The new dealership burst onto the world's stage as the latest of the Harley Davidson dealerships in China. The Tianjin dealership is the twelfth shop in China and was graced with the heavy-hitting presence of Wisconsin governor Scott Walker to usher in the new store. The Harley-Davidson brand is growing in China as biking culture is slowly starting to find its way onto mainland. 2012 sales were up in China, as well as the Asia Pacific region as a whole. This is not only the result of a long process of lobbying by American officials to open up China to freer motorcycle usage, it is a drive by Wisconsin to get one of its most famous brands up and running in China. Walker also introduced the gathered crowd to a Wisconsin brand of Ginseng. Although none was on sale at the event, it shows the continued interest of American states in turning China into a market for American goods.



Governor of the US State of Wisconsin
- Mr. Scott Walker

The local HOG (Harley Owners Group) chapter was out in force with riders sporting their leathers and pristine bikes. The dealership, located in Hexi District, has over 2000m² and not only sells bikes like the Sportster and Dyna models, but also sells rider accessories, like the eternally fashionable leather biker's jacket.

With great honour, the Sheraton Tianjin Hotel welcomed their distinguished customer, Harley Davidson Motor Company, to hold an opening ceremony evening banquet for its newly launched branch office located in Meijiang, Tianjin. As the number one, world-renowned motorcycle company, Harley Davidson is the symbol of 'passion, freedom and lifestyle', complementing the Sheraton brand's core values of 'warm, connected and community'.



安妮-苏菲·穆特 与穆特名家弦乐团音乐会



天津大剧院·音乐厅

2013.6.10 19:30

Anne-Sophie Mutter & Mutter's Virtuosi Concert



小提琴 / 安妮-苏菲·穆特
乐团 / 穆特名家弦乐团

Wolfe / Anne-Sophie Mutter
Mutter's Virtuosi

曲目 Program

普伊阿诺·加路尔 / 勃弄
[德·亨特] / 拜在大海八重奏, 作品20
维瓦尔第 / 《四季》小提琴协奏曲, 作品8之1-4

“小提琴女神”安妮-苏菲·穆特，以其无与伦比的动人琴声为全世界缔造了无数美妙绝伦的音乐盛宴。2013年初夏，她与她的名家弦乐团将以炉火纯青的演奏技艺在天津掀起一场音乐风暴。

Grand Wedding Show Opening Ceremony Held by InterContinental Hotel Group (Tianjin)

On 13 April, InterContinental Hotel Group's (Tianjin) Grand Wedding Show held their in the Conference Room located on the third floor of the Holiday Inn Tianjin Aqua City at InterContinental Hotel Group (Tianjin). The event gathered five hotels of IHG group including Crowe Plaza Tianjin Binhai, Crowne Plaza Tianjin Jinnan, Hotel Indigo Tianjin Haihe, Holiday Inn Tianjin Riverside, and Holiday Inn Tianjin Aqua City. Each hotel presented their special decorations to give a grand visual feast for the newlyweds in advance. Couples not only had the privilege of viewing the elaborate wedding table setting, but also saw the five flamboyant wedding-themed cakes made by these five hotels.

During the event, the most exciting moment was definitely the lucky draw for a free wedding package. Other lucky draws included a free hotel stay and free food were presented by representatives from the five hotels. The cocktail party was specially prepared to entertain guests at the event.



Tempting Amazing Thailand - Sumptuous Thai Cuisine Festival Renaissance Tianjin Lakeview Hotel

The opening ceremony of the "Tempting Amazing Thailand - Sumptuous Thai Cuisine Festival" at the Renaissance Tianjin Lakeview Hotel was held on the night of 15 April. Together with support and help from the Royal Thai Embassy in China and the Thai Authority Tourism Bureau in Beijing, the hotel offered a memorable Thai Cultural Feast, and every guest was able to enjoy Thai cuisine that night.



The opening ceremony was unveiled by the Ambassador H.E. Mr. Wiboon Khusakul and General Manager Mr. Steven Yau. Minister of the Royal Thai Embassy, Mrs Ureerat Ratanaprukse, Minister of the Royal Thai Embassy, Ms. Kundhinee Aksornwang, Director of Tourism Authority in Thailand's Beijing Office, Mr. Pong-Anan Sunpanich. Other VIPs from the Thai Embassy and TAT also joined the ceremony. The Hotel invited guest chef Kitprayool from Phuket who presented famous Thai food like Tom Yum Kung, Green Papaya Salad, and many other delicious Thai dishes. Whilst tasting the authentic Thai food, the guests also enjoyed Thai dance performances from different regions in Thailand by the Thai students from the University of Beijing.

During the coming two weeks (15 to 28 April), indulge your taste buds with the exquisite taste of Thailand in Cafe BLD with free Thai Beer and more Thai style snacks and cocktails in the lobby lounge at the Renaissance Tianjin Lakeview Hotel.

Green Bamboo Well being Resort Home Service

Rose Essential Oil Therapy	90 mins 168
Deep Relaxation Oil Therapy	150 mins 319
Dry Massage + Ear Candle	90 mins 188
Traditional Chinese Massage	60 mins 148
	90 mins 198

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 Contact: Margaret Yang
 Tel: +86 1022 8210 0255
 Fax: +86 1022 8212 7759
 Email: yangmargaret@emka.com.cn
 Website: www.emka.cn

Rego Does Native Canadian Dancing



Though the Rego School gym is quite large, it seemed to be bursting with children eager to see Teddy Anderson's Hoop Dance. Although he had been in China for just a few days, Teddy was lively and upbeat as he explained to the assembled children what he was going to happen. Outfitted in a colourful handmade native Canadian costume, the performance began with a short prayer to settle the mood. After that Teddy performed two dances, the second of which used 30 hoops. During each dance indigenous First Nations music played, and the crowd cheered as hoops bent, spun and flew about the room.

Before each dance Teddy took a moment to explain to the students his message of unity and individual understanding that he hoped to share. After he performed his dances, he asked children and teachers to participate in a quick Q & A session, before teaching them a few of his more simple hoop

dancing techniques. After the 45 minute performance many of the teachers and students complemented Teddy on his message and performance.

Teddy will continue his tour of China in Beijing and Shanghai before heading back to Canada. He will be coming back to China in April or March of next year, and is available to book for schools and corporate events.

Le Procope Lounge 2nd Anniversary Party



On the night of 8 April, Le Procope Lounge's 2nd Anniversary Party was jointly organised by Le Procope, Baileys and Moët & Chandon. Themed as 'Buddies Being Together Forever', a grand party was held for

all close friends to get together in Tianjin. During this event, customers could enjoy a cup of Baileys for free and also receive favourable discounts on Moët & Chandon. Not only that, Le Procope Lounge took advantage of Weibo and Weixin to upload live photos online with guests posing and posting in real-time. Also, the lucky draw pushed the party to a new high.



YY Beer House Celebrated Thailand's Songkran Festival

For the past ten years, YY Beer House never fails to thrill foreign and local customers with their own celebration of the well-loved festival in Thailand – the Songkran Water Festival. This year was no exception and the Songkran Festival at the YY Beer House was a successful and joyous event that brought people from different countries together to celebrate at Tianjin's very first Thai restaurant.



At YY Beer House on the sunny afternoon of 20 April, 2013 made for a perfect day to deck its outside road of Aomen Lu with tables containing Traditional Thai foods, flowers, water guns, and huge containers filled with water. Kids and adults alike joined the rowdy water fight while others enjoyed themselves with traditional Thai delicacies and tropical fruits. Since YY is also known for holding successful wine tasting events, a great selection of wines and other drinks were also available inside the restaurant for the day-long event.

Aside from the food and drinks, water fights and talc-smearing, the event featured a series of presentations detailing Thailand's colourful culture - ladies dancing traditional Thai dances, a clown showing off fun tricks, and most of all, Muay Thai combat where two Thai champions showed off their winning techniques. Later during the day, more Thai specialty dishes came pouring out as YY Beer House maintained its reputation as the perfect place for people to socialise and meet new friends!

Mr. Wallace Huo at The Astor Hotel



The famous film star Mr. Wallace Huo arrived at The Astor Hotel, A Luxury Collection Hotel, Tianjin for cover story photo shooting. With refined manner and courtesy, he had his photos taken in the

Astor Wing and wrote down the best wishes for hotel 150th Anniversary. The shooting venue includes the old Otis elevator made in 1924, Mr. Sun Yat-sen suite room, Astor Wing lobby. Marketing Communications Manager, Joyce Li, represented the hotel in giving the best welcome to Mr. Wallace Huo.

Hotel Indigo Tianjin Haihe was Named 2012 Best Boutique Hotel

InterMediaChina's 2012 Best of Tianjin Awards was held successfully on 23 March in Tianjin. Hotel Indigo Tianjin Haihe was named 2012 Best Boutique Hotel. IMC CEO Mr. Juan Silvestre awarded the trophy and certificate to Tristan Zhang, the hotel's Sales and



Marketing Director. Hotel Indigo Tianjin Haihe is the only boutique hotel in the booming coastal destination of Tianjin, just 27 minutes by bullet train from Beijing. It is also the only hotel in China that offers villa-style accommodation in a city centre locale.

Happy Easter at Jeff's House Kindergarten

Located in *Munan Dao* of *Wudadao* in Tianjin, Jeff's House Kindergarten devotes itself to professional early childhood bilingual education that offers the best growth environment.

Tianjin Plus had the chance to visit their Easter Day celebration and witnessed activities organised by teachers there at 3pm on 1 April. Children as well as their parents participated in the Easter event.

Firstly, Mr. Augustine gave a brief English introduction to Easter. It is a holiday celebrating the resurrection of Jesus Christ after his crucifixion. It marks the beginning of spring and it is the tradition for people to eat chocolate bunnies and decorate Easter eggs. Teachers gathered children to stand in a circle and sing warm-up songs. With the guidance of the teachers, children under 3 and 3 to 5-year-olds vividly waved their small arms and stretched their legs to background music. The second part of the programme was the Show time. An English drama called *Webster J. Duck*. It mainly tells story of a little duck trying to find his mother. Thirdly, children dyed Easter eggs. Painting pictures of eggs made it a bit easier for smaller kids, but brushing the eggs directly was done by kids of older ages. With their little hands busy painting, they were adorable. Finally, presents which were labelled No. 1 to 11 on the surface were hidden in the playground, and children were assigned to find each one of the presents sequenced by numbers in the style of a traditional Easter Egg Hunt. With a smile on their lovely faces, they began their discovery of Easter gifts. Every child finished their adventure and they had a good time searching for their own gifts. The whole celebration ended with laughter and happy faces beamed throughout the kindergarten.



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Bakeries & Desserts

H P **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 2334 5716



N K **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, Somerset 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, Somerset 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



H P **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:** 2F, The Astor Hotel Tianjin, No. 33, Taier Zhuang Lu, Heping District 和平区台儿庄路33号天津利顺德大饭店豪华精选酒店2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 5830 9999
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2号1层
T: +86 22 5836 8081

H X **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 河西区滨水道16号万丽天津宾馆2层
T: +86 22 5822 3388

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

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

T: +86 22 2813 8138
W: dintaufung.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

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

French



H P **Riviera Restaurant 蔚蓝海法餐厅** Refined brasserie with great furniture, china and glassware. 18:30-22:00. **A:** 1F, The St. Regis Tianjin, No. 158, Zhang 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



H B **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

N K **Bawarchi Indian Restaurant 芭瓦琪印度餐厅** Authentic aromas of Indian spices. Great naan, curries, samosas and lamb. 11:00-14:00; 17:30-21:30. **A:** 3F, No. 69, bldg. B, Shang Gu Business Centre, Tianta Lu, Nankai District 南开区天塔路上谷商业街B座69号3楼
T: +86 22 2341 2786

H P **The Golden Fork Authentic Indian Restaurant 金叉子印度餐厅**
A: Crossing of Qixiang Tai Lu and Diantai Dao, Heping District 和平区气象台路与电台道交口(医科大学游泳馆对面)
T: +86 22 2335 7567
Contact (Chinese): 138 2167 9729 at Mr. Li 李经理 Contact (Foreigner): 150 2250 5448 at Mohamed 默罕穆德

Italian

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



H B **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

Japanese

H P **Benkay Japanese Dining 弁慶日本料理餐厅** 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

S6U 思创 Features contemporary Japanese and European cuisine and

offers a spectacular view of the city skyline, creating an exquisite ambience for romantic dinners. 17:30-22:00. **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

N K **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. 126, Bldg. 18, Magnetic Plaza, Binshui Xi Dao 南开区滨水西道时代奥城商业广场18号楼126号
T: +86 22 8378 8223

H X **Seitara 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

福の家 Japanese Restaurant 福之家日本料理店 The restaurant specialises in all the finest delicacies from Japan.
A: 2F, Mimi Park, Dadao Area, Youyi Nan Lu, Hexi District (Opposite to Meijiang Convention Centre) 河西区友谊南路大岛商业广场2楼(梅江会展中心对面)
T: +86 22 5889 7478

Korean

H X **Han Luo Yuan 韩罗苑** Offering Korean BBQ and other traditional Korean food. **A:** No. 2-36, Fengshui Yuan, Youyi Nan Lu, Hexi District 河西区友谊南路风水园2-36号(珠江道口)
T: +86 22 8838 9090

Pizza

H P **Pizza Hut 必胜客** An old Tianjin favourite pizza shop providing delicious pizzas, open salad bar 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

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

Thai

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



lightly prepared dishes with strong aromatic components. **A:** No. 39, 4F, North Block, No. 2-6, Joy City, Nanmen Wai Da Jie, Heping District 和平区南门外大街2-6号大悦城北区4楼39号(南马路口)
T: +86 22 8728 8669

CY 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

H D **Seven Leaves Vegetarian Restaurant 七贝叶素食餐厅** For those who don't always feel comfortable reading a whole menu in Chinese and are vegetarian. 11:00-14:00; 17:00-21:00. **A:** 2F, Yuanyang Building, the junction of Huayue Dao and Xinkai Lu, Hedong District 河东区新开路与华跃道交口远洋地产2层
T: +86 22 2337 1479

Western

H P **1863 Bistro & Terrace 1863别致西餐厅&花园** Choose one of the traditional menus and enjoy what Puyi or Hoover had when they were guests at the hotel. 14:00-22:00. **A:** 1F, The Astor Hotel Tianjin, No. 33, Taier Zhuang Lu, Heping District 和平区台儿庄路33号天津利顺德大饭店豪华精选酒店1层
T: +86 22 2331 1688 ext. 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

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



Drei Kronen 1308 Brauhaus
路德维格·1308 德餐啤酒坊
The world's oldest heritage brewery joins Tianjin's rising 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. 11:00-24:00. **A:** opposite to No.79, Changde Dao, Heping District (near the crossroad of changed road and Kunming road) 和平区常德道79号对面(久合里1号)
T: +86 22 2331 5678
W: chateau35.com

promenade
河岸

Promenade Restaurant 河岸国际餐厅 Cultivated Mediterranean menu, an atmosphere reminiscent of a summer residence. 06:30-22:30. **A:** 1F, The St. Regis Tianjin, No. 158, Zhang Zizhong Lu, Heping District 和平区张自忠路158号天津瑞吉金融街酒店一层
T: +86 22 5830 9959



Seasonal Tastes "知味"全日餐厅
Offers guests an innovative combination of Asian and international cuisine. 00:06-10:00; 11:30-14:30; 17:30-21:30. **A:** 1F, The Westin Tianjin, No. 101, Nanjing Lu, Heping District 和平区南京路101号天津君隆威斯汀酒店1层
T: +86 22 2389 0088

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

Hank's Sports Bar & Grill 汉克斯运动酒吧 Offers traditional American favourites like burgers, steaks and pizzas in a cozy, laid back environment. 11:00-23:00. **A:** No. 56, 1F, bldg. B, Shang Gu Business Center, Tianta Dao, Nankai District 南开区天塔道上谷商业街B座1层56号
T: +86 22 2341 7997

Aulare
urban latin restaurant
Aulare 艾伊莎贝西餐厅 Where the flavours of Spain, Italy and Latin America are completely at home in China. Available for parties and events; business meetings and galas; takeout and catering, etc. Also, the foreign bartenders will bring you exotic and tantalizing drinks. Mon-Sun 11:00-23:00. **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 is also 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 河西区乐园道9号银河国际购物中心星光厅5楼
T: +86 22 8388 7555



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, Zonglv Garden, Zhujiang Dao, Hexi District (Face to the Fuli Bus Station) 河西区珠江道富力津门湖棕榈花园底商1-115号(富丽津门湖公交站对面)
T: +86 22 8815 8577

PAULANER Tianjin 普拉那啤酒坊
Paulaner's only 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 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. 06:00-23:00. **A:** 1F, Radisson Plaza Hotel Tianjin, No. 66, Xinkai Lu, Hedong District 河东区新开路66号天津天诚丽笙世嘉酒店1层
T: +86 22 2457 8888

Brownie Bistro Bar 布朗尼西餐酒吧 Affordable authentic western food and coffees, long islands, healthy juices and beautiful background music. Come and enjoy! 11:00-02:00. **A:** No.55, Music Street, 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

Vietnamese

Nha Trang Authentic Vietnamese Cuisine 芽莊越式料理
Owned by Mr. Yu Genwei, previous famous football star of Tianjin TEDA Football Club. **A:** 5F, Star Hall, Galaxy International Shopping Mall, No. 9, Leyuan Dao, Hexi District 河西区乐园道9号银河国际购物中心星光厅5楼
T: +86 22 8388 7555

Mexican

TJ-Mex 墨西哥餐厅
A: 1F, 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座1楼
T: +86 22 5811 3300

Coffee Shops

Perfect Day Café 美天西餐咖啡
A location favoured by many expats to hang out with friends and have a cup of American coffee. They also organise regular cultural activities. 10:30-00:00. **A:** 2F, Vanke City Garden, crossing of Xinxing Da Jie and Xikang Lu, Heping District 和平区新兴大街与西康路交口万科都市花园二号楼马赛公寓2A
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 C-1, 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辅位首层
T: +86 22 5832 5702
2) 09:00-24:00 **A:** No. 60-62, Ziyu Dao, New Italian Style Town 新意大利风情街自由道60-62号
T: +86 22 2445 3185

Bistro Thonet 庭悦咖啡
As the viewing café in Qing Wang Fu, Bistro Thonet gives you beautiful scenery with flourishing vegetation. It provides various Chinese and Western cuisine, business lunch and afternoon tea in both indoor and outdoor venues. **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. 10:00-22:00. **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

Zi Xuan Tea House 紫轩茶艺馆
A: Tianjin People Stadium, Yueyang Dao, Heping District (near Guizhou Lu) 和平区岳阳道人民体育场馆内(近贵州路)
T: +86 22 2330 7325

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 81-037
天津银河购物中心 81-37
Tel: 022-83887119 Hours: 10:00-02:00
Bailou Wine Bar & Cellar
Kaifeng Dao, Heping District, Tianjin (Near Hense Plaza)
天津和平区小白楼海开封闭酒道吧街
Tel: 022-23393500 Hours: 10:00-02:00
TEDA Wine Shop
No.8 Eastern Apartment, 2nd Avenue, TEDA
天津市开发区第二大街二号东方名座底商
Tel: 022-65399899 Hours: 9:00-20:00
Bin Xi Wine Shop
No.187 Binshui West Rd., Nankai District, Tianjin
天津市南开区滨水西道187号
Tel: 022-23372116 Hours: 9:00-22:00
Rong Ye Wine Shop
No.175 Rongye Avenue, Heping District, Tianjin
天津市和平区荣业大街175号
Tel: 022-27231268 Hours: 9:00-20:00
All shops open 7 days
4006-199-159
www.milwin.com.cn

Bars & Discos

AJO 爱吉欧 **A:** 1F, Xidi, No. 177-179, Xiao Chengdu Dao, Heping District (close to No. 90 Middle School) 和平区小成都道177-179号犀地1楼(近九十中学)
T: +86 22 2351 1908

China Bleu 中国蓝酒吧 The highest bar in Tianjin, on the 50th floor of the Tangla Hotel Tianjin. Great live jazz/ funk music every night. 18:30-03:00. **A:** 50F, 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50层
T: +86 22 2321 5888 ext. 5293

Le Procope Lounge 普蔻酒廊
Elegant, sleek, relaxed. You will want to dress-up before going to Le Procope. Luxury and comfort are the core ideas. 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. 17:00-02:00.

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. 18:30-01:00. **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: strejis.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 Dao, 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 Xian 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 a unique collection of Bloody Mary cocktails. 18:00-02:00. **A:** 1F, The St. Regis Tianjin, No. 158, Zhang Zizhong Lu, Heping District 和平区张自忠路158号天津瑞吉金融街酒店一层
T: +86 22 5830 9958

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

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

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

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

KTVs

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

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

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 7888

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11门
T: +86 22 2374 1333

TITI 佑村造型 A chic salon in one of the busiest shopping malls, Milenio. Fashion is the word that best describes the decorated hairdressers. 10:00-22:00. **A:** 1-2F, Milenio, Jili Building, No. 209, Nanjing Lu, Heping District 和平区南京路209号吉利大厦米莱欧百货1-2层
T: +86 22 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:** +86 139 2038 3095



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11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 workroom is fully equipped. 11:00-21:00. **A:** No. 111, the junction of Shanxi Lu and Jinzhou Dao, Heping District 和平区山西路与锦州道交口111号
T: +86 22 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. 17:30-19:00. **A:** Room 605, No. 50 Xinde Building, Hebei Lu, Heping District 和平区河北路50号信德大厦605室
T: +86 22 2721 6203
W: xjattoo.com

Hospitals

Tianjin Congramarie Gynecology & Obstetrics Hospital 天津坤如玛丽妇产医院 Tianjin's first international 3H (Holistic-care, Hotel-style, Home-warm) gynecological hospital. **A:** No.488 Jiefang Nan Lu, Hexi District

(opposite to Huan Bohai Automobile City) 河西区解放南路488号(环渤海汽车城对面)
T: +86 22 5878 5555



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, Ji 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

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 南开区滨水西道时代奥城中央会所
T: 400-108-7890

FITNESS BODY COMFORT CLUB
Fitness Body Comfort Club is designed in an elegant and fashionable style with all fitness equipment up to a high global standard. A variety of aerobic curriculums will be tailored for different people's personal needs. Customers who get a membership card can also 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 南开区滨水西道时代奥城健身会所
VIP-LINE: 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 南开区滨水西道
T: +86 22 2338 2008
W: powerhousegym.com.cn

Astor Fitness & Health Club 利顺德健身俱乐部 Our members can enjoy a series of modern fitness facilities which including the famous Italian brand Technogym exercise equipment, sauna room, steam room, water pool, swimming pool. **A:** 3F, The Astor Hotel, No.33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号利顺德大饭店3楼
T: +86 22 2331 1688 ext. 8876

Catering Solutions



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

Decorations

IKEA 宜家家居 Well-designed, functional and affordable home furnishing products are available to everyone. 10:00-21:00.

A: No. 433, Jintang Road, Dongli District 东丽区津塘公路433号
T: 400-800-2345

Electrical Appliances

Yamada Denki 亚马达电器 Sells electric home appliances audio equipment, health-related equipment, OA equipment and network products from Japan. 09:30-21:00. **A:** Tianjin Center Mall, No.219 Nanjing Lu, 和平区南京路219号天津中心商厦
T: +86 22 5835 8688

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

Laundries

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

Movers

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:** 1701 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 agreements 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

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 河西區賓水道16号
T: +86 22 5822 3388



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



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

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



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

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



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

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

Apartments

Astor Apartment 利順德公寓 Apartment style accommodation close to the CBD. **A:** No. 32, Tai'er Zhuang Lu, Heping District 和平區台兒莊路32号
T: +86 22 2303 2888 ext. 0



Ariva Tianjin No.36 Serviced Apartment 招商·艾麗華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 和平區西康路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 和平區重慶道55号
T: +86 22 8713 5555 or 5835 2555
W: qingwangfu.com

District 和平區重慶道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
天津盛捷國際大廈服務公寓
和平區南京路75号

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

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



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

Antiques & Souvenirs Streets

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

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

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

Art Galleries

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

Art Districts

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

Western Shore Art Gallery 西岸藝術館 Unique gothic-style building engaged in elegant music performances, art exhibitions, poetry reading, music dance classes, and wedding ceremonies. Free. Tue-Thu, Sun 09:00-18:00; Fri-Sat 09:00-17:30. **A:** No. 3, the junction of Machang Dao and Youyi Bei Lu, Hexi District 河西區友誼北路與馬場道交口3号
T: +86 22 2326 3505

Tianjin Academy of Fine-Arts 天津美術院美術館 The multifunctional museum has an exhibition hall, a library, a gift shop and a conference centre. CNY: 10. 09:30-16:30. **A:** No. 4, Tianwei Lu, Hebei District 河北區天緯路4号
T: +86 22 2624 1540
W: tjarts.edu.cn

Museums

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

The Astor Hotel Tianjin Museum 天津利順德大飯店博物館 Politicians, Peking Opera kings, movie stars, emperors and empresses all stayed in the most dynamic place of the British Concession since the late 1800's. CNY: 50. 10:30-21:30. **A:** (Inside The Astor Hotel Tianjin). No. 33, Tai'er Zhuang Lu, Heping District 和平區台兒莊路33号 (天津利順德大飯店內)
T: +86 22 2331 1688

Chinese Shoe Culture Museum 中國鞋文化博物館 Eight hundred square metres displaying 56 special

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

Memorial Hall to Zhou Enlai and Deng Yingchao 周恩來鄧穎超紀念館 Dedicated to the memory of premier Zhou En-lai and his wife, Deng Yingchao, it features photos, documents and dioramas of significant events in their lives. Free. 09:00-16:00. **A:** Shuishang Gongyuan Bei Lu, Nankai District 南開區水上公園北路
T: +86 22 2359 2257

Tianjin Museum 天津博物館 For the fluent Chinese speaker, it's a walk through China's most emblematic periods in ceramics. Free. Tue-Sun 09:00-16:30. **A:** Crossing of Pingjiang Dao and Yuexiu Lu, Hexi District 河西區平江道與越秀路交口
T: +86 22 8300 3000
W: tjwbg.com

Yanliuqing Wood-Block New Year Pictures Museum 天津楊柳青木板年畫博物館 It is one of China's well loved folk arts, having a history of more than 400 years and is created especially for decorations during the Chinese spring festival. 09:00-16:30 (Tuesdays-Sundays) **A:** No.111, Sanheli, Tonglou Area, Hexi District 河西區佟樓三合里111号
T: +86 22 2837 8718

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

Parks

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

Tianjin Botanical Garden 天津植物園 Tropical animals, plants, flowers, waterfalls and nationality villages. 08:00-17:00. **A:** North No. 7 Bridge, Outer Ring, Cao Zhuangzi, Zhongbei Zhen, Xiqing District 西青區中北鎮曹莊子外環線7号橋北
T: +86 22 2794 8011

Theatres & Cinemas

HP **IMAX China Film** 中影国际影城
Located in the magnificent Jin Wan Plaza. Shows English and Chinese films in 2D and 3D. 10:00-22:00. **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 9061 ext. 8001
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 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, Pingjiang Dao, Hexi District 河西区平江道天津文化中心
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, Meijiang 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 河西区洒水道4号增1号
T: +86 22 8371 0900
W: tiseagles.com



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



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

HX **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

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 2737 9758
E: jenny_tj@126.com



Hanbridge Education 汉桥教育 **A:** C4-308/309, Magnetic Capital International Office Building, Nankai District 奥城国际写字楼C4-308/309
T: +86 22 5837 5737

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

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

XQ **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, Xiqing District 西青区友谊南路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



HP **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

Serviced Offices



HP **Regus** 天津雷格斯服务式办公室 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: +86 22 2317 0333
A: 11F, Block One, Golden Valley Centre, The northeast crossing of North Jie Fang Road and Harbin Street, Heping District 和平区解放北路与哈尔滨道交口东北侧金谷大厦一号楼11层
T: +86 22 5890 5188
W: regus.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: tjdabeiuyan.com



HP **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

Travel Agencies

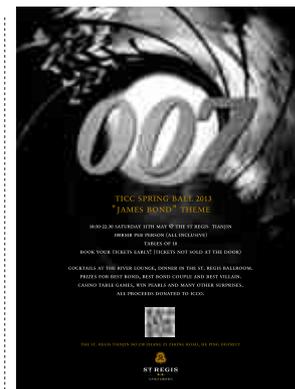


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Bookstores

NK **Hai Guang Si Book City** 海光寺书城 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 CDs 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

HX **Galaxy International Shopping Mall** 银河国际购物中心 The mega department store in Tianjin, come here to experience the 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 **LOTTE Department Store** 天津乐天百货 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 天津大悦城 **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

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



Bakeries

Maky Bakery 米旗 Scrumptious western and Chinese baked products. 08:00-21:30. **A:** No. S33, The Bund, TESCO, No. 888, Shanghai Dao, Binhai New Area 滨海新区上海道888号外滩乐购S33号
T: +86 22 5981 2667
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

Ya Yue Chinese Restaurant 悦悦轩中餐厅 **A:** 2F, Binhai Jianguo Hotel, No. 1, 2nd Avenue, Binhai New Area 滨海新区第二大街1号滨海建国大酒店2楼(洞庭路口)
T: +86 22 2532 1177 ext. 6888

Red House 红房子酒店 Spice up your taste buds with hot and spicy food from Sichuan. 17:00-20:30. **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 Hong Kong-style Seafood Hotpot, 32% off all foods except seafood, cigarettes, 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 悦悦轩中餐厅 Providing tantalising Chinese cuisine in a relaxing atmosphere. 11:30-14:30, 17:30-22:00. **A:** 2F, Sheraton Tianjin Binhai Hotel, No. 50, 2nd Avenue, TEDA 开发区第二大街50号天津滨海喜来登酒店2层
T: +86 22 6528 8888 ext. 6220/6222

Zen Chinese Restaurant Zen 中餐厅 Authentic Cantonese and Chinese flavours with plenty of soups, appetisers and yummy seafood. 11:30-14:30; 17:30-22:00. **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. 11:00-14:00; 17:00-21:00. **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 芭萨亚泰国餐厅 Offering more than 100 different dishes, all served to perfection. Enjoy the Thai-style surroundings. 11:00-14:00; 17:30-22:00. **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. 10:00-14:30, 16:30-22:00. **A:** No. 34, 1st Avenue, TEDA 开发区第一大街34号
T: +86 22 2528 0807

Wu Gu 五谷日本料理 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. 11:30-14:00; 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 万丽西餐厅 Contemporary daily breakfast, lunch & dinner buffets, featuring European & Asian selections served from a large open kitchen. 06:00-00:00. **A:** 1F, Renaissance Tianjin TEDA Hotel & Convention Centre, No. 29, 2nd Avenue, TEDA 开发区第二大街29号天津万丽泰达酒店及会议中心1楼
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. 17:30-22:30. **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 盛宴标帜餐厅 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: 08:30-23:00. C102, Juchuan Jin Hai'an Building, No. 453, Jiefang Lu, Tanggu District 塘沽区解放路453号巨川金海岸商界C102;
T: +86 22 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

V Lounge A wonderful place to unwind after work, to stretch out after dinner, or just chill. **A:** No. 2-07, Binhai Sky Fashion Boulevard, Aoyun Lu, Binhai New Area 滨海新区奥云路滨海时尚大街2-07号(近泰达足球场)
T: +86 22 5985 9988

KTV

Eastern Pearl 东方之珠 KTV An ideal venue for people to relax 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

Drycleaning & 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
T: +86 22 6621 6367

Fornet 福奈特 Largest high-quality professional laundry service chain in China.

08:30-19:30. **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: fornnet.com.cn

Hotels

Crowne Plaza Tianjin Binhai 天津滨海圣光皇冠假日酒店 An International five star hotel with a stylish lobby lounge, Luxurious Western and Chinese restaurants and elegant accommodation. Staff can speak Chinese, English and Japanese.

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

Holiday Inn Tianjin Binhai 天津滨海假日酒店 Located in the very heart of the business district makes it an ideal choice for modern business travellers. **A:** No. 86, 1st Avenue, TEDA 开发区第一大街86号
T: +86 22 6628 3388
W: Holidayinn.com



Renaissance Tianjin TEDA Convention Centre Hotel 天津万丽泰达酒店及会议中心 Has earned a reputation among conference delegates and business travellers for its distinctive level of luxury and artful blend of Eastern and Western hospitality. **A:** No. 29, 2nd Avenue, TEDA 开发区第二大街29号
T: +86 22 6621 8888



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

Tianjin Goldin Metropolitan Hotel
天津环亚国际高尔夫球会大酒店 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 6666

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. Mon-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:** 3F, Aeon Mall, No. 29 ShiShangDong Lu, TEDA开发区时尚东路29号泰达时尚广场永旺购物中心3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 3100
W: tedala.gov.cn

Parks

Binhai Aircraft Carrier Theme Park 滨海航母主题公园 A military theme park featuring all sorts of adventure. 09:00-17:00. **A:** Ba Gua Tan, Yingcheng Zhen, Hangu District 汉沽区营城镇八卦滩
T: +86 22 5991 8888 / 8007
E: binhaipark@163.com
W: binhaipark.cn

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

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 6622 6088
W: tianjin.mapleleaf.net.cn



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



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

Exhibition Centres

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

Department Stores & Shopping Malls

AEON Mall 永旺乐城购物中心 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. 06:30-17:30. **A:** No. 1, Nanhai Lu, TEDA 开发区南海路1号
T: +86 22 2532 6009
W: warnergolfclub.com

Outdoor Clubs

Tianjin Freetrek Outdoor Sports Club 天津自由户外运动俱乐部 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 6666





A SEA AND LAND ADVENTURE AT THE BEIJING AQUARIUM AND ZOO

By Jenny Lin

The Beijing Aquarium is hailed as the largest inland aquarium in the world. Whether its reputation is accurate or not, it takes up an impressive amount of space on the Beijing Zoo grounds. And when visiting Beijing, it's worth spending a day visiting both.

The Aquarium is accessed from the north of the zoo and admission to the Aquarium always includes the zoo. Start at the aquarium, which has a



clearly marked 7-part visiting tour. It starts with the Rainforest, which is a welcome escape from the climate, weather and bustle of Beijing. There are large pools of fish that you can spend some time to feed (CNY 10 per bag). Some of the displays contain some impressively large fish.

The Rainforest is followed by a small seaside exhibit with the third section holding two large White Dolphins. These are rather impressive and you can pay to get your picture taken with them. After walking through a section of mostly video screen fish you will get to the coral fish. You go up a level to get to this deep sea section. There is an impressive variety of jellyfish and seahorses. Do a loop and take the escalator down and watch the fish through a glass tunnel.

The Aquarium tour ends with the show area. But check the show times when you enter and plan your stop there to allow time to get a good seat.

After you leave, take some time to visit the zoo. During winter there are fewer animals outdoors and more in the very sad-looking and tiny cages. The llamas and southern raccoons are entertaining, but avoid the crowds in the indoor displays with the hippos and rhinos living in squalid and cramped conditions.

Both the Zoo and Aquarium are suitable for any age and you can spend as much or as little time as you want. There are plenty of places to stop for a snack or lunch. Outside the aquarium is an affordable inside cafeteria with nuggets and French fries as well as more Chinese fare.

Admission to the Zoo alone is CNY 15 (special exhibits not included). The Aquarium/Zoo combo is 130 at full price. CNY 70 for students and children. The Zoo is easily accessed by Subway on Line 4. The Aquarium is best accessed by bus or taxi.

Recommendations: Spend more time at the Aquarium than the Zoo. If you want to see more fish and animals than people, go during off days or seasons!

Get a Bite of This: Best Burgers

By Jiao Yang

A good burger holds its own on a long and fancy menu. So if it's the satisfying feeling of a meal in a bun you're after, sink your teeth into one of these.

The burger of all burgers

It's long been known as "Beijing's Best Burger", and it sure lives up to the title. If there is a patty-heaven, then you've died and floated right up high with Maison Boulud's DB Burger.

Tucking into this is like playing pass the parcel - constant excitement at what else could be in there. Lush wagyu-fat marinated beef coating around tender short-ribs, hugging at its core silky foie gras. Each bite oozes indulgence. Accompanying it are garlic and herb skinny fries, and a little horseradish.

Even better, you get to drive in the grand setting of high ceilings, dark wood panelling and marble stairways of the old American embassy nearby Tiananmen. It'll be hard not to run with your animal instincts: paws on, tear into, and wolf down. But stay classy, this one deserves to be savoured.



Maison Boulud à Pékin

Add: No. 23, Qianmen East Street, Dongcheng District 东城区前门东大街23号

Call: +86 10 6559 9200

Fire up at the Big Smoke

Welcome to a carnivore's paradise.

Rotisserie chicken, steak, apple wood smoked pork, rack of ribs, nine-hour braised lamb shanks.... You get the point. And of course, there's the burger.

Sitting atop the patty is a chunky breaded portobello mushroom, stuffed full of blue cheese. It's hefty, it's juicy, it's creamy, and it's pungent - not for the faint-hearted. It really is a burst of flavours and textures.

For a burger alternative, at lunch times there is also a delectable pulled pork sandwich.

The sides certainly do not get overshadowed by the starring mains. The truffle fries - dipped in chipotle sauce - are finger-lickingly addictive. And there's rich macaroni cheese with truffle shavings, velvety mash, and less gut-busting options of root veggies and refreshing beetroot and goat cheese salad.

What are you waiting for? Burgers are, after all, a well-balanced meal!

The Big Smoke

Add: No. 57, Xingfu Cun Zhong Lu, Chaoyang District 朝阳区幸福村中路57号楼利世楼

Call: +86 10 6416 5195



Hangzhou: Journey to the West Lake

By Justin Toy

"上有天堂，下有苏杭。" 这一期我们带您领略浙江省省会 - 杭州美景。

享有“人间天堂”美誉的杭州，是一个令人惊艳的美丽城市。自然风光迷人，树木繁荣茂盛，花草芬芳飘逸。杭州西湖美不胜收，西湖景区占地面积巨大，你得花上几天才能玩遍，按照“十大西湖景区”和“新十大西湖景区”清单游览西湖，或者亲自游遍西湖各处景点。登上游船，亲自体验西湖小岛观赏，那真是浪漫至极啊！西湖最大的岛屿三潭映月的归属地小瀛洲建于17世纪，满月之夜，蜡烛点亮宝塔，寓意月光。在西湖周围散步，你总会路过苏堤和白堤。西湖南面矗立着雷峰塔，公元977年建立，这个新宝塔是在旧址上建立的。杭州特色菜是东坡肉，名字出自宋代诗人苏东坡，他曾为此道菜写过诗句。醋溜鲤鱼，煎饼卷大葱，乞丐鸡等杭州美食也不要错过。

Hangzhou, the capital city of Zhejiang province, is a stunningly beautiful city. Famous for its natural landscapes and lush greenery, Hangzhou has been inspiring poets and artists dating as far back as the Tang Dynasty (8th century AD). The source of much of this inspiration has come from the legendary beauty of the West Lake.

Hangzhou has enjoyed a long and rich history that includes being the capital of the Southern Song Dynasty from 1127, until the Mongol invasion of 1276. During that time, the population of the city was estimated to be as high as one million, making it the largest city in the world at that time. Even Marco Polo travelled to Hangzhou, saying that it is "Beyond dispute the finest and noblest in the world." Since 2011, the West Lake and the surrounding landscape have been listed as a UNESCO World Heritage site.

When visiting Hangzhou the main attraction is of course taking in the breathtaking landscape and beauty around the West Lake. The "West Lake Scenic Area" is quite massive and takes multiple days in order to visit all the sites. There is an official 10 Scenes of the West Lake and 10 New Scenes that you can get a checklist and try to see, or just casually wander around the lake. In either case, all around the West Lake you can find a number of boat ride operators who can offer you the chance to have a more romantic



experience and get you a closer look at some of the islands. The Lesser Yingzhou Isle, home of the Three Pools Mirroring the Moon (the image that can be seen on the back of a one RMB note), was built in the 1600s and is the largest island on the lake. During a full moon the candles inside the pagodas are lit and the light from the candles is meant to look like the moonlight, hence the name.

While walking around the lake you will most likely walk across the Su Causeway (built in the Song Dynasty, 11 Century) and Bai Causeway (built in the Tang Dynasty, 8th century). Both causeways were built by poets turned governors of Hangzhou. In addition, both causeways, which are several kilometres in length and lined with lush peach and willow trees, are home to some of the greatest views on the lake. On the southeast side of the lake you can find the Leifeng Pagoda. Originally built in 977, the new pagoda is built on top of the old site and when you go inside the tower you can see the ruins of the old structure underneath the glass floor. Though there isn't much to see inside the pagoda and the CNY 40 is a bit pricey, the views of the city and the lake from the top of the pagoda are fantastic.

Of course, whenever you go travelling, one of the best things to do is eat some of the local specialties. The most famous dish to come from Hangzhou is Dongpo Pork, named after the Song Dynasty poet who loved the dish so much that he wrote a poem about it. Other notable local delicacies are West Lake carp in sweet and sour sauce, shallot stuffed pancakes, and Beggar's chicken (very delicious, an entire chicken wrapped in leaves and slowly baked for hours).

Getting to Hangzhou from Tianjin is very easy and convenient. There are three high-speed G trains a day that can get you to Hangzhou in just over 6 hours for CNY 589. If you are on a tighter budget you can spend CNY 177 and get there in 14 hours. And if cost is not an issue, there are plenty of flight options from Tianjin or Beijing.





One Small Bite, One Big Apple

By Matthew Baum

纽约，世界第五大都市，一个被称之为“大苹果”的城市。这里的摩天大厦、霓虹灯以及纽约城中的喧嚣生活包含了现代都市生活的一切激动和挫折，像磁铁一样吸引着爱它和恨它的人们。

纽约包括五大行政区：曼哈顿，布朗克斯，布鲁克林，皇后区，和斯丹登岛。这五个区组成了世界上最大的种族聚居地。如果你去纽约度假，第一站当数443.2米的帝国大厦，高耸入云，令人难以忘怀。还有一些地方可以免费游览，中心公园，时常有乐队现场街头表演，冬季可以滑冰，在中心公园动物园里还可以欣赏瑞士乡村牵线木偶剧，骑上中心公园旋转木马。

纽约的夜生活也不要错过，酒吧俱乐部比比皆是，看场百老汇每周日上演“深夜喜剧”是个不错的选择，你还有机会和演员互动，只要花上20美元，保证你笑掉大牙。纽约饮食更是不可或缺，百吉饼，比萨饼，美国汉堡，纽约到处可见的贝尔伯格汉堡店的汉堡堪称一流。还等什么？快随我们畅游纽约吧！

Hotels:

For the best balance of location, budget and standards go to Hotel 91 on East Broadway, Manhattan. Book well in advance.

www.hotel91.com

For handy apps to help you explore New York:

www.nycgo.com/articles/best-nyc-smartphone-apps

Caroline's on Broadway: www.carolines.com/

Bareburger: www.bareburger.com/

Sightseeing:

www.newyorkpass.com/

www.citypass.com/new-york

Forget what's on TV and in the movies, visit New York yourself to see why it is such a vibrant and exciting city full of art, music and other hidden gems. New York is made up of five boroughs; Manhattan, The Bronx, Brooklyn, Queens and Staten Island, which together form one of the most ethnically diverse citizenries in the world.

If you could spend a weekend in New York where would you start? For me the first stop was the Empire State building. At 443.2 metres the Empire State is an unforgettable part of the New York skyline. Not only can you see the sweeping panorama that makes up New York, the city lights up at night and its majestic sprawl is a sight to behold. Make sure you go on a clear day, otherwise the effect is somewhat spoilt. Go to the 86th floor to check out the outdoor observation deck which is 320.04 metres high. Don't spend any extra money to go higher or to get in the express lane, it's not worth it.

It's worth noting that New York is no DC in terms of entry prices. Most tourist attractions in New York are expensive and can be a drain on the wallet. There are two ways to combat the costs of tourism in New York. One is the New York City Pass and the other is the New York Pass. They sound almost identical but the differences are important.

Whichever you choose, be prepared for a lot of walking, travelling and cups of coffee. There is something about New York that seems to build up people's caffeine tolerance. The number of great coffee shops is impossible to count, and New Yorkers can be spotted at all times of the day topping up flagging energy levels. Sometimes the coffee shops don't even have seating room, so get a cup 'to go' and continue on your way. To find any sort of eatery near you download an app like the handy 'Yelp app' that shows you what's good to eat in the immediate vicinity.

There are parks and then there is Central Park, one of the few places worth visiting in New York that doesn't cost a dime. Central Park is alive with bands, street performances and bubbles snaking through the air. Wandering through is an absolute delight; there is ice skating, as well as the Central Park Zoo, Swedish Cottage Marionette Theatre, and the Central Park Carousel. If you don't feel like walking, horse-drawn carriages are also available. A memorial to the murdered Beatle, John Lennon is situated in Central Park West, across the road from Dakota Apartments, where he was killed.

The nightlife is not to be missed either. Apart from the usual bars and clubs which can be found throughout the city, try a comedy night at one of the many comedy clubs in New York. We went to Caroline's on Broadway's 'Late Night Comedy' feature on Sundays. Tickets are USD 20 and the comics are consistently funny. There are around 5/6 comics per event so you get to see a range of styles. Be warned though, American humour is not for the faint of heart, so prepare for comedians to talk to you directly.

New York is a foodie's dream come true. Must eats include bagels, pizza, and of course the classic American burger. Many restaurants feature a 'design your own burger' guide, where you can choose how every aspect of your burger is designed. They also include unique sauces for fries like curry ketchup and habanero chipotle mayo. The Bareburger restaurant that can be found throughout New York is a prime example of burgers at their best. Pizza kitchens are everywhere and almost universally delicious, if you don't think you can manage a whole pizza for yourself, just ask for a slice to go, it will only set you back a couple of dollars.



Repairing a Bike

修理(1) 自行车

xiū lǐ zì xíng chē

David was riding a bike on the street while the tyre deflated, so he pushed the bike and asked the passerby for help.

大卫 骑车(2) 上街, 车带(3) 瘪(4)了, 他 推着 车 向 过路人(5) 打听(6)……
dà wèi qí chē shàng jiē, chē dài biē le, tā tuī zhe chē xiàng guò lù rén dǎ tīng...

David: Excuse me, where can I get my bike repaired nearby?

大卫: 劳驾, 附近(7) 哪儿 有 修车 的?

dà wèi: láo jià, fù jìn nǎ ér yǒu xiū chē de?

Passerby: There is a bike repair shop on the south of the road.

过路人: 南边 那 条 街上 有个 修车铺(8)。

guò lù rén: nán biān nà tiáo jiē shàng yǒu gè xiū chē pù.

David: Is it far?

大卫: 远 吗?

dà wèi: yuǎn ma?

Passerby: Turn right at the T-shaped intersection at the front, you can walk from there.

过路人: 到 前边 丁字路口(9) 往右拐(10), 走 不 了 几 步 就 到 了。

guò lù rén: dào qián biān dīng zì lù kǒu wǎng yòu guǎi, zǒu bù liǎo jǐ bù jiù dào le.

David: Thank you very much!

大卫: 多 谢 了。

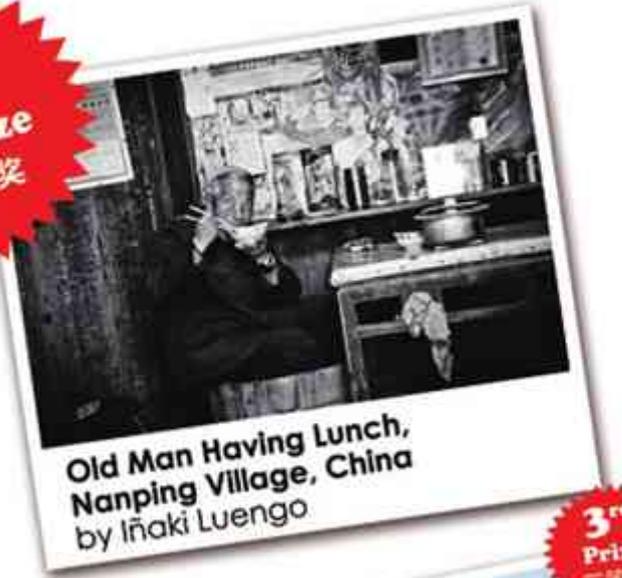
dà wèi: duō xiè le.

Vocabulary

(1) 修理	xiū lǐ	repair
(2) 骑车	qí chē	ride a bike
(3) 车带	chē dài	tyre
(4) 瘪	biē	deflated
(5) 过路人	guò lù rén	passerby
(6) 打听	dǎ tīng	ask for help
(7) 附近	fù jìn	nearby
(8) 修车铺	xiū chē pù	(bike) repair shop
(9) 丁字路口	dīng zì lù kǒu	T-shaped intersection
(10) 到... 往右拐	dào... wǎng yòu guǎi	turn right at



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2nd
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HorosCope



TAURUS (4.20 – 5.20)

Lots of frustrations coming to you this month and it seems that you need time to de-stress and just be on your own to think clearly. However, what makes this month special is that those frustrations are a blessing in disguise and will benefit you in the end.



Aries (3.21 – 4.19)

Your finances seem to be shaping up well this month with good opportunities coming your way. It is also important to note that good business also means good relationship with others. To avoid conflict, keep in touch with your loved ones.



Gemini (5.21 – 6.20)

Don't be afraid to give in to relaxation. A mid-month break may be needed to allow yourself to retain creativity and energy. Also, somebody from the past resurfaces this month, listen with your heart.



Cancer (6.21 – 7.22)

May turns out to be a great month for you. Finally, something you've worked hard with will see its complete fruition and you'll be recognised for it. However, remember the people who helped you complete this task and stay humble.



Leo (7.23 – 8.22)

You need to stay focused amidst your busy workload. A lot of demands may come your way but be prudent on which ones you'll respond to. Negative thinking never helps so try to look at the good things and be patient on bad outcomes.



Virgo (8.23 – 9.22)

May is a good time to get in touch with old friends, perhaps to plan summer activities and projects. At work, speaking up is the only way to make others aware of your frustrations. Keeping it all bottled in won't help one bit but be careful with the words you use.



Libra (9.23 – 10.22)

You'll realise this month that holding tight to someone can create issues in your relationship and that a little independence

works wonders. Things have a way of working out on their own so don't be so stressed about letting things work the way you want them to.



Scorpio (10.23 – 11.21)

You are feeling relatively good this month as you think of ways to bring your fitness goals to a higher level. There may be a few problems in finances and love but they'll easily be solved by your positivity and creativity.



Sagittarius (11.22 – 12.21)

A small issue in your career will be resolved this month. As good weather influences your mood, you'll find yourself joining social invitations more than usual. However, be conscious of your health and fitness goals.



Capricorn (12.22 – 1.19)

Honesty in your career will bring you success. It is also important to help others unleash their potential by believing in them and encouraging them. You'll find that by doing so, you are also widening your own success rate. May is a good month for you.



Aquarius (1.20 – 2.18)

It has been said that 2013 is one of your best years but until now you feel like you are in a continuous struggle with burdens sprouting from left to right. Never give up. A breakthrough may happen this month and you'll be surprised at the wonders it'll bring.



Pisces (2.19 – 3.20)

You need a "to-do" list to help keep your work organised. Also this month, try to keep your finances in check, especially that you are thinking of doing a major expense. Careful budgeting is needed to ensure you have no regrets in the coming months.



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