

2013.07

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13



14



18



22

# CONTENTS <sup>2013</sup> 07

- ||| July Calendar** 08
- ||| Partner Promotions** 10
- ||| Art & Culture**
  - The Ubiquitous Phenomenon of Chinese Public Fitness Dancing 12
  - The Philadelphia Orchestra Concert Brings Special Love to Tianjin 13
  - Tiger Beer's Search for Best Rock Band 2013 14
- ||| Cover Story** 18
  - Your Beauty, Their Priority: The Essence of China Road Beauty Salon
- ||| Feature Story** 22
  - The Dog Saviour - The Story of Gao Ying and Her "Best Friends"
- ||| Recipes** 26
  - Holy Kebab!
- ||| Restaurants**
  - This Summer's Best Barbeque at Chateau 35 28
  - Milano Pizza and Beer Pub 29
- ||| Nightlife** 30
  - Dublin Irish Pub
- ||| Health** 32
  - Everyday Germs
- ||| Education** 34
  - IST's End of Year Celebration
- ||| Sports**
  - The Incredible Bodybuilding Champion - Pavlo Skorokhod 36
  - Maserati Metropolitan Polo Classic 2013 40
- ||| Relationships** 42
- ||| Lifestyle** 43
  - Tianjin+ Life – Of Tanned Skin and Fit Body

# CONTENTS <sup>2013</sup> 07

- ||| Fashion**
  - My Style Notes – Men - Summer Essentials 44
  - Objects of Desire – Men's Shops at Lotte Department Store 46
- ||| How to** 48
  - How to Buy a Pet
- ||| Past Events**
  - Renaissance Global Day of Discovery 50
  - Starwood Hotels Took Part in the Dragon Boat Race + 2013 Bridal Show in Sheraton Tianjin Hotel 52
  - Yi Boutique Luxury Hotel Passes the Actions of Love 54
  - Hotel Indigo Tianjin Haihe Wins 2013 HURUN Hot Hotel Award + Bu Bu Jing Qing Crew Stay at Hotel Indigo Tianjin Haihe 56
  - Min Yuan Terrace Children's Day + Rodney Holmes Drum Show 57
- ||| Special Days** 58
  - American Independence Day
- ||| Listings**
  - Tianjin Listing Index 59
  - TEDA Listing Index 70
- ||| Beijing Beat**
  - Take the Kids: Travel across China 74
  - Yellow River Noodles: Xi'an Style Xiaochi 75
- ||| China Travel** 76
  - Qinhuangdao
- ||| Global Travel** 78
  - Phu Quoc Island
- ||| Chinese Lesson** 80
  - Family
- ||| Horoscope** 82
  - July Horoscope



30



36



40



78

**2013.07**  
**05**  
**FRI**



**Guqin and Bamboo Flute Concert**  
高山流水--琴箫合奏音乐会  
Western Shore Art Salon 西岸艺术馆  
20:00 ¥100 +86 22 2326 3505



**Playhouse Drama - West Road at Central Park**  
小剧场话剧《中央公园西路》  
Multifunctional Hall, Tianjin Grand Theatre  
天津大剧院多功能厅  
19:30 ¥50-180 +86 22 8388 2000  
05-06 July

**2013.07**  
**19**  
**FRI**



**Happy Mahua Comic Stage Drama - Itinerant Entertainers' College**  
开心麻花爆笑舞台剧《江湖学院》天津站  
Tianjin Sihu Theatre 天津滨海剧院  
19:30 ¥150-1080 400 610 3721  
19-21 July; 25-28 July

**EDITOR'S PICK**

**2013.07**  
**20**  
**SAT**



**Playhouse Drama - P.S. I love you**  
小剧场话剧《P.S. 我爱你》  
Multifunctional Hall, Tianjin Grand Theatre  
天津大剧院多功能厅  
19:30 ¥50-180 +86 22 8388 2000  
20-21 July

**2013.07**  
**10**  
**WED**



**Verdi Opera - "Rigoletto" 威尔第歌剧《弄臣》**  
Opera House, Tianjin Grand Theatre 天津大剧院歌剧院  
19:30 ¥80-580 +86 22 8388 2000  
10-11 July

**EDITOR'S PICK**

**2013.07**  
**12**  
**FRI**



**Li Zhiwei Guitar Solo Concert**  
大师风采--李质伟吉他独奏音乐会  
Western Shore Art Salon 西岸艺术馆  
20:00 ¥100 +86 22 2326 3505

**2013.07**  
**26**  
**FRI**



**Peking Opera - Yu Tongchun 京剧《玉堂春》**  
Opera House, Tianjin Grand Theatre  
天津大剧院歌剧院  
19:30 ¥80-280 +86 22 8388 2000

**2013.07**  
**27**  
**SAT**



**Guqin Solo Concert**  
古香琴缘--阮奇玲古琴独奏音乐会  
Western Shore Art Salon 西岸艺术馆  
20:00 ¥100 +86 22 2326 3505

**2013.07**  
**13**  
**SAT**



**Wang Yufei Solo Concert - Dreaming 2013**  
追梦2013--王宇飞天津独唱音乐会  
Western Shore Art Salon 西岸艺术馆  
20:00 ¥100 +86 22 2326 3505

**EDITOR'S PICK**

**2013.07**  
**14**  
**SUN**



**Verdi Opera - "Il Trovatore" 威尔第歌剧《游吟诗人》**  
Opera House, Tianjin Grand Theatre 天津大剧院歌剧院  
19:30 ¥80-580 +86 22 8388 2000

**2013.07**  
**27**  
**SAT**



**Peking Opera - "Yang Silang Visited His Mother", "Drunkened Concubine"**  
京剧双出《四郎探母·坐宫》《贵妃醉酒》  
Opera House, Tianjin Grand Theatre  
天津大剧院歌剧院  
19:30 ¥30-280 +86 22 8388 2000

**2013.07**  
**27**  
**SAT**



**Opus Jay Chou 2013 World Tour in Tianjin**  
周杰伦2013魔天伦世界巡回演唱会天津站  
Tianjin Olympic Center Stadium 天津奥体中心体育场  
19:30 ¥300-1580 400 610 3721

**EDITOR'S PICK**

**2013.07**  
**18**  
**THU**



**Verdi Opera - "Aida" 威尔第歌剧《阿依达》**  
Opera House, Tianjin Grand Theatre 天津大剧院歌剧院  
19:30 ¥80-580 +86 22 8388 2000  
18-20 July

**2013.07**  
**19**  
**FRI**



**Miyazaki Hayao Animation-themed Quartet Concert**  
那年，宁静的海--宫崎骏主题弦乐四重奏音乐会  
Western Shore Art Salon 西岸艺术馆  
20:00 ¥100 +86 22 2326 3505

**2013.07**  
**27**  
**SAT**



**Western Shore Gunqu Opera Cappella Concert**  
荷月清音--西岸昆曲清唱会  
Western Shore Art Salon 西岸艺术馆  
20:00 ¥100 +86 22 2326 3505

**Special Days**

- 1 July Reunification of Hong Kong
- 4 July American Independence Day
- 11 July World's Population Day

Include your events in our calendar  
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### Relaxing Afternoon Tea @ Albert's, Hotel Indigo Tianjin Haihe

It's a great opportunity to relax yourself at Albert's terrace with friends to taste delicious desserts whilst enjoying the fabulous villa and courtyard view on a sunny afternoon. Enjoy a selection of hazelnut semi freddo, dark & white chocolate layered mousse and warm almond soufflé. All desserts are prepared by our chef and are accompanied by selected tea and coffee.

Afternoon Tea Set: CNY 78 per person +15% service charge

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Time: Every Friday 18:00- 21:00, 1-31 July, 2013

Price: CNY 198 + 15% service charge per person

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营业时间：午餐：11:30 至 14:00，晚餐：17:30 至 22:00



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Promotion Period: July- Sept, 2013 Time: 10:00 to 01:00 daily

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\* 花香乌龙冰爽茶：夏日特饮，有助于养颜修身。

\* 夏日柠檬茶：冰爽可口，去火消暑。

价格：人民币68元/杯，可免费续杯一次

活动推广期：2013年7月-9月

大堂吧营业时间：周一至周日 10:00-01:00



### Jazz on the River @ The Astor Hotel Pier

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Entrance: CNY 280 per person (including performance & BBQ Buffet)

CNY 350 per person (including performance, BBQ Buffet & endless selected beer)

Time: 18:00, Saturday, 20 July 2013

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人民币350元/人（含当晚演出&烧烤自助餐&无限畅饮本地啤酒）

时间：2013年7月20日，星期六晚上6点



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# The Ubiquitous Phenomenon of Chinese Public Fitness Dancing

By Josh Cooper

在天津和中国的其他城市，例如富饶的杭州西湖以及福州等地，一大清早中老年人会齐聚在公园开始晨练。这种“锻炼”方式十分新颖，或许有人会觉得很奇葩。晨练不是中国最近的流行风，早在几百年前的中国，人们在社区中组织多种多样的健身活动：有打太极拳的，还有比划武术拳脚的，在北京颐和园，还有专门的团队全天候锻炼身体。长期坚持晨练不仅可以满足每日的锻炼强度，而且还可以促进整个社会的和谐。晨练的人们穿着他们自己的统一“制服”，更体现了整齐划一观念。根据不同的年龄段，晨练的方式各有千秋。不仅是在早上，晚上也会有各式各样的跳舞，书法等活动。在天津文化中心和大小公园里，都能看到那里的中老年人精神矍铄，老当益壮。

Any expats who venture out around Tianjin or any other city in China, especially early in the morning, will have noticed the clusters of people gathered in a local park practicing a dance routine. For western residents here it is often a very refreshing sight. One cannot help but admire the way in which people openly dance to their heart's content in a public space.

The phenomenon of Chinese public fitness dancing is certainly not a new trend. For hundreds of years communities in China have come together to practice various forms of dancing, as well as martial arts and tai chi. Not only is it a great way to maintain a consistent dose of daily fitness activity, it also serves as a way of bringing people together in a harmonious environment. These days some groups even have their own distinctive uniforms in order to emphasise their collective identity.

The style of dancing practiced by these groups depends largely on the age of the participants and varies from place to place. Anybody taking a morning stroll through the prolific West Lake Parks of Hangzhou and Fuzhou respectively will see dozens of middle aged and elderly people performing dance routines which incorporate a lot of tai chi, and sometimes even kung fu style movements. In Beijing's Summer Palace you will often find literally hundreds of locals congregated together practicing line dancing at all hours of the day.

Right here in Tianjin you can see this kind of activity happening all around the city. Popular spots include the Tianjin Cultural Centre and any of the parks scattered around the downtown area. A particularly interesting group of ballroom style dancers come together every evening at the Earthquake Memorial on Nanjing Lu. Seeing these groups of people collectively engaging in dance and other such activities instantly lifts you up for the rest of the day. What's more, if you can muster the courage to join in with them, you too can dance your way to a healthier lifestyle!



## The Philadelphia Orchestra Concert Brings Special Love to Tianjin



It is believed that the Philadelphia Orchestra is well-known among the whole world and is quite familiar to lots of people. With 112 years of history, the Philadelphia Orchestra serves as the world-class "Super Symphony Orchestra". From the group's debut in China in 1973, 40 years has passed. For the 40<sup>th</sup> anniversary, the Philadelphia Orchestra held a commemorative concert - Donald Runnicles and Philadelphia Symphony Orchestra Concert at Tianjin Grand Theatre, aimed at bringing the Zero-distance and Zero-jet lag concert for Tianjin citizens and to express special love for Tianjin.



During the two days long performance event in Tianjin on 4 and 5 June, the Philadelphia Orchestra's musicians approached Tianjin local communities, attractions and schools to dedicate several high level concert shows for Tianjin people. The Philadelphia Orchestra changed into seven Chamber Music groups, and performed in the Italian Style Town, Qing Wang Fu, The Astor Hotel, A Luxury Collection Hotel, Tianjin, Crystal City, Fuyu Plaza, Tianjin University of Science & Technology, Tianjin University of Technology and Education, No. 41 Middle School and Galaxy International Shopping Mall. This enabled people to appreciate the top-class symphony concert while they were hanging around.



On the evening of 5 June, the unique symphony concert - Donald Runnicles and Philadelphia Symphony Orchestra Concert was perfectly presented in the Tianjin Grand Theatre. This successful concert included the regular indoor performance as well as the outdoor Summer-time Concert. Taking advantage of LED high definition big screen, about 2,000 audience members enjoyed the wonderful concert on the 6-metre high platform close to the water, along with the 1,200 audience members indoor appreciating this fabulous concert.

Mr. Song Benjing, the deputy manager of Tianjin Grand Theatre shared that "To guarantee the live sound effect, we rented the display screen with high definition which covers an area of more than 240 square metres. 6 camera platforms and 16 high quality speakers were set up in the concert hall to ensure the outdoor display effect". All the classical music enthusiasts were really excited by the costly audio-visual feast. During the interval, the beautiful music fountain in the Tianjin Cultural Centre pushed the concert to a new high. After the concert ended, Mr. Donald Runnicles, the director of the orchestra concert also marvelled at the giant screen, saying that "It's amazing!"

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Tiger



# This is How China Rocks!

## Tiger Beer's Search for Best Rock Band 2013

By Cathy Perez



6月7日, 虎牌啤酒“虎牌乐队龙虎榜 2013”正式开赛! 参赛城市遍及全国各地的十一个城市, 天津的承办地点包括位于河东区新开路的后巷酒吧, 塘沽的青年音乐酒吧, 以及意大利风情街的13Club酒吧。这些参赛选手之中最终只有一个乐队能代表天津赛区参加全国的比赛, 届时会和北京、常州的优胜者争夺北部选区的赢家。津品生活杂志作为天津赛区合作媒体, 编辑团队也参与其中。本文介绍的是“2013乐队龙虎榜”后巷酒吧初赛。所有参赛选手既兴奋又紧张, 登台后, 乐队成员激情四射。整晚四个摇滚乐队轮番演唱, 充分展现了他们超强的音乐才能, 高品质音响设备, 迷彩灯绚丽呈现, 整个音乐会现场气氛非凡。台下粉丝欢呼雀跃, 手舞足蹈, 自由奔放, 轻松愉悦。比赛规则是, 每个乐队演唱三到四首参赛曲目, 总共不超过十五分钟, 由观众和五位评委投票。获胜者将于七月五日在13 Club酒吧参加天津选区决赛, 但不论胜负如何, 还是那句话“摇滚不死”!!



**7** June 2013 - You'll have to find a small alley, then a wooden staircase that will bring you to Houxiang Bar where the current Battle of the Bands by Tiger Beer is happening. Houxiang Bar is located in Xinkai Lu of Hedong District. The four bands are going to outperform each other, showing off great musicality, energy in live performance, and yes, rock star attitude. Houxiang, is home to many of Tianjin's local rock bands, houses high-quality sound equipment and lighting system making it a great venue for Tiger Beer's search for Tianjin's best rock band.

This is just the first qualifying round of Tiger Beer's Battle of the Band in Tianjin and as you look at the rock band members waiting for the competition to start, you feel their excitement, although you also observe how dazed they are at what to expect; what will the five judges think of them? What will be the crowd's reaction? Do they have what it takes? Will they make it to the next round? These questions seemed to cloud their heads. However, as Houxiang Bar turned on its stage light and the MC announced the official start of the competition, a breath of confidence was seen in the way they walked to the stage and bring in the rock sign to the waiting crowd.

Tiger Beer's Battle of the Bands 2013 happens in 11 major cities nationwide - Tianjin, Beijing, Changzhou, Xi'an, Shenzhen, Guangzhou, Chengdu, Haikou, Kunming, Changsha, and Fuzhou. In Tianjin, Battle of the Band competitions happen in Houxiang Bar in Hedong, Young Music Club in Tanggu, and 13 Club in the Italian Style Town, Nankai District. Only one band will emerge as the winner from Tianjin, which will then be facing the Beijing winner and the Changzhou winner for the Northern Division representative.

You might think that rock in China is still at its early stage, but you would be surprised at the mind-blowing performances they're capable of showing. Houxiang Bar, for tonight's qualifying round, has



turned into a jungle filled with rock fans screaming, cheering, jumping, and waving "rock signs" with their right hand as bands outperform each other with intensity, passion, musicality, and a great degree of ease and liberation. Indeed, this is something you don't see every day but Tiger Beer makes it possible.

Each band is allowed to perform 3 to 4 songs in no more than 15

# Art & Culture

minutes. While Tiger Beer and Houxing Bar provide the sound and lighting system, the band members have to bring their own instruments like guitars, bass, keyboards, and so on. There were five judges for the competition, while audience votes were also counted. The winning band will again compete on July 5, 2013 at 13 Club in Italian Style Town. There, the Tianjin representative will then be named.

Audiences, aside from a fantastic musical treat, also got to receive something from Tiger Beer as there were more than 30 people who received special prizes from the show's lucky draw. As the night came to a close and the night's winning band was announced, members from the four bands hugged, shook hands, and congratulated each other for a job well done. Of course, you'd see sad faces from the bands that didn't win tonight but it was still a happy celebration as people lingered, talked, and even laughed. The winning band still has a long way to go as they will soon compete with other bands from all over Tianjin, but for sure, it was a good start!

Long live rock! Cheers and kudos, Tiger Beer!

(For further details and competition itinerary, check out Tiger Beer's website – [www.tiger-beer.com.cn](http://www.tiger-beer.com.cn))



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# Your Beauty, Their Priority: The Essence of China Road Beauty Salon



By Cathy Perez



重道造型，英文名称是China Road，所谓“中国之道”，也有“任重而道远”的含义。重道造型位于和平区昆明路与兰州道交口，想要为大家打造的是形象文化。在这里，不仅仅有大家所认为的最简单的剪发烫发，这里的形象顾问还会为您从头到脚设计最适合您自己的服装搭配以及妆容造型。即使是最简单地洗发步骤，重道造型也绝对是独树一帜，与众不同。洗发之前，会有专业的肩颈按摩让您全身心方松自我，头皮刮痧，头皮按摩也是为了达到缓解压力的功效。来到重道的顾客，可以在等候期间，喝着这里的自调饮料或洋酒，休闲区营造了家的感觉。而这里所有的造型师都帅气有型，会为您提供最专业的形象改变意见，让您真正了解什么才是最适合自己的。所以，来到重道造型，相信您会发现最完美的自己！



INTERVIEW

It took Ovais Javed and his partners about five to six years, to create and build the China Road brand. These years included finding people who can work with them, for a long time, giving them training, and sharpening their craft.

Finally, after years of team-building, China Road Beauty Salon opened its Kunming Lu branch last month (15 June, 2013). Two other China Road salons will open soon, one of which will open next month and another one at the university area (Nankai and Tianjin University) later this year. In essence, China Road's vision is creating a kind of culture in their beauty salons – a culture where customers feel the welcoming atmosphere of friendliness and care. As the salon has enough space to move around in their fancy furnitures and comfortable seats, it gives one a calming effect, different from other salons in Tianjin, where you notice busy staff trying to get around messy furniture in small floor space. Here, customers receive full attention and priority. Your relaxation comes first, thus, you can enjoy sipping a glass of orange juice while your hair is being done, or better yet, you may make use of the salon's iPad and check your e-mail. Yes, this salon is also spiffy like that!



In China Road, you not only get the best service for your hair but also for your general appearance, as the salon have resident image consultants and fashion designers ready to give you advice on a hairstyle that looks good on you or on what kind of clothes goes well with your personality or for a certain occasion that you're attending. Not only that, a make-up artist can help you nail the look you want and at China Road, your 'dream look' will surely be granted.



Should you feel stressed, and just want a relaxing space to clear your head, consider China Road as one of the options to go to. You may not need anything big like a perm or shorter do but shampooing your hair at China Road will do, as it consists of generous time of back and neck massage before they wash and apply heavenly shampoo on your hair. Before you know it, you will have dozed off, as applying shampoo also includes a relaxing head massage. Just a perfect way to take all the stress away!

**Tianjin Plus** speaks with two of China Road's key people, Mr. Ovais Javed and Mr. A Tao, to tell us more about this newest beauty salon in Tianjin.

**Ovais Javed  
Founder**

**With Tianjin's development, there are so many kinds of businesses that you can open. What made you decide to choose a cosmetology and fashion business like China Road?**

Chinese people like to groom themselves. I have noticed in the last 5-6 years that Chinese people put a lot of attention on their physical appearance, on how they look with their hair, their skin, and what they're wearing. They really like to look smarter and I thought that this kind of business is a really good opportunity here. Now, the people of Tianjin are starting to get into fashion and style. They're catching up and they start to wear the style they want. Before, there is a certain style that's fashionable and everybody runs for it. Now, people of Tianjin start to think about the style that suits them and this is a great thing and a wonderful opportunity. We are not only bringing sense of fashion to Tianjin but also helping people realize the style that they want for themselves and this is the kind of "culture" that China Road is bringing.



## So tell us about this place?

For one, this is a hair salon. You can come here for a haircut, hair perming, or hair colouring and styling. And also, you can come here for grooming yourself, for fashion and image consultation and make up. Our brand, China Road, is more for bringing social and cultural values. It's also about fashion and service. When you come here, we don't only offer to you hair service, you can also learn something. You can learn about the Chinese tea here or the Chinese tea culture, then the wine culture, and more. It's not only about commercial gains but more on developing the culture. We don't want so many people in this place, we are more into giving a cosy and relaxing environment for our customers. When you come here, you don't see someone forcing you to buy a membership card. We want people to come here and enjoy the environment, relaxation, and great service. Plus, we also want them to know what's suitable for them, what fits their personality or characteristic.

## Are you also planning to do some events in this place?

Yes, we are planning to do some events like professional hair shows, fashion shows, and in the near future our goal is to have more cultural events happening in this place.

A Tao

Image Consultant and Chief Hairstylist

## What kind of service do you give?

On the hairstyle, I give suggestions on what is good for you or on what is a fashionable hairstyle that fits your personality. On image consulting, I help people find the right style for them, on what suits their personality, as well as the right colour and texture of their dress or outfit. I do this for both men and women.

## How long have you been doing this?

I've been doing this for the past 5 years. I even went to Japan to study fashion and image consulting.

## What makes this salon different from the other salons in Tianjin?

All the artists here can do what other salons can do but our main specialty is that we give personalised service and suggestions for your skin, for the shape of your face, for your personality, and more. We are unique in this way. We give great priority on our customers.

## How's the salon doing so far?

So far so good. We have satisfied customers with good feedback and in the coming months we will surely do our best to give perfect service for our salon goers.

## China Road Beauty Salon 重道造型

**Address:** Room 201, 2F, Commercial Site, Jinde Yuan, Crossing of Kunming Lu and Lanzhou Dao, Heping District 和平区昆明路与兰州道交口金德园底商2楼201室

**Call:** +86 22 5835 5323 (reservation) or +86 137 8010 0606 at A Tao (Chinese)



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# The Dog Saviour

## The Story of Gao Ying and Her “Best Friends”

By Cathy Perez



She is 62 years old, yet, she is strong enough to move what looked like a push cart with a disabled dog in it. “Look how he’ll move his body. He couldn’t move almost half of his body so he looks like he’ll wiggle his way to his room,” she added, eyes fully focused on her pet. Slowly, she moved towards the hallway that contained rows and rows of metal cages for her dogs. “Here is his room, I’ll tell him to go and see how he wiggles his way.” She opened the metal compartment, and indeed, the German shepherd slowly moved, painstakingly dragging half of his body towards a small space he shares with another dog, before he falls to the ground, then barked twice, as if to say “thank you, Gao Ying.”

**Gao Ying** saves dogs – stray dogs, disabled dogs, dogs in the marketplace about to be killed for their meat, dogs found by policemen (or dog catchers), and dogs given by her neighbours. She doesn’t say no to any of them. She accepts them all.

In late 1990’s, Gao Ying, fresh from moving back to Tianjin after living in Australia for some years, realised that her pet dog was nowhere to be found. Looking for it on the street, she realised that there are so many stray dogs, thin, unhealthy, and some filled with scabies, begging for water and food. She felt sorry for them and thought of maybe helping them in any way she can.

That single incident changed Gao Ying’s life and she was never the same since then. In 2003, her compassion for homeless and disabled dogs motivated her to rent a space in an old factory in the Hebei District where she began placing homeless dogs she found on the road, or disabled dogs abandoned by their owners. She also does not hesitate to buy a dog or two in the marketplace. As there are meat vendors who sell dog meat, Gao Ying is found pleading vendors not to kill these dogs, and would try to bargain, yet sometimes buying dogs at an expensive amount – some she bought for more than CNY 2,000.

“People started telling me where they found stray dogs and I’d go find them. Later, people from the neighbourhood would bring homeless dogs they found on the street and give them to me. Even local policemen would inform me of stray dogs and ask me to adopt





狗狗是人类最好的朋友，它们友善，忠诚，可以察觉到你细微的情感变化，会陪伴在你身边直到老去死去。现在，越来越多的人愿意饲养宠物，无论老人还是孩子，都非常喜爱小猫小狗。它们的存在消除了人们的孤独感，给人类带来了许许多多的欢笑。然而，有一小部分人，他们虐待狗，将狗狗买回家，不能做到善待它们，养腻了，烦了，就丢在一边；更有甚者，他们贩卖狗，屠杀狗！难以想象在广西玉林还有那样残忍的“玉林荔枝狗肉节”的“独有节日”！如果你也是爱狗人士，并在家中也有爱犬的话，一定会觉得忍无可忍！相反，真正喜爱狗，并愿意付出一切去挽救可怜狗狗的生命的人是存在的。

在天津，就有这样一位爱狗人士，她叫高英，今年已经62岁高龄了。高英救助了92只狗，这其中有30只狗狗是残疾的。只要是她看到要被宰杀的，贩卖的，被丢弃的狗狗，她都会无一例外地收留。她甚至出价2000元买下过可怜的小狗，只为了能让这些可怜的小家伙们有自己的家！但是，90多只狗狗也的确加重了高英一家的生活负担。她的丈夫要上班，62岁的高英要自己照看这么多只小狗狗，好在周边不乏好心人，邻居也会帮助高英做饭，照看狗狗并帮忙打扫卫生。狗狗们是懂得主人的这份心的，主人说的话，它们也是完全理解的。这一期，津品生活杂志编辑亲自来到了河北区赵沽里，这里有狗狗们的一片天，是它们的家。如果，你也喜爱狗狗，并也愿意让它们陪在你身边的话，那么，希望大家伸出援助之手，领养这里的狗狗，帮助高英，一起爱护人类的 friend 吧！



them. These dogs need a home and I can provide them that, even though my place doesn't give them the best condition, at least it saves them from aimlessly walking on the street without food and water," explains Gao Ying, speaking words with emphasis, intensity and volume, otherwise her words would sink in the midst of barking and noise.

Currently, Gao Ying has 92 dogs under her wing. Out of these 92, about 30 of them are disabled. Some with eye defects while others have feet paralysis. These dogs require special attention, yet Gao Ying does it with care and love, tending to each of them, making sure their needs are met in the best way she can provide.

"I have to admit it's not easy doing all of this. I'm already 62 years old yet I only sleep 3 to 4 hours a day. My husband also helps but he works during the day, so I really don't want to bother him, I want him to rest well at night. Sometimes, some

people from the neighbourhood would come and pay me a visit and help me in cooking, cleaning, and bathing these dogs. Today, I am sick with fever but I have no choice but to tend my pets. Luckily, I have some people visiting me here and helping," shares Gao Ying, as she pointed to the man cooking food and the two elderly women trying to clean the place.

A chorus of dogs barking welcomed Gao Ying, as we moved into a room with about twenty small cages of dogs of short breed like Pekingese, Pugs, Shi Tzu, and Pomeranian; Gao Ying raised her voice and tells her pets to keep quiet. Surprisingly, pets stopped barking and listened to what Gao Ying said, "today we have some visitors, so you better keep quiet!" Beside this room is Gao Ying's bedroom, small, yet still containing three small cages under her bed. Gao Ying's world is a total dog-dom!

In her room, Gao Ying showed photos of her son. He is an Australian citizen and works there as a chef. When Gao Ying and her husband decided to move back to Tianjin after living in Australia for several years, their son was left to finish his studies in Australia. They used to live a comfortable life with a house of their own, a company they ran, and a more-than-enough budget for daily expenses, yet Gao Ying and her husband lost all of it in exchange for dogs' love, which Gao Ying describes as "pure and unconditional." Annual rent for the factory space, dog's daily food expenses, and many other bills absorb all the material wealth they used to have. Yet, there is kindness and happiness in Gao Ying's eyes, like finding meaning in the life she now lives.

"This dog is blind", Gao Ying says as she reaches for a Pekingese and bring it to her arms. Indeed, the Pekingese is physically blind, but it sure is not blind to the truth that Gao Ying loves him. Kindness, whether it is towards man or animal, is a language everyone understands. A dog is a man's best friend because a dogs' love is loud and expressive, and this can be heard and felt from the blind Pekingese's comfortable surrender in Gao Ying's arms.

*(Whether you want to adopt a dog from Gao Ying or send her donation in cash or kind, you may reach her at +86 138 2108 8028. Add: Zhendong Logistics, Xu Zhuang Zi, Dongli District 东丽区徐庄子振东物流院内锅炉房旁 Gao Ying also welcomes volunteers to help in her dog shelter. Any help you extend would mean a lot to her and her 92 "best friends". Be a big help now!)*



## Holy Kebob!

By Justin Toy



With summer in full gear, take advantage of the great weather by having an outdoor barbeque. All you need to do is head over to your local Carrefour, Tesco's, Walmart or over to Metro and pick up a small grill and charcoal for as little as RMB 200. You can also pick up a cooler at any of these stores for RMB 200-300 or you can try and get a free disposable cooler at a food market. Once you get all of your equipment together, pick a quiet spot (I recommend by the Haihe River) to setup your grill. Preparation is the key to a successful and smoothly operating barbequing party. Marinating your meats and veggies is a great and easy idea

to get juicy flavours whilst at the same time making your meat more tender. Here is a recipe that I used at my last barbeque which was a great hit!

### Chilli-Lime Kabobs

Kabobs are a great way to enjoy barbeque, a method that is fully embraced in China. You can marinate your meat the day before with all of your favourite veggies and when it comes time to eat there is no need for plates or eating utensils. You can add whatever vegetables you like onion, peppers, mushrooms etc to the marinade and thread them on the skewers with your meat; just make sure to cut the chunks a bit smaller so you don't end up with burnt veggies while you are waiting for your meat to cook! Otherwise, you can just simply put your veggies on a separate skewer.

### Ingredients:

- 3 tablespoons olive oil
- 1 1/2 tablespoons red wine vinegar
- 1 lime, juiced
- 1 teaspoon chilli powder
- 1/2 teaspoon paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- cayenne pepper to taste
- salt and freshly ground black pepper to taste
- 1 pound skinless, boneless chicken breast halves - cut into 1 1/2 inch pieces
- Skewer sticks

### Directions:

- 1) In a small bowl, whisk together the olive oil, vinegar, and lime juice. Season with chilli powder, paprika, onion powder, garlic powder, cayenne pepper, salt, and black pepper. Set aside some of the marinade to be used for basting later. Place the chicken in a shallow baking dish with the sauce, and stir to coat. Cover, and marinate in the refrigerator at least 1 hour. Because this is a citrus marinade, you don't want to marinate for more than four hours.
- 2) Preheat the grill for medium-high heat. Thread chicken onto skewers, and discard marinade.
- 3) Lightly oil the grill grate. Grill skewers for 10 to 15 minutes, or until the chicken juices run clear. While the chicken is cooking, use a grill brush to apply the extra marinade to the skewers.



## MILAN WINES 米兰酒业



Dean Smith  
Milan Wines Deputy  
General Manager

### Choosing Wines for Summer

The heat of the Tianjin summer can be rather intense and this change in climate can also influence the meals we eat and the wines we choose to enjoy. Summer meals are generally lighter and feature greater quantities of fresh salad, grilled meats and seafood; this sees them better suit lighter styles of wine. Regardless of whether the wine you are looking to drink is red or white I recommend looking for those grown in cooler climates as these wines are generally lighter in body and have a higher acidity which gives them a lovely freshness that complements not only the warmer temperatures but also a broad range of summer cuisine.

Some classic cool climate regions to consider include Burgundy in France, Piedmont in Italy and Marlborough in New Zealand.

Below is a selection of wines from these regions that can be found in any Milan Wine Shop.

### Aegerter Bourgogne Chardonnay 2010

A fruit dominated style of Chardonnay with fragrant citrus and stonefruit aromas and well balanced acidity.

Recommended Food Match: Steamed or Grilled Fish



RRP 280RMB



RRP 115RMB

### Stoneburn Marlborough Sauvignon Blanc 2011

Classic Marlborough Sauvignon Blanc with an abundance of gooseberry and grapefruit on the nose and a mouthfeel that is fresh and persistent.

Recommended Food Match: Thai Fish Cakes



### Abrigo Dolcetto di Diano DOCG, Piedmont 2010

This is a lighter bodied red wine with bright, fresh aromas of red cherry and cassis and a palate that is soft and approachable.

Recommended Food Match: Barbequed Beef Skewers



RRP 186RMB



# THIS SUMMER'S BEST BARBEQUE

By Matthew Baum

**Chateau 35 Wine Bar and Bistro**  
**Address:** No. 79, ChangDe Dao, Heping District (between Kunming Lu and Yunnan Lu).  
 和平区常德道79号对面 (云南路与昆明路之间)  
**Tel:** +86 22 2331 5678



Summer is here and with it the BBQ season is in full swing. Chateau 35 has once again stepped into first place with its new summer BBQ promotion every Saturday, from 18:30-21:00. This two and a half hour feast is all you can eat and comes with a redeemable coupon that can be exchanged for either two large Qingdao's or a soft drink. Chateau 35 makes the best use of its great location in the historical concession area, you hardly feel like you're in the city at all, surrounded by the picturesque locale and summertime atmosphere.

The BBQ here is not traditional Chinese street food style 烧烤 (shaokao), or Korean table top BBQ. This is the real deal, western standard barbeque cooked on a charcoal barbeque grill. The menu reflects this with a huge range of

imported meats from Australia. The BBQ staples on offer include: Lamb, steaks, hot dogs, bacon and beef burgers all cooked to perfection on the grill.

If you are looking for a non-meat based option the menu still has plenty going for it. There is a full salad bar, with heaps of well made dressings, as well as a huge range of grilled vegetables. One surprise on the menu was the great tasting pizza, made fresh in a small, authentic apple wood-fired oven next to the barbeque.

Chateau 35 is a great place for a BBQ. The outdoor patio area creates a warm, relaxed atmosphere, where you can mingle with friends. The small size keeps it intimate and the outdoor BBQ gives a great view of the food on offer. Should the heat outside become unbearable, Chateau 35 also has a large indoor area that is fully air-conditioned. With the music playing and the beer flowing, it's a great way to spend a Saturday evening!



# Milano Pizza and Beer Pub The Newest Place to Chill & Eat

By Cathy Perez



Milano Pizza and Beer Pub is Tianjin's cosy new place for a powerful meal or a chill out beer. Located on Wandezhuangdajie, Milano is one of the many sprouting restaurants and bars in the city which is targeting foreigners, professionals, and the fashionable youth, who are looking for a wonderful time with friends for either a meal or a drink.

Yet, what makes Milano different from the other new bars and restaurants in Tianjin is evident in many fine details. Here are some of them.

Firstly, prices of food and drinks are reasonable. Milano has draft beer, Belgium, German, Italian and Chinese beers on their menu and prices range from CNY 25-40. They also have a good selection of wines that are from CNY 240-230 per bottle. Soft drinks, juices, tea, coffee, cocktails, and long drinks are also available with prices ranging from CNY 10-30. When it comes to

food, their pastas are CNY 28-38, pizzas CNY 36-68, salads CNY 22-36, appetizers CNY 18-38 and their main dishes from CNY 60-168.

Secondly, Milano is a cosy place with great wall décors, a chic bar area, and a comfy private room with Latin and chill out songs being played for a relaxing atmosphere. Their sole private room can only hold less than 10 people but is a splendid area for when you and your friends want your own space, and a quieter one at that. On wonderful days, going al fresco is a fantastic idea.

Thirdly, we all want to know if the food on offer is delicious. The answer: Yes! Milano's chef somehow finds a way to make sure all foods served stand out. A little effort on food presentation indeed goes a long way. And lastly, the place has good service. We all want pleasant waiters and waitresses who are ready to serve us when we order and who also serve with a smile. In this regard Milano is doing a great job.

**Address:** No. A-2-101, Vande Apartment, Wande Zhuang Dajie, Nankai District  
 南开区万德庄大街万德花园A-2-101号铺 (近环球置地广场)  
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督柏林爱尔兰西餐吧(Dublin Irish Pub)在泰达小有名气，这次为您介绍位于市区的一家，这里提供美味佳肴和冰镇啤酒等，气氛温馨友好。空间布局相当宽敞，酒吧间里座位成排，到处可见长形木桌，酒吧间后面还为情侣准备了专座。此外，还有台球，桌上足球，飞镖等娱乐项目供您休闲娱乐。菜系高品位高水准，有新西兰进口的美味多汁的牛排。当然不可错过的是爱尔兰传统特色美食，包括爱尔兰炖牛肉，牧羊饼等。此外，这里还提供大量的德国菜品：咸辣香肠，猪蹄等。酒吧有上好的爱尔兰奇健尼和健力士干啤，各种鸡尾酒，雪碧，红酒等饮品供您选择。督柏林爱尔兰酒吧每晚都会举办令人期待的活动，周二为猜谜时间，周三为投飞镖竞赛之夜，周四周五则是体验蓝调爵士乐队带来的经典音乐，周五周六开展以女士为主题的活动，周日可以体验摇滚乐带来的刺激震撼，一扫坏情绪，让您的心情High起来！

If you have had a night out in TEDA then you are most likely familiar with the Dublin Irish Pub. However, you may not have realised that they have opened a second location here in down town Tianjin. Located near Jinwan Plaza at the intersection of Jiefang Bei Lu and Chifeng Dao, the Dublin Irish Bar has been offering delicious food and cold draught beer at this location since the beginning of 2013. Upon entering the establishment, you will instantly feel like you have been transported to an Irish pub like you would find back home. The atmosphere here is undeniably warm and friendly, and the layout is quite open and spacious. There is plenty of seating at the bar, long wooden tables, and more intimate seating in the booths at the back. If you and your mates are looking for some entertainment while you are knocking back some pints, there are billiards, table football, darts, and HDTVs to help make the evening more enjoyable.

What really makes the Dublin Irish Pub stand out from all the other western bars is the quality, especially the food. The chef at the Dublin Irish Pub used to work at the prestigious Great Wall Hotel but has brought his expertise to Tianjin. The very delicious and popular steaks are imported from New Zealand, an obvious sign of the bar's attention to detail and high level quality. The menu features a range of delicious Irish classics such as Irish beef stew and Sheppard's pie. There is also a wide range of German food such as savoury sausages and pork knuckle. You can get classic western fare such as pizzas, hamburgers, and delicious homemade soft pretzels. Of course, being an Irish bar, the beer selection is better than most places in Tianjin. They offer a range of draught beers including Kilkenny and Guinness, many different European bottled beers, and also a wide selection of cocktails, spirits and wine.

Almost every night there are some exciting promotions happening at the Dublin Irish Pub. Tuesdays is quiz night, Wednesdays is darts night, Thursdays is pool night, Fridays and Saturdays is lady's night (where girls can spend CNY 60 for an unlimited amount of certain cocktails). Also, you can experience a live blues jazz band on Thursdays and Fridays and a kick ass rock DJ on Saturdays. Come in on Sundays to drink away your sorrows during the all day happy hour promo (happy day). Every day you can also come in during the daytime for a set lunch menu between 10 and 2 that is great value as it includes both soup and salad.

**Address:** No. 62, Jiefang Bei Lu, between Chifeng Dao and Chengde Dao, Heping District

和平区解放北路62号赤峰道与承德道之间(近中国工商银行)

**Tel:** +86 22 2330 7233

# Dublin Irish Pub

By Justin Toy



# EVERYDAY GERMS

By Najla Rasdeen

Can having germs be good for you? When you think of germs, does it immediately make you reach for your hand sanitizer? If so, you are not alone. Many people are so repulsed by the thought of coming into contact with germs that it makes them impulsive about washing and sterilising their body. Do you know how many germ-filled surfaces we actually come into contact with? Here's an insight into the invisible world of germs.

So many objects that we come into contact with are rich in germs, but so are we. Our bodies are dependent upon bacteria. So is there such a thing as 'good' bacteria? ---- Yes! Studies have shown that our body needs a balance of good and bad bacteria. Approximately 85% of our body should consist of the 'good' bacteria and the other 15% are the bad guys. When or if this balance is interrupted, we become prone to all sorts of illness and allergies.

### Wallets and purses

Many women have the habit of leaving their purses anywhere from soiled ground to the bathroom floor, and this created opportunity for germs to linger about and enter our homes. However, men's wallets have more germs on the inside than the outside. Think of the money we take out and put into our wallets and purses and the money passing from one germ-filled hand to another. When you consider this, your money is actually a breeding ground for all germs. So remember to wash your hands after handling money.

### Mobile phones

Your mobile phone not only helps you keep in contact with friends and loved ones but it also provides a great meeting place for two different sources of germs – your mouth and hand! Most people don't often clean their phones and are accustomed to leaving it on any surface that is convenient at that time.



### Remote control

Think again when fighting for the remote control and maybe you'd want to avoid reaching into your popcorn bowl after having touched it! People are constantly handling remote controls and rarely sanitising them in our homes.

### Cutting boards

Many people actually "rinse them off" rather than wash the cutting boards after using. The bacteria often can contaminate your food. Food borne illness is actually increasing steadily due to poor food-ware hygiene. So the next time you are cleaning your cutting board – put your back into it!

### Elevator buttons

So many people are unaware of how many germs are crawling on these buttons and it is not only the elevators, vending machines and ATMs are also a good source. They are often placed in places that are rarely cleaned.

These are only some of the places that we come into contact every day. So it is important to wash your hands after coming into contact with any surface that you think could be infested in bacteria. It is also very important that you avoid touching your face while you're outside. You never know how many germs you can let in. You don't have to live in a 'bubble' – it's just better to be aware of what is out there when it comes to the health and cleanliness of you and your family.

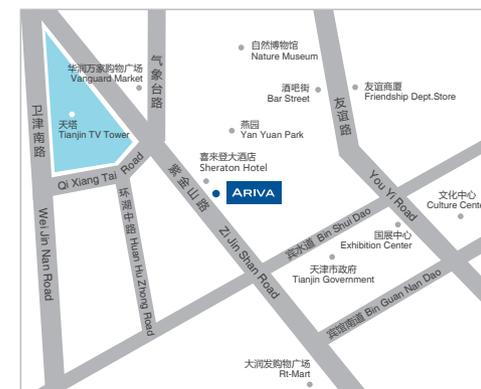


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# IST's End of Year Celebration

By Justin Toy

On 5 June, the International School of Tianjin celebrated the end of the 2012-13 school year with a big year end celebration and barbeque. The students displayed their dedication to improving the community through a large all day festival dubbed IST's 2013 Farmer's Market and International Community Festival. Every student at IST must join a community service group of their choice where they can get involved in helping to improve the local community. Some students worked with a local animal rescue shelter, others spent time with cancer patients, while some used the time to help improve the local environment. The Farmer's Market represented a culmination of the hard work and sweat which the students put into their community service projects. At the market each community service group set up an individual tent, where they sold various environmentally friendly products that they themselves produced in order to raise money for different charities.

At the same time, the celebration, also doubled as a chance for students to showcase their hard work towards achieving the bronze level of the prestigious Duke of Edinburgh's International Award. The award is made up of three levels; bronze, silver and gold, and also four domains; skill, service, physical recreation and adventure journey/expedition. This after skill activity's purpose is to help young people set and obtain goals, develop life skills, make a positive impact in the community, find adventure, and have life changing experiences. One student, Nicole Wrentham, whose work was most prominently displayed, created a colourful mural to help brighten the school's appearance whilst fulfilling her service component. She spoke proudly of her and her peers' works saying that the celebration was a great opportunity to showcase what everyone has been able to accomplish this school year.



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## The Incredible Bodybuilding Champion

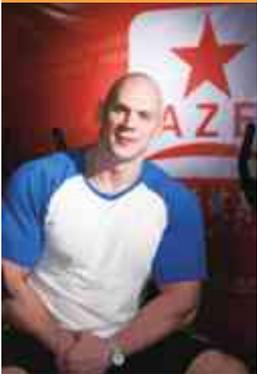
### Interview with Pavlo Skorokhod, 2012 World Bodybuilding Champion

By Cathy Perez

#### Vital Info:

Nickname: Pasha. 31 years old. Height 190 cm. Weight 115 kilos. 2012 World Body Building Champion

Pavlo Skorokhod



提起健美，或许你会很直接地联想到肌肉男。其实，健美这项运动，是指塑造你的形体美，需要坚持，毅力，对自己的饮食以及各方面的锻炼严格要求。这一期津品生活杂志的编辑专访到乌克兰籍世界健美冠军Pavlo Skorokhod (Pasha)，Pasha身高190cm，可是在他14岁的时候，体重只有60kg，他并不满意当时自己瘦高的身形，于是就到健身房健身锻炼。谁知最初只是为了增加一些肌肉的他，无法自拔地爱上了健美。然而，由于一直没有职业健美教练的针对性训练，他走了许多弯路。现在的Pasha是健美冠军，更是职业健美教练！如果，你也喜欢健美，并拥有超越常人的决心和毅力，还有想要超越自己完善自己的自信，那么就一起看看Pasha的健美心得吧！

It doesn't take a genius for one to figure out that Pavlo Skorokhod (hereafter Pasha) is a bodybuilding pro. His strong, all-muscular build towering above everyone clearly shows this. Yet, it is when you talk to him about bodybuilding that you'd realise the depth and breadth of his knowledge. He is, after all, a World Bodybuilding Champion. Yet, his well-defined figure and bodybuilding trophies weren't magically created. They're the result of years of training, commitment, and discipline. Pasha was once a lanky, awkward teenager with a lot of insecurities, yet fitness shredded his insecurities and ultimately shaped who he is.

In Tianjin for three months now, Pasha decided to leave Ukraine, his home country, and move to Tianjin to be with his wife, Helen, who is doing Chinese Language studies at Nankai University. For now, Pasha has several students in Aze International Fitness Club (just across Joy City Mall, 4th floor) whom he trains and influences to achieve the fitness goals they wanted. He also trains for himself an hour a day, five days a week as part of his preparation for future competitions, including the larger-than-life Mr. Olympia in the US for next year.

Here's more of the bodybuilding champ's conversation with *Tianjin Plus*...

#### First of all, please tell us about yourself and your career?

Since childhood, I have done swimming, gymnastics, basketball, running, and many kinds of boxing. At 14, I started going to the gym. The reason why I went to the gym was that I was very, very thin. I'm 190 cm, but my weight was 60 kilos so I was incredibly skinny. At first I just want to have a little bit of muscle, just a little bit. Then step by step, I realised that I wanted more. Then, people around me

encouraged me to go into competitions because they said I was really in a good shape. At first, I hesitated but people around me pushed me to do it because they thought that I could. It was really those people around me who encouraged me.

#### It was great that people around you encouraged you to compete!

Absolutely! Without them I wouldn't have joined in the first place. It was their push that moved me to join my first competition in the Ukraine. It was in 2009 and I won first place. From then on, I entered body building competitions every year and each time I got to receive awards, whether it's a first place or second.

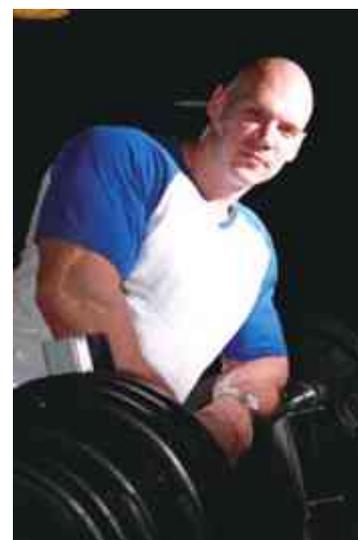
In 2010, my second competition was in Europe and I won the second prize. In 2011, I entered the world competition and I won second place. I told myself that I will do anything to get the first place. So then the year after that, in 2012, I entered again the World Body Building Competition in Italy and finally, I won the grand prize!

#### What should people know about bodybuilding?

Bodybuilding is like any other sports - it primarily involves discipline, loyalty, perseverance, and patience. If you take up something, no matter what the scope of the activity, you should have a purpose, and bodybuilding is not an exception.

#### How long did it take you to achieve the body you want?

To achieve the body I have now, it took me 15 years. Why? Because I have made so many mistakes! I had no mentor to tell me if what I was doing was right or wrong. But now, after 15 years, I know exactly what to do and I can help people to attain the body they want because of the knowledge I have attained in those 15 years. If you have knowledge, you can attain your goal faster. I had one



client in Ukraine before. He was 21 years old and came to ask me to train him. After 6 months he won the first place in a body building competition in Kiev, the capital city of Ukraine. The most important thing is that you have to have a trainer who has the knowledge and knows how to coach you. It took me 15 years to achieve this shape I have now... but I know how to train someone and make them achieve it much faster.

#### In your career, what do you think is your greatest achievement?

Most likely it is the victory I have won over myself, of overcoming my laziness and of being disciplined.

#### How about the greatest challenge?

As a sportsman, probably the greatest challenge is to influence others because many go to the gym but have no idea what they want. They should know that to do fitness is to be healthy, to have discipline, and it is all about working with yourself and choosing a good lifestyle. Personally, I don't understand people who go to the gym regularly but also drink a lot of alcohol and smoke a lot. Also, I noticed



that many popular sportsmen advertise smoking and drinking and you see them in TV Commercials with cigarettes and alcohol which is not good. So that's my greatest challenge, to influence others and to be their role model.

**You were a World Champion last year. What's your next plan?**

In August, I'll compete in Hong Kong and in September I'll be competing in a bodybuilding competition here in China. Next year, I'll compete in the Arnold Classic Competition in the USA. That's a very high level competition so I'm preparing hard.

**After being world champion, you decided to move to Tianjin. Tianjin is not as big a city as Shanghai or Beijing. What made you decide to move here?**

Since Helen, my wife, relocated to Tianjin, I decided that I should be with her, so I left everything in Ukraine – my family, friends, my job and clients – and moved here. I would not have come here if not because of her.

**What's your impression of the city?**

It is hard to get used to being here so quickly, but during this time I have made some very good friends who have helped me in many ways. They are precious to me.

**Besides bodybuilding, what else do you love doing?**

I'm also fond of music. In Ukraine I belong to a musical band and I play the guitar in church.

**Lastly, what advice would you like to give people who want to be successful in their chosen career?**

To be faithful to their cause, never retreat, never give up, no matter how difficult it is. Always be true to your cause. Stay committed and loyal!



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## Maserati Metropolitan Polo Classic 2013

### Team Maserati Wins Tournament in Final Match Against Team Fortune Heights

“2013玛莎拉蒂环亚马球经典赛”于2013年6月9日至12日端午佳期间举行。由天津环亚国际马球会举办的2013玛莎拉蒂环亚马球经典赛级别高达24级，为全球最高规格的马球赛事之一；球手均来自马球强国如阿根廷、智利、英格兰、意大利、新西兰和西班牙，出赛的著名球星包括Tomas Pieres和Sabastian Harriott等等。赛事除了由世界级豪华汽车品牌玛莎拉蒂冠名赞助之外，各参赛队伍亦分别由傲视同侪的品牌赞助，包括玛莎拉蒂、FICOFI、FIPA GROUP及富国高银，为贵宾缔造无与伦比的马球体验。祝贺玛莎拉蒂队取得冠军！



The 'Maserati Metropolitan Polo Classic 2013' final match was played on 12 June at Tianjin Goldin Metropolitan Polo Club. Team Maserati prevailed against Team Fortune Heights, winning 8 goals to 6.

Four teams were invited and sponsored by Maserati, FICOFI, FIPA GROUP and Fortune Heights to play in this year's tournament. The teams consisted of world-class players from Argentina, Chile, England, Italy, New Zealand and Spain, and included celebrated names from distinguished polo families, such as Tomas Pieres and Sebastian Harriott. Each team played with a 24-goal handicap, which establishes this tournament as the highest level invitational tournament ever played in China, and also places Tianjin in a prominent position on the world polo calendar.

The first day's match, between Team FICOFI and Team Fortune Heights, was on 9 June. With an unusual rain shower just before the game, there was some concern among the spectators that the match would be delayed. This concern was soon dispelled with the teams galloping onto the field unperturbed and eager to initiate play. Tommy Wilson, a 7-goal player for Team Fortune Heights, used to play at top clubs in the UK and laughed at the thought of playing in the rain. He pointed out "In the UK, this would just be a typical day for polo... I've played in much worse weather."

Interviewed after the match, Fortune Heights' top scorers Tommy Wilson and John Fisher both remarked on the

impressive quality of play both teams had demonstrated, noting that at 19 total goals scored, the match had been a tense and exciting challenge for all the players. Tommy Wilson remarked, "It is polo at this level that makes people want to travel thousands of miles to participate... although very new, the Goldin Group has created a club here that is truly first class among the world's top clubs, and which is on a level that is appropriate for hosting the elite among the world polo community."

Team Maserati's Matias Zavaleta, a seasoned 7-goal player from Argentina, expressed his happiness at the outcome of the match, remarking, "We have been made so welcome here in Tianjin. Rarely have we seen a polo club with facilities like these, we have enjoyed both polo and luxury living during our stay here".

The final match on 12 June was attended by a select group of international sponsors, Tianjin Goldin Metropolitan Polo Club members and invited guests. The award ceremony was held on the polo field immediately after the game, with a representative of Maserati presenting the winning team with the Maserati Metropolitan Polo Classic Cup.

There was a jubilant atmosphere as the celebratory champagne was opened and passed around the guests who had viewed the match from the exclusive Maserati automobile owner's marquee. The beautiful Ms Wang Qing, who has recently purchased a Maserati Quattroporte, gave her opinion on the tournament, "It has been a very enjoyable 4-days, I love the beauty of the horses and I have been learning to ride myself. I think polo is really all about the luxury lifestyle, but it is a subdued luxury, self-confident and not brash. I think this is also true of Maserati, it is a luxury car I can drive every day, appreciating its beauty, but not showing off... Because it is a 4-door, it is also practical; for example, my 4-year-old son can sit in the back when we go to our riding lessons together. He has been riding for 2 years now, and already I think he is a better rider than me." Ms Wang Qing was introduced to the Tianjin Goldin Metropolitan Polo Club by Tianjin Maserati, and is considering becoming a full member in order that her family can start living the polo lifestyle.



浪漫，是爱情中恒久不变的话题。对于女人来说，浪漫是能够和心爱的人携手之手，与子偕老，一起度过平淡却又幸福的流年。但对于大多数男人而言，浪漫似乎并没有那么重要，一旦两个人建立起恋人关系，浪漫就成了过往云烟。恋爱中的女人，享受着甜蜜爱情的同时，也被爱情中滋生出的问题所困扰着。凡人如Li Na，就为爱所困。她深爱着她的男朋友，但令她纠结的是她的男友似乎对她已不像以往那般用心，不再日日陪她左右，也不再会去刻意营造浪漫气氛或做些浪漫之事讨她欢喜，而是终日 and 朋友们沉迷于酒吧。面对这样的感情，她该何去何从？



*"My boyfriend always wants to go to the bars with his friends and never wants to spend any time with me. He also never does anything romantic. Should I end our relationship?"*

- Li Na

### Angela says:

Yes, you probably should end your relationship. Li Na, don't waste your time putting up with people who are reckless with your heart. You deserve to be with someone who knows what they have when they are with you. Clearly, spending time with his friends and going out to bars while denying quality time with you is a huge sign that says this man is not investing anything into your relationship.

Of course, any relationship has its own issues and I understand you have to go through a lot if you want the relationship to work. However, it is not a relationship at all if the other party is not even applying any effort to keep it. Actually, you don't need a set of rules to find out if the one you have right now is a keeper; if a guy loves you, he will do anything he can to keep you!

### Daemon says:

Wow, I think Angela is finally coming round to my way of thinking- truly a sight for sore eyes! Li Na, you find yourself in an awkward position here my friend. The sad thing about romance is that it doesn't really exist. In fact, if you are expecting to be showered with gifts, flowers and love poems on a weekly basis then you have most likely been watching too many movies!

Two things spring to mind from your letter. Firstly, one can't help but wonder who these so called 'friends' are. Are they his work buddies or the sexy secretary from his office? This will be a good indicator of what he is really up to. As for the bars, there's certainly nothing wrong with a few beers on a weekend, but what kind of venues is he frequenting?

Besides all that though, the sad truth is that most men are unromantic by nature. Furthermore, the one's that do fit the stereotypical notions of a romantic partner are probably being overly feminine or are hiding something from you! Before you end the relationship I have a technique for you to try: play him at his own game. Ignore his messages, spend loads of time with your friends and comment on other men's physique. I know it sounds harsh but give it a shot. He'll soon get the message and start fighting for your attention!



Need a relationship advise? Email us at [relationships@tianjinplus.com](mailto:relationships@tianjinplus.com).

# Tianjin + Life!

by Cathy Perez

## Of Tanned Skin and Fit Body

Admit it...you need a change in your life – whether it's professionally or personally. This July, change could come in small packages, whether it's a new goal to a healthy lifestyle, a desire to have healthier-looking skin, or to shop for colourful t-shirts and jeans. Little changes can make a big difference. Here are some places that could give you the change you want.

**AZE International Fitness Club.** New, big, and bright... these words sum up AZE International Fitness Club in Gulou area just across Joy City Mall. With new and high-tech equipment for working out, plus countless classes to offer its members, AZE is here to create a name for itself as one of the best gyms in Tianjin. Some of the fitness classes being offered are Zumba, Body Jam, Nike Training Club, TRX, Muay Thai, Yoga, Pilates, and many more. In addition, AZE's ace is having 2012 Bodybuilding World Champion Pavlo Skorokhod as one of its personal trainers for those wanting to shape more muscles or tone them. Call AZE at +86 22 2734 4888, +86 157 2209 7242 and +86 135 1290 9899 (English line). (Address: 4th Floor, Jin Yao Square, Nanmenwai Street, Nankai District (Gulou area across Joy City) 南开區南門外大街金耀廣場4樓, 大悅城對面加宜加居)



Colourful collection at Gap Store, Galaxy Mall

**Sunless Tanning at Lance Culture and Art Centre (LCAC).** Many people are afraid to stay under the sun for a long time for fear of sunburn, and worse still, skin cancer. So, if you are one of those who would like their skin to look healthy brown

sans sun exposure, sunless tanning is a good option. Available at LCAC is high-quality tanning bed that would give you the right brown skin you so desire. To share some sunless tanning tips, eat some foods containing phenolic amino acid like cheese, tuna, walnuts, and peanut butter. These foods' substance can add lustre to your tanned skin, making it look young and healthy. Also available at LCAC are lotions, creams, and many

other exfoliating products that will help in the release of epidermis impurities during tanning. Give LCAC a visit or call them at +86 22 2339 5157 for more information. (Address: Room B703, Huitong Dasha, No. 22 Pukou Road, Hexi District (Xiaobailou area) 河西區浦口道22號 (與南京路交口) 匯通大廈B703)

**Gap Stores.** Yes, this American fashion brand, famous for its comfy khakis, colourful skinny jeans, and soft cottony V-neck t-shirts is spreading its branches in Tianjin. Aside from its 1,000 sqm store in Wuqing District's Florentia Village, Gap also recently opened its branches in Galaxy Mall and Joy City – all offering adult collections, fancy accessories, and baby clothes. Check out any Gap Store and get your hands on their fabulous boyfriend shorts that are a must-have in this hot summer weather.

*"Not every person is going to understand you and that's okay. They have a right to their opinion and you have every right to ignore it."*

-Joel Osteen

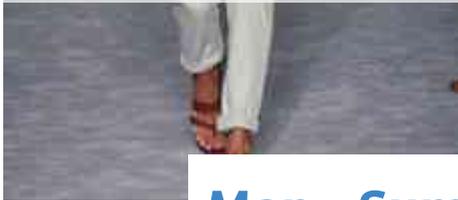


# My Style Notes

By Silvina Pardo

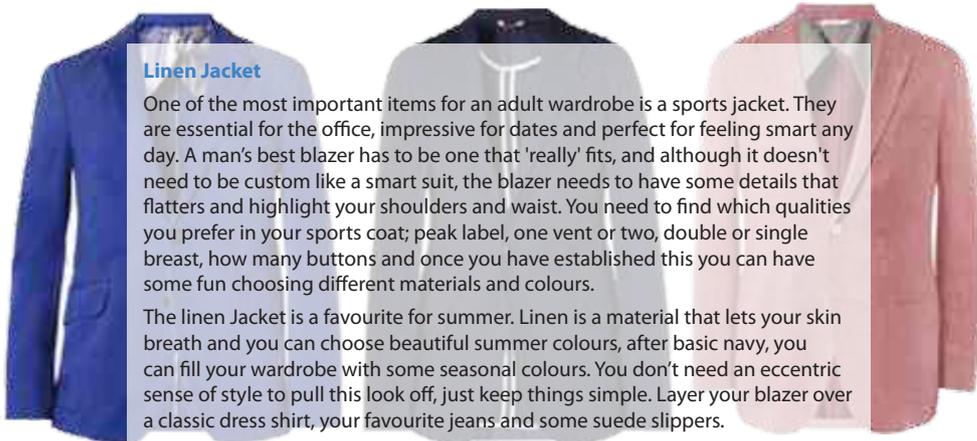


One of the good things about summer is that getting dressed up is so practical and easy. Guys don't need much but there are some items that you definitely need in order to be ready for any occasion. These are versatile pieces that work in summer holidays and can make their way into your everyday office uniform.



## Men - Summer Essentials

Wardrobe staples every guy needs.



### Linen Jacket

One of the most important items for an adult wardrobe is a sports jacket. They are essential for the office, impressive for dates and perfect for feeling smart any day. A man's best blazer has to be one that 'really' fits, and although it doesn't need to be custom like a smart suit, the blazer needs to have some details that flatters and highlight your shoulders and waist. You need to find which qualities you prefer in your sports coat; peak label, one vent or two, double or single breast, how many buttons and once you have established this you can have some fun choosing different materials and colours.

The linen jacket is a favourite for summer. Linen is a material that lets your skin breathe and you can choose beautiful summer colours, after basic navy, you can fill your wardrobe with some seasonal colours. You don't need an eccentric sense of style to pull this look off, just keep things simple. Layer your blazer over a classic dress shirt, your favourite jeans and some suede slippers.

### Belt

When it comes to men's style, there aren't many opportunities to inject a little personality, but choosing a belt is the easiest way to incorporate a little character into your look. Maybe you think that nobody pays attention to the belt? It is something black or brown which serves to keep your trousers in place. But this is not true! Choosing a good and original belt can make the difference.

A cool woven option goes great with chinos, while a colourful sporty style looks good with shorts. Even for smart occasions you can get more adventurous by choosing a stripy leather belt as this one by Paul Smith.



### Chinos

While men uniform usually consist on a favourite T-shirt and jeans, adding some cotton chinos occasionally will spice things up. The chinos are cooler than your jeans and one step more formal than the lightweight linen trousers, giving you structure without being suffocated in summer month. Apart of the classic kaki, you can choose slim chinos, colourful chinos in summer shades, or the short option for more laid back occasions.



### Summer Shoes

Most guys will say that in the warmer months you can get away with wearing a boat shoe with almost anything. Think of the boat shoe as your all weathers, all weekend, and after-hours shoe; and most importantly, no socks are required. You can pair them with almost everything and you can wear them even at the beach. This summer, canvas slips-on have a similar purpose, they look great for casual occasions, they are super comfortable and look great with shorts and beach wear. Woven sandals look good (on and off the water) with crisp khaki shorts and flip flops are the best options for holidays and lazy Sundays, from classic havaianas to some leather ones.

Of course, sneakers are still the most popular shoe option for men, and they are having a big moment lately. All the designers are launching their signature sneakers that will make your old-classic look boring by comparison. Whichever option you choose, you're sure to be described as one thing: super stylish!



# Men's Shops at Lotte

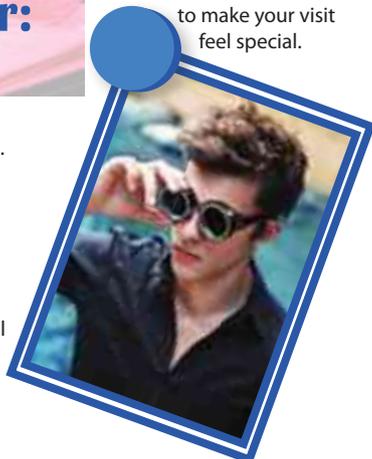
By Silvina Pardo



**For the innovator:  
Mariano**

Mariano is a new brand, designed and made in China. For guys who like to try different styles and are not afraid to be adventurous. Mariano presents a whole collection of smart formal-wear with some original details as colourful buttons, innovative materials as well as casual items, with plenty of design, patterns, and body fitting shapes.

The comfortable and well designed shop at Lotte is a great clothing outlet. It has spacious changing rooms with arm chairs and decorative items to make your visit feel special.



**For the elegant:  
Lampo Uomo**

Lampo reflects men's elegant taste in dressing. The strong features are Italian fabrics and unique handmade pieces. Lampo suits are made with superior natural fabrics by Ioro Piana, Dominic Dormeuil and Reda. Exclusive patterns and details make the line unique, and sophisticated technology provides amazing structure, cut and fit.

This summer's casual collection has a maritime feeling: classic chinos, striped T-shirt and boat shoes, while formal wear features classic colours, smart ties and original details like this owl cufflets.

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



**For the classic:  
Levi's**

Founded in San Francisco by Bavarian immigrant Levi Strauss in 1853, Levi's created the very first pair of jeans. Today all products sold under the Levi's® brands are loved and trusted by people from all walks of life.

Many men have their favourite style and want to feel comfortable, and we all know that denim is versatile and classic enough to wear daily in their most typical forms. Levi's provide popular favourites like the iconic Levi's 501 jean, and surprises with stylish T-shirts, comfortable footwear, and casual accessories for your everyday style. Take a break from your structured office uniform this spring and embrace the easy, eternally wearable fit of a Levi's jean.

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

Lotte Department Store  
(Dongma Lu Store)

乐天百货东马路店

**Address:** No. 137, Dongma Lu,  
Nankai District  
南开区东马路137号





By Matthew Baum

您想每天都有心爱的宠物陪伴在你左右吗？如果你喜爱小动物，并愿意善待他们，那就到宠物店或宠物市场看看吧，在那里你能看到琳琅满目的小动物和宠物用品。购买宠物非常简单，只需要到宠物商店购买就可以了。推荐您可以去独山路的小型宠物店铺和宝鸡东道花鸟鱼虫市场逛一逛，那里有鳄鱼， 蜥蜴， 多种多样的西域鱼类， 小兔子， 以及宠物蛇等。如果你想买一只宠物店没有的品种，把宠物的照片给店主看，他可以帮你订购。购买后要到宠物医院打疫苗，宝鸡道旁边就有一家宠物医院，有些商家在出售宠物之前会带你去宠物医院注射疫苗，这样您买的宠物才不会有后顾之忧。

**W**hen shopping for pets, bear in mind that you may see some things that you would not see at home. Bear in mind that you are in China, and there are no laws concerning the treatment of animals.

Buying a pet here is fairly easy. There is particular one shopping mall and one street, which are almost next to each other. To find the pet shopping street 独山路 (dushanlu) go to the St. Joseph Cathedral (西开教堂) on 西宁道9号 (No. 9 Xining Dao), which is right next to Binjiang Dao. Dushanlu is next to the Church and if you walk down to the end of Dushanlu, you will see a series of small pet stalls. The market here is not too big, and it doesn't offer as wide a range of pets as the shopping mall located on 宝鸡东道 (baojiodongdao). Dushanlu connects Xining Lu and Baojiodongdao, so both areas are very accessible. The shopping mall, called 天津宝鸡东道花鸟鱼虫市场 (Tianjin baojiodongdao hua ji yu chong shi chang), has 3-4 floors of non-stop pets and pet accessories.

You can pretty much buy anything you want here. I saw a crocodile, some lizards, tonnes of exotic fish, as well as rabbits, snakes etc. If you just want to buy a cat or dog, there is still plenty to choose from, although they are mainly on the 1st and 2nd floors.

In terms of price, it really depends on what you want and how many. Bargaining is okay, so if you don't feel like a verbal duel, bring a friend to try and cut the overblown asking price down to size.

If there is a particular breed of cat or dog you want to buy, then I recommend finding the Chinese name, if possible bring a picture as well. Most vendors didn't have a catalogue with pictures, but some may have pictures on smart phones. If you can't see the pet you want then they will order it for you. Delivery times differ from next day to one week.

You don't need a passport when buying a pet. You can ask for a vaccination history but with no real way to prove if it is false or not, your best bet is to visit a vet.

The vet across the road from Bao Ji mall does health inspections on cats and dogs, other animals aren't covered. Some shops will do an on-the-spot inspection which costs CNY 80, while at the vets they offer several different inspections between CNY 50-70, the most expensive is the comprehensive one.

The cat inspection is priced separately from dogs. Different vendors have different policies, but generally, once you buy the pet, it is up to you to do the health inspection. Some vendors will take the pet to the vet at the time of purchase and if there is no problem then the cost of the vet's bill is borne by the buyer. However, if there is a problem the vendor will usually offer a full refund or change the animal. It is highly recommended to visit a vet, there are stories of people buying pets, the pet getting ill the next day and eventually dying.



Other vet services:

**Address:** No. 131, Commercial Site, Vanke Ruiwan Graden, crossing of Changjiang Dao and Xiaoyang Lu, Nankai District 南开区长江道与向阳路交口万科瑞万花园24号底墒131号

**Phone:** +86 22 2768 0183 or +86 22 2769 1809

**Mobile:** 139 2009 3586

**Website:** [www.cjcwyy.cn](http://www.cjcwyy.cn)

**Email:** [cj.zy@163.com](mailto:cj.zy@163.com)



**Discover R Life LIVE - 3D Tonight @ Renaissance Tianjin Lakeview Hotel**

On the 19 June 2013, as part of the Renaissance Hotel's second annual "Global Day of Discovery" celebration, the Renaissance Tianjin Lakeview Hotel held an R Life LIVE event called "3D tonight" which means Drink, Dance and Discover", and offered the guests unique opportunity to discover the very best of the hotel. More than 500 guests joined the party, including 50 media representatives.



The event started with the Live Band, followed by national dances, Cha-Cha, Samba and Cowboy dance and jewelry fashion show. DJ Coco led the party to the climax. Every guest enjoyed Drinking and Dancing while Discovering this amazing party under this wonderful summer evening night.

**The Day of Discovery @ Renaissance Tianjin TEDA Convention Centre Hotel**

If your experience of barbecue is a value burger and a cremated sausage in a bun served with tomato ketchup, then the Day of Discovery night, held on 19 June, at the Renaissance Tianjin TEDA Convention Centre Hotel, is a real eye opener to the range and quality of foods that can be cooked outdoors.



The Day of Discovery night is held annually at Renaissance hotels throughout the world and is aimed at bringing together guests and friends for an evening of eating, drinking and networking.

There was plenty of each. The night started at 5:30pm, with many guests arriving straight from work and keen to unwind with a wine or beer, while the food was being prepared. Trays of oysters cooked in 8 different ways were passed around. These were not just delicious, but also a good icebreaker and a means to curb the appetites provoked by the aromas from the cooking.

**Martini Night**

**@ Renaissance Lobby Lounge**

June 18th, Renaissance Tianjin Downtown Hotel offered our guests the unique opportunity to discover the very best of our hotel as part of Renaissance Hotels second annual "Global Day of Discovery." We encouraged guests to discover unforgettable moments and enriched them with unexpected experiences like delicious food and drinks as well as live music.



**星情绽放一夏**  
The Makings Of Summer

New to love  
香蕉可可碎片星冰乐  
Banana Java Chip  
Frappuccino®

Returning favorite  
低脂摩卡星冰乐  
Low Fat Mocha  
Frappuccino®

New to love  
红豆抹茶星冰乐  
Red Bean Green Tea  
Frappuccino®



## Starwood Hotels Took Part in the Dragon Boat Race

Starwood hotels in the Tianjin area took part in the Dragon Boat Race on the Haihe River on 12 June, 2013. Five Starwood hotels selected 24 associates and spa members to participate in this big event. They supplied purple T-shirts and caps. Five hotels offered the fabulous training facilities for all participants. Athletes can use the fitness centre in The Astor Hotel, A Luxury Collection Hotel, Tianjin; enjoy wholesome food in the Sheraton Binhai Hotel; swim in Sheraton Tianjin Hotel, experience heavenly spa treatment in the Westin Tianjin. Mr. Christian Metzner said, "Starwood Hotels & Resorts always show Starwood care to its guests and associates. It is a great opportunity for us to play as one team this time".



## The Grand 2013 Bridal Show in Sheraton Tianjin Hotel

The Sheraton Tianjin Hotel held the 2013 Bridal Show on 2 June, jointly organised with Prague Manor Wedding Consulting Co., Ltd. and Lan Na Wedding Organisation, which successfully built a one-stop wedding show platform for newlyweds.

The Wedding Show was conducted at the Banquet Hall on the second floor. Three different styles of wedding decorations were exhibited the luxurious and bright stage setting, gentle and warmth colour matching, unpredictable and changed lighting choices. All of these gave full expression of the happy and eternal moments of love. Dozens of new couples attended the grand ceremony with their families.

While the wedding show was going on, wedding planners gave professional advice, based on years of experience and planned individualised wedding plans for every couple at the ceremony: from wedding accessory design, delicious cuisine, flowers, wedding cake, wedding MC, wedding cars and every element to create the perfect wedding. The wedding planners provided patient explanation for each couple.



**Tiger**

www.tiger-beer.com.cn

**BATTLE OF THE BANDS** 2013

虎牌乐队龙虎榜

**虎牌啤酒乐队龙虎榜天津初赛第一，二场完美落幕@后巷**  
**密斯特乐队和李亮节和岩石乐队分别夺冠**

The Tiger Beer "Battle of the Bands 2013" first and second competitions concluded with a perfect ending!  
 First Competition Champion: **Mr. Band**  
 Second Competition Champion: **Li Liangjie & The Yanshi Band**  
 Final Time: 8PM, 5 July, 2013 Venue: 13 Club @ Italian Style Town  
 Long live rock! Cheers and kudos, Tiger Beer!

**Houxiang Bar**  
 Add: Crossing of Xinalu and Huajie Dao, Hedong District 河东路新开路与华捷道交口  
 Call: +86 186 0227 9082  
 Weibo: @后巷酒吧  
 Weixin: tianjinlaohu



## Passing the Actions of Love: More Caring More Hopes

The charity sale activity of 'Passing the action of love-raising charitable money for chronic aplastic anemia children' was sponsored by Yi Boutique Luxury Hotel with Lance Culture and Art Centre and the Jinze institution of public character from 31 May to 2 June, 2013.

Yi Boutique Luxury Hotel has always been committed to public charity activities, especially focusing on the problem of children's developmental health. Hotel staff members carried out careful planning and preparation for this activity, collecting love and keeping hope with the Jinze institution of public character.

Under the love and attention of the social sectors, this event finally came to a successful conclusion with more than CNY 10,000 of donations. All donations will go towards the Institution of Hematology and Blood Diseases Hospital and the cost of treating for children who are suffering from chronic aplastic anemia.

V LOUNGE

Enjoy a free cocktail, when you follow the Vounge's Weibo and Wechat official account of Weibo and share it with friends.

To follow V lounge, Please scan the QR code below

Heineken

Journey of Heineken's Champions League in a star-level experience

The finals of the football game organised by Heineken ended successfully in Fujian Tulou.

As the sponsor of the Champions League, Heineken always supports the football events. From 2008 to 2012, Heineken has organized the football activities separately in the Moonlake in Inner Mongolia, the Great Wall, Wuyishan, and Mogan Mountain. Heineken gives customers the opportunity of non-distance watching the game. Please let us build the distinctive star-level experience with Heineken!

# Barry Wordsworth and BBC Concert Orchestra

## 巴里·沃兹沃斯 与BBC音乐会管弦乐团音乐会

2013.7.25  
TIANJIN GRAND THEATRE  
CONCERT HALL  
大剧院音乐厅

指挥: 巴里·沃兹沃斯  
乐团: BBC音乐会管弦乐团

Conductor: Barry Wordsworth  
BBC Concert Orchestra

BBC音乐会管弦乐团成立于1931年，是英国广播公司（BBC）旗下的一支顶级交响乐团。精湛的演奏技艺和卓越的品质，作为英国广播公司下属的交响乐团而闻名。他们在演出时拥有许多曲目，这些曲目不仅包括一些经典和现代作品，还包括许多新作品。在演出时，乐团成员将带来令人难忘的表演。

Founded in 1931 the BBC Concert Orchestra is among the five orchestras run by British radio. Known for its strong history and excellence, the BBC Concert Orchestra has garnered audience appeal by performing orchestral favorites along with pop/jazz/classics and film soundtracks. Especially being loved by its interpretation of British music, the Orchestra will provide a true primer of British popular classics for their European appearance.

### Repertoire

- 编曲: 约翰·沃兹沃斯: 爵士的回忆
- 拉尔夫·沃兹沃斯: 摇滚乐: 摇滚乐
- 本杰明·布里顿: 青少年爵士乐队组曲, 作品34
- 埃里克·科蒂斯: 《爵士乐进行曲》选自《爵士乐》
- 拉尔夫·沃兹沃斯: 摇滚乐: 摇滚乐
- 埃里克·科蒂斯: 爵士的回忆, 作品34
- 拉尔夫·沃兹沃斯: 爵士的回忆, 作品34
- 埃里克·科蒂斯: 《爵士乐进行曲》选自《爵士乐》
- 拉尔夫·沃兹沃斯: 《爵士乐进行曲》第一号

- SIR WILLIAM TURNER WALTON: Concerto
- RALPH VAUGHAN WILLIAMS: The Swan
- BENJAMIN BRITTEN: "Young Person's" Concerto
- ERIC COATES: "Young Person's" Concerto
- RALPH VAUGHAN WILLIAMS: The Swan
- SIR EDWARD WILLIAM ELGAR: Concerto
- SIR MARCOLM HENRY ARNOLD: Concerto
- RALPH VAUGHAN WILLIAMS: Concerto
- ERIC COATES: "Young Person's" Concerto
- SIR EDWARD WILLIAM ELGAR: Concerto



## Hotel Indigo Tianjin Haihe Wins 2013 HURUN Hot Hotel Award

Hotel Indigo Tianjin Haihe received a "Hurun Hot Hotel" award from Hurun Report magazine's fourth annual 'The Hurun Presidential Awards' held on 3 June in Shanghai. The Hurun Hot Hotel award is presented to hotels that have opened in China within the past year, which the Hurun Report editorial team believes will set new standards in the local hospitality industry.



## Happy Children's Day at Min Yuan Terrace



The themed activity of 'Favour Nature' children's festival was sponsored by Tianjin Historical Architecture Restoration and Development Co., Ltd. in the Min Yuan Terrace Cultural Creative Block on 1 June, 2013.

The famous children's picture book writer Li Meng was invited to show children how to read children's picture books.

What's more, during the activity many professional art teachers educated children about painting their pictures. After the

activity, the sponsor displayed all of the children's pictures in a month-long exhibition. Clowns were also on hand to provide foil balloons, chocolate and popcorn. The aim was to offer a platform to show their work to children in Tianjin. Min Yuan Terrace Cultural Creative Block will become an art window which is full of culture atmosphere.

Min Yuan Terrace Cultural Creative Block also holds an 'Over-aged Children's Day' themed creation market. Many original brands coming from Beijing and Tianjin will roll out nostalgic products from the 70 or 80s. At the same time, there will be the 'Recall Childhood' live concert at night. It will play many classical children's songs and take all guests back to their childhood.

Min Yuan Terrace Cultural Creative Block will continue to bring out many kinds of boutique creative activities, becoming another good entertainment choice for citizens and travellers.

## Bu Bu Jing Qing Crew Stay at Hotel Indigo Tianjin Haihe

The Bu Bu Jing Qing crew filmed at Hotel Indigo Tianjin Haihe recently. The main actress and actor, Cecilia Liu and Nicky Wu are pictured with Hotel Indigo Tianjin Haihe's General Manager Ringo Poon.



## Rodney Holmes Drum Show



Famous TAMA drummer Rodney Holmes performed last Saturday at Nine Beat Modern Music School in Tianjin. This event was part of the TAMA DRUM CLINIC TOUR in Asia. The tour started on 25 May in Taipei, and ended on 1 June in Tianjin.

Rodney Holmes, was born in New York and started playing drums in the 4th grade. He was influenced by the likes of such great jazz drummers as Max Roach, Art Blakey, Kenny Clark, and Tony Williams, as well as drummers like Billy Cobham, Steve Gadd, and John Bonham of Led Zeppelin. Over the years he has

performed with great artists. He joined the Santana Band for the 1993 tour with Bob Dylan and the Brecker Brothers (performing on their 1994 Grammy winning album, Out of the Loop, and the song, "African Skies"). Rodney also went on tour and recorded with Santana from 1997 to June of 2000. He is now a multi Grammy winner.

The Tianjin event held at Nine Beat Music School started with performances from several students, giving the crowd that was waiting for Rodney, an amazing pre-show. The highlight was a 7 years old girl band, playing famous rock music by ACDC and Metallica. Finally the school's principal introduced Rodney, who gave an amazing show and answered several students' questions about his music, style and techniques. It was an amazing experience for all the young students at Nine Beats and general public.

# American Independence Day

By Justin Toy

美国独立日是纪念在1776年7月4日于大陆会议中宣布独立宣言所成立的节日。就另外一层意义来说，美国独立日也可以说是美国的国庆节。在7月4日这一天，美国会举办许多活动，其中最重要的就是敲响位于费城的自由钟，在各地也会举办各项庆祝活动，像是花车游行、节日游行等。

To every American, the fourth of July is a special time of year that brings friends and families closer together, helping to create fond memories. The fourth of July is effectively the Birthday of America, commemorating the adaption of the Declaration of Independence and is one of the most widely celebrated and important holidays in America.

### History

On 4 July, 1776 the Second Continental Congress approved and signed the Declaration of Independence. The document, which was composed by Thomas Jefferson, the man who would go on to become the third president of the US. The document gave a formal explanation of why the Congress voted for independence from Great Britain on 2 July, more than a year after the start of the American Revolutionary War. Two days later, the Congress debated and made some modifications to the Declaration before ratifying it. John Adams, one of the signers of the Declaration of Independence and second president of the US, envisioned that the second of July would be the date to commemorate the nation's birthday. In a letter to his wife, Abigail, he wrote that "The second day of July, 1776, will be the most memorable in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival... It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward forever more." His vision was correct, but his timing was off. In an amazing coincidence, both Adams and Jefferson, important founding fathers and signers of the Declaration of Independence, went on to pass away on the same day, July 4, 1826, the 50th anniversary of the Declaration.

### Today

Because the holiday is in summer, most Independence Day customs such as barbecues, cookouts, carnivals, baseball games, and fireworks are performed outdoors. The festivities are marked with numerous patriotic displays that involve face painting, wearing red, white and blue clothes, and festive parades. Fireworks are a large part of the celebration and can be enjoyed everywhere from small countryside towns to major metropolitan areas. To witness the most epic fireworks, head to New York City- home of the country's largest fireworks display. Other major displays can also be found in Chicago, San Diego, Boston, Saint Louis, San Francisco, and in Washington D.C.

## Listings Index TIANJIN

### Home 65-66

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

### Restaurants 60-63

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

### Hotels & Accommodation 66-67

- 5 Stars
- Apartments

### Recreation 67-68

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

### Coffee Shops & Tea Houses 63

- Coffee Shops
- Tea Houses

### Wine 63

### Nightlife 63-64

- Bars & Discos
- KTVs

### Dancing Club 64

### Services 68-69

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

### Health & Beauty 64-65

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

### Shopping 69

- Bookstores
- Department Stores & Shopping Malls

### Sports 65

- Golf Clubs
- Gyms

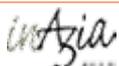


## Bakeries &amp; Desserts

**HP** **Gang Gang Delicatessen 冈冈面包房** Great bread and pastries, plus other stuff like cookies and sandwiches. Very reasonable prices. **A:** 103-104, Olympic Tower, Chengdu Dao, Heping District 和平区成都道126号奥林匹克大厦1层103-104  
**T:** +86 22 2334 5716



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



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

## Chinese



**HP** **Qing Wang Fu 庆王府 Qing**  
Wang Fu was founded 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** 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, 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** 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

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

**Celestial Court Chinese Restaurant 通天阁中餐** 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

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

## French



**HP** **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



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



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

## Indian

**NK** **Bawarchi Indian Restaurant 芭瓦琪印度餐厅** Authentic aromas of Indian spices. Great naan, curries, samosas and lamb. 11:00-14:00; 17:30-21:30. **A:** 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

**HP** **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

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

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

**Venezia Club 威尼斯酒吧** Simply must try 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

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

**SôU 思创** Features contemporary Japanese and European cuisine and offers a spectacular view of the city skyline, creating an exquisite ambience for romantic dinners. 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

**NK** **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 南开区滨水道时代奥城商业广场18号楼126号  
**T:** +86 22 8378 8223

**HX** **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

**HX** **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

**HP** **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号乐宾百货负1层  
**T:** +86 22 2716 8268  
**W:** pizzahut.com.cn

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

## Thai

**HP** **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



**YY Beer House 粤园泰餐厅** Cozy, genuine and simply delightful are the words to describe this exotic Thai locale. 11:30-02:00 (Behind International Building) **A:** No. 3, Aomen Lu, Heping District 和平区澳门路2号(国际大厦后侧)  
**T:** +86 22 2339 9634

## Vegetarian

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

## Western

**HP** **1863 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, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号天津利顺德大饭店豪华精选酒店1层  
**T:** +86 22 2331 1688 ext. 8918

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

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



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

**Chateau 35 古堡35西餐厅**  
Wonderfully renovated villa centrally located in the heart of Wu Da Dao. The food is scrumptious and reasonably priced. 11:00-24:00. **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 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




**Hank's Sports Bar & Grill**  
Offers traditional American favourites like burgers, steaks and pizzas in a cozy, laid back environment. 11:00-23:00.  
**Tel: 2341 7997**  
Address: First Floor, 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

**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 河西区滨水道16号万丽天津宾馆1层  
**T:** +86 22 5822 3388

**Terrace Café 燕园咖啡厅**  
A great location to have a very relaxed meal, in front of a wonderful garden. 06:00-23:00. **A:** 1F, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District 河西区紫金山路天津喜来登大酒店1层  
**T:** +86 22 2731 3388



**Fire House 浓舍**  
An international Steakhouse featuring a wood burning grill as the centerpiece of the restaurant. 11:30-14:00; 17:00-22:00. **A:** 1F, Renaissance Tianjin Lakeview Hotel 16 Binshui Road, Hexi District, Tianjin 河西区滨水道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 for 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 美天西餐厅咖啡**  
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 C1-2, Building No.1, No. 18 by 1, Tai'an Dao 泰安道18号增1号三号院一号楼C1-2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馆院内(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  
天津银河国际购物中心 81-37  
Tel: 022-83887139 Hours: 10:00-02:00  
**Bailou Wine Bar & Cellar**  
Kaifeng Dao, Heping District, Tianjin (Near Huanse Plaza)  
天津市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  
天津开发区第二大街二号东方花园底商2号  
Tel: 022-65398999 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: 022-27372119 Hours: 10:00-22:00  
**Rong Ye Wine Shop**  
No.175 Rongye Avenue, Heping District, Tianjin  
天津市和平区荣业大街175乙  
Tel: 022-2731268 Hours: 9:00-20:00  
All shops open 7 days  
**4006-199-159**  
[www.milwin.com.cn](http://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 Ji Zhong Lu, Heping District 和平区张自忠路158号(津塔旁·哈密道正对面)  
**T:** +86 22 5830 9999  
**W:** stregis.com/tianjin

**SITONG Bar 普唐音乐酒吧** Favoured for the last couple years by most expats as the place to end their nights dancing and meeting friends. 20:30-03:00. **A:** -1F, Olympic Tower Tianjin, Chengdu 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

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

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

**Mama Mia 妈咪咪音乐酒吧**  
 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

**Dancing Club**



**Argentine Tango Classroom 阿根廷探戈舞蹈教室**  
 Ater Club holds Tango classes for beginners and regular Milonga in Tianjin. Wednesday 18:30-21:00  
**A:** Room 302, Tianjin Youth Palace, No. 18, Harbin Road, Heping District 和平区哈尔滨道18号天津青年宫302室  
**T:** +86 158 2219 3256

**Beauty Salons**



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

**TITI 佑村造型** A chic salon 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1门  
**T:** +86 22 2374 1333

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

**Tattoo Studios**

**Ink Tattoo 墨颜刺青** Owned by artist Zhang, the store is tiny but inviting and the 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 services/courses will be tailored for different people's personal needs. Customers who get a membership card can enjoy a one-to-one special health advice service. Come to Fitness Body Comfort Club, and demonstrate a true commitment to your health!  
 Address: International Gym, Magnetic Capital, Binshui Xi Dao, Nankai District 南开区滨水西道时代奥城中央会所  
**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号利顺德大酒店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: chinarelocation.com

Hotels

**H P** Hotel Nikko Tianjin 天津日航酒店

The hotel's modern amenities and luxurious ambience make it an oasis of comfort and well-being in a bustling urban setting. **A:** No. 189, Nanjing Lu, Heping District 和平区南京路189号

T: +86 22 8319 8888  
W: nikkotianjin.com



**Tangla Hotel Tianjin** 天津唐拉雅秀酒店 The city's tallest 'penthouse hotel', sits right in the heart of the business and retail districts atop the Tianjin Centre. **A:** No. 219, Nanjing Lu, Heping District 和平区南京路219号

T: +86 22 2321 5888  
W: tanglahotels.com

**Renaissance Tianjin Hotel** 天津滨江万丽酒店 A contemporary landmark building in the CBD of Tianjin for the "young at heart" business traveler.

**A:** No. 105, Jianshe Lu, Heping District 和平区建设路105号  
T: +86 22 2302 6888



**ST REGIS**  
TIANJIN

天津瑞吉金融街酒店

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

T: +86 22 5830 9999  
W: stregis.com/tianjin

**The Westin Tianjin** 天津君隆威斯汀酒店 5 star hotel offering luxury, class and comfort featuring charming city views and the latest in technology.

**A:** No. 101, Nanjing Lu, Heping District 和平区南京路101号  
T: +86 22 2389 0088



**The Astor Hotel, A Luxury Collection Hotel, Tianjin** 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

**H X** 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 河西滨水道16号  
T: +86 22 5822 3388



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

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 河西区解放南路314号

T: +86 22 8832 8888

**H B** Banyan Tree Tianjin Riverside

**天津海河悦榕庄** Located right next to the Haihe River, it is one of the first hotels in Tianjin to bring a resort style service to a city setting.

**A:** No. 34, Haihe Dong Lu, Hebei District 河北区海河东路34号  
T: +86 22 5883 7848  
W: banyantree.com

**Holiday Inn Tianjin Riverside**

**天津海河假日酒店** Enjoy a scenic waterfront location at Holiday Inn Tianjin Riverside, just 15 minutes' drive from Tianjin's financial hub Phoenix Shopping Mall. **A:** Haihe Dong Lu, Hebei District 河北区海河东路凤凰商贸广场

T: +86 22 2627 8888  
W: HolidayInn.com



**Yi Boutique Luxury Hotel Tianjin**

**天津易精品奢华酒店** **A:** No. 52-54, Min Zu Road, Hebei District 河北区民族路52-54号

T: +86 22 2445 5511

**H Q** Holiday Inn Tianjin Aqua City

**天津水游城假日酒店** Newly opened hotel. Come and enjoy their spacious lobby, fine restaurants. **A:** No. 6, Jieyuan Dao, Hongqiao District 红桥区芥园道6号

T: +86 22 5877 6666



**Radisson Blu Plaza Hotel Tianjin**

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

T: +86 22 2457 8888

**Hyatt Regency Jing Jin City**

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

T: +86 22 5921 1234

Apartments

**H P** Astor Apartment 利顺德公寓

Apartment style accommodation close to the CBD. **A:** No. 32, Tai'er Zhuang Lu, Heping District 和平区台儿庄路32号

T: +86 22 2303 2888 ext. 0

**Qing Wang Fu Club Suites & Serviced Residences** 庆王府公馆

**A:** No.55, Chongqing Dao, Heping District 和平区重庆道55号  
T: +86 22 8713 5555 or 5835 2555  
W: qingwangfu.com



**Ariva Tianjin No.36 Serviced Apartment** 招商·艾丽华36号服务公寓

For the business travelers who spend hours on the road, our spacious and well equipped hotel rooms will help you unwind and relax. **A:** No. 36 Xikang Road, Heping District 和平区西康路36号

T: +86 22 2352 3636

**H X** Ariva Tianjin Binhai Serviced Apartment

**滨海·艾丽华服务公寓** **A:** No. 35, Zi Jin Shan Road, Hexi District 河西区紫金山路35号

T: +86 22 5856 8000  
F: +86 22 5856 8008  
W: www.stayariva.com



**H P** Somerset International Building Tianjin

No. 75, Nanjing Lu, Heping District Tel: +86 22 2330 6666  
**天津盛捷国际大厦服务公寓** 和平区南京路75号

**Somerset Olympic Tower Tianjin**

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

**Somerset Youyi Tianjin**

No. 35, Youyi Lu, Hexi District Tel: +86 22 2810 7888  
**天津盛捷友谊服务公寓** 河西区友谊路35号



**H X** The Lakeview, Tianjin-Marriott Executive Apartments

**天津万豪行政公寓** Offers furnished apartments with amenities and 24-hour staff of an upscale hotel. **A:** No. 16, Binshui Dao, Hexi District 河西区滨水道16号

T: +86 22 5822 3322

Antiques & Souvenirs Streets

**N K** Ancient Culture Street 古文化街

Famous for its traditional architecture located inside the street and the temple. A tourist attraction for all souvenir shopping. 09:00-17:00.

**A:** Ancient Culture Street, Nankai District 南开区古文化街

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

**A:** Drum Tower, Nankai District 南开区鼓楼

**X Q** Caozhuang Flower Market 曹庄花卉市场

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

Art Galleries

**H P** Min Yuan Xi Li Culture & Invention District

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

W: minyuanxili.com

Art Districts

**H P** Western Art Gallery 西洋美术馆

A classic style building which has ten show rooms. It's the first Gallery centres of International Art in Tianjin. CNY: 10. 09:30-16:30. **A:** The junction of Jiefang Bei Lu and Chifeng Dao, Heping District 和平区解放北路与赤峰道交口

T: +86 22 2330 3255

**H X** Western Shore Art Salon 西岸艺术馆

Unique gothic-style building engaged in elegant music performances, art exhibitions, poetry reading, music dance classes, and wedding ceremonies. Free. Tue-Thu, Sun 09:00-18:00; Fri-Sat 09:00-17:30. **A:** No. 3, the junction of Machang Dao and Youyi Bei Lu, Hexi District 河西区友谊北路与马场道交口3号

T: +86 22 2326 3505

**H B** Tianjin Academy of Fine-Arts

天津美院美术馆 The multifunctional museum has an exhibition hall, a library, a gift shop and a conference centre. CNY: 10. 09:30-16:30. **A:** No. 4, Tianwei Lu, Hebei District 河北区天纬路4号

T: +86 22 2624 1540  
W: tjarts.edu.cn

Museums

**H P** China House Museum 瓷房子博物馆

It's decorated with ancient pieces of porcelain, crystal, white marble, jade figurines, rare jewels and antique

furniture, from all dynasties. CNY: 35. 09:00-17:30. **A:** No. 72, Chifeng Dao, Heping District 和平区赤峰道72号

T: +86 22 2314 6666

**The Astor Hotel Tianjin Museum**

**天津利顺德大饭店博物馆** Politicians, Peking Opera kings, movie stars, emperors and empresses all stayed in the most dynamic place of the British Concession since the late 1800's. CNY: 50. 10:30-21:30. **A:** (Inside The Astor Hotel Tianjin). No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号 (天津利顺德大饭店内)

T: +86 22 2331 1688

**N K** Chinese Shoe Culture Museum

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

T: +86 22 2723 3636  
W: laomeihua.net

**Memorial Hall to Zhou Enlai and Deng Yingchao**

**周恩来邓颖超纪念馆** Dedicated to the memory of premier Zhou En-lai and his wife, Deng Yingchao, it features photos, documents and dioramas of significant events in their lives. Free. 09:00-16:00. **A:** Shuishang Gongyuan Bei Lu, Nankai District 南开区水上公园北路

T: +86 22 2359 2257

**H X** Tianjin Museum 天津博物馆

For the fluent Chinese speaker, it's a walk through China's most emblematic periods in ceramics. Free. Tue-Sun 09:00-16:30. **A:** Crossing of Pingjiang Dao and Yuexi Lu, Hexi District 河西区平江道与越秀路交口

T: +86 22 8300 3000  
W: tjbwg.com

**Yanliuqing Wood-Block New Year Pictures Museum**

**天津杨柳青木板年画博物馆** It is one of China's well loved folk arts, having a history of more than 400 years and is created especially for decorations during the Chinese spring festival. 09:00-16:30 (Tuesdays-Sundays) **A:** No.111, Sanheli, Tonglou Area, Hexi District 河西区佟楼三合里111号

T: +86 22 2837 8718

**B D** Jade Buddha Museum 玉佛宫

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

T: +86 22 2249 8995

**Parks**

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

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

**Theatres & Cinemas**

**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

**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 河西区平江路天津文化中心  
**T:** +86 22 8388 2000

**Associations**

**ICCO (International Committee for Chinese Orphans) ICCO** is a volunteer organisation dedicated to improving the lives of Tianjin's disabled orphans. **E:** iccoscretary@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**

**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 河西区泗水道4号增1号  
**T:** +86 22 8371 0900  
**W:** tiseagles.com



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

**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



**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

**Kindergarten**



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

**Language Schools**

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



**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

**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

**Alliance Française de Tianjin** 天津法盟 Part of the global Alliance Francaise network that offers French classes in a French speaking environment. **A:**

2F, Education Centre Building, North gate of Baitai 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@afchina.org  
**W:** aftianjin.org

**Exhibition Centres**

**Tianjin International Exhibition Centre** 天津国际会展中心 Located near Tianjin museum, this two-storey building is suitable for holding large-scale international and domestic exhibitions. 09:00-17:00. **A:** No. 32, Youyi Lu, Hexi District 河西区友谊路32号  
**T:** +86 22 2801 2988

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

**Libraries**

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

**Real Estate**

**CBRE**  
**CBRE Tianjin** 世邦魏理仕天津分公司 Providing high quality real estate services to developers, investors and clients throughout Greater China. **A:** 42F, Units 12 & 13, Tianjin World Financial Centre Office Tower, No. 2 Dagubei Road, Heping District. 和平区大沽北路2号天津环球金融中心津塔写字楼42层12-13单元  
**T:** +86 22 5832 0188  
**W:** cbre.com.cn

**Religion**

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

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

**T:** +86 22 2626 1768  
**W:** tjdebeyuan.com

**Serviced Offices**

**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之谷大厦一号楼11层  
**T:** +86 22 5890 5188  
**W:** regus.cn



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

**Travel Agencies**

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[info@thestarstravel.com](mailto:info@thestarstravel.com)  
or call **+86 159 22 000 555**

**Bookstores**

**Hai Guang Si Book City 海光寺书城** 09:30-18:30. **A:** Xindu Building, Hai Guang Si, Weijin Lu, Nankai District 南开海光寺卫津路新都大厦  
**T:** +86 22 2777 8505

**Tianjin Book Building 天津图书大厦**  
The biggest book store in Tianjin with everything from books and magazines to electronic reading materials and accessories, toys, music CDs etc. 09:30-20:00. **A:** No. 362, Dagubei Road, Hexi District 河西区大沽南路362号  
**T:** +86 22 2306 2335  
**W:** tjbb.com

**Department Stores & Shopping Malls**

**Hisense Plaza 海信广场** Featuring the most famous luxury brands in the world like Rolex and Gucci. Thu-Sun 10:00-21:30; Fri-Sat 10:00-22:00. **A:** No. 188, Jiefang Bei Lu, Heping District 和平区解放北路188号  
**T:** +86 22 2319 8888  
**W:** hisense-plaza.com

**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

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

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

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

# Listings Index

BINHAI AREA, TEDA & TANGGU

**Home** 72

- Laundries

**Restaurants** 71

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

**Hotels** 72-73

- 5 Stars

**Recreation** 73

- Art Galleries
- Cinemas
- Libraries
- Parks

**Tea Houses & Coffee Shops** 71-72

- Tea Houses
- Coffee Shops

**Services** 73

- Education
- Exhibition Centres

**Nightlife** 72

- Bars & Discos
- KTV

**Health & Beauty** 72

- Spas & Massages
- Hospitals

**Shopping** 73

- Department & Shopping Malls
- Supermarkets

**Sports** 73

- Golf Clubs
- Outdoor Clubs
- Polo Clubs

## 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, 2<sup>nd</sup> Avenue, TEDA 开发区第二大街展望路国信大厦A座27号 **T:** +86 22 6202 1188 **W:** baijiaoyuan.com

### 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 五穀日本料理** Traditional Japanese food, famous for its blossom stone package, fresh sashimi and steamed items. 11:00-20:30. **A:** 1F, No.29 Shishang Dong Lu, TEDA 开发区时尚东路29号1层 **T:** +86 22 5985 7141

**Baiyi Teppanyaki 百一铁板烧** One of the best choices for Teppanyaki in TEDA. 10:00-22:00. **A:** No. 2-1-6, King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰仟佰汇商业广场2-1-6号 **T:** +86 22 6629 5488

### Western

**Salsa Churrasco 巴西烧烤餐厅** A typical Brazilian barbecue restaurant with waiters going from table to table with skewers of picanha. 11:30-14:00; 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**  
天津环亚国际马球会大酒店 A luxury resort destination hotel with a prestigious members-only polo club, two international standard polo fields, a column-free Grand Ballroom and 10 restaurants and bars.

**A:** No.16, Hai Tai Hua Ke Jiu Lu, Bin Hai Gao Xin Qu, Tianjin 天津滨海高新区海泰华科九路16号  
**T:** +86 22 8373 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:** binhaiapark@163.com  
**W:** binhaiapark.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** 永旺梦乐城购物中心 A shopping mall with various shops, restaurants, and entertainment facilities. **A:** No.29 ShiShangDong Lu, TEDA开发区时尚东路29号  
**T:** +86 22 5985 7000

**King Buyer Shopping Mall** 鸿泰千佰汇商业广场 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



# Take the Kids: Travel across China

By Jenny Lin

Travelling across China with kids might seem daunting to some. But the good news is that train, plane and even automobile routes are well developed and fairly easy to negotiate. During May Day, we took our three boys, twin 7 year olds and a 3 year old from Beijing to Chongqing, then from Chongqing to Fuzhou and back to Beijing. The 12-day journey involved using all forms of transportation – even motorbikes.

All tickets were booked online, which is easier during busy periods, but they can also be bought from any ticket office. There are several websites for booking which cater to English speakers. Ticketing is now real-name only, including children. However, children under 1.2 metres are free and do not require a ticket. Children under 1.5 metres are half price. For a large family it's worth booking soft sleepers, which sleep 4 to a compartment, and which have a door that closes and locks. Smaller children can share a bed or share with parents. One ticket, if a shared bed, can be a seat that is upgraded on site.

Trains can be fun for children. There is space to sit and play on the beds, and usually plenty of kids to play with. But be sure to bring plenty

of your children's favourite entertainment and snacks. Meals can be eaten in the car or bought in a box. My kids love eating instant noodles on the train. We often bring boiled eggs to throw in. And one advantage of the soft

sleeper section is a sitting toilet, though cleanliness varies.

Most train stations are connected to long-distance coach stations, if your journey takes you to more remote areas. Most coaches are comfortable enough and the same rules for ticketing apply, though no ID is needed. A possible downside however is frequent delays depending on weather and traffic.

Flying is also convenient, and if you plan ahead and are flexible, it's not too expensive. Airports are of course further to get to and have the same security as in any country, so plan your bags accordingly. Sometimes flying is the only way to go if you don't want to spend two days on the train. The route from Chongqing to Fuzhou, for example, goes around some difficult terrain and is about two days long, so we flew that route. The trains from Beijing to Chongqing and Fuzhou are less than 24 hours and with kid prices and sharing beds, much more economical.

China is such a vast and diverse country, and it's important for the whole family to get a feel for the different terrain, climates, food; and even people and dialects. So don't let the fear of travelling with kids stop you!



# Yellow River Noodles: Xi'an Style *Xiaochi*

By Lisa Gay

This hole-in-the-wall Shaanxi eatery inside the Worker's Stadium serves up unapologetically heavy dishes, full of fat-flecked, juicy meats, veggies doused in vinegar, and savoury noodles brimming with kitchen leftovers. Don't let the street-food-style presentation put you off, however; these dishes employ some seriously addictive flavours. Think carbs and fats.

While ordering is made a bit of a hassle due to a Chinese-only menu posted up on the wall, there are luckily a bevy of pictures behind the counter. Point at what appeals and the staff will ring it up and bring it out in a matter of minutes, depending, of course, on the size of the crowds. Order the liangpi noodles with a tangy, slightly spicy sauce with a speckle of sliced vegetables and cubed bread, or try the lovely hand-pulled saozimian that has a distinct sour flavour with plenty of sliced carrot and potatoes.

Yellow River's roujiamou—or more fancifully, a Chinese-style hamburger—is particularly popular. Chunks of juicy pork dotted with hot peppers are stuffed between two pieces of flatbread. Despite the juices flowing from the filling, the pillowy bread never gets too soggy, but holds together well.

Shaanxi cuisine makes extensive use of pork, but lamb also appears in the menu, due to the influence of the local Hui Muslims. The premier dish is the yangroupaomo, which is a

savoury soup made from lamb and chunks of flatbread. But be warned, this giant bowl needs several diners to have any hope of finishing it. Solo eaters or couples may want to consider ordering the mouth-wateringly succulent lamb kebobs (yangrouchuan'r) instead.

Yellow River Noodles are ridiculously cheap. Expect to pay CNY 30-40 each for a meal. The restaurant itself is open 24 hours, which is a smart move, considering the amount of bars in the vicinity. If you are planning on a night of clubbing in Sanlitun, refuel at Yellow River—it will keep you going until dawn.



**Details:**

What: Yellow River Noodles/黄河水陕西小吃

Where: Inside East Gate of Workers Stadium/工人体育场东门外



# QINHUANGDAO WHERE THE GREAT WALL MEETS THE SEA

By Keith Crane

秦皇岛市位于中国河北省的东北部，为河北省所管辖，是中国北方著名的港口城市。秦皇岛因中国历史上第一个皇帝秦始皇于公元前215年东巡至此，并潜人入海求仙而得名，是中国唯一一个以皇帝的尊号而命名的城市。山海关为中国万里长城“龙头”的入海处，自古就有着“天下第一关”的美誉。

北戴河海滨地处河北省秦皇岛市中心的西部。是秦皇岛的城市区之一。受海洋气候的影响，夏无酷暑，冬无严寒，常年保持一级大气质量。北戴河气候宜人，二十里长、曲折平坦的沙质海滩，沙软潮平，背靠树木葱郁的联峰山，自然环境优美。与北京、天津、秦皇岛、兴城、葫芦岛构成一条黄金旅游带。

南戴河虽不如北戴河那么有名，但这里海水清澈、沙软潮平、风爽无尘，是一处比现在的北戴河更值得去的海滨沙滩。2008年这里曾经举办过英式足球比赛。您还可以花十五分钟时间乘坐缆车欣赏北戴河海岸线的全景，享受海风拂面的清爽感觉，顺便路过游乐园的碰碰车，体验一下蹦极。这里的海鲜多种多样，任您选择。快来畅游夏天的避暑胜地秦皇岛吧！

When I first saw the Old Dragon's Head, or where the Great Wall of China meets the sea, it was minus 17 degrees Celsius, howling a gale, and the sea was frozen, metres out.

Shanhaiguan lies in the north of Qinhuangdao, so take a bus or taxi ride out of the city centre. You'll

find plenty of taxi drivers keen to take you, but insist on the meter.

Once there you can visit a museum set in the wall, although everything is in Chinese. Or head up the hill and through the narrow arch to the beach to get a better view.

Tourist brochures tell you that this is China's gold coast, and indeed the resort of Beidaihe is labelled as China's equivalent of the US's Camp David, for it being a favourite destination of top leaders to escape Beijing and make key decisions.

There was certainly high security over that weekend, suggesting that they were in some of the many plush villas that dotted the coast, but as visitors you are kept well away – one taxi I was in was pulled over for inspection.

Most people descend upon the centre of Beidaihe, and it is a clear favourite for Russians, with road, restaurant and resort signs all in the Cyrillic language. Its beaches get crowded, indeed you might even be charged for access to some of the best if you're not staying at a particular hotel or resort.

So to avoid the crush there, head south to Nandaihe. It's much quieter, offers similar beaches but attracts far fewer crowds. In fact, it reminded me of many off-season summer resorts back near my home in the UK; think of Dymchurch for example. But don't let that put you off. If you make sure you don't fall for the local taxi drivers' scams, trying to insist that you're better off visiting the nearby wildlife park so that they can pocket a little backhand, as well as the extra fare.

Instead see the town itself, although it is past its heyday when it hosted soccer matches at the 2008 Olympics.

A key attraction is a cable car ride out to sea and an island amusement park of dodgems, bungee jumping and more, and a good view back of the coastline.

It's a leisurely fifteen minute ride and a chance to relax and unwind, and enjoy some fresh sea air.

Seafood of course is plentiful here, so sit in one of the many restaurants and take your pick of what's on offer.

But back to Shanhaiguan's camel. I didn't take the ride, but it was a distraction from what is the real highlight of a visit here.

If you've seen the wall at any other point, this is literally where thousands of kilometres of it finally run out. It really does feel like you've reached the end!

### Travel tips:

High Speed trains take just over two hours from Tianjin and Beijing to the newly rebuilt Qinhuangdao station, also stopping at Beidaihe.

Stay centrally in Qinhuangdao city and you can access all points by bus or taxi.

Be aware that taxi drivers will try and take you to tourist sites at a fee. Make sure you know where you're going and have them charge you by the meter.

Jinjiang Inns has two hotels, one in Qinhuangdao city centre and one by the Tanghe river. Closer to the beach, stay at the 5 star Grand Hotel, in splendid isolation. [www.agoda.com](http://www.agoda.com)

Brush up on your Russian. You'll find more menus in Cyrillic than English.





# Taking a Trip to Vietnam's Stunning Phu Quoc Island

By Li Ying

To get an impression of Vietnam, you really have to try the Vietnamese raw rice spring roll. The taste is delicate and it has a soft fragrance because the spring roll skin is made of rice and the freshest vegetables are inside it. It is a truly unforgettable culinary experience. With the flavour to the raw rice spring roll lingering on our taste buds, we started the Vietnam Phu Quoc Island trip.

Phu Quoc Island is located in the south of Vietnam and is the biggest island in the country. The area is equal in size to Singapore. It takes two and a half hours from Hanoi to reach Phu Quoc Island by air. The Duong Dang Airport of Phu Quoc Island was built in 2012. When getting off the plane, the sea climate caresses your face and there is a clear and boundless sky in front of you! We were looking forward to visiting the island which has not yet been spoiled by overexploitation.

After arriving in Phu Quoc Island, visitors should firstly go to visit the Dinh Cau temple, which regarded as a spiritual home by local fishermen and is located in the main city Duong Dong.

It blesses and protects the people on the Island, helps them to fish safely and brings happiness to the people. Dinh Cau temple has been rebuilt several times by Vietnamese residing abroad.

La Veranda Resort is the hotel we stayed at on the Island. It is a colourful waterscape resort. The green tropical plants come into bloom and butterflies land on the flowers. The yellow doors and windows are a sign of the comfort that is within. The blue outdoor swimming pool really stands out and the red roof provides a noble background. La Veranda Resort is different from the splendid hotels in the



city. It is a private, exquisite, and enjoyable waterscape resort.

Then, we went fishing and experienced the real fisherman's life. In Phu Quoc Island, you do not need to worry about getting fish. The fish are more numerous than people. On the boat, the captain can cook not only the fish, which guests catch, but also fresh sea urchins. If you come to the sea, you cannot fail to eat this nourishing food. Fishing times are from 11:00 to 14:00 and 17:00 to 21:00. You can book the boat via the hotel on the same day. 10 people can rent one boat and it is equivalent to about CNY 120 per person.



Speaking of the special local products of Phu Quoc Island, we must mention the fish sauce which is extracted from the fermentation of fish with sea salt for one year. It includes 17 kinds of amino acid and is used as a condiment in various Southeast Asian cuisines. Because of the long fermentation, the taste is better than most Vietnamese local fish sauce. Not only the fish sauce, but coffee, pepper and coconut are all special local products on the Island.

We went to the so called Long Beach. On the way, there is another spot we visited, that is the biggest pearl farm which is jointly run by Vietnam and Australia. You can see how pearls are processed. They not only have beautiful pearl products, but the shell products look unique and adorable.

Finally, we got to Long Beach! The sand is white and fine. Entering the sea, and facing the sky, everything is light blue, it's so wonderful!

Nowadays, every week there are 300-500 tourists coming to Phu Quoc Island from Malaysia. Since there are so many beautiful stories about Phu Quoc Island. It will attract more and more tourists. Will it become your next destination?

## Tips:

### 1. How to go

#### Airplane by Vietnam Airlines

Beijing - Hanoi	VN 513/ PEK - HAN/ 15:45 - 18:20
Hanoi - Phu Quoc Island	VN 1233/ HAN - PQC/ 08:20 - 10:45
Phu Quoc Island - Hanoi	VN 1232/ PQC - HAN/ 11:35 - 14:00
Hanoi - Beijing	VN 512/ HAN - PEK/ 10:10 - 14:45

#### Vietnam Airlines Beijing Office

**Add:** S121, Kempinski Hotel, Beijing Lufthansa Center, No. 50, Liangmaqiao Road, Chaoyang District, Beijing

**Tel:** +86 10 8454 1196

**E-mail:** BJS-OFFICE.CN@VIETNAMAIRLINES.COM

**Website:** [www.vietnamairlines.com](http://www.vietnamairlines.com)

### 2. Where to stay

- 1) Hanoi - Sofitel Plaza hotel <http://www.sofitel.com/gb/hotel-3553-sofitel-plaza-hanoi/index.shtml>
- 2) Phu Quoc Island - La Veranda Resort [www.laverandaresorts.com](http://www.laverandaresorts.com)

**3. Language:** Vietnamese/English

**4. Currency:** VND/Dollar (1 RMB= 3,402 VND)





# Family 家庭(1) jiā tíng

One day, David invited Amanda to visit his new house and they chatted with each other.

一天, 大卫 邀请(2) 阿曼达 来 他家里 做客(3), 两个人 也 互相  
yī tiān, dà wèi yāo qǐng ā màn dá lái tā jiā lǐ zuò kè, liǎng gè rén yě hù xiāng  
聊了聊。  
liáo le liáo。

David: Hello, please come in.

大卫: 你好! 请进!  
dà wèi: nǐ hǎo! qǐng jìn!

Amanda: Hello, how are you?

阿曼达: 你好! 怎么样啊?  
ā màn dá: nǐ hǎo! zěn me yàng a?

David: Fine, please sit down!

大卫: 很好, 请坐!  
dà wèi: hěn hǎo, qǐng zuò!

Amanda: Thank you.

阿曼达: 谢谢。  
ā màn dá: xiè xiè。

David: Is your home in Beijing?

大卫: 你的家在 北京 吗?  
dà wèi: nǐ de jiā zài běi jīng ma?

Amanda: No, my home is in Tianjin.

阿曼达: 不, 我的家在 天津。  
ā màn dá: bú, wǒ de jiā zài tiān jīn。

David: How many people are there in your family?

大卫: 你家有什么人?  
dà wèi: nǐ jiā yǒu shén me rén?

Amanda: There are three people in my family: my father, my mother and me.

阿曼达: 我家有三口人(4), 父亲(5), 母亲(6) 和我。  
ā màn dá: wǒ jiā yǒu sān kǒu rén, fù qīn, mǔ qīn hé wǒ。

David: Where does your father work?

大卫: 你父亲在 哪儿(7) 工作(8)?  
dà wèi: nǐ fù qīn zài nǎ ér gōng zuò?

Amanda: He works in a bank.

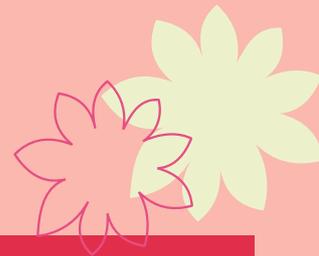
阿曼达: 他在 银行(9) 工作。  
ā màn dá: tā zài yín háng gōng zuò。

David: Does your mother also work in a bank?

大卫: 你母亲也在 银行 工作 吗?  
dà wèi: nǐ mǔ qīn yě zài yín háng gōng zuò ma?

Amanda: No, she works in a university.

阿曼达: 不, 她在 大学(10) 工作。  
ā màn dá: bù, tā zài dà xué gōng zuò。



### Vocabulary:

(1) family	家庭	jiā tíng
(2) invite	邀请	yāo qǐng
(3) visit one's house	做客	zuò kè
(4) three people in the family	三口人	sān kǒu rén
(5) father	父亲	fù qīn
(6) mother	母亲	mǔ qīn
(7) where	哪儿	nǎ ér
(8) work	工作	gōng zuò
(9) bank	银行	yín háng
(10) university	大学	dà xué

# HorosCope



## Cancer (6.21 – 7.22)

This month, you'll realise how valued you are. You may forget about this because of the business of life, but July will surprise you. You'll come to know that you are useful, worthy, and truly enough. What a great realisation!



## Aries (3.21 – 4.19)

Remember, you are unlimited. Within you are many dreams and passions that you have neglected for years because you thought you can never reach them.

It's time to dream dreams again. July is the perfect month for them.



## Taurus (4.20 – 5.20)

You need to reach out for some friends and be patient with them. You felt that someone in your life has been neglecting you but this is because

they felt that you have been thinking too much of yourself. You cannot always be the centre of the universe.



## Gemini (5.21 – 6.20)

With all the voices telling you where to go, what to do, and what not to do; you need time to ask yourself what you really want and where you really want to go. It's not about what people say, it's about what gives you happiness and satisfaction.



## Leo (7.23 – 8.22)

You may feel that you're fighting battles alone. The truth is, this is not so. The universe has a way of conspiring just for you to win what you've always wanted. Along with it comes hard work, but have faith that all things will work out for your good.



## Virgo (8.23 – 9.22)

Realise the importance of a positive attitude. There may be a lot to complain about this month, maybe it would help if you try to understand things from a different perspective. A positive attitude almost always brings out good results so try to have it.



## Libra (9.23 – 10.22)

Invitations and events come aplenty this July and you'll find yourself busily

moving from one event to another. However, allow some time to listen and spend quality time with important people in your life. Don't ever let them feel neglected.



## Scorpio (10.23 – 11.21)

They say opportunity knocks only once but it seems that July has a lot of opportunities for you, dear Scorpio. At the same time, be prudent on which opportunity to take and make sure it'll bring you closer to your goal.



## Sagittarius (11.22 – 12.21)

You'll meet people and travel to places you've never been before this month. This experience will enrich you and at the same time finally inspire you to work on something you've always wanted to do. Go for it, Sagittarius! You are never too small to do something big.



## Capricorn (12.22 – 1.19)

You feel lazy to go the extra mile on your fitness regimen because you never seem to see results. Yet, results can't be seen overnight. So don't give up on your fitness goals and yes, go the extra mile. It's all good!



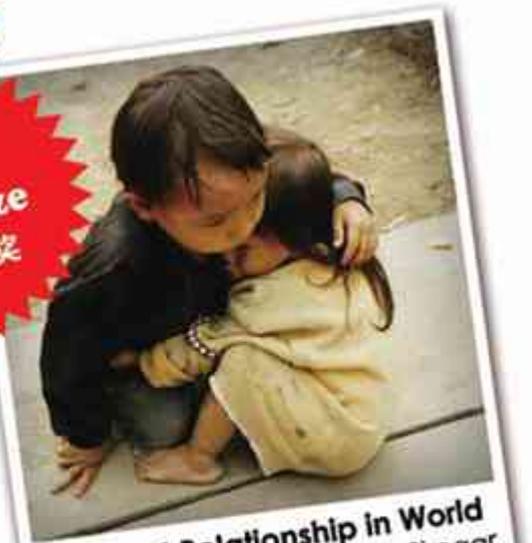
## Aquarius (1.20 – 2.18)

One thing you should be reminded this July: you don't need to please everyone. There will always be people who would not like what you say or do. Don't let them bring you down but instead let them inspire you to work harder.



## Pisces (2.19 – 3.20)

Worry has no use. Although you know this, you still find yourself worrying if things will work out the way you plan them. Truth is, no, they will not always work out the way you want them but everything will be okay. Less control and more faith is what you need.



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