

2013.08

津品生活

TIANJIN PLUS

Your guide to the City

16

Living the High Life

Mr. Daniel Wee,  
Deputy City Manager,  
Tianjin of Ascott China

黄瑞安

天津城市副经理, 雅诗阁中国



ISSN 2076-1743





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Your guide to the City

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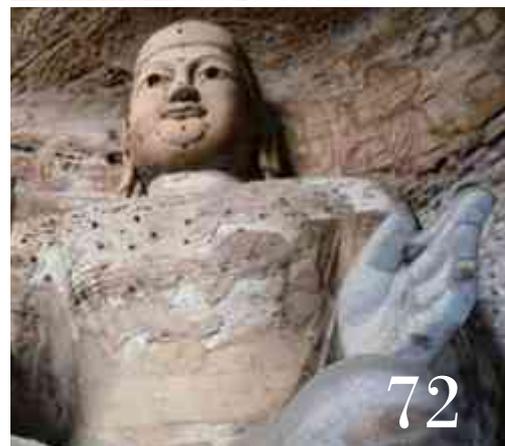
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**02**  
**FRI**



**EDITOR'S PICK**

**Coral de Camara de Navarra**  
- The Spanish Folk Music Night  
西班牙民歌之夜+纳瓦拉室内合唱团音乐会  
★ Concert Hall, Tianjin Grand Theatre 天津大剧院音乐厅  
⌚ 19:30 ¥10-120 ☎ +86 22 8388 2000, 8388 2002, 2332 0068



**Violin Solo Concert by Wanghui**  
天穹的聆听+王惠小提琴独奏音乐会  
★ Western Shore Art Salon 西岸艺术馆  
⌚ 20:00 ¥100 ☎ +86 22 2326 3505

**03**  
**SAT**



**Li Silin Special Concert**  
单纯时刻--李思琳专场音乐会  
★ Western Shore Art Salon 西岸艺术馆  
⌚ 20:00 ¥100 ☎ +86 22 2326 3505

**06**  
**TUE**



**EDITOR'S PICK**

**"To Live" Drama Debut in Tianjin**  
by Huang Bo & Yuan Quan  
黄渤袁泉主演 孟京辉话剧《活着》天津首演  
★ Tianjin Grand Auditorium 天津大礼堂  
⌚ 19:30 ¥580-880 ☎ 400 610 3721  
04-07 August

**10**  
**SAT**



**Children's Play - Prince Frog's Magic Abyss**  
儿童剧《青蛙王子之魔法深渊》  
★ Playhouse, Tianjin Grand Theatre 天津大剧院小剧场  
⌚ 14:30/19:30 ¥60-120  
☎ +86 22 8388 2000, 8388 2002, 2332 0068



**Wen Yuchuan Piano Recital Concert**  
白与黑--温雨川钢琴独奏音乐会  
★ Western Shore Art Salon 西岸艺术馆  
⌚ 20:00 ¥100 ☎ +86 22 2326 3505

**16**  
**FRI**



**Buddhist Music Appreciation**  
琴韵禅心--佛乐欣赏专场  
★ Western Shore Art Salon 西岸艺术馆  
⌚ 20:00 ¥100 ☎ +86 22 2326 3505



**Playhouse Drama - Copenhagen**  
小剧场话剧《哥本哈根》  
★ Playhouse, Tianjin Grand Theatre 天津大剧院小剧场  
⌚ 19:30 ¥50-180  
☎ +86 22 8388 2000, 8388 2002, 2332 0068  
14-17 August

**20**  
**TUE**



**Finland Magic Children's Play - Sulb Lost Light**  
芬兰魔术儿童剧《遗失光芒的灯泡头》  
★ Playhouse, Tianjin Grand Theatre 天津大剧院小剧场  
⌚ 14:00/19:30 ¥60-120  
☎ +86 22 8388 2000, 8388 2002, 2332 0068  
20-21 August

**23**  
**FRI**



**Mr. Yin Chengzong**  
**Piano Maestro 30 Anniversary Concert**  
辉煌的历程  
--钢琴大师殷承宗卡耐基音乐厅首演30周年音乐会  
★ Concert Hall, Tianjin Grand Theatre 天津大剧院音乐厅  
⌚ 19:30 ¥10-120  
☎ +86 22 8388 2000, 8388 2002, 2332 0068

**23**  
**FRI**



**EDITOR'S PICK**

**2013 Tianjin International Fashion Beach Music Festival**  
2013天津国际时尚沙滩音乐节  
-- "中国好声音" 唱响滨海新区  
★ Tianjin Dongfang Bay Beach 天津东疆湾沙滩  
⌚ 14:00 ¥240-280 ☎ 400 610 3721  
23-24 August

**24**  
**SAT**



**Children's Play - Don't be Afraid of the Darkness**  
黑夜儿童剧《别怕黑》  
★ Playhouse, Tianjin Grand Theatre 天津大剧院小剧场  
⌚ 14:00/19:30 ¥10-120  
☎ +86 22 8388 2000, 8388 2002, 2332 0068



**EDITOR'S PICK**

**Tianjin Futsal Season 3 天津五人制足球第三季**  
★ Social League: No. 9 Middle School;  
Pro League: Wellington College Tianjin  
⌚ 12:00-14:00 ¥5,000 Per Team  
☎ +86 186 2215 1337 at Konrad (English)



**EDITOR'S PICK**

**Miyazaki Hayao Anime-themed Concert**  
天空之城--宫崎骏动漫主题音乐会  
★ Western Shore Art Salon 西岸艺术馆  
⌚ 20:00 ¥100 ☎ +86 22 2326 3505

**31**  
**SAT**



**Pipa Concert by Ms. Zhang Hongyan**  
且弹且谈--张红艳琵琶音乐会  
★ Tianjin Concert Hall 天津音乐厅  
⌚ 19:30 ¥30-120  
☎ +86 22 8388 2000, 8388 2002, 2332 0068

## Special Days

7 Aug Beginning of Autumn (lǚ qiū)  
13 Aug Chinese Valentine's Day (qī xī)  
23 Aug Grist of Heat (chū shǔ)

Include your events in our calendar.  
e-mail to [edl@tianjinplus.com](mailto:edl@tianjinplus.com)  
[www.tianjinplus.com](http://www.tianjinplus.com)

### Summertime Preferential Month @ German Restaurant Beer House

In line with 2013 Beer Festival activities in Tianjin, German Restaurant Beer House will hold the Summertime Preferential Month from 1 to 15 August. Let's enjoy a different summer at Meijiang Fuli Jin Men Lake!

During the beer festival preferential month, consumers get German Love Cookies for free and enjoy 15% off for all the beer and beverages. Some of the dishes are also on 15% discount.

Tel: +86 22 8815 8577

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Tel: +86 22 5861 9999

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Premium Box: CNY 268/box

\* Subject to terms and conditions

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豪华礼盒: 人民币188元/盒

精选礼盒: 人民币268元/盒

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Time: Dinner 18:00pm - 22:30, 1-31 August, 2013

Price: CNY 298(200g) addition CNY 50/ 100g

For more information, please call: +86 2731 3388 ext. 1821

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\*Price subject to 15% service charge. Terms and Conditions apply

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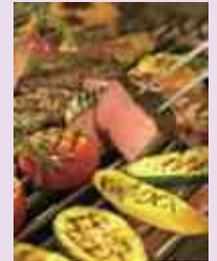
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\*以上价格需另加收15%服务费, 活动适用条件及条款以店内公示为准。



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## Battle of the Bands – Final Heat

By Robert Watt

The night is hot and sultry with not a breath of breeze. Inside the temperature is soaring, not just with the press of sweating bodies crushed shoulder to shoulder, but with the excitement and tension of competition. It's the final heat of the battle of the bands and the contest is as hot as hell.

Club 13 is rammed with a mass of youthful energy to see four bands fight out Tianjin's final round. Each group is the winner from a previous round. Tonight's clash comes to a climax with the champion going forward to other cities in the Tiger beer sponsored search for China's top rock act.

2nd on stage, 'Li Liang Jie and Rock', are the less conventional of the 4 acts, looking like a cross between a Tianjin Talk show and a more familiar rock band. The lead singer plays a San Xian (Chinese traditional guitar) and a big guy smashes into a large Chinese drum. The sound is heavy on rhythm and reliant on the humorous lyrics often sounding more chanted than sung.

'Mr.' are the liveliest, somehow managing to stay looking cool while jumping and fist pumping their way through their high energy set. They have a catchy soft rock song 'My Girl' whose chorus is burned into the brain long after their act is finished. They own the stage like veteran stars and even manage to get a portion of the crowd enthusiastically moshing.

Last up are the 3 piece rockers 'Stone Lion'. In contrast to the clean, cool choreographed energy of the previous band, Stone Lion's act is an understated stripped down show of raw power. Complex instrumentation weaves over churning rhythms and screaming vocals. Style is just wild hair plastered to glistening foreheads.

Finally, the audience's votes are added to the judges and **Tianjin Plus'** favourite, 'Stone Lion', scrape a victory by 7 votes. The war is won and people pile out like refugees from its fug into the comparatively cooler night, clothes clinging to bodies and ears humming. The lead singer of Stone Lion known as 'Strong John' thanks **Tianjin Plus** and they're wished good luck in return. They were the best tonight, but judging from the four previous rounds, it's clear that there's a lot of talent in Tianjin.



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## Pre-Work Assemblies: Boosting Employee Morale the Chinese Way!

By Josh Cooper



Have you ever walked past a hotel, restaurant, hairdressers or any other everyday place of commerce in China and wondered why dozens of people are assembled outside being dictated in military fashion to by their boss? If you have been in the country for a while then you may even have seen them doing exercise or dance routines. And if you have never seen such an event, it surely won't be long until you do!

The first time one sees these staff gatherings taking place, the things that come to mind are that there has either been a fire in the kitchen or a severe telling off of the entire team is in full swing. You will usually see the uniform clad waiting and kitchen staff of a restaurant lined up in front of a stern manager who proceeds to give a very loud speech (or a passionate one, depending how you look at things).

Mr. Liu, the operations manager of a big Tianjin hotel, told us that "the pre-work assemblies are nothing to do with enforcing rules or controlling staff members. In fact, they are the opposite; we do them to make everyone feel like their working day is a mission and they are all part of a team".

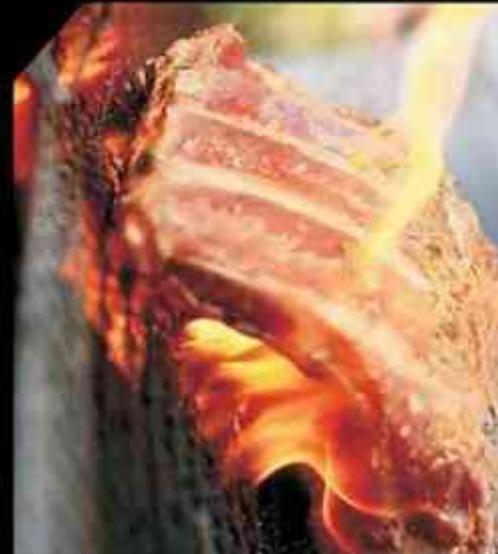
The managers' inspirational speech format is just one of the ways in which companies build staff cohesion and morale. Many pre-work assemblies include chants, exercise routines and/or elaborate dance performances. In the latter case, one cannot help but wonder if this is as much geared towards drawing in customers as it is to giving the workers a lift before work. Nevertheless, it is fascinating for the outside observer!

These pre-work assemblies are one of the very many things about Chinese culture which are

incredibly intriguing yet very little has been written about them (in English at least). Search engines and the blogosphere will render very few results. Yet they are fairly ubiquitous occurrences around China and there is plenty of video footage online. If you work for a company that is not currently having pre-work assemblies, why not suggest it to your boss and help to boost staff morale the Chinese way?!



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# Living the High Life

Talk with Mr. Daniel Wee,  
Deputy City Manager, Tianjin of Ascott China

By Matthew Baum



Daniel Wee is the Singaporean Deputy City Manager for the 3 Somerset Serviced Residences in Tianjin. He has been with Ascott in China for about 3 years in total, 2 years in Shanghai and has recently moved to Tianjin. Today he talks to **Tianjin Plus** about life in the serviced residences, and the new changes coming to one of the most prominent buildings in Tianjin, the Somerset International Building.

**First of all, congratulations for winning the “Best Serviced Residence Operator” at the Best of Tianjin Award earlier this**

**year. How did this award affect you and your properties?**

Thank you! We deeply appreciate your recognition and it was an honour to get the award. It is an acknowledgement of everyone's efforts and that we are going on the right path. There was a 'branding' when we received this award... the brand of 'Trust'. We are operating 3 Somerset branded

serviced residences (managed by Ascott China) in Tianjin, two of which have built a reputation of over 10 years in the market. For biz travellers and tourists alike, they also find the second home here. So winning this award encourages our confidence in our biz here and wins the trust of being a leader in this industry.

**As a Singaporean in a Singaporean company, you must understand the brand and its related concepts more deeply. How does the Ascott brand stand out from the competition?**

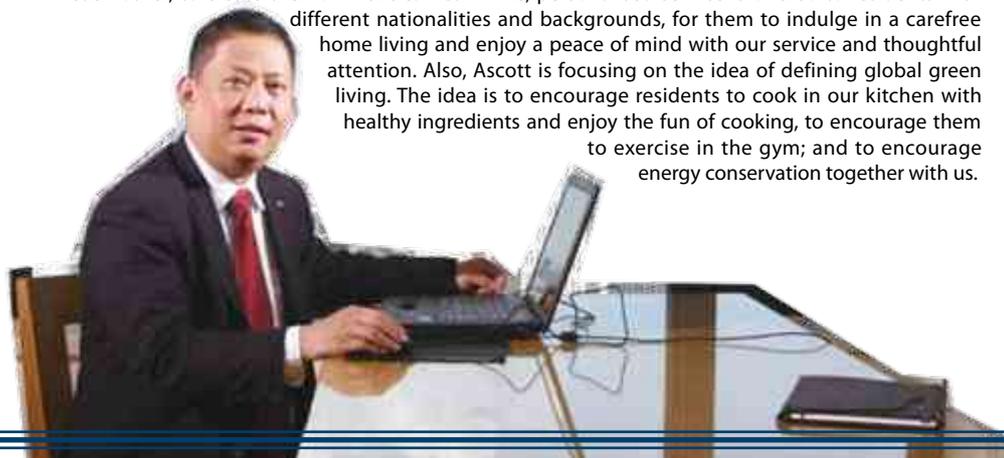
Singapore is a small and relatively young country with significant position in the world. Same as the country, the 29-year history Ascott is also a fast developing company, especially in China. Many new residences are signed or opened every year. We now have over 70 cities in over 20 different countries all over the world. No doubt we are the world's largest serviced residence owner-operator. Because we're managing so many properties, we have more ability to make decisions, perfect our service, and set up service and operational standards. In the meantime, our staff can have the opportunity to grow together

with the company and accumulate more experience, to become professionals in this industry. With these two powerful weapons, Ascott is literally setting the trend and always exceeds expectations.

In Singapore, we don't have any natural resources, apart from our people. So when it comes to representing Singapore we are at our best in the service sector. So there is pride of course, that it is a Singaporean company and that we have established our name internationally, as a leader. To live up to the high standard we have set ourselves, we will be constantly upgrading and learning along the way. Our culture is simply to exceed expectations. This pushes us to discover and expand further.

**Could you tell us about the recently launched concept: “Ascott Lifestyle”?**

In this new world, businesses are moving so fast and everyone is travelling everywhere, moving to new environments. It can be a very dramatic change for guests and their families adapting to new surroundings. The 'Ascott Lifestyle' is created to minimise inconveniences and maintain our residents' lifestyles so that they feel the most comfort, whilst living their lives. We are always advocating on our local community living environment and providing opportunities for residents to make friends with each other, to create their own circle. Meanwhile, personalised service is offered to residents with different nationalities and backgrounds, for them to indulge in a carefree home living and enjoy a peace of mind with our service and thoughtful attention. Also, Ascott is focusing on the idea of defining global green living. The idea is to encourage residents to cook in our kitchen with healthy ingredients and enjoy the fun of cooking, to encourage them to exercise in the gym; and to encourage energy conservation together with us.





**How does Ascott interact with residents' lives outside of the their apartments?**

Our three residences in Tianjin are either located in prime districts or within the vicinity of convenient living areas. Moreover, we have different facilities and programmes or activities to complement one another. This not only adds more value for our residents but it creates a bigger community of friendships. Our Residents Activities, which bring together residents from all three properties, have really gone down well! Many foreigners have come to know china better.

**How do you update and maintain your residences?**

With new projects entering the market, managing a historical landmark can be an ideal thing. The amount of history and reputation distinguish us from others. You can see the same building from outside. But inside, we're upgrading various facilities from time to time, like the newly built parking building just put into use, and the renovations on the 36<sup>th</sup> floor. By the end of 2013, we will have a fully installed CBD-top lounge and gym. Our breakfast lounge, incidentally, was newly launched in January, but it has gained encouraging compliments so we are improving the facility again.

**How is life at the serviced apartments different from life at a normal hotel?**

As we mentioned about the lifestyle, we are focusing on "living" more than "staying". You may find yourself living like you would at home in a serviced residence and you have a life here. You live in a familiar environment with familiar staff and see familiar neighbours everyday rather than strangers, which makes you feel safe and comfortable. Our spacious living areas and kitchens in every apartment are obviously a lot better than a typical hotel room.

Last year we launched an "Ascott Host" program specially for our long-stay and selected short stay loyal guests. Under the program each guest receives individual attention from one specially-designated employee known as the host, whom will contact them via email even before they arrive in the city. The main role of the Ascott Host is to do their utmost to help the new-arrivals settle in their new city of residence. The hosts will contact the guests prior to their arrival in the city, briefing them on the residence's facilities, all amenities around the residence such as supermarkets and schools, and any other special requests the guest may have. They will also leave their phone numbers and email addresses so the guests can contact them at any time of the day. The program is planned to be extended to all customers in the future. On top of this we provide all relevant information for local services. We also provide iPads with translation software if there is not a host that speaks your language. Once you live here, you're going to love it immediately.

**What environmentally friendly initiatives do you implement at the serviced apartments?**

We are implementing the Go Green concept worldwide. Every year's Earth Hour is a must do, not only for us, but also our residents are encouraged to participate. Energy conservation tips are placed in every apartment to remind residents to save water and electricity. Garbage sorting is implementing in every residence. Printing materials are made by recycling paper in priority. So many things to go with the Green concept.





# Tianjin Plus Magazine

## Turns

By Cathy Pérez



In this same month four years ago, we were distributed to hotels, restaurants, every other nook and cranny of Tianjin. It is a lifestyle magazine that is created out of the expat community's insistent request for a family-friendly, entertaining lifestyle guide.

copies of a new lifestyle magazine shops, spas, business institutions and lifestyle magazine that is created out of the expat community's insistent request for a family-friendly, entertaining lifestyle guide.

Every month since this inception A pool of creative minds have been coming together - sharing expat experiences, discussing thoughts, developing plans, conceptualising content and design, and coming up with out-of-the-box ideas that may help in the making of a lifestyle supplement that answers the pleas of foreigners and English speakers in Tianjin.

In August 2009, **Tianjin Plus'** first issue appeared in magazine stands; small but fierce, new but creative, unique but informative, and definitely faithful to the notion of helping foreigners, whether new or old, to get to know the city even more and to appreciate the city's speedy ride to development.

It has now been four years since the birth of this unique and invaluable publication. As the city develops, so does **Tianjin Plus**. Editors and contributors still come together, week after week, developing new concepts, thinking about what content is best for expats, always motivated to see things with new and deeper perspectives, and all the time looking for substantial stories and excellent people to appear on **Tianjin Plus'** glossy pages. If there is anything readers should know about **Tianjin Plus**, it is that stories and images appear on the magazine's pages because they are created out of editors' desire to provide what's best for readers, whether it be a story, event or any other kind of information. It is all for you, dear readers! **Tianjin Plus** is in the serious business of making your life in Tianjin as vibrant and as colourful as possible.

Yes, you may only be here for business or a short term stay, but we can give you special guidance on how to find your breathing space outside ofwork. You may be a foreign student, but we can give you information on the latest hang-outs in town (because we understand that too much of school is not cool!). Or, you may be here only for a few months, but pick up **Tianjin Plus**, read its pages, and before you know it, you're on your way to visiting the best places Tianjin can offer.

Some say there is nothing to do in Tianjin. We say, you will never run out of things to do in Tianjin. But first of all, you need a faithful guide; and **Tianjin Plus** is it!

Since it is **Tianjin Plus'** fourth anniversary, here are four reasons why you should read this magazine EVERY month:

### 1:Tianjin Plus is handy!

Size does matter! You don't want be carrying a heavy magazine with many non-sense articles on it. You'd rather carry something that's handy but packed with substantial information. And that's what **Tianjin Plus** is. You can take the magazine anywhere with its convenient size of 14 x 21 cm. This means you can read the magazine whilst on the subway to Binjiang Dao and there's ease in flipping its pages. And it's easy to read, too!

### 2: Tianjin Plus gives up-to-date information!

Information is everything, so they say. The calendar of events on pages 8 and 9 of every issue shows the many activities happening around the city. Not only that, the latest in art and culture, nightlife, expat community news, the hospitality industry, dining, sports, and many more important aspects of Tianjin life are imprinted onto these pages. We not only give you the information that you want, but also the information that you need!

### 3: Tianjin Plus supports cultural understanding!

**Tianjin Plus** understands culture shock, culture clashes and cultural diversity. It's difficult to study Chinese, says a foreigner. I'm shy to talk to a wai guo ren, says a Tianjin local. We hear you, people! So that's why we have the Chinese Lesson column, simplified and made useful, just for you. Besides this, we feature articles highlighting achievements, whether made by Chinese or foreigners, and asking them key questions about dealing with cultural differences. We also have global and local travel columns that unflinchingly present different cultures, places and people. If these are not enough, check out our Recipes Page and be inspired by how our contributor from America does his best to cook Chinese foods, or our Relationship Column as Angela and Daemon shed light on issues of human relationships. They're insightful and hilarious, but always encouraging cultural understanding!

### 4: Tianjin Plus is, by far, the best!

That's what we aim for, and ambitious as it may sound, we are not shy in declaring it to the world. **Tianjin Plus** is created by a group of people who love what they do and who care about Tianjin and the world. As mentioned before, we are in the serious business of giving our readers a vibrant and meaningful life in Tianjin. And there's no way we're going to stop!

This month, as **Tianjin Plus** celebrates its fourth year anniversary, our staff—from the Managing Director, Editors, Contributors, designers, photographers, distributors, all the way down to the cleaners, would like to say a big "thank you" to our readers for four years of faithfulness! We're the best because our readers are the best. It takes one to know one. Cheers!



# Tips on How to Make the Perfect Burger

By Justin Toy



你或许吃过许许多多的汉堡，无外乎是两片面包夹着一些奶酪片，蔬菜，不同肉类以及其他佐料。但是，要想做出真正地道美味的汉堡包，可不是那么简单哦！从选材上就是大有讲究的，如何做出让令人垂涎欲滴的汉堡呢？本期美食达人贾斯汀同学又来支招啦！或许不是那么专业的意见，但是绝对从个人口味出发，为您解读舌尖上的奥秘！

In many countries around the world, cookouts and barbecues are synonymous with round delicious patties of ground beef grilled to perfection and nestled between two slices of freshly baked bread, and perhaps smothered with cheese, veggies and condiments. From McDonalds

to gourmet restaurants, to backyard BBQs, hamburgers have been pleasing the taste buds of millions of people around the world for generations. But with varying recipes and methods and even entire books dedicated to the art of making burgers, how do you know where to get started? Below are some tips, tricks, and advice on how to make the most mouth watering burgers.

## The beef

Burgers are obviously not health food. With that being said, you don't want to use a lean cut of meat. The experts say that you want to have the fat content of your burgers to be at least 18%. Some feel that a mixture that contains 40% fat is ideal (however extremely fatty). The higher the fat content, the juicier your burgers will be. The best cut of meat to use is chuck steak but it goes great with a blend of short-rib and brisket if available. If you go to the market, ask them to grind the beef for you freshly. A more course grind is ideal for a better texture. If you are really serious about making the best burgers possible, you could grind your own beef. Don't have a meat grinder at home (who does)? Then use a food processor. Just cut your meat into 1 inch cubes and set them in the freezer for about 15 minutes so the beef is firm but not frozen. Then, pulse the meat in 500 gram batches to the desired grind. Grinding your own meat will allow you to control the meat blend, fat content, and grind size.

## Keep the patties cold

Again, fat is what is going to make your burgers taste the best. With that in mind, heat is bad for your burgers because warm fat is soft and pliable. When you are handling the burgers, the warmth, especially from your hands, will cause the fat to smear off (and not end up between your buns!). So be sure to handle the burgers as minimally as possible and to store your burgers in the fridge until they are ready to be cooked.

## Season generously but with the right seasonings

Even if you choose the greatest blend of meat, your burger will be lacking serious flavour if you do not season them properly. Be generous with your spices and use freshly ground pepper instead of the pre-ground powder. Also, make sure you add the salt after the patties have been formed. Salt dissolves muscle protein and can make your burgers tougher like a sausage. The best time to add salt to your patties is right before they go in to the skillet/ on the grill. Avoid using too many different seasonings that will detract from the full flavour of the beef.

## Flip the burgers once and don't press them

In case you forgot, fat tastes good! Don't squeeze all the fat out of the burgers by pressing them on your skillet or grill. Also, avoid flipping your burgers too often as this will also cause the juices to drain out of your burger patty.

## Weekend Outdoor Barbecue Buffet Dinner @ Hotel Indigo Tianjin Haihe.

Enjoy Both the Beautiful Nightscape and Delectable Cuisine!

Speaking of food and drink during summer time, you cannot miss draught beer and barbecue! Imagine the delightful scene of an evening of beer and BBQ. Aiming to bring Tianjin citizens a different dinner experience, Hotel Indigo Tianjin Haihe offers the delectable German Style Outdoor Barbecue Buffet Dinner every Friday and Saturday from July to September, which enables people to have tasty BBQ and authentic German beer on the wooden Blauer Engel Terrace. What's more, people are also able to appreciate the beautiful view of Hotel Indigo Tianjin Haihe's nightscape.

Dick Lu, the Executive Chef and his culinary team made elaborate preparation for guests including more than 20 fresh varieties of barbecue. With the professional BBQ grill, all sorts of roast meat, sausages, seafood, mushrooms, egg plant, corn, and potatoes are barbecued on the live cooking station. Also, available are fresh vegetable salad, fruits, German bread and desserts. There are lovely buzzing noises during the barbecue process and the beef, mutton, shrimp and oysters do smell good. The grilled oysters with minced garlic taste irresistible! The roasted mutton chop meat is tender; and the grilled sirloin steak with juicy meat tastes fresh. The salad bar also features the local - boiled peanuts and green soy beans. With another pitcher of beer, you will be satisfied with this experience. With the traditional German Black Forest Cake with subtle bittersweet tastes, and cool beer and beverages, there's no more blisteringly hot summer, just pleasant summertime!

Sitting on the sofa in the terrace, feeling the gentle breeze, enjoying savoury cuisine and admiring the stunning sunset scenery of the exquisite European-style villas, you will be enchanted by the natural beauty. Strolling with your beloved in the yard to experience the quiet romance and take photos in front of the exotic villas together, it is the perfect moment you deserve to enjoy.

Blauer Engel Beerhouse & Eatery is the ideal venue for holding private activities. With a capacity of 90 people on two floors, the Blauer Engel is equipped with large screen and audiovisual entertainment apparatus, here is good for holding corporate event and social party. Every night from the period of 8 to 10PM, the live Jazz band performance creates the festive atmosphere.



**Time:** 18:30-21:00 every Friday & Saturday

**Price:** CNY 258 + 15% service charge (inclusive of free flow of soft drink and beer)

**Date:** July-September

**Venue:** Blauer Engel Terrace, Hotel Indigo Tianjin Haihe

**Address:** No. 314, Jiefang Nan Lu, Hexi District 河西区解放南路314号

**Tel:** +86 22 8832 8888





# The Answer is Blowing in the Wind



By Matthew Baum

**B**lowing in the Wind is a bar with conversation at its heart. Everything about the small bar is instilled with a passion for spending time with friends over some of the best cocktails and Tex-Mex food in Tianjin.

Donald, the owner, found his passion for all things Mexican in a trip to Texas, where he discovered Tex-Mex food, a hybrid cuisine of the best of Mexico and Texas. Despite this, the bar has alcohol running through its veins. The service is geared to making great cocktails, and they deliver; the Margarita and the Mojito, were some of the best I have ever tasted. Added to that, drinks are only CNY 50, and were bigger than my head, no tiny glasses with an inflated price. Drinks are made

by Donald and his bartender, who have been running bars in Tianjin and Nanjing for the last decade or so.

Despite being a bar, the culinary part of Donald's trip to America left its mark on Blowing in the Wind. The food they serve is authentic and delicious, but was originally meant to accompany the drinks, rather than the other way round. Because of this the menu is still on the small side. Enchilladas, Quesedillas, and Nachos, with a healthier option of a Green Salad make up the bulk of the menu, but they are all amazingly well cooked, and the portions are enormous. The price is reasonable as well, a plate of quesadillas or two enchiladas is only CNY 45, and both come with home-made salsa.

The lighting and the music are subtle but still have their own presence that infuses the bar with a mellow atmosphere. The music is Latin based with a smattering of blues, and the lighting creates a feeling of permanent dusk, not too bright, not too dark. It's romantic and laidback, so making new friends and getting to know old ones better has never been easier.

**Address:** No. 2 Wu Jia Yao 吴家窑2号路  
**Tel:** +86 22 2351 4989  
**Email:** dhspost@163.com  
**Opening Times:** 18:00-01:00, food starts at 18:30 and finishes at 22:30.

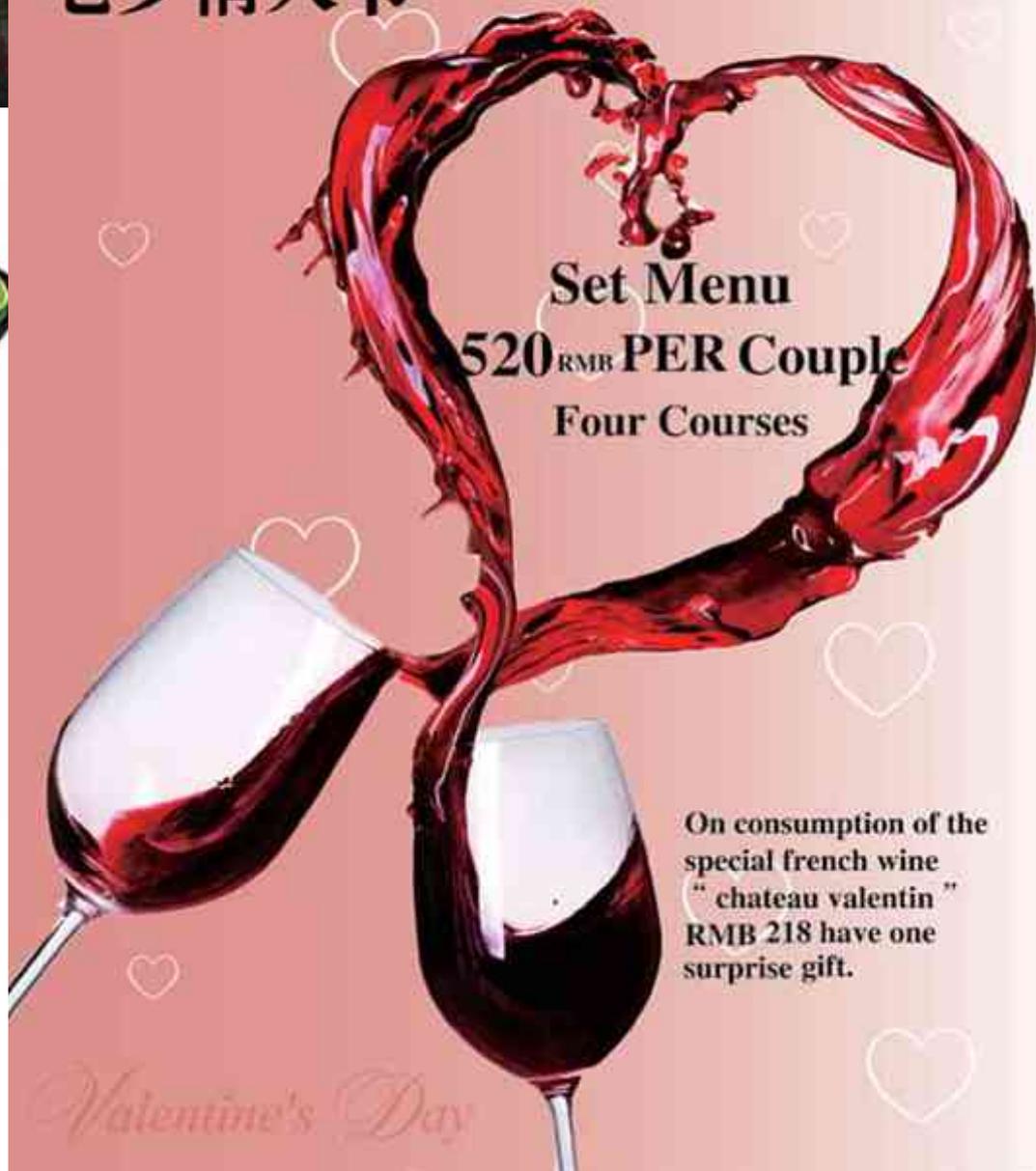


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Valentine's Day



# A GO-GO WITH SOHO'S MOJO

By Robert Watt



苏荷酒吧(Soho Bar)可能是天津最具盛名的酒吧了,它诞生于2003年,是中国最具原创和个性的连锁酒吧企业集团。独特舒适的空间设计,极具魅力的音乐,亲切真诚的服务,构筑了苏荷独有的模式。这里总是人声鼎沸,派对联欢,现场充满异域气息,不拘一格。本编辑采访了主唱歌手Jacqui,请他谈谈乐队“新世纪节拍”(New World Beat)的情况: Jenny是合唱,Edwardo是鼓手,Ariel负责电子琴,Ricky负责贝斯,Georgie是吉他手。Georgie来自保加利亚,其余人都来自菲律宾。每晚九点开始演奏,演奏四小时,每45分钟休息一次。乐队已经在这个酒吧演奏了一年多了,每个乐队成员对于音乐的品味各有千秋,他们的歌曲囊括了世界各地的语言:汉语,英语,日语,德语,西班牙语。乐队与观众进行现场互动,弹奏观众要求的各种音乐舞曲,每天的音乐都是各具特色,新鲜出炉,活力四现。Jacqui分配乐队成员独奏的部分,每人各司其职。另外, Jacqui 通常去游泳或者跑步来增加肺活量,每晚演出前他会喝大量的水,做一些准备活动。派对浪潮如火如荼,还等什么呢?快来亲自体验“新世纪节拍”乐队带来的震撼音乐吧!

Soho bar is probably Tianjin's most renowned bar. It is a Chinese phenomenon everyone should experience at least once. There's always something happening, it's always busy, always party night. Part of the exotic spirit and eclectic entertainment is the resident band lead by Jacqui, the lead singer, who took some time out to talk with *Tianjin Plus*.

## Can you tell me a bit about the band?

The band is called New World Beat and we play at Soho bar every night. Usually we play 4 sets, the first is at 9:00 and they're about 45 minutes each. But if there are a lot of people still dancing towards the end, such as during holidays, then we carry the last set on a bit longer. So we play about 4 hours altogether. I am the bandleader and lead singer, Jenny is co-singer, Edwardo plays drums, Ariel is on keyboard, Ricky on bass and Georgie plays guitar. We are all from the Philippines, except for Georgie, who is from Bulgaria.

We all work with the same agency except for Georgie who I met in



Malaysia. I put the group together, about 3 years ago, from people in the agency and the agency finds the gigs and arranges the travel etc. All we have to do is pack our bags and play.

## Does your playlist in Soho reflect your musical tastes?

We all have different music tastes and different music that we want to play, but we have to play what the audience wants. We can practice what we like, but if we can't play it then we are wasting our time. We have to play music that people can dance to and things that they know, so we're always adding new songs from Billboard.

I write down the songs we are going to do for each set. If, after a couple of songs, everyone has gone and sat down then we change it.

I always put something into each set that gives each member a spot too. So a song that has a guitar solo or a keyboard solo, for instance. I have to make sure the band is happy as well as the audience!

## How do you keep the act fresh and spontaneous?

We have been playing every night of the week for 1 year and 8 months without a break. A lot of people say, "how do you do that?" But you get used to it and so long as we enjoy doing it, it doesn't feel hard.

All the time I have to watch people, watch the crowd. We have to react to the people in the bar that night. If there are a lot of Chinese in, we play some Chinese songs. The mix of people can change as the night progresses.

So it changes all the time, new songs, different crowd, different reactions, it's never really the same, it's always fresh. The nights always go quickly and I often want to do one more.

## How much preparation does the band do?

Usually, we rehearse twice a week 3 or 4 songs. New songs we learn separately for about two weeks then rehearse them together. We also practice old songs because sometimes there is a request. I keep a list of songs requested and we play the song most requested during a month.

For myself, I go swimming, use the gym and go running regularly for the voice and breathing. I get to Soho an hour and a half before the first set. I can't just go on stage, I feel uneasy and uncomfortable; I need that time to do some preparation. I also drink lots of water. The guys like to play some sports or sleep most of the day, but all of the band members have a warm up routine, before they go on stage, it's very important.

## Do you get time to relax or have a night out?

We relax a bit after work, but we don't go to disco bars. It's really important that we get on well together. Musicians are the most sensitive and while we might occasionally have disagreements, it's important we keep that feeling and perform as a group. We use our emotions in our work, so the crowd will sense if we are not feeling united and think we are just here for the money. It is important that we are good friends.

## Why are bands from the Philippines so sought after for Chinese bars and clubs?

This is the first band I have worked with that is mostly Filipino. Before, I was in mixed bands, so from my experience, I would say first it's the work ethic. Second, it's also easy for us to sing Chinese songs, Japanese, German, Spanish, English songs; the language is easy for us.



## Elliott's Corner: A Welcoming Space for Special Needs Kids in Beijing

By Lisa Gay

*Elliott's Corner (EC) is a dedicated therapy centre for special needs kids in Beijing, with occupational, physical and speech therapists on hand. Tianjin Plus recently sat down with Assistant General Manager Jill Zhang to talk about running a Western-style therapy centre in Beijing.*



### How did Elliott's Corner begin?

It actually started as Olivia's Place in Shanghai. One family had a girl born with Down's Syndrome, and it was so hard for them to find specialised services in China—there really wasn't a therapy service like ours at the time.

There are many therapists in Beijing and Shanghai, but they all work alone. They don't have a multidisciplinary team and can never continually learn or improve their skills. That's one of the reasons why Elliott's Corner was able to attract therapists in Beijing, they had questions and nobody to ask.

Another reason for opening a centre in Beijing was to provide therapy for local kids. We have a bigger mission to provide and change the way therapy is done in China. To help spread the word, we needed to expand.

### Do you mostly work with expat children?

About 70-80% of our children are expat kids, but we are getting more and more interest from the local community. Because Beijing is the capital of China, there are lots of local organisations for kids with disabilities headquartered here. We wanted to reach out to them.

### How do your therapists work with local organisations?

We usually contact the local organisation asking them if they have any specific needs or any problems they need help with. We also do pro bono work at orphanages and maternity hospitals. This is because many of our therapists came to Beijing to help local Chinese kids, otherwise they would have just stayed at home!

### What training and qualifications do your therapists hold?

All of our therapists on staff have overseas license . We have a few PhDs.

Actually, therapy as a qualification doesn't exist in China, so all of our therapists come from abroad and are licensed in their home country. Between them, they probably speak about ten languages. Our bigger mission is to obtain some sort of local accreditation, so we're working with Chinese universities to develop speech, occupational and physical therapy programs.

### What are the cultural challenges of providing Western-style therapy in China?

Well, a lot of local parents do not accept their child's disability. That's why you rarely see kids with disabilities out on the streets, you never see a child in a wheelchair in Beijing. They often keep their kids at home.

What we've been trying to do is let these parents know that therapy can bring out the potential in their child and that the very last thing you want to do is hide these children away.

### How do these cultural issues affect their approach to therapy?

Parents often misunderstand the purpose of therapy. Many will ask me a question like, "How long until my child will be cured?" Parents need to understand that their child doesn't have a disease, and they don't need to be cured. We really have to drive this point home to the families.

We often find that a lot of Chinese parents and even grandparents are in denial. They'll say, "But my child looks so normal! I can't believe he has autism". If the kid looks fine on the outside, it's so hard for them to grasp that there may be a problem. A lot of parents will delay therapy because of this. They keep hoping that the child will "catch up."

### You've been providing therapeutic care for children for three years now. Have you seen any positive changes amongst the local community?

The local mindset is slowly changing. For instance, with communication and social challenges, they just want the child to be able to speak. But the bigger picture is that the child needs to be able to communicate, often by using pictures. That's how you reduce the frustration [of speaking]. Many parents are beginning to understand this. They are beginning to understand that therapy is a long road.

There's also a big movement on the web for parents of special needs kids, and they are always online sharing their experiences and that's really an excellent outlet. We've had Q&A sessions on the web for parents of children with disabilities. Some are not ready to come out in the open, but we do give them advice.

### Any big projects coming up?

We're really hoping to set up different centres in other cities throughout China and reach more local children. We've had a handful of kids from Tianjin coming to Elliott's every week, so we're planning to expand here as well. The plan is to work with international schools in Tianjin from the next school year onwards, which is something we frequently do in Beijing.

### Elliott's Corner Pediatric Therapy Centre 胡宝小屋

**Address:** Unit 19-05, Building 2, Kandu International, No. 10, North East 4th Ring Road, Chaoyang District, Beijing  
北京朝阳区东四环北路10号瞰都国际2号楼19-05室

**Email:** jiz@oliviasplace.org **Tel:** +86 10 6461 6283





# My Style Notes

By Silvina Pardo



Following the previous issue where we talked about linen jackets, summer shoes, updated chinos and belt, here we talk about indispensable items to complete your summer wardrobe.

## Men-Summer Essentials

Wardrobe staples every guy needs.

### Lightweight sweater

The best sweaters for Summer will be slightly different from Winter ones, think transitional sweater styles that will look good on as they will be tied around your waist, which is what usually happened in tricky hot weather. The point is to opt for lightweight knits and smart shapes. These are the 3 styles to go for when choosing essentials, there will be all the classic shapes you'd expect, but with variations to make them more seasonally appropriate. Go for a classic cardigan, in a plain colour, it is perfect to wear over shirts as well as over T-shirt for a modern look. A V-neck in a bright colour will add some fun to the simplest ensemble of jeans and basic T-shirts, go for bright blue, red or yellow. Finally, a white and navy stripe pullover is a basic that always look good, with jeans, khaki chinos or colourful trousers, it is the new classic for men.



### The perfect shirt

Picking out men's shirts sounds like it's a relatively easy thing to do, but it isn't all that simple. Consider all the options one needs to think about: fabric, cut, buttons, patterns, button down or spread collar. So to make things easier we select 5 essential shirts every man should have, all you need is one of each style and you will be ready for any occasion. For that newly made-to-measure suit you need a formal shirt, choose a structured fabric and white colour. For a casual going out with friends you need the bright pattern shirt, this is where you can have fun and choose any print and colour you prefer. For a special date or an office day choose a button-down collar shirt. The rugged chambray shirt and summer linen shirt are perfect for your holidays.



### Sunglasses

People that are prone to lose things will say that they are not a good investment, but guys that invest in a good pair of sunglasses know the difference. An original pair of sunglasses gives personality to a classic ensemble. They are the finishing touch that can define your whole look. Classic shapes with some original details are the options to go for, for smart occasions, Persol Steve McQueen tortoiseshell sunglasses are a great option, while for casual looks like shorts and T-shirts mirrored ultra-reflective lenses will add some original detail to simple clothes.



### Swim trunks

Unlike the ladies who have a million different ways to wear their swim suits, guys really just have their bathing suit. That is your outfit in the summer. So in the interest of getting it right, let's review your options. The terms board short and swim trunk have been used interchangeably, to mark the difference, board shorts tend to be longer, have a Velcro or button fly, and are meant to be worn on the hips. They are usually worn by surfers but they are the perfect option for anyone with some sporty style. If you prefer something a little more traditional—and with a drawstring waist, then a classic swim trunk is for you. The way to make classic swim trunks into cool ones is to choose a fun colour or a cool print. Note that palm trees and tropical prints are the latest in men's fashion wear. Have a look at our picks for what to wear to the beach this summer and see which swimsuit style fits best.



# Beauty Products for Men

By Silvina Pardo

Contrary to popular belief, men are in fact concerned about their appearance and they don't want to hide it anymore. Times when they used to steal girlfriend's creams are over. Now they want products specially design for them and for their necessities.

An area of rapid growth in the sales of beauty products has been in products designed specifically for men. Although this market is relatively new, experts predict that cosmetics for men will be the next big thing in beauty products.

Here we present a list of most popular products and simple steps for how to use them:

**Clinique** presents a quick, effective 3-Step Skin Care System. The product is based on the research and experience of guiding dermatologists, and the unique needs of men's skin. Just 3 steps, 3 minutes, twice a day: clean, exfoliate, moisturize. It gets your skin in its best shape for your best shave. Everything is custom-fitted to your skin type and is allergy tested and 100% fragrance free.



**Clarins** recommends these four steps for skin care:

### Cleanse

Due to workouts, work, pollution and stress, a man's skin can get very dirty. Give yourself a handsome advantage with cleansing formulas that protect and prep skin for whatever comes its way. Pores open. Ingrown hairs rise up. Sets your beard up for the perfect shave!

### Shave

Clarins Men believes that shaving shouldn't require heroics—and that a close shave shouldn't be a close call. That's why they are developed gentle steps to your best shave yet. Each clinically tested on the toughest beards.

### Eye care

Rugged good looks are one thing. Deep lines and crevices are another thing entirely. Kick off your anti-aging strategy with formulas that tackle the age prone zone around eyes—minimizing the appearance of dark circles, puffiness and signs of fatigue.

### Hydrate

Clarins Men sensitivity experts know that no matter how tough a man's skin acts, it needs comforting care to tone, refresh and protect. Learn how to get your skin into great condition without breaking a sweat. No more rough stuff. Just soft, smooth, kiss-worthy skin.



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## China's Love of Snooker

By Josh Cooper

斯诺克(Snooker)的意思是“阻碍、障碍”，所以斯诺克台球有时也被称为障碍台球。这是一项需要手眼配合技巧的运动。斯诺克盛行于英国、爱尔兰、加拿大、澳大利亚和印度等英联邦国家，而现在中国也有越来越多的人喜爱斯诺克，关注斯诺克赛事。起初，人们或许只是将斯诺克作为消遣娱乐活动，或者作为自己的兴趣爱好。而随着这一运动成为一个国家的爱好，并被所有不同年龄层次的人所接受喜爱，斯诺克也就不单单是比赛或者娱乐了，而是一种运动文化。

每年的斯诺克中国公开赛都在北京大学学生体育馆内举办，吸引着无数斯诺克选手集聚一堂，一拼高下。说到斯诺克，相信无人不知斯诺克天才--丁俊晖，他在世界比赛中所获得的骄人成绩是令所有中国斯诺克迷感到自豪的！现在还有两颗新星冉冉升起，那就是16岁的小将赵心童和15岁的小将吕昊天。而提到吕昊天，公认的“中国斯诺克小天才”，他战胜了世界级选手迈克尔·怀特和多米尼克·戴尔，令大家对他的期待和瞩目都越来越高。相信在中国，斯诺克运动一定会有更多的高手涌现，人才辈出！

丁俊晖  
Ding Junhui



grown into one of the country's favourite hobbies and it can now be enjoyed by all ages and levels of society. In Beijing alone there are thought to be more than 1,000 snooker halls at the moment, and that number is shooting up quickly.

In terms of the spectator aspects of snooker, China is now one of the main global destinations for big prize tournaments. The annually held China Open is one of the biggest events on the world snooker calendar. Each year the tournament is held at the Beijing University Student's Gymnasium,

In recent years snooker has well and truly become an essential part of China's sporting fabric. This is a nation who have historically excelled in sporting activities which involve a tremendous amount of hand-eye co-ordination, and billiard based sports are certainly no exception.

From an outsider's perspective it seems like the Chinese passion for snooker has gone through the roof over the last decade or so. Originally the sport was on the periphery of the Chinese leisure scene. Smoky pool halls, the kind of which are now dotted around almost every city in China, were once the only places where one could enjoy this wonderful cue sport. Over time it has

赵心童  
Zhao Xintong



吕昊天  
Lv Haotian



Haidian District, and is particularly noted for being the last important competition before the World Championships. It attracts the world's best players and also allows a few of China's finest emerging talents to showcase their skills. The China Open has become such a big event that the total prize fund is now more than CNY 10 million, with the winner receiving a cheque for around CNY 1.2 million.

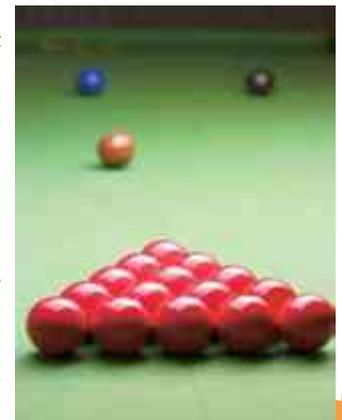
Coverage of other world level competitions in China is also quite staggering. During the 2013 World Championship in April, it is estimated that millions of Chinese tuned in to watch the action unfold. In total, 15 television channels provided live coverage of this year's tournament!

A lot of the credit for snooker's rise to prominence in the Middle Kingdom can be attributed to one man in particular: global superstar Ding Junhui. The Chinese snooker wizard, who was born in Yixing, Jiangsu and now resides mostly in Sheffield England (the world's capital city of snooker), has ploughed through the ranks to become one of the world's most exciting players of recent times. Ding's consistent appearance in the biggest world stage events has given Chinese snooker enthusiasts a superb figurehead.

Not only is snooker a fun skill and strategy game for the Chinese, it is also fair to say that it suits the culture of Chinese talent cultivation rather well. The country's reputation for producing child prodigies, whose skills are traditionally honed for several hours every day of the week from a very early age, clearly bears out with regards to snooker and other cue sports.

Today China has more exciting upcoming young prospects than anywhere else in the world. Two stars of the new generation of Chinese snooker masters are 16 year old Zhao Xintong and 15 year old Lv Haotian. Zhao sent shock waves through the world snooker scene last year when he beat former world champion Ken Doherty in a thrilling match. In similar fashion, upcoming teenage prospect Lv Haotian has become synonymous with the term 'Chinese child prodigy'. His victories over world ranked players Michael White and Dominic Dale, as well as his reputation for having nerves of steel during televised tournaments have thousands of snooker fans excited about the future.

With so much time and money being invested into Chinese snooker these days, it is only matter of time before China becomes an equal partner to the UK in terms of overall snooker talent and interest in the sport. Furthermore, it won't be too long before one of China's young players becomes the first ever Asian contestant to win the world championship!





**Wei Jingjing**

29 years old from Guangzhou

Works at Heineken Asia Pacific Breweries (China) Ltd., Northern Marketing

**What do you think is the perfect place for a date:**

Tianjin Yongan Bridge at night when all its colourful lights are on. It shows a different kind of Tianjin and gives a romantic feeling.

**Last movie you watched:**

Man of Steel. I watched it at IMAX in Joy City. Cool movie!

**Following any TV series lately:**

Yes, actually a lot! Some of them are House of Cards, Downton Abbey, Breaking Bad, Suits, and Homeland.

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

Taxi drivers always putting the available sign up but deny taking you once you signal them to pull over.

**The best about Tianjin:**

I really think Tianjin's Jian Bing Guo Zi is awesome. Aside from that, I think the history and architecture of Tianjin is unique amongst the other cities in China.

**What do you think are top three things any newcomer or traveller must experience in Tianjin?**

For newcomers, don't miss: the Wu Da Dao area. Aside from buildings and trees, it also has many museums and good bars. Secondly, go to a seafood market and restaurant, order any seafood you want and ask them to cook it for you. It's cheap and so delicious! Lastly, one must experience watching Cross Talk as Tianjin is famous for it.

**Advice to Tianjin newcomers:**

Don't go to Tianjin station on Friday night because after 22:00, you won't get any normal taxi. I say this because I experienced taxi drivers asking for hilarious amounts of money!

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

I like Tianjin's Fried Sautéed Green Beans... so delicious!

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

I usually go out on Saturday night. Fridays I spend doing overtime work.

**Favourite place to go shopping:**

For shopping, I do most of it through Taobao (www.taobao.com) since I'm a busy person and don't have enough time to go shopping... and also because with Taobao you don't have to compete with the noisy crowd in department stores.

**The perfect spot in Tianjin:**

Definitely the Wu Da Dao area (Five Avenue of Tianjin) as it has picturesque and quiet atmosphere. The buildings and trees there are just lovely!



WELLINGTON COLLEGE INTERNATIONAL TIANJIN

**CLASSIC GREEK TRAGEDY PERFORMED AT WELLINGTON COLLEGE INTERNATIONAL TIANJIN**



Always seeking new ways to challenge its pupils and open cultural doors, Wellington College International Tianjin staged its second major Senior School play, the famous ancient Greek tragedy *Oedipus Rex (Oedipus the King)* by Sophocles. Opening with a pupil matinee on 27th June and two additional evening performances, the production utilized the unique space of the Black Box, with the audience very close to, and almost surrounding, the actors.

*Oedipus Rex* is considered by most to be the greatest tragedy ever written. According to director, Dr Stephen Jacobi, "Oedipus is about the danger of excessive pride. The story can, of course, be read on several levels and should not always be taken too literally. It raises questions of choice and self-determination, as well as, the

emotional and human issues about sexuality and the relationship one has with one's parents."

A remarkable feature of the play was that all the actors had to perform in masks throughout. Director Dr Stephen Jacobi said, "the masks were very uncomfortable and heavy, and the pupils had to act with their voices and their hands rather than their faces, which was difficult for them, but they managed it magnificently."

It was a visually striking, ambitious and thought-provoking style of theatre, so very different to the exuberant musicals staged in the Seldon Theatre. Wellington will continue to explore a range of performance styles as it offers its pupils the chance to take centre stage, and fully develop all their Eight Aptitudes.





Dean Smith  
Milan Wines Deputy  
General Manager

## Oak and Wine

Visit any winery or tasting room and eventually you will hear one of the most common questions asked to winemakers: "Is this aged in American or French oak barrels?" So what is the difference and does this even matter?

Oak is frequently used in wine production and has a very profound effect on the resulting wine- affecting its aroma, colour, flavour and texture. The oak wood used in wine production is primarily sourced from either France or the United States and there is a marked difference in the influence that each imposes on a wine.

American oak is renowned for imparting sweetness and vanilla flavour; it is more frequently used for powerful, full bodied red wines, like Shiraz from the Barossa region of Australia or Cabernet Sauvignon from the Napa Valley. French oak tends to be more restrained, and less overtly obvious. It also provides the wine with more structure and is often used in the production of elegant, food friendly styles of wine like high quality Bordeaux or Burgundy.



Whilst many associate oak barrels with winemaking, only 5% of the world's wine production is actually aged in barrel. The majority of the world's wines are produced in "un-wooded" styles whereby either the winemaker feels that the fruit alone is sufficient or the cost of using oak barrels is prohibitive. The majority of lower priced new world wines displaying oak character are actually matured in stainless steel tanks with oak staves or chips added in order to impart wood character at a fraction of the cost of barrels. This practice is illegal in most European nations which is why lower priced old world wines are nearly always un-oaked.

So the answer to the question: "Is this aged in French or American oak barrels?" may very likely be: "Neither, this wine has no oak at all!"

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办公室恋情很常见，也很容易发生在每天朝夕相处的同事之间。有些公司甚至是禁止这种爱情“滋生”的。我们的Patrick之前有过糟糕的办公室恋情经历，但是，他现在喜欢上了每天一起工作的一位女孩，却觉得进退两难。或许，主动出击能开始唯美的恋情，也或许，遭到拒绝，连朋友都没得做。天使每次给出的意见都是中肯实际的，恶魔派的观点未必不正确，这就要看你如何抉择了，把握爱情，真的只能靠你自己，他人的意见只能是建议。



*"I really like one of the girls I work with, but in the past I have had bad experiences with 'office romances'. Do you think I should give it a try anyway or not bother risking it?"*

- Patrick

**Angela says:**

Dear Patrick, I read somewhere before that only 3 out of 10 office romances end in marriage. The statistics aren't too high because obviously, office romance involves a big risk and this should not be taken in a haphazard way. You probably know about this as you have had bad experiences with this kind of situation before.

Should you give it a try or not risk it? The answer does not depend on you alone, but also on that woman at work whom you are attracted to. Thus, I suggest that before you give it a try, before you make a move, make sure that feelings are mutual, i.e. that she also likes you! Observe. If you noticed that she's not interested, then back off and drop the matter.

There's no easy or sure-fire formula in handling romance in the office, and one should definitely approach it knowing that the risk does not only involve your heart but also your career. Ask yourself whether getting into a relationship with her is worth risking your job over; perhaps that would shed some light.

**Daemon says:**

Of course you find the women at work attractive, you wouldn't be human if you didn't! Sadly I've known plenty of guys who spend hours talking to their friends in the pub about how hot a certain colleague is, but then never have the courage to make a move. Believe me my friend; these kinds of people inevitably end up on the scrap heap!

In my humble experience, the workplace doesn't have to be just an 'abattoir of human souls'; it can also be a fantastic place to spice up your love life. There are plenty of women who spend 9 hours sat in front of a desk hoping and praying for some excitement. Therefore it is the perfect setting!

My advice to you is don't go chasing after this particular woman; go after ALL the women at work! The main reason being that, besides increasing the probability of success, once you have shared a nice night with one of the ladies at work, the inevitable 'office gossip mill' will kick off and you will become the main talking point (especially if you through in plenty of romance and fun during your first conquest!). When you have them all talking about how wonderful and exciting you are then it is just a matter of time before they all want a piece of the action!



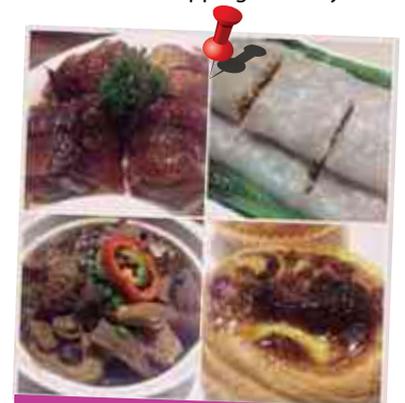
Need a relationship advise? Email us at [relationships@tianjinplus.com](mailto:relationships@tianjinplus.com).

by Cathy Perez

**The August Rush**

We all have those cheat days, days when we don't think about our diet or fitness goals and just splurge on food and binge on a favourite dish without a slight feeling of guilt that it may contain a huge amount of calories. Don't worry, those fine foods are worth the binge, anyway. For this month, here are two restaurants you should visit if you feel like feasting on Asian dishes. Plus, you ought to visit famous American brand Hollister in Galaxy Mall. Asian foods and shopping... don't you feel a rush of joy this August?

**Asia Table.** I'm warning you, you may have to wait for a while before finally getting a table and ordering your food. Asia Table is always surrounded by hungry customers waiting for their assigned number before they're ushered into a uniquely wooden restaurant with tables and chairs made of bamboo. It's worth the wait though as their menu includes the best of Asian cuisine at reasonable prices. Shrimp curry? Check! Spring rolls? Check! Roasted duck? Check! Sweet and Sour Fish? Check! All these and so much more! Not only that, Asia Table has singers to entertain you as you dine. There's dancing and singing and not a dull moment to make sure you enjoy not only the food, but the whole experience of dining at Asia Table. For more information, go to [www.bananaleaf.com.cn](http://www.bananaleaf.com.cn) and check out the colourful dishes they serve. (Asia Table is at the 4th level of Galaxy Mall, Tianjin Cultural Centre)



Macau Taste Dishes

order. Don't worry, dishes are worth the wait! (Macau Taste is located at the 4th floor of Joy City Mall, Gulou area. For inquiries, call them at +86 22 8278 6599)

**Macau Taste.** From tasty Shrimp Dumplings to heavenly Beef and Egg Congee to the seriously addictive Portuguese Egg Tarts, Macau Taste brings out the best of Macau, Guangdong and Hong Kong dishes in its menu and gives you a truly satisfying culinary experience. The restaurant combines traditional Macau dishes with the prestigious Portuguese cuisines to give a healthy and unique dining experience. Small but always packed, you may also have to wait for a while before you are given a seat and allowed to

**Hollister in Galaxy Mall.** It's finally here! Southern California fantasy comes to Tianjin with the opening of Hollister on the 3rd level of Galaxy Mall. Known for their vintage washed shorts, pretty sleeveless tops and rugged designs with bold colour details, Hollister flaunts chilled style without sacrificing comfort and quality. For this season, you will surely love Hollister's collection of bright beachwear and finely-designed vacation dresses. Summer isn't over yet, go and treat yourself in Hollister fashion! ([www.hollisterco.com](http://www.hollisterco.com))

*Hard work beats talent when talent doesn't work hard.*

- Kevin Durant

# How to Buy Home Insurance

By Matthew Baum

If you are staying in China for longer than a year, it is probably worth getting some home insurance for any of the expensive electronic items or valuable personal items you accumulate. The chances of being burgled are fairly slim, but there is a real danger of fire or water damage, with fire damages totalling CNY 18.8 billion in 2011.

There are many insurance companies to choose from, but by far the largest is 平安 (píng'ān) Insurance, who offer a huge range of insurance services. If you can't find the location of a branch near you, do a quick baidu search for Ping An offices.

The product you will be buying is called 家庭财产保险 (jiā tíng cái chǎn bǎo xiǎn) which means home property insurance. There are many ways you can go about purchasing this with Ping An, but by far the best is to go in person to their office. If you can write or speak Chinese their website has excellent facilities for asking questions, where you can speak to a live operator with little trouble.

When buying insurance the two most important pieces of information to know are the size of your house 面积 (miàn jī) (in square metres) and the location 地点 (dì diǎn). You should be renting the space for over 3 months. As most foreigners are renting rather than buying, contact your landlord and get them to come with you when buying home insurance.

The basic level of insurance covers fire, flood, typhoon, and accidental damage, but earthquakes are not covered. You will also receive coverage on property within the house, and interior decorations. If you want to be extra safe, you have the option of buying additional coverage for theft, burst pipes, electrical appliances, and animal insurance. The price is dependent on the size, as well as the location of your house.

Contracts run for a year. After purchasing insurance, Ping An recommends taking pictures of your house with that day's newspaper, showing the date in the photograph. It is also recommended that you keep receipts, or other proof of purchase documents. In the event of damage or loss of property, Ping An will send an auditor to confirm the damage to your house. You will also need your passport, a compensation form, a list of damaged items, photos, and proof of insurance purchase to make a valid claim.

**Useful Information:**

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

**Emergency Hotline:** 95511



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# THE CHANGING TRADITIONS OF QIXI



By Robert Watt

"迢迢牵牛星，皎皎河汉女。" 在晴朗的夏秋之夜，天上繁星闪耀，一道白茫茫的银河像天桥横贯南北，在河的东西两岸，各有一颗闪亮的星星，隔河相望，遥遥相对，那就是牵牛星和织女星。每年农历七月初七这一天是我国汉族的传统节日七夕节。现又被认为是"中国情人节"。之所以当今社会将七夕节误读为"情人节"，可能是源于牛郎织女的浪漫凄美的爱情故事。今年的七夕是在8月13日，这一期我们对几对情侣和夫妻进行了简单的小调查，一起来看看他们对于今年的约会或者庆祝计划吧！



Qixi is a Chinese festival that occurs on the 7th day of the seventh Lunar month. This year that is August 13th. Traditional Chinese activities associated with this festival revolve around demonstrating your skills as a potentially good wife and making a wish for a good husband by offering fruit and flowers, or powder makeup in the hope of becoming as beautiful as the goddess in the myth.

On the Qixi day various foods are traditionally eaten such as dumplings, noodles, deep-fried twisted dough sticks and wontons.

Many people call Qixi "Chinese Valentine's Day" and perhaps this modern English name has helped in associating foreign style images and traditions of romance and love along with the Chinese ancient traditions.

**Tianjin Plus** spoke with some couples to ask what they think of Qixi, what plans they have to celebrate it and whether the festivities will be in the ancient Chinese or modern foreign traditions.



*Mary and Michael*

Mary aged 25 and Michael aged 26 married last December and it will be their first festival together. Last year, he was at university and she was in her hometown far away, so he arranged a friend to deliver a chocolate cake to her. This year he says they will go shopping together and buy something for her, later they will have a meal.

*Rainy and Sophia*

Rainy who is 24 met his girlfriend when he was at university. He graduated last year and is now studying in New Zealand doing a masters degree in graphics. His girlfriend who is 21, is still studying in China. It will be their first Qixi festival apart. He plans to write a poem and draw a picture for her.



*Zhao Tiefeng and Sun Yu*

Ms. Sun said that Qixi is the traditional 'girls day', not Valentine's Day. She had heard of the legend when she was a little girl and studied embroidery with her mother, but today few people know it. When she married 10 years ago she embroidered the name of her husband onto a handkerchief. This year she says she will make a big dinner for them both. Mr. Zhao said "Chinese people have a more reserved manner and the day is more of a family party than just about the couple. Either way it's supposed to be about gratitude and cherishing today's happy life together".



*Will and Eleven*

Will and Eleven are both 25 and have been together 3 years. She says "Chinese Valentine's day comes from a beautiful legend. It tells us if two people love each other. Distance is really not a problem - even if just see each other once a year". She said that "On Chinese Valentine's day everyone sends each other SMS for blessings of love". Her boyfriend usually buys her some roses or chocolates whereas she will get him a more practical gift.



From the conversations it's clear that Qixi isn't as popular with older people as with the young. Also, the ancient traditions and customs are not so well known amongst young people, who are more likely to associate it with the western day. The changes reflect how China and every country is changing and how they all struggle to be modern but at the same time hold onto ancient traditions.

**THE ASTOR HOTEL, A LUXURY COLLECTION HOTEL, TIANJIN CELEBRATES 150TH ANNIVERSARY WITH THEMED CELEBRATIONS RELIVING HISTORY IN CLASSICAL STYLE**

**Starwood's first Luxury Collection brand hotel in China celebrates its milestone anniversary as the fabled 'Grand Dame'**



U.S. President, Herbert Hoover.

From now until September 28, 2013, all four Luxury Collection Hotels & Resorts in China will be celebrating the Astor Tianjin's 150th anniversary with special "150" event promotions for guests who stay at any of the hotels on weekends. Promotions include free room upgrades, CNY 150 coupons, and free breakfasts, among others.

The 150th anniversary celebrations at The Astor Tianjin reach their climax in July with a Victorian-style Vintage ball party on the evening of July 12, 2013. Hosting VIPs gathered and dressed in classic attire, this unique Luxury Collection event will turn the clock back to a time of spectacular royalty. This regal affair is followed by a British-themed celebration entitled "150 Years of Sharing Luxury" on July 19.

The Astor Hotel, A Luxury Collection Hotel, Tianjin offers an indelible and classic experience of exquisite luxury that goes back to its establishment 150 years ago. This year it celebrates its 150th anniversary with themed events, packages and promotions that pay tribute to the Victorian landmark's fabled history since opening in 1863. President, Operations for Greater China of Starwood Hotels & Resorts Worldwide, Mr. Qian Jin said: "The Astor Tianjin is China's most iconic historic hotel. The rich historical heritage of this hotel adds greatly to the Luxury Collection brand experience, while the Luxury Collection brand promotes the development of the hotel, including the injection of new service concepts, etc."

**Nostalgic Themes, Classic Moments**

For all of 2013, accommodation promotions range from the 1863 Suite Legacy Package, priced CNY 1,863 for a themed suite with the second night including a special surprise, to a Discovery Escape Package featuring a Foreign Concession tour and Epicurean Package with a celebrated banquet menu.

Exclusive historic menus also recreate the exact dishes served at banquets for notable VIP and dignitary guests – from the 'Last Emperor' Pu Yi to revolutionary leader Dr Sun Yat Sen, the 'Founder of Modern China', and former



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## The Wedding Fair at Tangla Hotel Tianjin

"Tangla Romance", a prestigious event concept for romantic occasions made its first appearance at the Tangla Hotel Tianjin in an elegant Wedding Fair on 6 July. This wedding fair was held in partnership with wedding planner Queeny, one of the most prestigious firms of its kind in Tianjin. It was the first wedding planner in Tianjin to use 4D holographic technology themed as "Love Travels". It featured a journey from the Tang Dynasty to today's most up-to-date fashions and trends.

The event featured an over-the-top designer spring/summer 2013 collection entitled "Beautiful Dream", and also showcased the latest in wedding and banquet designs to the audience. During the wedding fair, experts on wedding ceremonies unveiled this year's fashion trends for couples.

The event was officially opened by Hotel General Manager Mr. Fintan O'Doherty and Queeny Managing Director Mr Alan Wang, who simultaneously filled a spectacular heart shaped ice carving flanked by an ice dragon and phoenix with red wine revealing a Tangla Logo.



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## Hotel Indigo Tianjin Haihe Receives 2013 Golden Pillow Award

Hotel Indigo Tianjin Haihe was awarded 2013 China's Top 10 Most Popular Newly Opened Hotels at the Chrysler 10th Golden-Pillow Award Ceremony, which was held on 8 July at China World Hotel, Beijing. The hotel's PR Manager Winner Wang attended the awarding ceremony.



The Golden Pillow Award event was held by top Chinese finance media firm 21st Century Business Herald and China's first business and travel magazine Business Travel. It is a large-scale hotel industry evaluation dedicated to five-star hotels in China, including Hong Kong, Macao and Taiwan. The evaluation of the 10th Golden-Pillow Award of China Hotels has lasted for nearly four months, during which time dozens of feedbacks from professional judges (including business, expert, media, artistic judging panels and hotel investors) and millions of votes from netizens were considered.

## Hotel Indigo Tianjin Haihe Receives 2013 China Hotel Fashion List Awards

Hotel Indigo Tianjin Haihe is awarded as the Best Boutique Hotel by 2013 China Hotel Fashion List Awards on 10 July in Qingdao. Hotel Indigo Tianjin Haihe is one of the only hotels in China to offer villa-style accommodations in a city-centre locale. Occupying an entire block in the Former German Concession neighborhood, Hotel Indigo Tianjin Haihe stands on the foundations of the former German Consulate, which was built in 1899. The 11 individually designed villas pay homage to traditional Germanic architecture with redbrick facades and ornate cupolas arranged in a village style setting overlooking the hotel's central grass courtyard.



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### Big Child Club @ Min Yuan Terrace Recalled Your Childhood Memories

On 7 July 2013, the "Big Child Club" themed activity was successfully held in Min Yuan Terrace Cultural Creative Block, which is co-sponsored by the Tianjin Historical Architecture Restoration and Development Co., Ltd. and Tianjin People's Broadcasting Station Arts Radio. It included a second-hand goods bazaar, band performances, a graffiti wall and cartoon shows. DJ Yi Ding from Tianjin People's Broadcasting Station Arts Radio led the 'Curry Fried Rice Band's performance from 2-3PM. People also wrote down their mood or drew something cute on the creative graffiti wall, as well as enjoyed the nostalgic cartoon show. Post-80's childhood memories were all recalled by this get-together event.



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

The Astor Hotel, A Luxury Collection Hotel, Tianjin was honored "The Best Characteristic Hotel of China" by Hotel Charisma Awards, which was hosted by Life Style Academy & New Weekly. New Weekly is the mainstream domestic Lifestyle weekly newspaper in domestic. The Best Life magazine paid close attention to the luxury hotels. They experienced hotels and recommended the most comfortable, fashionable and traditional hotels to readers. The General Manager of hotel, Mr. Christian Metzner, thanks the media and its readers sincerely. This is the second year the hotel has won this award.



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## 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:** I-103-104, Olympic Tower, Chengdu Dao, Heping District and 和平区成都道126号奥林匹克大厦1层103-104  
**T:** +86 22 2334 5716



KN

**Mighty Deli (South Park Store)**  
**A:** No. 85-87, Shuishang Gongyuan West RD, Nankai, Tianjin (opposite to Nancui 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 水岸中餐厅** Shui An takes its inspiration from the land and sea specialties of the city and re-imagines them for the sophisticated, global traveller. 11:30-14:00; 17:30-22:00. **A:** 2F, The Astor Hotel Tianjin, No. 33, 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

**Fu Quan Pavilion 赛象中餐厅福泉阁** Fu Quan Pavilion offers cozy dining atmosphere, and characterised by Hangzhou dishes, consumption per person is about CNY 300. **A:** Saixiang Tech, No. 8, Meiyuan Lu, Huayuan High-tech Industrial Park, Nankai District 南开区新技术产业园区华苑产业园区梅苑路8号赛象酒店内  
**T:** +86 22 2376 8888

**Youth Restaurant 青年餐厅** Home-style dishes and a good place for gathering with your friends. 11:30-14:30; 17:30-21:30. **A:** 1F, bldg. 1, Jin Wan Plaza, Jiefang Bei Lu, Heping District 和平区解放北路津湾广场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 河西区宾水道16号万丽天津宾馆2层  
**T:** +86 22 5822 3388

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

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

**T:** +86 22 2813 8138  
**W:** dintai fung.com.cn

**Southern Beauty 俏江南** One of the top restaurants in town with an elegant 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

KN

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

## 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. (Near the Decathlon movement supermarket) 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

KN

**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

PH

**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

PH

**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 愚创** 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

KN

**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 河西区紫金山路喜来登大酒店2楼  
**T:** +86 22 2335 9099

**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1层  
**T:** +86 22 2716 8268  
**W:** pizzahut.com.cn

KN

**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3号(国际大厦后侧)  
**T:** +86 22 2339 9634

## Vegetarian

HD

**Seven Leaves Vegetarian Restaurant 七树叶素食餐厅** For those who don't always feel comfortable 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

PH

**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 its wooden and cosy atmosphere. 10:00-03:00. **A:** No. 116, the junction of Wu Jia Yao Er Hao Lu and Heyan Dao, Heping District 和平区河沿道与吴家窑二马路116号  
**T:** +86 22 2334 0071

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



**Drei Kronen 1308 Brauhaus**  
路德维格·1308 德餐啤酒坊  
The world's oldest heritage brewery joins Tianjin's 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](http://chateau35.com)

**promenade 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



**Chateau 35**  
The only authentic wood fired pizzas in Tianjin. The finest imported Australian steaks, selected to perfection. Extensive international wine, beer and beverage list. Open kitchen concept, visible from the main dining area. **Tel:** 022 2331 5678  
**Address:** 158 Zhang Zizhong Road, Heping District  
**Opening Hours:** 11:00-24:00



**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 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1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**  
艾伊沙贝西餐厅 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](http://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](http://texasbbqsaloon.com)



**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](http://texasbbqsaloon.com)

**Café BLD 馨廊 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 炎舍** 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](http://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 布朗尼西餐厅**  
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叉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 C-1, Building No.1, No. 18 by 1, Tai'an Dao 泰安道18号增1号三号院一号楼C1-2铺位首层  
**T:** +86 22 5832 5702  
2) 09:00-24:00 **A:** No. 60-62, Ziyou Dao, New Italian Style Town 新意大利风情街自由道60-62号  
**T:** +86 22 2445 3185

**Bistro Thonet 庭悦咖啡**  
As the viewing café in Qing Wang Fu, Bistro Thonet gives you beautiful scenery with flourishing vegetation. It provides various Chinese and Western cuisine, business lunch and afternoon tea in both indoor and outdoor 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](http://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**  
We now have 9 stores in Tianjin including these popular locations:  
**Bailou Wine Bar & Cellar**  
Kaifeng Dao, Heping District, Tianjin (Near Hosenze Plaza) 天津市和平区小白楼南开道酒吧  
**Tel:** 022-23390500 Hours: 10:00-02:00  
**TEDA Wine Shop**  
No.8 Eastern Apartment, 2nd Avenue, TEDA 天津市开发区第二大街二号东方名座底商8号  
**Tel:** 022-65398899 Hours: 9:00-20:00  
**Xi Kang Road Wine Shop**  
B-102 kangyue Mansion, Xikang Rd, Heping District, Tianjin 天津市和平区西康路康岳大厦底商B-102  
**Tel:** 022-23512248 Hours: 9:00-20:00  
**Rong Ye Wine Shop**  
No.175 Rongye Avenue, Heping District, Tianjin 天津市和平区荣业大街175乙  
**Tel:** 022-27211269 Hours: 9:00-20:00  
All shops open 7 days  
**4006-199-159**  
[www.mwines.com.cn](http://www.mwines.com.cn)

**Bars & Discos AJO 爱吉歌** **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 吧** Savour authentic Latino food, drinks and music. Try the signature mojito and dance the night away to the sound of Latin-American music. 18:30-01:00. **A:** 2F, The Westin Tianjin, No. 101, Nanjing Lu, Heping District 和平区南京路101号天津君隆威斯汀酒店2层  
**T:** +86 22 2389 0088

**River Lounge 畔吧** Leave your footprint on the Haihe River. The latest address for an afternoon rendez-vous. Cocktails two for one, bottles at 25% off. Daily 19:00-23:00.  
**A:** No.158, Zhang Zi Zhong Lu, Heping District 和平区张自忠路158号(津塘路旁, 哈密道正对面)  
**T:** +86 22 5830 9999  
**W:** strejis.com/tianjin

**SITONG Bar 唐音音乐酒吧** 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 Xi'an Dao and Liuzhou Lu, Heping District 和平区西安道与柳州路交口  
**T:** +86 22 5836 5608

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

**THE ST REGIS BAR 瑞吉酒吧**

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

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

**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

**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

**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

**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

**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号吉利大厦莱欧百货1-2层  
**T:** +86 22 2731 1512

**Spa & Massage**  
**Green Bamboo Well Being Resort 青竹堂足疗养生馆** Relaxing Environment to Enjoy Essential Oil Body Massage and Traditional Massage. Home service is available. 10:00-02:00.  
**M:** +86 139 2038 3095

**Town Spa 芳香治疗和按摩** 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

**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

**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:** uft.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, Zhi Jin Shan Lu, Hexi District 河西区紫金山路天津喜马拉雅大酒店公寓楼1层  
**T:** +86 22 2352 0143

**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

**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



**Powerhouse GYM 宝力健身俱乐部** From the American chain, this mega-gym has three swimming pools, an indoor driving range, indoor basketball court, squash court, yoga, spa and of course, training area. 07:00-22:00. **A:** Binshui Xi Dao, Nankai District 南开区滨水西道  
**T:** +86 22 2338 2008  
**W:** powerhousegym.com.cn

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

**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

**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

**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 and 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

**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

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

## Relocation

**China Relocation** 瑞楼凯旋房地产信息服务有限公司 Our job is to find you the right property at the best price. All rental 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 河西區賓水道16号  
**T:** +86 22 5822 3388



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



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

**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 河北區海河东路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 河北區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 河北區民族路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

**H D** 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

**H B D** 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 D** 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 河西區紫金山路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 河西區友谊路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 河西區賓水道16号  
**T:** +86 22 5822 3322

## Antiques &amp; Souvenirs Streets

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

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

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

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

## Art Galleries

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

## Art Districts

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

**Western Shore Art Salon** 西洋艺术馆 Unique gothic-style building engaged in elegant music performances, art exhibitions, poetry reading, music dance classes, and wedding ceremonies. Free. Tue-Thu, Sun 09:00-18:00; Fri-Sat 09:00-17:30. **A:** No. 3, the junction of Machang Dao and Youyi Bei Lu, Hexi District 河西區友谊北路与马场道交口3号  
**T:** +86 22 2326 3505

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

## Museums

**China House Museum** 瓷房子博物馆 It's decorated with ancient pieces of porcelain, crystal, white marble, jade figurines, rare jewels and antique

furniture, from all dynasties. CNY: 35. 09:00-17:30. **A:** No. 72, Chifeng Dao, Heping District 和平区赤峰道72号  
**T:** +86 22 2314 6666

**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

**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

**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 Yuexiu Lu, Hexi District 河西區平江道与越秀路交口  
**T:** +86 22 8300 3000  
**W:** tjbwg.com

**Yanlingyue 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, Sanhei, Tonglou Area, Hexi District 河西區佟楼三合里111号  
**T:** +86 22 2837 8718

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

**Parks**

**Tianjin Water Park** 天津水上公园  
Tianjin's best 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 河西区平江道天津文化中心  
**T:** +86 22 8388 2000

**Associations**

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

**Tianjin Toastmasters Club**  
The club helps men and women practice the arts of public speaking, listening, and leadership in a friendly social environment  
**E:** victorwangwq@yahoo.com.cn

**TICC (Tianjin International Community Centre)** Association and meeting place for foreign passport

holders and their families in Tianjin. Organises monthly coffee mornings, luncheons and social/fundraising events, supporting local charities.  
**E:** ticc\_09@hotmail.com  
**W:** tianjin.weebly.com

**Education**

**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@163.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:** mjccc.com

**Libraries**

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

**Real Estate**

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

**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 Die 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 开发区时商东路29号  
**T:** +86 22 5985 7000  
**W:** teda.aeonmall-china.com

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



### Bakeries

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

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

### Chinese

**Ya Yue Chinese Restaurant 雅悦轩中餐厅** **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:** xjypcy.com

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

**Zen Chinese Restaurant Zen 中餐厅** Authentic Cantonese and Chinese flavours with plenty of soups, appetisers and yummy seafood. 11:30-14:30; 17:30-22:00. **A:** Citizen Plaza, No. 86, 1st Avenue, TEDA 开发区第一大街86号天津滨海假日酒店1层  
**T:** +86 22 6628 3388

**Bai Jiao Yuan 百饺园** Enjoy 100 different types of Chinese dumplings including gourmet varieties. 11:00-14:00; 17:00-21:00. **A:** No. 27, bldg A, Guoxin Building Zhangwang Lu, 2nd Avenue, TEDA 开发区第二大街展望路国信大厦A座27号  
**T:** +86 22 6202 1188  
**W:** baijiaoyuan.com

### Indian & Thai

**Patsara Thai Restaurant 芭萨泰国餐厅** 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 6211 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天街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

**Spa & Massage**

**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:** fornet.com.cn

**Hotels**

★★★★★  
**Crowne Plaza Tianjin Binhai** 天津滨海圣光皇冠假日酒店 An International five star hotel with a stylish lobby lounge, Luxurious Western and Chinese restaurants and elegant accommodation. Staff can speak Chinese, English and Japanese.  
**A:** No.55 Zhongxin Avenue Airport Economic Area Tianjin 天津市空港经济区中心大道55号  
**T:** +86 22 5867 8888

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

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

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

**Tianjin Goldin Metropolitan Hotel** 天津环亚国际马球会大酒店 A luxury resort destination hotel with a prestigious members-only polo club, two international standard polo fields, a column-free Grand Ballroom and 10 restaurants and bars.

**A:** No.16, Hai Tai Hua Ke Jiu Lu, Bin Hai Gao Xin Qu, Tianjin 天津滨海高新区海泰华科九路16号  
**T:** + 86 22 8373 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** 星皇国际影城 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:** binhai park@163.com  
**W:** binhai park.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** 天津杰美司国际学校 International School following a total English language instructed curriculum adhering to the rigorous holistic programme defined by the IBO. **A:** Unit 3-307, TEDA MSD Block C 79 1st Avenue, TEDA 天津开发区第一大街79号泰达MSD-C区3-307  
**T:** +86 22 6622 7888

**Exhibition Centres**

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

**Department Stores & Shopping Malls**

**AEON Mall** 永旺梦乐城购物中心 A shopping mall with various shops, restaurants, and entertainment facilities. **A:** No.29 ShiShangDong Lu, TEDA开发区时尚东路29号  
**T:** +86 22 5985 7000

**King Buyer Shopping Mall** 鸿泰仟佰汇商业广场 Shop, relax and dine in this multipurpose mall. **A:** No. 32, 3rd Avenue, TEDA 开发区第三大街32号  
**T:** +86 22 6622 0886

**TEDA Friendship Department Store** 泰达友谊商厦 Houses a range of world famous luxury brands. **A:** The junction of Huanghai Lu and 2nd Avenue, TEDA 开发区第二大街与黄海路交口

**Supermarkets**

**E-Mart Supercenter** 易买得超市 Korean supermarket selling Chinese and imported products. 08:00-22:00. **A:** Xiugu Business Center, No. 1168, Jintang Gong Lu, Tanggu District 塘沽区津塘公路1168号秀谷商业广场  
**T:** +86 22 5982 1234  
**W:** e-mart.com.cn

**JUSCO TEDA** 佳世客 Japanese supermarket where you can buy BBQ and other products at a competitive price. 10:00-22:00. **A:** 1-2F No. 29 Shishang Dong Lu, TEDA开发区时尚东路29号1-2层  
**T:** +86 22 5986 1088

**Golf Clubs**

**Tianjin Warner International Golf Club** 天津华纳高尔夫俱乐部 18-hole course with wide fairways. Reservation is recommended for visitors. 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



# Experience the World's Climates at the Beijing Botanical Garden

By Jenny Lin



Beijing's Western Hills offer a bit of respite from the city sites, and at the foot of Fragrant Hills, the Botanical Garden beckons with acres of gardens, and historical and religious sites. Towards the middle of the grounds, the large Conservatory offers a further escape from city life with displays of various climates and plant life.

Walk towards the back, past the central garden area, which is also worth a stroll around. Many people bring small tents to hang out and play or eat in the garden areas. There are sometimes bouncy houses and carnival type games spread around, along with of course plenty of overpriced shops selling souvenirs, toys and snacks.

Eventually you will reach the Conservatory. Enter through the

carnivorous plant section in the far end (though good luck spotting any Venus fly traps). From there head up into the desert and prepare for some desert heat. A variety of cacti and other desert life are on display here.

From here, change temperature and get a little humid in the tropics. This is easily the best part of the Conservatory. There are at least two waterfalls and a suspension bridge crossing one area, with various jungle plants and flowers growing everywhere. Children are likely to want to spend the most time here. The whole Conservatory is a popular site for wedding photographs.

But that is just one part of what is a huge grounds. Besides the garden areas, all the way back in the far

north is also a large Sleeping Buddha. And for the literary and historical buffs, the grounds also house a memorial to Cao Xueqin, author of A Dream of Red Mansions, and the tomb of Qing Dynasty reformist Liang Qichao.

CNY 10 will get you onto the grounds, but it's worth getting a combo ticket to see everything. That's 50 for adults and 40 for children. Children under 1.2 metres are free. There is no subway yet, but several buses stop outside the Botanical Garden. Be prepared for traffic and crowds on weekends and public holidays. Eating choices on grounds are limited. If the weather suits, bring a picnic. Or boxed lunches can be had an average around CNY 20.



## See Stars at the Beijing Planetarium

By Jenny Lin

Just across the street from Beijing Zoo is another kid-friendly attraction worth a visit. The Beijing Planetarium can offer education and entertainment for the whole family for a good part of the day, or for a quick visit depending on your agenda.

The exhibit area descriptions are mostly in Chinese, but photos, video shows and displays of moon rocks need no detailed explanation. Older children will get more out of it, but Mars will entertain the younger ones who can run up inside and climb back down. The sun exhibition is in a darkened room with a kind of space ship the kids can climb up into and that has some interactive games.

Perhaps the coolest things though are the movies and shows, and the 3D space simulator. The show in the actual planetarium teaches the different star groups viewed from the different hemispheres and teaches the constellations in Chinese. But children and parents who aren't fluent will still learn a lot.

There are also some 3D and 4D movies geared toward different ages. They are mostly animated and varying in educational value and their relation to space. The space simulator is in the basement and tickets can be got at the door.

The planetarium is a great indoor activity to combine with a visit to the Zoo. The shows can also provide tired parents some respite while giving the kids some education and entertainment. To get there take Exit D from the Beijing Zoo subway stop. Or cross the street from the Zoo. It's just to the southwest and you should see the planetarium after exiting.

Buy tickets outside next to the gift shop. General admission is CNY 10 or 7 for kids. But buy a movie or show ticket and that includes general admission. When you get hungry, there is a canteen in the basement with set meals at around CNY 25 for a large plate of the usual like Kong Pao Chicken.



大同市是中国九大古都之一，山西省第二大城市，如果您喜欢旅游，想体验中国的历史和文 化，就一定要看看世界遗产的所在地——山西大同的云冈石窟和悬空寺。晚上从天津出发乘坐软座卧铺，只需一夜就可到达山西大同。这里的陡峭背斜从赤色红土地上隆起，绿树成荫。您可以租车前往云冈石窟和悬空寺。石窟保存完整，古色古香，雄伟壮观，令人肃然起敬，绝不亚于埃及吉萨金字塔。悬空寺外观惊险、奇特、壮观，登上木板通道前，远观悬空寺，表面看上去支撑它们的是十几根碗口粗的木柱，其实有的木柱根本不受力，整体给人以一种危险中找平衡，摇摇欲坠的感觉，所以有人用“悬空寺，半天高，三根马尾空中吊”来形容悬空寺。您还可以游览大同市，看看那古代用于抵御外敌的九龙壁，以及购物中心顾城。顾城周围建筑威严庄重，夜晚绚丽多姿。



## The Ancient Wonders of Datong

By Robert Watt

If you enjoy travelling and you want to experience some Chinese culture and history then there can be fewer places better to visit than Datong. Being in northern Shanxi province, it's not so far that you need a flight to go there, but it's far enough to feel like another place and time in China.

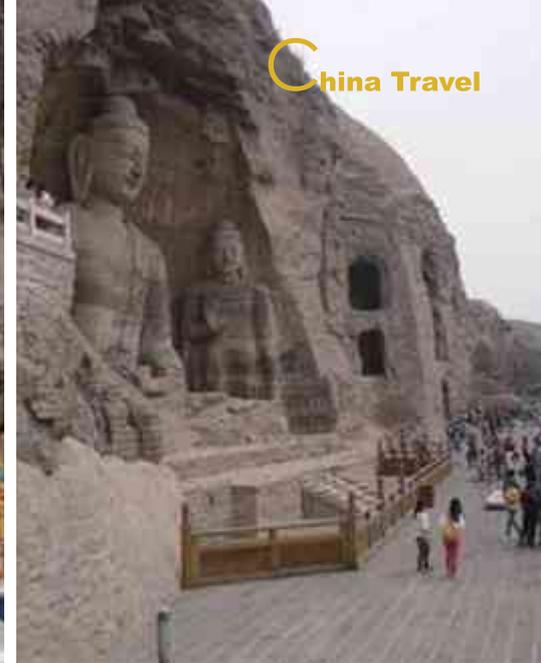
Datong city itself isn't of much interest. The reasons for going are the UNESCO world heritage sites of the Yungang Grottoes and the Hanging temple.

If you take the night train from Tianjin then when you wake early in the morning, you'll find that the flat landscape has been folded into low hills with steep crevices gouged out of the red sandy soil. Clumps of trees shelter in the shaded bottoms. It's clearly somewhere else.

You will arrive at a respectable time for breakfast. You could go straight to the caves and the Hanging temple, but as the attractions do involve a fair amount of walking, if you have the time, it's better to relax a little and explore the city.

There isn't a great deal to see in Datong city itself. There is the Nine Dragon Wall, which is a bit boring and the 'ancient' defensive walls and shopping area (Gu Cheng), both finished last year, otherwise it's a typical working town. Having said that, the buildings around Gu Cheng look authentic and the area is beautifully lit at night. As a precinct it provides a relaxing place to wander around in the evening and find a restaurant.

The best way to see the grottoes and the hanging temple is to hire a car and a driver for the day or join a tour group. There are plenty of booking agents around the city and some hotels will organise the excursion for you. Datong is not as rich as Tianjin and prices should generally be cheaper.



When you arrive at the Yungang Grottoes you may feel disappointed at the new construction. The temple and statues leading to it are too perfect, too contrived and not particularly Chinese. But don't worry, the caves are awesome in the traditional meaning of the word. They are largely untouched, un-renovated and unspoiled. Each one is more spectacular than the last and whilst not as famous or old, are collectively as magnificent and humbling as the pyramids at Giza

You must recalibrate your marvel meter when you leave, or there is a danger you will find the Hanging Temple to be an anti climax. It's on a much smaller scale, but be impressed by the engineering and audacity of its construction. View it from a distance before climbing up onto its wooden walkways. It looks precariously balanced and insufficiently supported by rather thin dry timbers, but it feels solid. There isn't much to see inside, the appeal is in wandering around its rickety, ramshackle construction, in its detailed carvings on the roofs and in the plunge to certain death should the thing collapse.

You can return home that night or spend a few more days walking in the nearby volcanic region, visiting the steam locomotive museum or travel onward like the camel caravans of the past to nearby Inner Mongolia. But you only need a weekend for the privilege of being awestruck by the Yungang Grottoes; an 8 hour adventure to a rare survivor of China's ancient wonders.

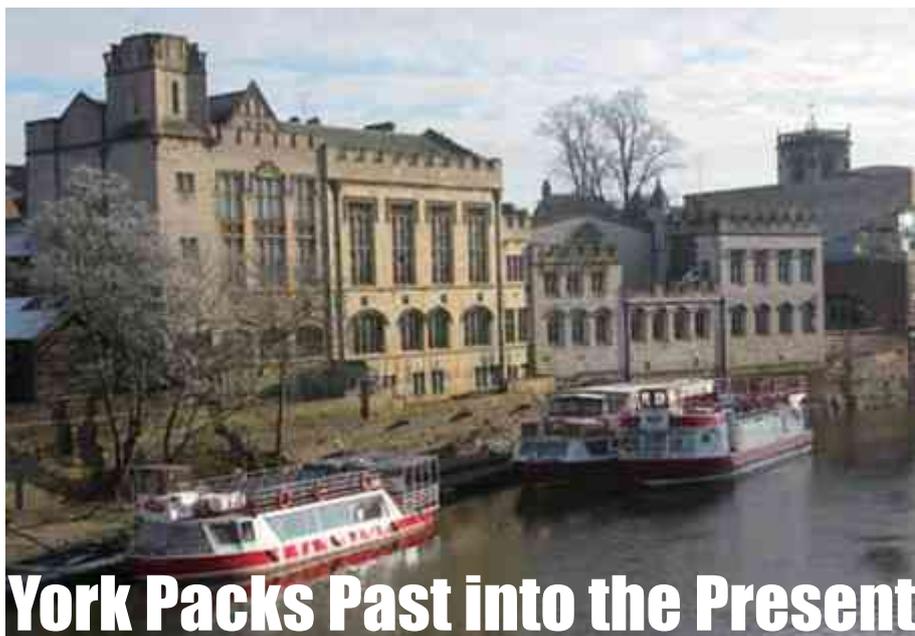


### Getting there:

There is no direct flight from Tainjin to Datong. The best method is an overnight sleeper from Tianjin station. It conveniently leaves in the late evening and arrives eight and a half hours later, early in the following morning. Getting back is the same, leaving in the late evening to arrive in Tianjin early the following morning. A soft sleeper costs 195CNY each way.

### Accommodation:

Datong is a popular tourist destination, but still off the radar for foreigners, as a result the normal hotel booking web sites offer a poor choice. Most of the low end hotels only provide Chinese buffet style breakfasts. If that's not to your taste, book a room where breakfast is not included in the price. At the mid price there is even less choice, but offer the best value for your money. There are very few hotels in the centre above 3 stars and the Holiday Inn is the only International chain represented in this relatively small city.



# York Packs Past into the Present

By Keith Crane

Just two hours from London or Edinburgh by train, York packs more punch of the past than practically any other city in England.

It must have more museums and attractions per square kilometre than anywhere else in the country. And just wandering around its still medieval-laid-out street plan, such as the cobbled Shambles and Micklegate, you can forget the modern trappings and literally walk back in time.

From the skyline of the soaring towers of northern Europe's largest Gothic cathedral, the Minster, and near intact city walls, to the plethora of history-charting museums, it is the one city on any tour of the UK you cannot miss!

The sheer impact of walking out of the station and seeing the city walls, and as you turn left, to suddenly see the Minster, is breathtaking.

In spring, the foot of the wall is covered in daffodils, in winter maybe snow. In summer, well, it will be thronged by visitors, but don't let that put you off. It really is a year-round city to visit.

The Minster itself is still York's tallest building.... nothing is allowed to be built higher. You can climb to the top of the central tower, if you have a head for heights.



Or for a different view of the city, take a walk around all or parts of walls, a complete circuit will take you about three hours. Alternatively, stop off at any point to see the many attractions on the way.

A popular attraction for young and old, is the world's largest railway museum, charting how the country invented wheels on steel, and speed, and the start of the industrial revolution. It's jam-packed with real locomotives – including a steam one built in the UK for China - carriages and everything that goes with them – down to the tickets and station posters, and a lesson in social history. It also brings railways to life with many regular live events.



Go back even further in time at the Yorvik Viking Centre for the re-creation, and smells, of how the city's Scandinavian settlers lived; their remains discovered when the Coppergate Centre was first being built.

Or look at some of the county's other archaeological remains in the Yorkshire Museum, a fine Georgian Building in the splendid gardens overlooking the River Ouse.

River-wise, when it's not bursting its banks, you can take a cruise from King's Staithe on the Ouse (the main of the city's two rivers) to see the waterfront, and in the evening from nearby, hear about other haunts on an eerie Ghost Walk.

The city's newest attraction is the Chocolate Story, an interactive way of finding out about the city's confectionery industry, which gave the world the like of Kit-Kats, Polo mints and Terry's Chocolate Oranges. You can not only taste it, but also have a go at making it.

If that's whetting your appetite, don't forget the appetizers and main courses. The city has some of the best bars and restaurants in the country.

Try Meltons Too on Walmgate, for a good, hearty all-day English breakfast, The Punchbowl or the Yorkshire Terrier on Stonegate for traditional pies, bangers and mash and more, or just pick up paper-wrapped fish and chips from the Petergate Fisheries.

Beer, too, is brewed within the city walls on Tanner Row, where York Brewery will give you a tour and a drink afterwards; and you can queue for the most exquisite and quintessentially English experience of afternoon tea at Betty's in St Helen's Square.

But by far the best thing about York is the fact that just about everything is within walking distance of, (or in,) the mostly pedestrianised, or car free, city centre.

### Travel tips:

Trains to York leave London Kings Cross every half hour on the hour and half past. For the cheapest fares book in advance at <http://www.eastcoast.co.uk/> but you must be on the train you have booked.

For luxury stay in the city's only five star hotel, the Cedar Court Grand Hotel & Spa, converted from the old railway headquarters and just five minutes from the station on foot.

For budget, Travelodge has two city centre hotels on Micklegate and Piccadilly and often has room offers as low as GBP 15 a night, sign up to their e-mail alert for offers. [www.travelodge.co.uk](http://www.travelodge.co.uk)

Plan your stay. History abounds in York and there is much to do so allow plenty of time; the National Railway Museum alone is worth half a day.

[www.visit-york.org](http://www.visit-york.org) will have all the latest information, and you can buy a pass to see as many attractions, over what period you want, at a discount.

Finally don't get confused about bars and gates. Gates, as the city was founded by Vikings, are streets, and the bars (other than the ones you drink in) are the entrances through the city walls.

York is also a great base for exploring the rest of the north – Whitby, and Scarborough on the coast by bus or train two and one hours respectively; Leeds is half an hour away by train and Manchester an hour, Liverpool about 2 hours.

# Ordering a Meal

## 点菜 (1) diǎn cài

A: What would you like to eat? Here is the menu.

您吃什么? 这是菜单(2)。  
nín chī shén me ? zhè shì cài dān 。

B: What's that dish?

那是 什么 菜?  
nà shì shén me cài ?

A: That's an assorted cold dish. There are sliced sausages, ham, smoked fish and preserved eggs. Would you like to have one plate of that?

那是拼盘(3), 里面有香肠(4)、火腿(5)、熏鱼(6)和松花蛋(7), 来一盘吗?  
nà shì pīn pán , lǐ miàn yǒu xiāng cháng 、 huǒ tuǐ 、 xūn yú hé sōng huā dàn , lái yī pán ma ?

A: What dishes would you like to have besides that?

您还要 什么 菜?  
nín hái yào shén me cài ?

B: I'll take the diced hot chicken and sweet & sour fish.

来一个辣子鸡丁(8)和一个糖醋鱼(9)。  
lái yī gè là zǐ jī dīng hé yī gè táng cù yú 。



A: Which would you rather have- rice or dumplings?

您吃米饭(10)还是吃饺子(11)?  
nín chī mǐ fàn hái shì chī jiǎo zi ?

B: One bowl of rice, please.

来一碗米饭。  
lái yī wǎn mǐ fàn 。

A: Would you like some soup?

要不要汤(12)?  
yào bú yào tāng ?

B: No, thanks.

不要了, 谢谢。  
bú yào le , xiè xiè 。

A: Do you want any wine or beer?

喝红酒(13)或啤酒(14)吗?  
hē hóng jiǔ huò pí jiǔ ma ?

B: A bottle of beer please.

来一瓶啤酒。  
lái yī píng pí jiǔ 。



### Vocabulary:

(1) order a meal	点菜	diǎn cài
(2) menu	菜单	cài dān
(3) assorted cold dish	拼盘	pīn pán
(4) sausages	香肠	xiāng cháng
(5) ham	火腿	huǒ tuǐ
(6) smoked fish	熏鱼	xūn yú
(7) preserved eggs	松花蛋	sōng huā dàn
(8) diced hot chicken	辣子鸡丁	là zǐ jī dīng
(9) sweet & sour fish	糖醋鱼	táng cù yú
(10) rice	米饭	mǐ fàn
(11) dumplings	饺子	jiǎo zi
(12) soup	汤	tāng
(13) wine	红酒	hóng jiǔ
(14) beer	啤酒	pí jiǔ



# Horoscope



## Leo (7.23 – 8.22)

You seem to be overprotective of people who you care about. While this is a good intention, this may cause a strain in your relationships. Let people make their own mistakes and learn from them. This will help them a lot in the long run.



## Aries (3.21 – 4.19)

This month, friends and loved ones give you one common piece of advice: be more adventurous. They probably noticed you have been too attached with your comfort zone. Don't allow yourself to be stuck in a rut. Go and take some risks!



## Taurus (4.20 – 5.20)

It is worth reviewing your finances this month and seeing where your money goes. You'll find that there are unneeded expenses that would only cause disappointment and regret. Be mindful of them and take active financial action.



## Gemini (5.21 – 6.20)

August presents a lot of opportunities for earning extra money. There's no secret to this, your hard work and dedication pays off. People notice the way you handle your responsibilities and they admire what they see. So keep up the good work!



## Cancer (6.21 – 7.22)

Don't be put off by negative remarks, especially from people who just want to be in your shoes. However, if you think there is a bit of truth to those negative remarks, the best remedy is to work harder and sharpen your craft.



## Virgo (8.23 – 9.22)

Perhaps it is time to stand back and allow others to experience change without having you on their side. This may be a painful undertaking for you but know that there are people who are meant to only cross our path. They stay for a while, and go.



## Libra (9.23 – 10.22)

You don't need to try so hard to impress people. Accept the truth that you are enough and you've got what it takes.

Instead of trying hard to impress others, how about you put effort into understanding and learning about yourself?



## Scorpio (10.23 – 11.21)

Communication is important and make sure that the information you need to share with others is handled with care, otherwise, they will feel left out. It is also important to put yourself in other people's shoes so you know how they feel.



## Sagittarius (11.22 – 12.21)

A good deed is something to be given back or pass forward. You have gone a long way because of those people who have helped you and August seem to be a month of thanksgiving as you run into those who had touched your heart in one way or another.



## Capricorn (12.22 – 1.19)

There is hope as long as your fishing line is in the water. Don't allow negativity to eat away at you but instead have faith that there is indeed hope for you. The world is still filled with miracles to those who are hopeful.



## Aquarius (1.20 – 2.18)

Forge ahead and don't be afraid of upsetting those who don't work as hard as you. Who knows, what you're doing may be the only way to inspire them to work harder than before. Be a source of creativity and inspiration.



## Pisces (2.19 – 3.20)

You expect enthusiastic feedback about something that you've been working hard for but instead all you receive is a lukewarm response. Don't take it personally. Sometimes people need time to catch up on a great idea. Continue doing what you're doing.

August  
1st Prize  
八月一等奖

Walking  
by Jim Knudsen

2nd  
Prize  
二等奖

Speed Thrills  
by Gopal Sankaranarayanan

3rd  
Prize  
三等奖

Sunset In Krabi  
by Gloria Ma

## PHOTO CONTEST 2013

### 2013 摄影大赛

Send your fantastic photos to  
发送照片至

[photocontest@tianjinplus.com](mailto:photocontest@tianjinplus.com)

[www.tianjinplus.com/photocontest](http://www.tianjinplus.com/photocontest)

- Winners will have a chance to win a trip to Hong Kong.
- All top 3 contestants will receive vouchers for a fantastic free meal for two at one of Tianjin's finest restaurants.





2013 IS THE YEAR OF TURKEY IN CHINA.

Turkish Airlines wishes you a Happy Snake Year  
and invites you to discover Turkey.

