

2013.09

津品生活

TIANJIN PLUS

Your guide to the City

16

Parmigiani Fleurier Watches:

Art as Heritage

Interview with Ms. Shan Wei, Asia Pacific GM

单薇

帕玛强尼亚亚太区总裁

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Wanda Vista Tianjin's Cafe Vista is debuting with a "Seafood Feast Buffet Dinner" at RMB288 nett per person featuring Boston lobster, Norwegian salmon and various kinds of fresh seafood, exquisite desserts, Japanese sashimi and Southeast Asian cuisine during 6-30 September 2013; The guests can enjoy "Buy Five Get Twelve" opening special offer in this period.

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16



20



22



30

CONTENTS 2013 09

September Calendar	10
Partner Promotions	12
Art & Culture	14
Assessing the North-South Divide in China	
Cover Story	16
Finally in Tianjin: Parmigiani Fleurier Watches are Art as Heritage An Interview with Ms. Shan Wei, Asia Pacific GM	
Feature Story	20
Born to Stand Out: Interview with Artist Liu Liu	
Restaurants	22
Cercle Restreint: "Tianjin's Living Room"	
Recipes	24
Chicken Masala	
Nightlife	30
CC Club The Latest NIGHT Club TO OPEN in Aocheng	
Health	32
The problem of antibiotic resistance	
Education	34
Bilingualism Support Strategies for Kids in Multilingual Families	
Fashion	36
My Style Notes - Beauty Objects of Desire - Beauty Brands in Lotte	

CONTENTS 2013 09

Sports	40
Tianjin Prepares to Host the East Asian Games 2013 Metropolitan Intersarsity Polo 2013	
Chitchat	44
Relationships	46
Lifestyle	47
Tianjin+Life - Of Reading Books and Healthy Living	
How to	48
How to Find a Language Exchange Partner	
Special Days	50
Chinese Teachers' Day Mid Autumn Festival	
Past Events	52-56
Listings	57
Tianjin Listing Index TEDA Listing Index	
Beijing Beat	72
Browse for Bargains at Muxiyuan Market	
Chinese Lesson	73
To See a Doctor	
China Travel	74
Shopping and Sightseeing in Magnificent Shenzhen	
Global Travel	76
Tasmania: Getting Off the Beaten Path	
Horoscope	78
September Horoscope	



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06
FRI



CFA Team China International Football Match - China PR VS. Singapore
中国之队国际A级赛事--中国男足国家队VS新加坡国家队
📍 Tianjin Olympic Stadium 天津奥林匹克中心体育场
🕒 19:35 🎫 ¥270-450 ☎️ 400-610-3721 (ticket)



The Phantom of the Opera - String Quartet Opera Masterpiece Concert
歌剧魅影--弦乐四重奏歌剧作品音乐会
📍 Western Shore Art Salon 西岸艺术馆
🕒 20:00 🎫 ¥100 ☎️ +86 22 2326 3505

07
SAT



IST playgroup starts
IST PFO community Picnic

07
SAT



The Second China Helicopter Exposition
第二届中国天津国际直升机博览会
📍 AVIC Helicopter Base 中航直升机基地
🕒 09:00/14:00 🎫 ¥60 ☎️ 400-610-3721 (ticket)
07-08 September



Playhouse Drama - The Front Gate
小剧场话剧《大前门》
📍 Multifunctional Hall, Tianjin Grand Theatre 天津大剧院多功能厅
🕒 19:30 🎫 ¥50-180
☎️ +86 22 8388 2000, 8388 2002, 2332 0068
07-08 September



Shrivinsky Opera - Oedipus the King
斯特拉文斯基歌剧《俄狄浦斯王》
📍 Opera House, Tianjin Grand Theatre 天津大剧院歌剧厅
🕒 19:30 🎫 ¥40-380
☎️ +86 22 8388 2000, 8388 2002, 2332 0068
07-08 September



13
FRI



Rafal Sarnecki String Quintet China Tour
Rafal Sarnecki 弦乐五重奏中国巡演天津站
📍 Western Shore Art Salon 西岸艺术馆
🕒 20:00 🎫 ¥100 ☎️ +86 22 2326 3505



Playhouse Drama - Madman, Princess and Old King
小剧场话剧《疯子、公主、老国王》
📍 Multifunctional Hall, Tianjin Grand Theatre 天津大剧院多功能厅
🕒 19:30 🎫 ¥50-180
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13-14 September

15
SAT



A Journey of Constellation - String Quartet Concert
星座之旅--弦乐四重奏音乐会
📍 Western Shore Art Salon 西岸艺术馆
🕒 20:00 🎫 ¥100
☎️ +86 22 2326 3505

21
SAT



Peking Opera - Zhu Lian Zhai (Bead Curtain Walled)
元声京剧坊·传统经典 全本《珠帘寨》
📍 Playhouse, Tianjin Grand Theatre 天津大剧院小剧场
🕒 19:30 🎫 ¥60-180
☎️ +86 22 8388 2000, 8388 2002, 2332 0068

29
SUN



Movie Appreciation of "Lost in Translation"
迷失东京--你，我，一场风景
📍 Western Shore Art Salon 西岸艺术馆
🕒 13:00 🎫 Free ☎️ +86 22 2326 3505

19
SAT



TICC Pink Ribbon Gala Dinner 2013
📍 The Astor Hotel, A Luxury Collection Hotel, Tianjin 天津利顺德大饭店豪华精选酒店
🕒 18:30 🎫 ¥600
📧 ticc_09@hotmail.com
19 October



17
TUE



Movie Appreciation of "Vicky Cristina Barcelona"
深度电影--《午夜巴塞罗那》电影鉴赏
📍 Western Shore Art Salon 西岸艺术馆
🕒 15:00 🎫 Free
☎️ +86 22 2326 3505



24
TUE



Play - 1988 I Want to Talk with the World Debut in Tianjin
韩寒小说改编话剧
《1988我想和这个世界谈谈》天津首演
📍 Tianjin Binhu Theatre 天津滨湖剧院
🕒 19:30 🎫 ¥88-388 ☎️ 400-610-3721 (ticket)
24-25 September

30
MON



Ma Linsky Theatre Ballet - Anna Karenina
马林斯基剧院芭蕾舞剧《安娜·卡列尼娜》
📍 Opera House, Tianjin Grand Theatre 天津大剧院歌剧厅
🕒 20:00 🎫 ¥180-2,280
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Assessing the North-South Cultural Divide in China

By Josh Cooper

China is by no means the only country in the world whose people often talk of stark cultural differences between 'the north' and 'the south'. This is especially the case in England, whereby the typical cultural norms that are prevalent in the former industrial heartlands of the northern counties differ considerably from London and the southern regions. It is also broadly true in the US, although a lot of emphasis also tends to be placed upon the contrasts between the east and west coastlines.

Anybody who has lived or travelled in both the north and south of China (the north is generally considered to be anywhere above Jiangsu and Anhui, and vice versa) will have come to notice a great deal of cultural diversity. Of course, given how vast and ethnically diverse this country is, when we talk about 'Chinese culture' we must inevitably use broad brushstrokes, to say the least. That being said, there are certainly some clear cultural differences that can be observed.

To take the bigger cities as examples, the most obvious lifestyle divergences between say Beijing/Tianjin and Guangzhou/Shenzhen/Shanghai is diet. If you talk to northern Chinese people about their southern counterparts you will probably lose count of how many times you hear phrases like "they will eat anything"! Guangdong and Fujian provinces are particular well known for the liberal use of dog, cat, bat, rat, and pretty much anything else that provides cheap meat for local restaurants. But actually, if one looks hard enough, it is possible to obtain some of these 'delicacies' right here in Tianjin. A much more accurate generalisation in terms of cuisine is that northern Chinese favour noodles, beef and lamb, while people in the south mostly prefer rice, fish and pork.

Another glaringly obvious difference is language. Mandarin Chinese ('Putonghua') is basically the hegemonic dialect of the Beijing region, and has been enforced upon other regions in China since 1982. Therefore, it is hardly surprising that the southern provinces are awash with dozens, if not



hundreds, of very unique dialects. In the case of Cantonese (or 'Guangdonghua'), it is often classified as a different language altogether.

But just sticking to Mandarin, the first striking difference would be the seeming lack of interest southern Chinese people show in pronouncing the syllable 'shi'; which is almost always produced as 'si'. Let's just say that any Chinese conversation which revolves around numbers can be quite challenging in the south. Have a crack at saying the phrase "four is four, ten is ten, fourteen is fourteen" in each dialect!

Other common stereotypes around the subject of the 'north-south divide', which are more difficult to quantifiably prove, include the notions that northerners are more patriotic and conservative whilst southerners are more fashionable, open minded and outgoing. Whether these notions are generally true or not, the fact remains that it is China's great cultural diversity, in all parts of the country, which make it such a fascinating place to live!



Finally in Tianjin: Parmigiani Fleurier Watches are Art as Heritage

An Interview with Ms. Shan Wei, Asia Pacific GM

By Cathy Perez



Shan Wei
Asia Pacific GM

Luxury watch brand Parmigiani Fleurier has finally opened a shop in Tianjin. The shop's formal opening on 8 August at Tianjin Sparkle Roll Luxury World (located in the prime complex of Tianjin World Financial Centre) gathered people together from the media, businesses, as well as luxury watch collectors, to look at the brand's shop display and to learn more about this super deluxe watch brand.

Parmigiani Fleurier was started in 1996 by its founder Michel Parmigiani, a genius in the world of restoring watchmaking artefacts who also has unparalleled knowledge of the mechanical wonders of the past. Parmigiani conceived the entire brand's spirit, resulting in watches that

are the rarest and most precious in the world; hand-crafted and created with precious metals and stones



First of all, congratulations on the formal opening of your shop. This place is very elegant!

Thank you. This place (Tianjin Sparkle Roll Luxury World) has a lot of other luxury brands and it is just the perfect place for us to display our products. Sparkle Roll is our distributor here in China.

Please tell us more about the brand.

Compared with other established watch brands in China, Parmigiani has only been here for just over two years. However, Parmigiani is much more exclusive and I can say that we are over-the-top in terms of technology, the movement, the finishing and also the exclusive production. The brand is quite young compared to its competitors that claim to have 100 or even 200 years of history. The brand was founded in 1996 by Michel Parmigiani. He is an expert of antique watch restoration and can restore watches that are 100 years old, 200 years old, or even 500 years old.

Another thing which I think gives strength to our brand is our one hundred manufacturing capability. This means that we produce all materials for watchmaking by ourselves – in-house. We don't purchase anything from outside. This keeps the brand very independent, and it will have a very stable development in the future.

Parmigiani is also known for its unique masterpieces. Tell us why uniqueness is a vital part in producing Parmigiani masterpieces.



with calibres that are developed in-house. Its complete autonomy means that Parmigiani Fleurier is currently the only independent production house with a strong presence in luxury watchmaking.

Gracing the formal opening of this luxury watch brand is its Asia Pacific general manager, Ms. Shan Wei. Ms. Shan flew all the way from Hong Kong to attend the celebration. Her elegant style combined with a gracious, smart, and friendly personality made the event more meaningful for the brand. Here, she speaks to **Tianjin Plus** about Parmigiani Fleurier, the brand that gained her loyalty and respect.



Watchmaking today is very different from what it was in the past. In days gone by, if I were the master, I would ask what you want, give you the design, the materials and many other components for the watch. Then I would make the watch for you, only you. It is not like that today whereby you produce five thousand watches and put them in the shop to sell. So for our business, we design specifically for our clients. We make the watch that fits your personality or represents your identity. So that's the root of the business—to fulfil some special needs. Secondly, selling watches is easy. You display them in the shop and people will either buy them or not. However, when you have someone who comes to you with specific instructions for the movement, the dial or something else and would ask you if you can make it or not, other brands simply cannot do it. Since all our watches' components are made in-house we can actually meet the clients' needs and make watches especially for them.

Another thing that we also stand for is creativity and tradition, which means that we master traditional watchmaking but we continue to challenge it with the creativity of modern technology. Take Bugatti 370, for example. It's a very unique watch and you never see anything like it.

What's so special about the Tianjin market that made your company open a shop here?

Tianjin is becoming an economic giant and many clients of our brand are from Tianjin. They have shown us a desire and need for a high-end watch brand to open here. That's why we decided to bring these timepieces to the Tianjin market.

Lastly, being a successful GM, our readers would like to know the secrets to your success. Can you share some of them with us?

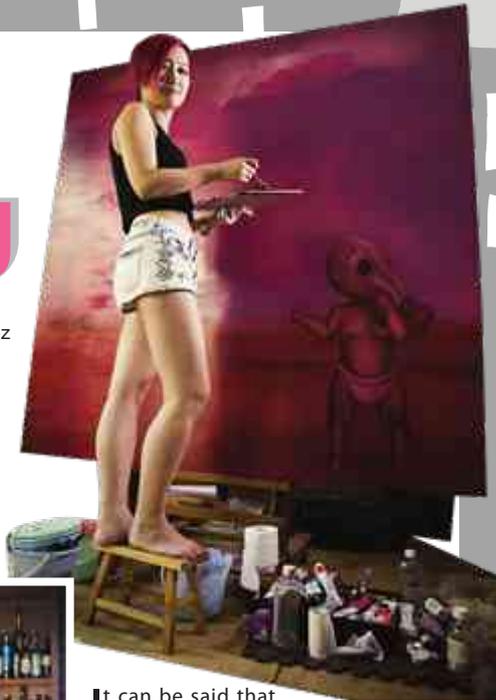
I cannot consider myself successful but I do believe that you pay, you gain. I always say I'm lucky enough because I pay and I gain. A lot of people have paid and gained nothing. For me, all my life, it has always boiled down to passion. I always do what I really love to do. I've worked in many different fields during my career—from cosmetics, to fashion, to luxury brands, but I always choose the jobs that I'm good at and the ones that I enjoy doing the most. Then, I worked very hard.



Born to Stand Out: An Interview with

Artist LIU LIU

By Cathy Perez



It can be said that artist Liu Liu was born to stand out. This is utterly obvious with the way she expresses her opinions and thoughts— whether it be through her art work, the way she decorates her home, or through conversation and

her lifestyle, as she dyes her hair bright red and finds energy and inspiration through rock music. Our conversation with Liu would prove to be most interesting. She narrated of her life in Greece where she lived for eight years, the

sheer joy of finding her own niche in art, and countless more stories about culture, people, inspiration, and those things that are most enthralling about life: the endless play between human emotions and what we believed to be good.

“I decided to return to Tianjin because I realised that it was time to focus on my art. Teaching, though rewarding, is tedious and would not give me the kind of focus I need. Returning here gives me time to do something for my art”, Liu Liu explained with a kind of confidence evident in a woman who finds her own voice and is comfortable enough in her own skin. Here’s more of Liu’s conversation with **Tianjin Plus...**



Please tell us about yourself.

I was born in Tianjin. I graduated from Tianjin Polytechnic University Art College in 2004 and went to Greece the same year and lived there for more than 8 years. While there, I worked as art teacher in Siyuedi Art studio in 2000, in Tongdaotang Art Studio from 2000 to 2003 and worked for many other art studios there. I lived in Athens for 6 years and in Kolinthos for 2 years. I came back to China at the end of last year. Now I work in my own studio.

What kind of art do you do?

I do oil painting. I have focused primarily on this technique since I went to Greece. The country for me is not only a place for living but also a land that gave me a lot of creative imagination. From this subject, I’d like to talk about some stories about human and god. Well, it is nothing related to any religion. They call this style ‘symbolism’, a word that also originated in the Greek language. Before 2009, I used some characters in my paintings like Buddha and clowns which represents our spirits and emotion. Then, I used flowers and fish in some paintings to show the stories of love, hate, lust and discipline. Of course sometimes you can see that I used all of them to represent this world and human beings.

Since 2009, I have been using only 2 characters - babies and clowns. I know that this will be more ridiculous.

How long is the process of creating your works?

It takes a while because I need to glaze the works many times. I usually do 5 paintings together at one time. After the glazing I need to wait at least one week to glaze them the second time because if I don’t the colour would turn out bad. For this kind of style, artists must be particular with colours and pay attention to techniques and processes.

What do you think is your greatest achievement?

Compared with other people of my age, I have experienced more, or should I say, I’ve experienced something different. These experiences are reflected in the stories of my works. I can make these stories my whole life as they are very interesting and meaningful to me.

What’s your opinion about the development of the arts here in Tianjin?

This city is really special. I say that because the locals respect traditional culture a lot like martial arts and the traditional Chinese medicine. For art, they respect Chinese paintings and have the best colleges and teachers of Chinese arts in the Fine Arts University. With modern art, I think there are not so many people who really care. When you are too focused on the things you have, then it will be very difficult to accept new things. If in the future Tianjin is a big international city then the situation will be different. I am not talking here about which is better, just the difference.

As an artist, what are the challenges and advantages of living here?

I don’t know. Personally, the challenges are the things I don’t know about since this city has changed a lot in the past eight years. I think I need more time to learn more about this city. For the advantages, in Tianjin I could have a very calm place and a not so busy life for doing my work. This is very important for me now and that’s the reason why I didn’t move to Beijing.

To be honest, to a pragmatist, art is useless since it needs a lot of free time. That is why so many artists give up. I think I am lucky because I can handle the risk and know what is important in my life.

Aside from painting, what else do you do?

I like music. I like listening to live music as it gives me energy and inspiration. Music is the other most important thing in my life.

Any words of advice to aspiring artists?

Be creative!

(To see more of Liu Liu’s works, visit her website at www.liuliu.eu)



R
Restaurant



Cercle Restreint: "Tianjin's Living Room"

By Abbie Armstrong

"We want to make our restaurant a living room for the whole city," explains Johnny, Cercle Restreint's English speaking staff member, and is sharp enough to know what customers really need- good service, quality food and a friendly atmosphere. Cercle Restreint is a French term which translates to "inner circle club", meaning that this western restaurant's goal is to make it a place for people, foreigners and locals alike, to dine in, hang out, meet new people, and form a community.

Aside from this, the restaurant also focuses on cooking and serving healthy and nutritious snacks and meals. This is evident from what's in the menu – healthy salads, appetizers, soups, main course dishes, barbecues, pasta, pizzas and desserts. They also have a wide range of drinks from soft drinks, tea, coffee, cocktails, to alcoholic like Chimay, Hoegaarden and Lindemans.

Mr. Louis Zhang, Cercle Restreint's owner says that opening the place was his wife's idea. Their child goes to school a few blocks from the area and so they decided to open the restaurant to make sure their child, other kids, and people from the area, will partake in eating good foods that are healthy, nutritious and clean. The place also has a bakery and an ice-cream parlour that welcome you before you reach the restaurant area. "Our cook comes from England and has twenty years of experience in preparing good and special foods. Thus, you'll notice the high quality of our dishes here", explains Mr. Zhang.

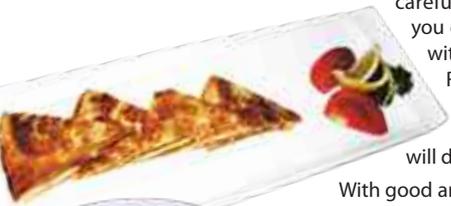
As you settle yourself in and feel like you're in your own living room, the short time you allotted for waiting for your meal is totally worth it. Cercle Restreint's dishes are finely-made, well-cooked, and

carefully-served with pretty presentations that will surely make you dig in right away. Although people have different favourites within the range of foods they serve, the "must-try" dishes are: Russian Potato Salad, Sicilian Chicken Sauce with Tortilla, Fried Shrimp Vegetable Noodles with Perilla Sauce, and their Cercle Chef Special Pizza. These are all heavenly and will definitely make you forget about committing gluttony.

With good and healthy food and drinks, friendly and spacey atmosphere, and excellent service... what more can you ask for? Hang out and dine in at Cercle Restreint today!

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Chicken Masala

By Warner Garden Cooking School



- 750 grams of chicken pieces
- 1 teaspoon chili powder
- 1 teaspoon ginger garlic paste
- Half teaspoon turmeric powder
- 3 teaspoons curd and salt

1. Mix all ingredients together; set aside 1 hour to marinate.

- 4 tablespoons oil
- 1 and half onions, chopped
- 3 hot chili peppers, chopped
- 1 teaspoon ginger garlic paste
- 1 teaspoon coriander powder
- 1 teaspoon turmeric powder
- 3 teaspoons chicken masala spice (Everest brand or similar)
- 4 tomatoes, chopped
- Prepared rice

2. In a large pan, heat oil; fry onions until crisp.

3. Add hot chili peppers, ginger garlic paste, coriander powder, turmeric powder and chicken masala spice to fry for 1 minute.

4. Add marinated chicken pieces and tomatoes, cook for 10 minutes.

5. Serve hot with rice.

MILAN WINES 米兰酒业



Dean Smith
Milan Wines Deputy
General Manager

Wine labels have a lot of information on them. Some of it is critical to understanding what is in the bottle, and some of it is just marketing nonsense. Here's a quick guide to help you understand the label when you are choosing wine.

There are 5 basic parts to a wine label

1. Producer or Name

The producer name is either obvious or in small text at the top or the bottom of the label (such as many French wine label examples). This is who made the wine.

2. Region

The region indicates from where the grapes were sourced to produce the wine. A wine from a larger, more generic region is typically a value wine whereas a wine from a specific vineyard site often indicates a higher quality regional designation (i.e. "South Australia" vs. "Barossa Valley"). Generally, as you narrow the source to a specific site, the quality level becomes more refined and the price increases.

4. Vintage or Non-Vintage (NV)

The year that the grapes were harvested is the vintage. The vintage tells a lot about a wine if you are familiar with vintage variations. As a general rule, multi-vintage wines or "NV" wines are lower value wines, because they have the ease of pulling wine from multiple vintages to control the flavor.

3. Variety or Appellation

The variety refers to what grape or grapes are used in making the wine e.g. "Merlot" etc. If there is no varietal given the wine is likely produced from the Old World (Europe) - In this instance, look for the Appellation, which can give you clues to what varieties were used based on the rules governing that region.

5. Alcohol by Volume (ABV)

The alcohol level actually says a lot about a wine. Many higher alcohol wines are made from riper grapes and tend to have more fruit forward flavors. Again this is a generalization and there are exceptions to the rule.





Texas BBQ Bar and Restaurant

The Texas BBQ Bar and Restaurant in AoCheng has firmly established itself in its first year as Tianjin's favourite family restaurant and sports bar.

The great support network of friends and customers has helped create a warm and hospitable environment for all visitors.

Thanks to regular feedback, the Texas BBQ has evolved a great new menu with its core of authentic Texas BBQ being added to with a wonderful selection of **Chef's Specials** including **Lamb Chops, Baked Salmon, Fish and Chips, plus the best selection of Rib-eye and Tenderloin Fillet steaks to be found in Tianjin!**

The professional bar staff have to created a great range of summer cocktails for you to enjoy at the bar or on The Terrace. The wide selection of beers and cider includes real **draught Guinness, Murphy's, Carlsberg, Heineken and Tiger beers**. Don't miss Texas BBQ's great selection of whiskies! Including a choice of a dozen Single Malts plus Bourbons and Rye!

Texas BBQ Food Sports Bar is the place to watch Live Sports with 5 large screens showing different sports 7 days a week making it the very best Sports Bar in Tianjin. All **English Premier League football matches shown live every Saturday and Sunday**.

The Family restaurant with seating for up to 120 people also has a **Children's Play Area** and large screen for films. Please enjoy a Free Kids Meal when your child eats with the parents during our Family Week!

The Terrace is the place to enjoy your weekend evenings with **Live Jazz and Blues Bands** playing every Thursday, Friday, Saturday and Sunday.

Texas BBQ Bar and Restaurant is the ideal location to host parties and events.

Something for every day of the week!

Something for all the family!

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Address :

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Live Jazz and Blues Bands on The Terrace @ Texas BBQ

Enjoy the summer nights on The Terrace at Texas BBQ, Ao Cheng, with live performances by our Jazz and Blues Bands every Thursday, Friday, Saturday and Sunday evenings.

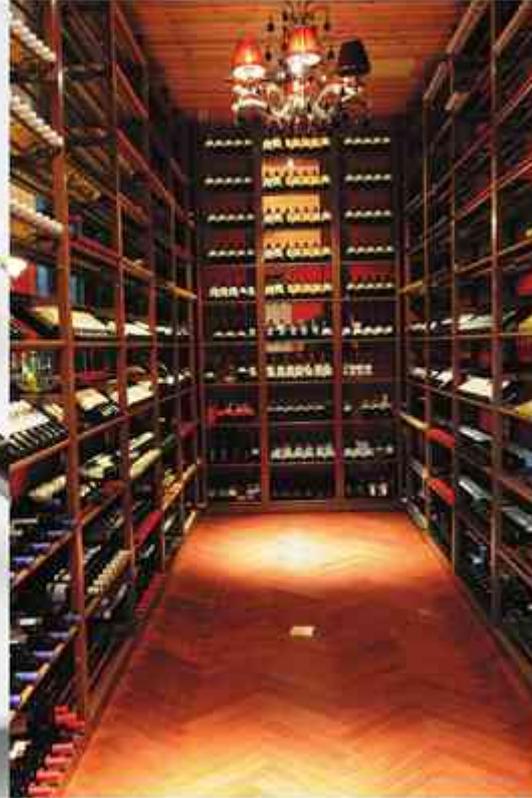
Entrance is free – Enjoy our great new menu and range of summer cocktails

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LA SEINE

塞纳河法国餐厅

Seine French restaurant in Tianjin was established in early 2009. We are located in the centre of the Italian Style Town and follow in the traditions of restaurant styles seen in Paris, France. The venue's red and black decor gives a very warm and romantic feeling. Coming here is like being in a friend's house in Paris!

We have our own wine cellar, which houses 2,000 bottles from around the world. You cannot begin to imagine the perfect wine selection at our place. The cellar holds rows and rows of wine from France and around the globe, gathered over many years. You can observe that each bottle has its own unique icon of origin, details of the year it was produced, as well as its own story. Away from the noisy city you can taste these stunning wines whilst enjoying delightful conversations with friends and family.

Our French dinner parties in recent years have been attracting diners who come to try the productive efforts of our vibrant team of young and creative chef. We exemplify French excellence through our classic dishes and our extensive range of innovative delicacies which merge old and new methods to form a new style of cooking. We pay a great deal of attention to the French culinary arts of modulation, skill, decoration and colour co-ordination. Our guests always leave the restaurant completely satisfied and eager for more. We welcome you and your family to come and try our unique cuisine and wonderful dining environment!



CC CLUB

THE LATEST NIGHT CLUB TO OPEN IN AOCHENG

By Cathy Perez

Make some wave for CC Club, the latest nightclub to hit the Aocheng area in Nankai District. Officially opened on 8 August, the club aims to put more life into Tianjin's night scene, thus inviting the best from the entertainment world to perform in the club for a fun night of music, dance, and drinks.

On its opening night, no less than Stanley Huang, the dashingly stylish popular Taiwanese entertainer, performed for CC. It was a packed club with people raising their smartphones high just to get good photos and videos of this Taiwanese-born American singer who is known for his rock and heavy metal style of music.

CC's regular set consists of two female and male DJs who, aside from their fabulous outfits, shine in the club because of their ability to dish out danceable electronic and pop music with ease and style. DJ Pretty, for example, came out with the latest mix from Lady Gaga, Rihanna, Pitbull, and many other singers, making clubgoers high with energy to pull out dance moves. DJ Pretty's pixie-cut blonde hair absolutely made her presence felt, her rouge-coloured lips together with huge dangling earrings went well with her animal-print blazer on top of a black bra. Her style aptly represents CC – fashionable, fierce, fresh, energetic, and knows how to have fun!



Male and female singers come out of the platform as soon as a DJ finishes its set. One singer, for instance, sings in his rendition of fun tunes from South Korea, the US and China. You see club-goers looking at the singer with awe, while others were inspired to dance like there's no tomorrow, and some, well, you'll see them calling the waiter for another round of drinks. Yes, you'll notice clubgoers staying in CC to find out what's next, or specifically - who's next to break a leg on the dance floor.

Speaking of breaking a leg on the dance floor, one notable performance in the club was from a male dancer who came out with a black long-sleeve top with a skimpy black shorts and a black pair of high-heeled shoes. His face, with dark, thick eyeliners and mascara; remained expressionless during his entire performance. What made people scream for him was his dance moves – effeminate, sexy, and sensual.

The night after Stanley Huang made his mark on CC Club's stage, another famous Taiwanese entertainer landed at CC. This time, it was Sun Xing, the actor known for his countless drama series, movies, and performances. Surprisingly, Sun Xing dished out fun beats for the club; beats that will surely make you move from your seat to the dance floor. Sun Xing knew what people wanted, and tuned in dance mixes in maximum volume as he blended in some moves for his set. "No one is going home! We're all going to stay here", Sun Xing hollered as clubgoers screamed in agreement.

Over the coming months, CC Club plans to have "foreigners' night" once a week to draw in more expats. For now, aside from famous national and local performers, CC also has several foreign performers to sizzle the club. Singers and dancers from Russia and Ukraine put fire on the dance floor, so to speak. One minute, there was a singer with back-up dancers in sexy costumes, and another, a dance performance in out-of-this-world attire with skin-toned body-hugging outfits, masks, and huge, high-heeled shoes. With all these performances, there's no denying that CC Club is out to put more life to Tianjin's night scene!

The Problem of Antibiotic Resistance

by Dr. Mel Brecknell, Emergency and Family Practitioner,
International SOS Tianjin and TEDA Clinics

A recent BBC headline reads "Antibiotic Apocalypse - A terrible future could be on the horizon, a future which rips one of the greatest tools of medicine out of the hands of doctors."

Why such a worrying prediction? The reality is that already many common illnesses can no longer be treated with simple antibiotics due to resistance. New superbugs such as MRSA are emerging. Cases of totally drug resistant tuberculosis have been identified in the past few years.

What is the cause of this increasing resistance?

Antibiotics are powerful medicines that fight bacterial infections. Used properly, antibiotics can save lives. But antibiotics do not fight infections caused by viruses, such as:

- Colds and Flu
- Most ear infections
- Sinusitis
- Most coughs and bronchitis
- Sore throats, unless caused by strep

According to the journal 'Antimicrobial Resistance and Infection Control' the most important cause is a massive overuse of antibiotics worldwide across all ecosystems over the past decades, including humans, animals, aquaculture, and agriculture.

Asia has the highest level of antibiotic resistance in the world and has only very recently recognised this critical healthcare problem. One study estimated that 83% of people suffering from the common cold in China who went to see their doctor last year were prescribed antibiotics. The Netherlands, on the other hand, has the lowest use of antibiotics in Europe and subsequently the lowest incidence of resistance.

Added to the problem of overuse is the lack of new antibiotic technology in the pharmaceutical pipelines. The last family of antibiotic to be discovered was in the 1980s.

Many national/international meetings, workshops, and task forces, as well as reports in the scientific literature and lay press, have been dedicated to this threat over the last decade, particularly in 2011, but often with a limited impact due to a lack of coordination.

Nobody wants to live in a world without antibiotics, to return to return to a life prior to Fleming's discovery of Penicillin when infections that we expect to treat routinely these days could be life-threatening. Unfortunately the harm that has been done cannot be undone but we can all try to reduce it further:

- Antibiotics should only be prescribed when necessary and by doctors.
- The course should be finished even if the person is feeling better.
- Antibiotics should not be saved for later use or given to friends or family.



Dr. Mel Brecknell



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



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Bilingualism Support Strategies for Kids in Multilingual Families

Bilingualism is defined as the ability to speak two languages fluently. Here in China, the appreciation for speaking two languages is widespread, and even more prevalent within the international school community. With over 3 million students enrolled in international schools worldwide, many of whom already speak or are learning a second language, this group of youngsters will be well equipped to function in a global society.

Several studies have highlighted the cognitive benefits of bilingualism. These include increased flexibility of thinking, better phonological awareness skills (which support reading development), and increased metalinguistic knowledge – or the ability to think about and analyse language, such as actively translating known words. The social and economic benefits are also clear.

While benefits abound, many parents are curious about how to best ensure that their children develop each language fluently enough to reap these rewards. For the youngest children (between birth and preschool age), a commonly held belief is that they will pick up languages “like a sponge” with little effort on the parents’ part. In fact, fluency outcomes are better when parents have a clear plan in mind.



Though the most common approach in dual languages households is “one parent – one language”, other options can be equally effective. These include home language and community language, home language and school language or parent language and grandparent language. Success depends on the frequency and quality of interactions. The best strategy is simply to have a concrete plan of providing enough interactive exposure – activities that require both speaking and listening in both languages for the child to learn. Watching television shows in one language is not harmful, but as a passive activity it will not make a significant difference in oral language use.

For school age children, the school and peer language may become preferable. In some cases, when parents address children in the home language, they are answered in the peer language! This is normal, particularly for children who are “bicultural” and sorting out their own identity. Helping the child find peer groups that speak the home language can be helpful as it both creates practice opportunities and reinforces the social utility of the home language.

In adolescents and adults, motivation is a key factor for language learning or maintenance. It is helpful to seek out social activities for teens in the desired language for the same reasons listed above, but also to help with language maintenance for teens that have used the language but only in casual settings (never school).

For more information on bilingual and multilingual development and family strategies to support two or more strategies I recommend the book *Growing Up With Three Languages* by Xiaolei Wang. Information can also be found at www.multilingualliving.com.

Melissa Pierce

Melissa is a Speech Language Pathologist from the United States working with Olivia's Place's Beijing location called Elliott's Corner. Olivia's Place is now starting to provide services in Tianjin as well. Prior to moving to Beijing, Melissa spent two years volunteering in rural Peru at a school for children with special needs with the U. S Peace Corps. She has also worked in public school and early intervention settings, primarily with Spanish-English bilingual children. Melissa's area of interest is bilingualism and multilingualism as they relate to speech and language disorders. She holds a BA in Spanish from the University of Massachusetts, and a Master of Science in Speech Language Pathology from Boston University. She is fluent in English and Spanish and is learning Chinese.

Olivia's Place is a multi-disciplinary pediatric therapy center providing occupational therapy, physical therapy, speech therapy, psychology and learning support in Beijing, Guangzhou, Nanjing, Shanghai and Tianjin. To make an appointment in Tianjin or in the Beijing center called Elliott's Corner please call 010-6461-6283.



My Style Notes

By Silvina Pardo



Rainbow Eye

Neon green is the colour for the season, teaming it with royal blue makes this look more wearable and creates a stunning bird-of-paradise palette. Start with the lightest colour - yellow, at the inner corner then blend the darker hues out into a winged shape. Go for matte textures as shimmer will make it look too seventies.

Notes:

- To keep this modern, match it with nude, pared-back skin and natural lip tones.
- From turquoise shades to bold teals, the message is clear: blue and green are the hottest hues for eyes. They compliment every eye shade and brighten the whites of your eyes.

Bright ideas

Anything goes this season when it comes to make-up shades, from the eye-catching shades to the best statement lip gloss. Welcome to our beauty colour special.

New Hairstyles

The Beach Braid

This look is about creating a "beach chic" texture. Prepare your hair with a texturising spray to achieve an undone effect and keep your hair in place and then play with plaits; tiny plaits on the sides or a big plait with messy look.



The Side Sweep

Make a very low side parting and brush through either a heat-protecting spray or nourishing oil to make it frizz-free and extra shiny.

Ponytail

Think slick and understated rather than big and bold this season. Apply gel to the roots and comb through, then use a brush to gather it together into a ponytail.



Beauty

Orange Lips

This is not a look for everyone, but it can be diluted down into a sheer stain or a lip gloss. Line your lips first for a precise shape then start filling them in using a small lip brush and your chosen orange shade. Build up on the layers and apply a layer of translucent powder over the top for a velvety texture.

Notes:

- If you would rather not wear a bright colour, but want to make a statement, just switch from a lipstick to a gloss or a tinted lip balm.
- This year the trend is to focus on the middle of your pout, this will make your lips look fuller.



Eyeliner

Graphic eyeliner ruled the runways, as did sparkles and glitter. You can combine the two trends by teaming a strong colour line under the lower lashes with sequins in the same colour. This look is a little daring maybe, but never intimidating and party ready. For the rest of the face, go glow and unfussy.

Notes:

- In terms of difficulty, liquid liner ranks pretty much at the top, getting both eyes perfectly symmetrical takes practice.

- Always draw up and out past the outer corners to lift the eyes.



Mani

Bright nails were an unexpected hit on the catwalks. Swap darker colours for punchier polishes and keep nails more rounded for an on-trend feminine vibe.

White

Milky manis were spotted at many fashion shows. Keep the nails short and use a base coat first for a smooth finish.

Fancy French

The new French is mixing too contrasting colours.

Nude

For your perfect nude, check the varnish in natural light to see if suits your skin tone.



Hot Lips

When it comes to lips, this season's palette is a combination of poppy, crimson, scarlet and fuchsia. The point is to go for rich pigments with a glossy finish and find your perfect shade, if you have olive skin, opt for colours like oranges and corals, fair skins should stick to hues like pink, lilacs and ruby reds.

Notes:

Make it modern by teaming the lipstick with matching nails.



Objects of Desire



L'occitane

L'OCCITANE offers high quality beauty products and fragrances, developed following the principles of phytotherapy and aromatherapy. Their textures and fragrances are inspired by the Mediterranean lifestyle: using a L'OCCITANE product is always a moment of well-being and sensory delight.

They claim to use high-quality, traceable, natural ingredients, over 200 botanical ingredients, a quarter of them organic certified, which are carefully selected for their effectiveness and their ability to give your skin the elements it needs to be beautiful.

Are you searching for gift ideas or looking to improve your beauty routine? This is a list of customer favourites that includes all the essentials: face care, body care and hair care, plus fragrances.

Best sellers



Best gift ideas



For example they use vegetable oils in place of oils derived from petrochemicals, as they have a better affinity with the skin. The ingredients used in their products are the inspiration behind the true stories of L'OCCITANE.



Anna Sui

Anna Sui has created a line of cosmetics and fragrances for a particular kind of woman. This is a woman who, much like Anna herself, has an ageless spirit, is willing to try anything, no matter how daring, and who loves fashion but doesn't take it too seriously. Anna offers a wide variety of products, all designed to perfection, beautiful colours to mix and match and tempting packaging.

Lipsticks present vivid colours and ultra-smooth textures with perfect fit, offering a variety of true, vivid shades in one swipe and gorgeous packaging.

Designed for mixing and matching, this definitive nail colour collection offers endless interchangeable possibilities for colour creation, amazingly vivid colour and glitters with special firm brush give you the greatest brilliance and shiny nails. They are perfect tools for drawing nail art designs.

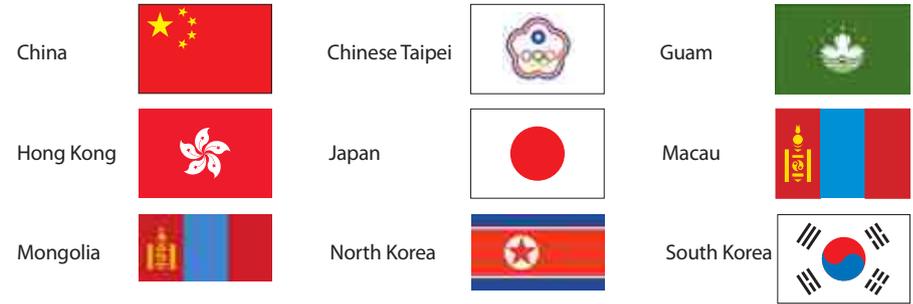
Perfect for gifts





nations of the East Asia Games 2013, the event will be a superb opportunity for sports fans to come together to enjoy their shared hobby.

This year 9 nations and autonomous regions will compete in the event. These are:



Tianjin Prepares to Host the East Asian Games 2013

By Melvin Shaw

Next month Tianjin will host the East Asian Games 2013. In doing so, it will undoubtedly put the city well and truly on the map when it comes to big sporting events. From 6-15 of October it is estimated that Tianjin will welcome 7-8,000 athletes, coaches, reporters and other integral personnel from 9 different nations. Then there are the spectators, many of whom will be local people and thousands more will come from other parts of China and other places in the world.

With Tianjin's current sporting facilities, it is no surprise that an event of this magnitude is going to be held here. The world class Olympic Stadium, located on Binshuixidao, has previously been the setting for a number of high profile events, including the FIFA Women's World Cup 2007 and other football matches for the Beijing Olympics in 2008. Not only is it a wonderfully constructed and very modern stadium, it has a very sizable 60,000 capacity and covers more than 78,000 square metres of space. It is certainly more than capable of doing the city justice as the venue for the East Asian Games this year.

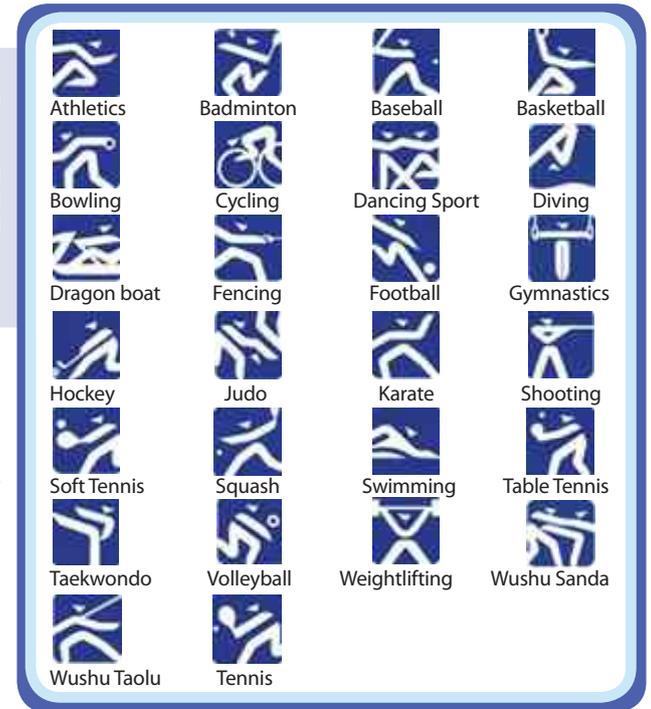


The wider metropolitan area will also benefit from events being hosted in a range of other venues. For example, Tianjin Foreign Languages and Normal Universities will be lending their gymnasiums. It will be an excellent opportunity to raise the institutions' profiles whilst putting on a great show for the audiences. Other scheduled venues that will be used include the Tianjin One Yacht Club, Teda Stadium, Tianjin Sports Centre's Shooting Range and the Tianjin Olympic Centre Stadium's Swimming Diving Hall. The venues are not only located in the downtown area, but also in the more suburban parts of the city which will allow for more people to be part of the Games.

The event is set to be historically significant, not just for Tianjin but also for the East Asia region as a whole. Ever since the allied forces and the German military dropped their guns on a number of Christmas Days during the First World War in order to engage in a friendly game of football, sporting events have been seen as a force for breaking down national borders and bringing people of all countries together in competitive harmony. With the tense political circumstances surrounding many of the participating

It will be a momentous occasion for all of those involved and it offers a great platform to showcase their respective talents across a range of different sports. China, which is the largest and by far most populous of the participants, will be looking to build upon its dominant overall performance during the 2009 Games in Hong Kong. Last time around the Chinese team collected an impressive total of 232 medals: 113 gold, 73 silver and 46 bronze. Japan was the runner up with 190 medals in total.

So what about the different sporting events that will be taking place at the 2013 Games? In total there are 262 scheduled events which will include 26 unique sporting categories. These are as follows:



One of the things which makes the East Asian Games so exciting is the inclusion of non Olympic sports to the repertoire. Observers can enjoy, for instance, the traditional range of athletics events, as well as some additional sports that are not as mainstream, but are interesting nevertheless.



Metropolitan IntersVarsity Polo 2013

University of Cambridge Takes the Championship with Harvard University in the Second Place

Metropolitan IntersVarsity Polo 2013, which is being held from 23 to 28 July at Tianjin Goldin Metropolitan Polo Club, saw representation from polo teams from the University of Cambridge, the University of Oxford, Harvard University and Yale University.

The Club hopes that the tournament will raise the awareness of polo amongst the region's youth and widen the horizons of Chinese youth and allow them to experience the beautiful game of polo as well as instil in them the values being driven off the back of polo. To inspire and groom young people by promoting the sport of polo to the next generation has been the Club's polo development initiative.

Metropolitan IntersVarsity Polo 2013 also provides a convenient platform for academic, cultural and social exchanges among representatives from the four universities, local students, parents as well as alumni.

An atmosphere of gaiety began to gradually develop as Tianjin Goldin Metropolitan Polo Club members, invited guests as well as alumni from all four universities who have travelled especially to Tianjin to support their alma maters cheered for their favourite teams.

The opening match of the day saw University of Oxford play Yale University who were third and fourth on the league standings. His Excellency Mr. Gustavo A. Martino, Argentinian Ambassador to China, did the honour of throwing the ball to begin the match.

The University of Oxford started strong, the first chukka had hardly begun when George Allen swiftly guided in a goal within seconds of the start of the match. Having been trounced by their opponents on the second match day with a score of 10-1, Yale University fought hard to take back the grounds they had lost as spectators were kept on their toes with several near goal attempts.

Although Yale University continued to play with passion and determination, it was clear that their attempt was futile as the lead was too great with the University of Oxford scoring another nine goals in the following chukkas, six of which were scored by Oxford's star scorer George Allen. Undefeated, the youngsters from Yale pushed on with great tenacity, their efforts paid off with Rebecca Smith scoring Yale's consolation goal two minutes before the end of the last chukka. The match ultimately ended with a 10-1 win for the University of Oxford.



Mr. Gustavo A. Martino, Argentinian Ambassador to China, presents the Most Valuable Player award to Sam Browne from the University of Cambridge



In the final match, the University of Cambridge and Harvard University faced off in a fierce battle. Mr. Peter Yunghanns, Guest of Honour, threw the ball to start the exciting match. The University of Cambridge was the first to score with Casra Labelle directing two goals in the first five minutes of the first chukka. Although the Americans tried to strike back, the English team intimidated their opponents in the second chukka with a goal by Sam Browne. Undeterred, the Americans made a comeback quickly with their first goal of the match, resulting in a score of 4-1 in favour of Cambridge after the first two chukkas.

Bumping shoulder to shoulder, the teams continued combat with each team scoring a goal almost one after the other in the third chukka. The University of Cambridge's James Marshall scored the final goal of the tournament just seconds before the end of the last chukka to end the match-play with 8-3.



Ms. Zhang Junfang, Chairman of Tianjin Polo Association and Dr. Richard Caleel, President of Federation of International Polo with players from Team Harvard and Team Oxford

In the closing ceremony, all four teams were presented with tournament medals and souvenirs from Tianjin Goldin Metropolitan Polo Club. The prize for Best Pony went to 'GURI', a beautiful pony that facilitated many of Sam Browne's goals at the tournament. The crowd cheered as their favourite player Sam Browne of the University of Cambridge was named 'Most Valuable Player'.

The champion of Metropolitan IntersVarsity Polo 2013 – the University of Cambridge – was also presented with a tournament trophy and pennant by Mr Harvey Lee, Vice-Chairman of the Goldin Group.



Shara Ibasan

33 years old from the Philippines

Vocalist at Sitong Bar

Favourite place to grab a quick bite?

I like street food *Shao Kao* such as grilled squid, lamb, and pork.

Where do you love to spend your kuais at night?

Since I work in one of the most popular bars here in Tianjin, I think Sitong is the number one place to go and you can meet people of different nationalities like Americans, Koreans, Japanese, and Africans, etc there. So, the place where I work is the best place to hang out and also enjoy live music performed by our band.

Favourite dish you've tasted in Tianjin?

Definitely hotpot. In Tianjin I have come to like hotpot dining a lot.

Favourite place to go shopping?

Places where you can buy affordable goods like Dahutong near Dongbeijiao and Maigo Shopping Mall in Binjiang Dao. These are perfect places for people on a budget, as well as for foreigners who are just travelling in Tianjin and are looking for souvenirs.

Where do you and your friends usually hangout?

Me and my friends love visiting interesting and historical places just like the Great Wall in Jixian County and old architecture like houses of emperors and significant people, many of them you can find in the Wudadao area.

Which do you think is the perfect place for a date?

One of the perfect spots in the city is the Italian Style Town. There are nice restaurants in the area where you can also do al fresco dining. Aside from that, it is also the perfect place to chill as it has coffee shops and bars.

Last movie you watched?

I watched *Man of Steel* at the IMAX and I was happy because the cinema was nice and clean with comfortable seats.

Any advice you'd like to give to Tianjin newcomers?

Go out and visit more interesting and cultural places. You'll find that the city has more to offer than industrial buildings.

I like Tianjin because...

There are many places to visit and it's not as crowded as Beijing or Shanghai. Here you also get to meet people from different countries and learn about other peoples' cultures and experiences.



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《安娜·卡列尼娜》《天鹅湖》

马林斯基剧院 Mariinsky Theatre

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叶卡捷琳娜·康卓洛娃 Yekaterina Kondurava
欧克萨娜·斯科里科 Oksana Skorik
叶甫盖尼·伊万诺夫 Yevgeny Ivanchenko
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天津大剧院
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在当今这个剩男剩女流行的时代中，大部分人会感觉到危机四伏，想要赶快找到适合自己的对象，将恋爱进行起来，并携手走进婚姻的殿堂。但是，这其中也不乏特立独行的人，比如Katrina，她喜欢并享受着独立自由的单身生活，对男人的选择也是相当挑剔的，她并不清楚是否两个人的生活是否比一个人来得快乐自在，现在她遇到的确是个难题。



"I am 30 years old and I love my independence. I am also quite choosy when it comes to men. People keep telling me that I should stop being so uptight and find someone to share my life with. I am not sure if having a relationship will work because I love single life too much."

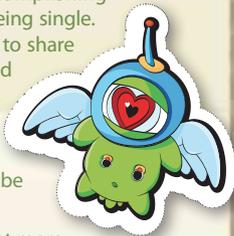
-Katrina

Angela says:

Oh, the single life! The freedom to do what you want and the joy of accomplishing things because you have enough time are just some of the advantages to being single. However, understand that society tells women of your age to find someone to share your life with because they mean to say that your biological clock is ticking and it should be time to settle down and have children before it is too late.

Perhaps you consider yourself to be choosy and you are not sure if being in a relationship will work. Dear, maybe you're in this predicament because there are no good men surrounding you, or maybe because you are scared to be in a relationship because you put a high value on your independence.

If there are indeed no good men surrounding you, go out of your way to meet more people. Allow people to get to know you and be interested in getting to know them. On the other hand, if you are indeed scared that your freedom would be taken away from you once you're in a relationship, go out of your way still and meet people! By doing so you'll know yourself more. And who knows, in the process of meeting others, you might find someone who can convince you that being in a relationship is worth a try.



Daemon says:

These days it is fair to say that being married with kids before 30 is pretty pointless. We are all living longer now and throughout our twenties we need to put our careers before everything else or we will eventually get eaten alive by the other 7 billion money hungry people on the planet.



I can see why you might start to feel old and ready to settle down at 30, but really, the fun is just getting started! Don't let your friends and family poison your mind with silly ideas of settling down if you are not ready for it. The people who are saying this to you are probably stuck in a boring relationship themselves and have already wasted their best years being attached to the proverbial 'ball and chain'.

The world is still very much your oyster Katrina. Don't stop being an independent woman until you have got all the partying and fun out of your system. You are 30 years old at the moment so I'd say you've got at least another 15 years of wild single living before you need to become boring and domesticated!

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

Tianjin + Life!

by Cathy Perez

Of Reading Books and Healthy Living

And before we knew it, it's September! How time flies, indeed! It's back to school for students and teachers, while the rest of us look at our calendars and look forward to the Christmas season and the Spring Festival. Those are still a few months away so why don't we keep ourselves busy with something, whether it is catching up on reading, visiting a dentist, or deciding on eating clean. Check out this month's recommendations:

New's New Bookstore. Bookworms would be excited to know that there is a great bookstore in the Galaxy Mall. By far, it's a rarity to find a bookstore in a shopping mall in Tianjin. Alas, Galaxy Mall has it! New's New Bookstore houses thousand of books and selected school and audio supplies that will really thrill not just the bookworms in us but also those who are searching for their next good read. Another good thing about New's New is that there is a coffee shop inside the store, so you may go and grab a cup of coffee while scanning your favourite magazine, or get comfy with the latest novel you're reading. The store also has good selection of foreign books of popular titles and modern and old classics. (New's New Bookstore is at the 5th level of Galaxy Mall, Tianjin Cultural Centre)



Bookstore

at <http://aichidental.com>. Address: 4F, Yunxiang Mansion (HuaJu Bazaar), No. 72-74 Xikang Road, Heping District, Tianjin 300074 天津市和平区西康路 72-74号云翔大厦 (华钜百货) 4层

Aichi Dental Clinic. There are foreigners who are afraid to go to a dental clinic in Tianjin. None of us are surprised about that. Sadly there are "horror stories" of people going to a dental clinic here and swearing that they'll never return. However, put those fear aside and know that Tianjin Aichi International Dental Centre gives good service with safety and cleanliness, and they have English-speaking staff too! You can calm down now and head to their clinic in Yunxiang Mansion, Xikang Road for any of your dental concerns. (You may call Tianjin Aichi International Dental Clinic at +86 22 8568 5616, email them at aichidental@hotmail.com or visit their website

Eating clean. How about challenging yourself to a "five-week clean eating diet" starting this month? The rules are simple: week 1 - add real fruits and real vegetables to your meal, week 2 - no more fast foods, week 3 - give up white bread and grains and switch to whole wheat, bread, brown rice and whole wheat pasta, week 4 - use fruit or veggie as the base of every snack, week 5 - no more soda or sugary drinks. Nothing feels as good as healthy living feels, so try this clean eating challenge now and then make it a habit!

If your success is not on your own terms, if it looks good to the world but does not feel good in your heart, it is not success at all.

- Anna Quindlen

How to Find a Language Exchange Partner

What better way is there to learn a language than to immerse yourself in conversation with an enthusiastic native speaker? The great thing about learning Chinese specifically is that you will never be short of people who would love to teach you their mother tongue in return for some free English practice. And even if English is not your prima lingua, there are literally thousands of Chinese people seeking to develop their skills in Spanish, French, German, Russian and any other language you can imagine.



Doing a language exchange, which is a reciprocal arrangement between two or more parties to spend time practicing their respective languages together, is one of the cheapest, easiest, efficient and fun ways to learn. Here are some ideas to help you find a language exchange partner here in Tianjin:

- **Scour the online sphere.** Do a quick google search for 'language exchange' and you will get thousands of sites looking to provide a platform for potential language partners. Any site worth visiting will have a tool whereby you can search for other language exchange seekers in the same geographic area. Not only that, but you can also specify the language(s) that you are offering and state which ones you wish to acquire. Most sites are very easy to use and it won't take you a long time to find a partner.
- **Livemocha.** Although this admittedly falls into the above point, this online platform is so great that it deserves a special mention! In additions to being a superb place to search for exchange partners, it is a very user-friendly site that provides tones of learning materials, a huge online community and a range of fantastic facilities to enhance your learning process.
- **Ask friends and colleagues.** Asking your associates to put you in contact with a language exchange partner is far less daunting than asking them to set you up with a blind date. Furthermore, it is likely to produce better results!
- **Talk to strangers.** Fair enough, this goes against everything your parents told you as a child, but still, striking up conversations with random people in coffee shops, bars, restaurants, parks etc is an excellent way to find what you are looking for. Be sure to keep an eye open for Chinese people who are getting stucked into a book that is written in a foreign language!
- **Students.** By far your most responsive crowd will be the eager young people at the local foreign languages university who are desperately craving contact with native speakers in order to improve their chances of passing exams. Hang around social settings that are swarming with students and it won't be long until someone musters up the confidence to greet you. Simply show willing and take it from there...



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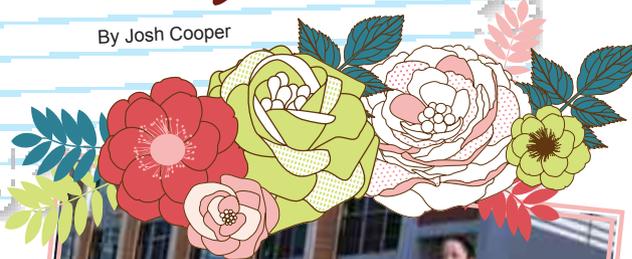
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Our Satisfied Customers:



Celebrating Chinese Teachers' Day

By Josh Cooper



Here in the People's Republic of China (PRC), 10 September is a very special day indeed. It is an occasion whereby students of all ages show their sincere gratitude to the teachers who have touched their lives so much by giving them the gift of education.

Most of us would agree that those of us from Europe and North America all too often take our education for granted. In the developed world, for the most part, all children have access to at least a basic level of education. Yet many of us below a certain age will remember their schools as boring, intimidating and tediously mind numbing places. When discussing the topic with one British expatriate in Tianjin, he described as high school as an "abattoir of human souls". But regardless of whether or not we enjoyed our educational career, we should never forget how lucky we are to have had access to a range of schools and at least a few good teachers throughout our lives.

In China and other parts of Asia, one gets the feeling that education and the teachers who facilitate the learning process are more much revered by the populous than in any given western country. Perhaps it is due the fact that many people in this country and other parts of the 'developing' world are only just obtaining access to proper education. Or maybe it stems from the aspect of Confucian philosophy which places teachers as one of the most important individuals in a person's life. According to the ancient Chinese philosopher, himself a prolific educator, the student should unquestionably place their teacher near the top of their social context, and moreover, they should strictly obey the teacher's authority and wisdom.

Regardless of the reasons behind it, Teachers' Day is an important and widely celebrated day in China. All schools across the country, and even some private language centres or other educational institutions, will hold special activities whereby students can create gifts and put on performances in honour of their teacher. And as with any special day in China, gifts are an integral part of the thanks giving process. Students give so many expensive gifts to their teachers on this day that one scholar published a research paper on the subject entitled Chinese Teachers' Day: Appreciation or Bribery?

If you are one of the many teachers living and working in Tianjin, don't be afraid to encourage your students to shower you with gifts. Most of the time they will see it as more of a reminder than anything else!



恭賀中秋

Mid Autumn Festival is Here Again!

By Tracy Hall



It seems like it was just last week that Tianjin Plus celebrated the Mid Autumn moon cake madness season in 2012 and already this year's festival is right around the corner. The Mid Autumn Festival may not be the best time to travel, but it certainly presents a wonderful opportunity to sit at home and relax with family and friends. This holiday period is the second most important one on the Chinese calendar. Each year it takes place on the 15th day of the

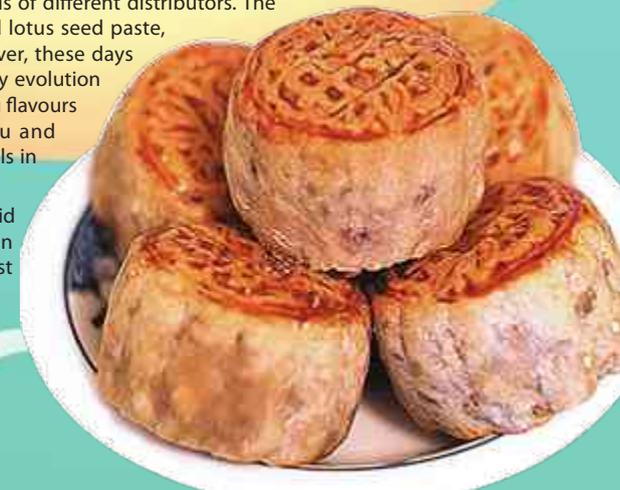
8th month, going by the lunar calendar, and is therefore situated in the middle of the Chinese Autumn season. This year it will fall on 19 September, with most people also receiving a few days around the actual day of the festival off work.

Like all special occasions in China, there is a fascinating legend to give the occasion a mystical backdrop. The traditional tale centres around the great ancient hero Hou Yi who saved the world by shooting down nine of the ten blazing suns by merely using his brute strength and his highly accurate archery skills. The story goes that through a sudden twist of fate, Hou Yi's beloved wife Chang-e drinks a magic potion which takes her to the heavens. Hou Yi goes on to manifest his despair by worshipping the moon on which he often sees his wife's shadowy figure whilst looking into the night sky.

Whilst the legend does not sound very empirically feasible, it provides an interesting tale which enthral Chinese children every time this festival comes around. It is a time of year which is associated with showing appreciation and offering sacrifice of some sort in order to demonstrate one's love for their friends and family.

In order to show your gratitude this Mid Autumn Festival, we strongly recommend that you go out and grab some moon cakes from any of the bakeries, hotels and restaurants around the city. Flavours and styles vary widely amongst the hundreds of different distributors. The traditional filling includes red bean and lotus seed paste, which is somewhat hit and miss. However, these days the moon cake has undergone a culinary evolution and you can now buy all kinds of exciting flavours including green tea, seafood, tiramisu and sweet apple. Many of the upmarket hotels in Tianjin offer delightful gift sets.

Be sure to make the most of this year's Mid Autumn Festival by filling up on moon cakes and taking some much needed rest from the daily grind!



New School Year (2013-2014) Starting at IST

The International School of Tianjin hosted an orientation program for their new students from 18 different countries and regions before school starts on Friday, 9 August 2013. New students and their families were given an opportunity to get to know one another and to explore the campus accompanied by their IST students' ambassadors. It also gave their parents an opportunity to get their ID cards, lunch cards, PE uniform and School bus service information.



There is always a certain level of anxiety associated with moving and starting at a new school. But at IST, you are entering a welcoming environment where you will find many supportive students and teachers.

Following on from that event, on Monday, 12 August 2013 all the teaching faculty and support staff greeted new and returning students from more than 30 countries, and were especially excited to welcome new Volkswagen kids to join in.

The beginning of a new school year is a wonderful, exciting time for all; full of the promise of new learning and relationships, and of new challenges and successes. Being a friendly place where the needs of students come first, IST is committed to ensuring that each year is a special one for their students as they look forward to an exciting year of learning ahead.

IST offers your children an educational experience delivered by highly experienced international teachers, endorsed by the world's foremost international educational agencies and offered by the world's finest international schools.

August 12, 2013 marks the start of a new school year and so again the International School of Tianjin (IST) will offer the Play Group for little ones, 0-5 years, every Wednesday and Friday morning, 9-11am in the play room across from the Elementary Meeting Room. The first Play Group for this year will meet on Wednesday, September 4, 2013. It's a lovely opportunity for the children to play and interact with one another and for the parents to visit and learn more about the surrounding community.



We welcome all those returning to the IST Play Group and encourage you to extend the invitation to others you may know that would benefit from such an organization!

If you have further questions please contact Samantha Pauwels: spauwels1@yahoo.com

甜蜜浓情
层层交融的
小幸福

焦糖玛奇朵 (热)
Caramel
Macchiato (Hot)

焦糖玛奇朵 (冷)
Caramel
Macchiato (Cold)



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Holding Hands with Starwood -“Loving in Summer”-2013 Summer Wedding Fairs in Tianjin

A wonderful wedding is one of the most important things for a couple. Therefore, knowing how to deal with problems and personalise the event are the most important aspects of the wedding preparation.

Two grand wedding fairs were recently held, both of which were sponsored by Starwood Hotels and Resorts on July 20 and 27, 2013 respectively; one in the Tianjin Gold Ingot Shopping Mall and Hisense Plaza offers a successful platform of one stop wedding preparation. As the centre of presenting couples, the show provided a perfect wedding moment in different stages. Five top-level hotels in the Tianjin area of Starwood Hotels and Resorts fully displayed its excellent qualities and unique taste in hardware facilities and software services; especially in the banquet reception aspects.

Starwood's "love in summer" big wedding fair is a collaborative effort between: St. Regis Tianjin Hotel, the Astor Hotel, A Luxury Collection Hotel, Tianjin, the Westin Tianjin, Sheraton Tianjin Hotel, Tianjin Binhai Sheraton Hotel.

After finishing the wedding fair in Tianjin Gold Ingo Shopping Mall, five upscale hotels came together in the Hisense Plaza on 20 July,2013 to take part in a grand exhibition. Reasonable and functional partitioning of the display hall and the carefully put together site layout not only showed different wedding plans, but also demonstrated the most comfortable discussion environment for the luxury wedding show. Hundreds of couples and their families attended this wedding fair.



The Astor Hotel, A Luxury Collection Hotel, Tianjin is named 'Best Top Luxury Hotel' by 2013 Fashion List Awards of China Hotel

The third Fashion List Awards of China Hotel 2013 award ceremony was successfully held in Qingdao recently. The Astor Hotel, A Luxury Collection Hotel, Tianjin was awarded the 'Best Top Luxury Hotel'. Opened in 1863 and completely restored to its original beauty in 2010, the Astor Hotel located in Tianjin's progressive financial district evokes a bygone era. In July 2013, this "Diplomat Hotel" which witnessed many historic events and important international agreements celebrated its 150-year-old birthday. The general manager of hotel - Mr. Christian Metzner said: "We are honoured to receive your acknowledgement for our hotel and past work- especially during such an important period. I would welcome all of you to visit the Astor Hotel to witness our 150 years of luxurious experiences."



Banyan Tree Tianjin Riverside Has Been Selected for Luxury 50 – Best New Luxury Hotels Worldwide by World Spa & Travel Magazine

Banyan Tree Tianjin Riverside has been selected for the Luxury 50 as one of the best new luxury hotels worldwide by World Spa & Travel Magazine.

Luxury 50 is the selection of best new luxury hotels worldwide by World Spa & Travel Magazine. The selection is done through suggestions and recommendations of our editors and journalists worldwide.

Situated in the emerging metropolis of Tianjin, in the Hebei district, Banyan Tree Tianjin Riverside is a stylish contemporary urban resort with unparalleled views of the picturesque Hai River. An artful blend of style, elegance and modernity, Banyan Tree Tianjin Riverside comprises 159 upscale contemporary-style rooms accented with minimalist oriental touches.

The extra-large round bath tub is available in most rooms, perfect for a good indulgent soak with a chilled glass of bubbly. The Banyan Tree Tianjin Riverside is the first hotel of the group to present the renowned Banyan Tree Spa in Northern China. The hotel's five food and beverage outlets offer a wide range of exhilarating dining experiences.



Listening to the 'Music of Time' in Min Yuan Terrace

On 21 July 2013, an event called 'Music of Time', which was sponsored by the Tianjin Historical Architecture Restoration and Development Co. was held in Min Yuan Terrace Cultural Creative Block. The event included 'Memory of Music' themed exhibitions, 'Vinyl Record & Wine' music guided tours and a Creative Bazaar. Min Yuan Terrace brought you a marvellous musical experience.

At the same time, the 'Music of Time' theme exhibition had many watching. In the activity, people could see more than twenty much precious vinyl records which had already had more than one hundred years old.

During 'Vinyl Record & Wine' music guided tours, the wooden archaizing gramophone brought you classic Vinyl Record music including Swan Lake, The Nutcracker and Shape Of My Heart, etc. There was also a lecture by a professional vinyl record collector.



Listings Index TIANJIN

Home 63-64

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

Restaurants 58-61

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

Hotels & Accommodation 64-65

- 5 Stars
- Apartments

Recreation 65-66

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

Coffee Shops & Tea Houses 61

- Coffee Shops
- Tea Houses

Wine 61

Nightlife 61-62

- Bars & Discos
- KTVs

Dancing Club 62

Health & Beauty 62-63

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

Services 66-67

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

Shopping 67

- Bookstores
- Department Stores & Shopping Malls
- Online Shop

Sports 63

- Golf Clubs
- Gyms



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info@chinabustravel.com



Bakeries & Desserts

HP

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



NK

Mighty Deli (South Park Store)
A: No. 85-87, Shuishang Gongyuan West RD, Nankai, Tianjin (opposite to 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



QING WANG FU

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, Tangle 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

NK

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

French



HP

Riviera Restaurant 蔚蓝海法式餐厅 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

NK

Bawarchi Indian Restaurant 芭瓦琪印度餐厅 Authentic aromas of Indian spices. Great naan, curries, samosas and lamb. 11:00-14:00; 17:30-21:30. **A:** 3F, No. 69, bldg. B, Shang Gu Business Centre, Tianta Lu, Nankai District 南开区天塔路三谷商业街B座69号3楼
T: +86 22 2341 2786

HP

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

Italian

HP

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

HB

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

Venezia Club 威尼斯酒吧 Simply must try pastas, the garlic bread and the cheeses. 11:00-02:00. **A:** No. 48, Tianjin Italian Style Town, Ziyou Dao, Hebei District 河北区自由道意大利风情街48号
T: +86 22 8761 3413

Japanese

HP

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

SôU 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, Tangle Hotel Tianjin, No.219 Nanjing Road Heping District 和平区南京路219号天津唐拉雅秀酒店49楼
T: +86 22 2321 5888 ext.5109

NK

Haru Haru Fashionable Restaurant 通天阁新派料理 Great buffet with sushi, sashimi, noodles, and more. A la carte also available. 11:00-14:30; 17:00-22:00. **A:** No. 126, Bldg. 18, Magnetic Plaza, Binshui Xi Dao 南开区滨水西道时代奥城商业广场18号楼126号
T: +86 22 8378 8223

HX

Seitaro 清太郎日本料理 One of Tianjin's best Japanese Restaurants which features a wide selection of regional specialties for lunch and dinner including a teppan and sushi counter. 11:30-14:30; 17:00-22:30. **A:** 2nd Floor, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District 河西区紫山路喜来登大酒店2楼
T: +86 22 2335 0909

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

Korean

HX

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

Pizza

HP

Pizza Hut 必胜客 An old Tianjin favourite pizza shop providing delicious pizzas, open salad bar and Western food. 11:00-22:00. **A:** -1F, Robbinz Department Store, No. 128, Nanjing Lu, Heping District 和平区南京路128号乐宾百货1层
T: +86 22 2716 8268
W: pizzahut.com.cn

NK

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

Thai

HP

Kudos Thai Restaurant & Lounge Bar 泰廷泰国餐厅 National cuisine of Thailand, which places emphasis on lightly prepared dishes with strong aromatic components. **A:** No. 39, 4F, North Block, No. 2-6, Joy City, Nanmen Wai Da Jie, Heping District 和平区南门外大街2-6号大悦城北区4楼39号(南马路口)
T: +86 22 8728 8669



YY Beer House 粤园泰餐厅 Cozy, genuine and simply delightful are the words to describe this exotic Thai locale. 11:30-02:00 (Behind International Building) **A:** No. 3, Aomen Lu, Heping District 和平区澳门路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 reading a whole menu in Chinese and are vegetarian. 11:00-14:00; 17:00-21:00. **A:** 2F, Yuanyang Building, the junction of Huayue Dao and Xinkai Lu, Hedong District 河东区新开路与华跃道交口远洋地产2层
T: +86 22 2337 1479

Western

HP

1863 Bistro & Terrace 1863别致西餐厅&花园 Choose one of the traditional menus and enjoy what Puyi or Hoover had when they were guests at the hotel. 14:00-22:00. **A:** 1F, The Astor Hotel Tianjin, No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号天津利顺德大饭店豪华精选酒店1层
T: +86 22 2331 1688 ext. 8918

Helen's Expats enjoy it for the appealing promotions they offer daily and for 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号路116号
T: +86 22 2334 0071

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



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

Chateau 35 古堡35西餐厅
Wonderfully renovated villa centrally located in the heart of Wu Da Dao. The food is scrumptious and reasonably priced. 11:00-24:00. **A:** opposite to No.79, Changde Dao, Heping District (near the crossroad of changed road and Kunming road) 和平区常德道79号对面(久合里1号)
T: +86 22 2331 5678
W: chateau35.com

promenade 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 三五
The only authentic wood fired pizzas in Tianjin! The finest imported Australian steaks, cooked to perfection! Extensive International Wine, Beer and Beverage list. Open kitchen concept, visible from our quaint courtyard. Cozy garden area for alfresco dining.
TEL: 022 23315678
182 22533090 (English)
E-MAIL: CHATEAU35@VIP.163.COM
ADD: OPPOSITE NO. 79, CHANGDE DAO, HEPING DISTRICT
和平区常德道79号对面(瑞吉酒店斜对面)



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.
Tel: 2341 7997
Address: First Floor, Bldg II, Shang Gu, Tian Ya Dao (TV Tower Road), Nankai District 南开区天塔道上海城商业广场B座1层56号

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 Clu 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层
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



Fire House 浓舍
An international Steakhouse featuring a wood burning grill as the centerpiece of the restaurant. 11:30-14:00; 17:00-22:00. **A:** 1F, Renaissance Tianjin Lakeview Hotel 16 Binshui Road, Hexi District, Tianjin 河西区滨水道16号万丽天津宾馆1层
T: +86 22 5822 3388

Truemans Café Bar & Dining Tianjin
Truemans is located along the first lane on the right after the main crossroads on Wande Zhuang Dajie. **A:** No. 2-37, Longde li, Wan De Zhuang Street, Nankai District 南开区万德庄大街龙德里2号楼37号底商
T: +86 22 8754 4182



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

Café BLD 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 浓舍
An international Steakhouse featuring a wood burning grill as the centerpiece of the restaurant. 11:30-14:00; 17:00-22:00. **A:** 1F, Renaissance Tianjin Lakeview Hotel 16 Binshui Road, Hexi District, Tianjin 河西区滨水道16号万丽天津宾馆1层
T: +86 22 5822 3388

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

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

Café@66 咖啡66
European brasserie with a twist, an all-day dining restaurant featuring both buffet and la carte menus served from the open-plan kitchen. 06:00-23:00. **A:** 1F, Radisson Plaza Hotel Tianjin, No. 66, Xinkai Lu, Hedong District 河东区新开路66号天津天诚丽笙世嘉酒店1层
T: +86 22 2457 8888

Brownie Bistro Bar 布朗尼西餐厅
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 美天西餐咖啡
A location favoured by many expats to hang out with friends and have a cup of American coffee. They also organise regular cultural activities. 10:30-00:00. **A:** 2F, Vanke City Garden, crossing of Xinxing Da Jie and Xikang Lu, Heping District 和平区新兴大街与西康路交口万科都市花园二楼马赛公寓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

Harvest Book & Coffee 哈维斯特咖啡
They have a great collection of muffins, scones and toasted bagels to go perfectly with their healthy smoothies. 10:00-22:00. **A:** 4F, Cafeteria, Tianjin University of Technology, extended line of Hongqi Nan Lu (Huanwai), Nankai District 南开区红旗南路延长线天津理工大学餐饮楼4楼(环外大学城)
T: +86 22 6021 5789

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

Yang Lou Tea House 洋楼茶园
Tea house in a villa where you can watch TV, search the internet and play mahjong. 09:30-02:00. **A:** The junction of Kunming Lu and Chongqing Dao, Heping District 和平区重庆道与昆明路交口
T: +86 22 2339 7244

Wine MILAN WINES 米兰酒业
We now have 8 stores in Tianjin including these popular locations:
Bailou Wine Bar & Cellar
Kaifeng Dao, Heping District, Tianjin (Near Hisense Plaza) 天津市和平区小白楼街开封道酒吧街
Tel: 022-23393500 Hours: 10:00-02:00
TEDA Wine Shop
No.8 Eastern Apartment, 2nd Avenue, TEDA 天津市开发区第二大街二号东方名居高层809号
Tel: 022-65389899 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: 022-27231269 Hours: 9:00-20:00
All shops open 7 days
4006-199-159
www.milwin.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 and 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 and 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 and 和平区张自忠路158号(津塔旁, 哈密道正对面)
T: +86 22 5830 9999
W: stregis.com/tianjin

SITONG Bar 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 and 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 and 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 and 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 and 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 and 南开区时代奥城商业广场C6-107-108;
T: +86 22 2347 7699

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

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

KTVs

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

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

Dancing Club



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

Beauty Salons



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

TITI 佑村造型 A chic salon in one of the busiest shopping malls, Milenio. Fashion is the word that best describes the decorated hairdressers. 10:00-22:00.
A: 1-2F, Milenio, Jili Building, No. 209, Nanjing Lu, Heping District and 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 Aromatherapy and massage which meet your physical, emotional, and spiritual needs. 10:00-00:00. **A:** 08-01, Wutong apartment, the junction of Zhujiang Dao and Jiulian Shan, Hexi District 河西区珠江道与九连山交口梧桐底商8号楼1门
T: +86 22 2374 1333

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

Tattoo Studios

Ink Tattoo 墨颜刺青 Owned by artist Zhang, the store is tiny but inviting and the workroom is fully equipped. 11:00-21:00. **A:** No. 111, the junction of Shanxi Lu and Jinzhou Dao, Heping District and 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 and 和平区河北路50号信德大厦605室
T: +86 22 2721 6203
W: xjattoo.com

Hospitals

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

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



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

Golf Clubs

G&G Golf Clinic/ Pro shop/ Club Fitting 吉恩吉高尔夫诊断中心 They take your golf game to the next level. You can enjoy the latest technology to improve your Golf Skill. 08:30-22:00. **A:** -2 Floor, Huaqiao Building, No.92-1, Nanjing Road, Heping District and 和平区南京路93号增1号华侨大厦负2层
T: +86 22 2392 1937

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

Gyms

Fitness Body Comfort Club 倍体适健身 Fitness Body Comfort Club is designed in an elegant and fashionable style with all fitness equipment up to a high global standard. **A:** Central Clubhouse, Magnetic Capital, Binshui Xi Dao, Nankai District 南开区滨水西道时代奥城中央会所
T: 400-108-7890



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 and 和平区台儿庄路33号利顺德大饭店3楼
T: +86 22 2331 1688 ext. 8876

Catering Solutions



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

Decorations

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

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

Electrical Appliances

Yamada Denki 亚马达电器 Sells electric home appliances audio equipment, health-related equipment, OA equipment and network products from Japan. 09:30-21:00. **A:** Tianjin Center Mall, No.219 Nanjing Lu 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

Laundries

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

Movers

AGS Four Winds International Movers 爱集斯国际运输服务有限公司 Offering the most complete door-to-door service to move our clients anywhere across the world, within China or Tianjin. We guarantee the same top quality service from departure to arrival. **A:** A1701 Vanke World Trade Plaza, 129 Nanjing Road, Heping District, and 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

★★★★★

Hotel Nikko Tianjin 天津日航酒店
The hotel's modern amenities and luxurious ambience make it an oasis of comfort and well-being in a bustling urban setting. **A:** No. 189, Nanjing Lu, Heping District 和平区南京路189号
T: +86 22 8319 8888
W: nikkotianjin.com



Tangla Hotel Tianjin 天津唐拉雅秀酒店 The city's tallest 'penthouse hotel', sits right in the heart of the business and retail districts atop the Tianjin Centre. **A:** No. 219, Nanjing Lu, Heping District 和平区南京路219号
T: +86 22 2321 5888
W: tanglahotels.com

Renaissance Tianjin Hotel 天津滨江万丽酒店 A contemporary landmark building in the CBD of Tianjin for the "young at heart" business traveler. **A:** No. 105, Jianshe Lu, Heping District 和平区建设路105号
T: +86 22 2302 6888



ST REGIS
TIANJIN

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

The Westin Tianjin 天津君隆威斯汀酒店 5 star hotel offering luxury, class and comfort featuring charming city views and the latest in technology. **A:** No. 101, Nanjing Lu, Heping District 和平区南京路101号
T: +86 22 2389 0088



The Astor Hotel, 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

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



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



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

Banyan Tree Tianjin Riverside 天津海河悦榕庄 Located right next to the Haihe River, it is one of the first hotels in Tianjin to bring a resort style service to a city setting. **A:** No. 34, Haihe Dong Lu, Hebei District 河北区海河东路34号
T: +86 22 5883 7848
W: banyantree.com

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



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

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



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

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

Apartments

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

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



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



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

Antiques & Souvenirs Streets

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

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

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

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

Art Galleries

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

Art Districts

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

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

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

Museums

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

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

Yanlinguqing 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, Sanhe, 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: mjccce.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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Bookstores

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

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

Department Stores & Shopping Malls

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

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

LOTTE Department Store 天津乐天百货 Stocks various items from clothing to household necessities. **A:** No. 137, Dong Ma Lu, Nankai District 南开区东马路137号
T: +86 22 5806 8888

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

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

Online Shop

Movie Night 电影之夜 可以看电影时吃的零食
W: http://movienight.taobao.com

Listings Index

BINHAI AREA, TEDA & TANGGU

Home 70
•Drycleaning & Laundries

Restaurants 69

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

Hotels 70-71
• 5 Stars

Recreation 71
• Art Galleries
• Cinemas
• Libraries
• Parks

Tea Houses & Coffee Shops 69-70

- Tea Houses
- Coffee Shops

Services 71
• Education
• Exhibition Centres

Nightlife 70
• Bars & Discos
• KTV

Health & Beauty 70
• Spa & Massage
• Hospitals

Shopping 71
• Department Stores & Shopping Malls
• Supermarkets

Sports 71
• Golf Clubs
• Outdoor Clubs
• Polo Clubs

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



Bakeries

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

Mighty Deli & Bakery 美琪食品 Imported food store. European Bakery, Cheese, Butcher, and Sandwiches are available. 09:00-21:00. **A:** Ground Floor, No. 6, Xincheng West Road (Next to the Sheraton Hotel) 开发区第二大街与新城西路口世福嘉园底商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 6621 8888 ext. 3711



Bene Italian Kitchen 班妮意大利餐厅 Authentic modern Italian cuisine. The menu boasts signature pizzas, as well as a fine selection of pastas, fresh seafood and grilled dishes. 17:30-22:30. **A:** 2F, Sheraton Tianjin Binhai Hotel, No. 50, 2nd Avenue, TEDA 开发区第二大街50号天津滨海喜来登酒店2层
T: +86 22 6528 8888 ext. 6230/6232



Feast - Our Signature Restaurant 盛宴标帜餐厅 Signature all-day-dining restaurant featuring a tapestry of bright décor and culinary delights from around the world. 06:00-00:00. **A:** 1F, Sheraton Tianjin Binhai Hotel, No. 50, 2nd Avenue, TEDA 开发区第二大街50号天津滨海喜来登酒店1层
T: +86 22 6528 8888 ext. 6210

Tea Houses

Aiwan Ting Tea House 爱晚亭茶苑 Watch and learn the art of preparing Chinese tea in traditional Chinese ambiance. 10:00-02:00. **A:** 1F, Section F, Century Village, 3rd Avenue, TEDA 开发区第三大街世纪新村
T: +86 22 6529 9541

Coffee Shops**Starbucks Coffee** 星巴克咖啡

This American chain provides coffee with a selection of tasty muffins, sandwiches and fruit cups.

A: 08:30-23:00. C102, Juchuan Jin Hai'an Building, No. 453, Jiefang Lu, Tanggu District 塘沽区解放路453号巨川金海岸商界C102;
T: +86 22 2589 3409

A: 09:30-22:00. 1F, Tianjin Friendship Mingdu Store, No. 19, Huanghai Road, TEDA 开发区 黄海路19号天津友谊商厦名都店一层
T: +86 22 6620 1781

W: starbucks.com.cn

Bars & Discos**Happy Soho Live Music & Dance Bar**

欢乐苏荷酒吧 Live Filipino band with hot Russian dance girls. 20:00-02:00.

A: (Opposite of Central Hotel) No. 16, Fortune Plaza, 3rd Avenue, TEDA 开发区第三大街财富星座16号(中心酒店对面)
T: +86 22 2532 2078

Mi Cang Salon & Bar 迷藏 Be away from hurly burly, let's hide for a while, play hide and seek with the world. Come here to enjoy your own habits and collections.

A: Golden Sunshine Community, Jietai Jie, TEDA 开发区捷泰街金色阳光小区(第三大街北侧大街)
T: +86 22 6638 9838 or +86 186 2250 3367

V Lounge A wonderful place to unwind after work, to stretch out after dinner, or just chill. A. No. 2-07, Binhai Sky Fashion Boulevard, Aoyun Lu, Binhai New Area 滨海新区奥云路滨海时尚天街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: fornnet.com.cn

Hotels

★★★★★



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

Holiday Inn Tianjin Binhai 天津滨海假日酒店

Located in the very heart of the business district makes it an ideal choice for modern business travellers. **A:** No. 86, 1st Avenue, TEDA 开发区第一大街86号
T: +86 22 6628 3388
W: Holidayinn.com



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



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

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

A: No.16, Hai Tai Hua Ke Jiu Lu, Bin Hai Gao Xin Qu, Tianjin 天津滨海高新区海泰华科九路16号
T: + 86 22 8373 6666

Art Galleries

TEDA Contemporary Art Museum 泰达当代艺术博物馆 A place of great interest for art lovers, being the first contemporary art display of contemporary art in TEDA. Mon-Sun 10:00-16:00. **A:** No. 39, Huanghai Lu, TEDA 开发区黄海路39号
T: +86 22 5982 9590

Cinemas

CGV 星星国际影城 Features 8 modern movie halls, which can hold about 2000 people. **A:** 3F, Aeon Mall, No. 29 ShiShangDong Lu, TEDA 开发区时尚东路29号泰达时尚广场永旺购物中心3层
T: +86 22 5985 7333

Libraries

TEDA Library 泰达图书馆 A multifunctional and comprehensive five-floor structure with the latest technology, spacious leisure area, magazines and newspapers, reading area for children collections of Chinese books, e-documents, a lecture hall, multimedia AV room, music salon, and individual music AV. 09:00-22:00. **A:** No. 21, Hongda Jie, TEDA 开发区宏达街21号
T: +86 22 2520 3100
W: tedala.gov.cn

Parks

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

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

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

Education

International Schools
Tianjin TEDA Maple Leaf International School 天津泰达枫叶国际学校 A Chinese firm that currently operates 20 schools in China enrolling more than 6,750 students, which provides quality educational

programs by blending the best of East and West educational practices. **A:** No. 71, 3rd Avenue, TEDA 开发区第三大街71号
T: +86 22 6622 6088
W: tianjin.mapleleaf.net.cn



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



Tianjin GEMS World Academy 天津杰杰国际学校 International School following a total English language instructed curriculum adhering to the rigorous holistic programme defined by the IBO. **A:** No. 312, Hefeng Road, Tianjin ECO-City, Binhai New Area 滨海新区天津生态城和风路312号
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

Eco-City International Country Club 生态城国际乡村俱乐部 Strategically located within the Sino-Singapore Tianjin Eco-City, ECICC is home to an 18-hole championship golf course designed by world-renowned Tripp Davis. **A:** No. 5681, Zhongxin Road, South Ying-Cheng Island, Tianjin Eco-City, 300480 China 天津生态城中新大道5681号(营城湖湖岛)
T: 022- 6720 1818
W: www.ecicc.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, stabilising 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



Browse for Bargains at Muxiyuan Market

By Jenny Lin

If you're looking for wholesale prices in Beijing, there are few places better than Muxiyuan Market. The market is perhaps a misnomer as this shopping area spans blocks in the Dahongmen area. It is well known amongst both locals and expats and you could easily spend hours or even days browsing there.

Muxiyuan is known amongst expats as the wholesale fabric market, but it has much more than that. The savvy shopper can find bargain basement prices on clothing and cell phones as well. Beijingers will travel across town to shop at Muxiyuan, and the chances are that you'll see vendors from other local markets loading up with their purchases.



Thanks to the opening of the new subway lines, Muxiyuan is easier than ever to access. Everything is close to the Dahongmen subway stop on line 10. Going east will take you past some fabric shops, with massive buildings decorated with pictures of curtains, bedding and other fabrics and household items. Across the street are equally massive buildings with clothing and shoes for the whole family. They are only marked in Chinese, but most buildings have pictures. Or just spend the day strolling up and down the road. The choices are staggering but you may still have to hunt and bargain for a real deal. There are also repair shops that are worth visiting for tricky unlocking problems.

The most popular fabric market at Muxiyuan is called Jing Du Textile City. It's southeast of Muxiyuan Bridge. It reportedly covers 12,000 square metres with some 400 stalls selling all forms of textiles. But you will see many options as soon as you get to the Muxiyuan area.

To make the trip more efficient, know what you want and what you want to pay before you get there. Or make sure you have the time for browsing and bargaining.

Go See a Doctor

看病(1) kàn bìng



P: Patient (2) 病人
D: Doctor (3) 大夫

P: Doctor, I don't feel very well.
大夫, 我 不太 舒服。
dài fu, wǒ bú tài shū fu 。

D: What's worrying you?
你 怎么了?
nǐ zěn me le ?

P: I have a headache and a cough, and feel rather feeble.
头疼(4), 咳嗽(5), 觉得 浑身 没劲(6)。
tóu téng, ké sòu, jué dé hún shēn méi jìn 。

D: Are you running a fever? Let me take your temperature.
发不发烧? 给 您 量一量 体温(7)吧。
fā bú fā shāo? gěi nín liáng yī liáng tǐ wēn ba 。

P: What's the temperature?
多少 度?
duō shǎo dù?

D: 37.6°C. Well, you seem to have caught a cold.
三十七度六。 嗯, 感冒(8)了。
sān shí qī dù liù. ēn, gǎn mào le 。

D: It's nothing serious. Take some medicine and you'll be alright. And it's advisable to take a good rest.
不要紧, 吃点 药(9)就好了, 不过 要 注意休息(10)。
bú yào jǐn, chī diǎn yào jiù hǎo le, bú guò yào zhù yì xiū xi 。

Vocabulary:

(1)	to see a doctor	看病	kàn bìng
(2)	patient	病人	bìng rén
(3)	doctor	大夫	dài fu
(4)	headache	头疼	tóu téng
(5)	cough	咳嗽	ké sòu
(6)	feeble	虚弱无力; 没劲	méi jìn
(7)	take one's temperature	量体温	liáng tǐ wēn
(8)	catch a cold	感冒	gǎn mào
(9)	take some medicine	吃点药	chī diǎn yào
(10)	take a good rest	注意休息	zhù yì xiū xi



Shopping and Sightseeing in Magnificent Shenzhen

By Josh Cooper

Shenzhen is known for its importance as a financial and trading hub and for being the gateway to Hong Kong in the South of China. Since becoming China's first Special Economic Zone (SEZ), the city has undergone a miraculous journey from a small fishing village of just a few hundred residents in 1979 to one of China's biggest and most thriving cities. Today it boasts one of the world's most impressive skylines, a fantastic climate and a splendid range of activities for the thousands of travellers who visit each year.

When you arrive in Shenzhen it is easy to see why it is listed as a UNESCO Creative City. Up to now however, it has often been overlooked by international tourists who have sadly chosen to bypass Shenzhen on their way to nearby Hong Kong and Guangzhou. The vast urban area is a melting pot of culture and has a fascinating history. Some of the best and most prolific sites include the Xin'an Ancient City, the Crane Lake Fortified Hakka Village and Hakka Culture Museum, the Shenzhen Museum and the Hong Fa Temple.

There are probably more theme parks and places to take your family for a fun day out around Shenzhen than there is anywhere else in China. Not only is it the home of the original Happy Valley Theme Park, there are also dozens of amusement venues, national parks and entertaining shows within very close proximity of the city centre.

Tourists will most certainly be enthralled in the vast array of dining and drinking options. As a migrant city and a cultural melting pot, Shenzhen is home to people from all over China and indeed, all over the world. You will never get tired of heading out to the Renmin South Food Street and picking up a banquet of the local delicacies for little more than a few RMB per serving. Everything from Cantonese specialities to western favourites are on the menu when in Shenzhen.

In terms of spending your money, you won't need to look far to see why many regard it as the 'city of shoppers' (especially bargain shoppers!). As the main port serving Hong Kong from the mainland, many export orientated goods end up in the various markets of Shenzhen before they manage to cross the border. If you are looking for cheap electronics, clothes and any other kind of consumer goods, albeit at times 'factory seconds' or slightly less than legitimate products, you have certainly come to the right place! Hua Qiang Bei is one of the biggest markets in the world, and is particularly known as a place to pick up bargain electronics. Additionally, the Jiahua Foreign Trade Clothes Market speaks for itself, and is definitely not to be missed.

The other good news for travellers is that unlike most other big Chinese cities, Shenzhen is very close to some of the country's finest beaches and leisure facilities. According to the China National Geographic Magazine, the nearby Dapeng Peninsula is the most beautiful stretch of coastline on the mainland. It is very easy to get a bus from the downtown area to the beaches of Judiaosha, Dameisha and Jinshawan, amongst others. Outside of the city centre there are also plenty of places to enjoy outdoor strolls or a few rounds of golf on some of China's premier courses. Shenzhen is now one of the world's top golfing destinations. Enthusiasts of the sport should certainly take advantage of the city's wonderful facilities.

After all the shopping, sightseeing, eating and drinking that you will undoubtedly be doing whilst in Shenzhen, a day of sun and sea is just what the doctor ordered!

Getting there

Shenzhen is by far one of the most accessible cities in China via any mode of transport. It is very well connected by air to just about every other city in China, as well as a number of international destinations. Numerous cheap and daily flights are readily available from Beijing or Tianjin. Alternatively, one can reach Shenzhen by bus from other places in the South of China or by train and sea from Hong Kong, Macau and Guangzhou.

Tips

- It's pretty easy to get around Shenzhen using English but be sure to brush up on your Mandarin, which many locals speak less than fluently as a second language after Cantonese or Hakka.
- Unfortunately you are slightly more at risk of encountering petty crimes such as pick-pocketing in Shenzhen than you are in other cities. Be vigilant- especially on the metro system.
- The public transport system in and around the



city is fantastic and very cheap. Be sure to use public buses and the underground trains as opposed to taxis which are more expensive and the standards of their driving is often excruciating.

Tasmania: Getting Off the Beaten Path

By Jiao Yang



It's not bustling Sydney, nor cultural Melbourne, and there's certainly no surfing here as on the Gold Coast. But Australia's Tasmania offers up capital charms.

Fly into harbour city Hobart and you're met instantly by a contented calm. The waterfront curves around the island's eastern edge. Sullivan's Cove is an ideal place to stay. Adorning the piers are fish and chips bars a-plenty. Lounge outside and stare out to sea at Fish Frenzy or sway onto the nifty floating catch-boat Mako's for basketfuls of breaded sweet scallops and tiger prawns.

A short stroll south takes you to Salamanca Place. Rows of Georgian sandstone buildings, formerly warehouses, now house restaurants, bars and hidden alcoves of galleries and craft shops. Try the Squires Bounty, a

kitchen and pub from the James Squire craft brewer. Time your stay on a Saturday, and the sprawling outdoor Salamanca Market comes to life where you can sift for locally-produced goodies and souvenirs. Thirty minutes drive northeast of Hobart is Richmond. Walk the historic trail and explore the old prison

and wander past dainty cottages. When your stomach grumbles, re-energize at the Richmond Bakery dishing up piping hot curried scallop pies. Or better still, take it to the river bank, and picnic in view of Australia's oldest functioning bridge circa 1825. Plan ahead and pick up a bottle of wine from the string of delightfully named vineyards lining the Coal Valley drive. Beer drinkers, it's imperative to track down a local Moo Brew or two!

Call it an Australia-trip cliché, but if you're not averse to fur and paws, feathers and claws, do visit Bonorong Wildlife Sanctuary. Grab a bag of kangaroo-food and lure over roaming joeys, mothers with peeping pouch-babies and man-height males. Treat yourself to the private night tour, and you'll be led into cages with an albino possum, feed frog-mouths, bettongs and sugar-gliders (drawing blanks? Google is your friend). There are some koalas too, though weighing in at 15kg there's no hugging these hunks. The stars of the show are the Tasmanian Devils. Not quite the whirlwind of grunts with a lolling tongue the name conjures up (yes Bugs Bunny's arch-nemesis). Acquaint yourself with these two-foot long marsupials unique to the island over a tug of war as their dinner guests.

Now, saving the best till last, before you leave, head up Mount Wellington. Hike if you will, or for the less penance-seeking, a winding drive up takes twenty minutes. Watch the scene flicker from lush, emerald foliage to branchy, extra-terrestrial trees. But be warned: wrap up warm. At 1,200 metres above sea-level, temperatures at the peak are some 10C lower.

The view is spectacular - a jumble of perforated rocks framing an expanse of dazzling lakes and greenery, the serpentine River Derwent carving the landscape. And that blast of pure air... No really, this is in fact possibly the world's freshest. Tasmania's distance from other landmasses means the air that arrives has passed through nothing but thousands of kilometres of thorough cleansing. Take a deep breath!

Getting here:

Virgin Australia among other local airlines link Australia's major cities to Hobart airport (www.hobartairpt.com.au). International flights with Singapore Airlines also arrive here. 17km from the city centre, it's easily reachable via shuttle bus or an AUS\$20 taxi ride.

Staying:

Zero Davey Boutique Hotel on Sullivan Cove provides excellent serviced apartments of all sizes, from around AUS\$180 for two in summer. Look out for off-peak season discounts. Other recommended waterfront lodgings: Lenna of Hobart and Somerset on the Pier.

Find cheaper B&Bs and hostels further inland near shopping districts from around AUS\$30 for private rooms.

Other Sees and Dos:

MONA (Museum of Old and New Art), mammoth gallery a ferryride from Brooke St Terminal.

Royal Tasmanian Botanical Gardens, Queens Domain, 2km from heart of Hobart. Trek along the Soldier's Walk en route.

Cascade Brewery, Cascade Road, South Hobart.

Moo Brew Craft Brewery, Bridgewater. Original brewery at MONA.



Horoscope



Virgo (8.23 - 9.22)

It's your month of inspiration, new connections, and interesting experiences that may become the highlight of your year. Did you still keep the bucket list you made at the beginning of the year? You could possibly accomplish a lot of them this September.



Aries (3.21 - 4.19)

Following the dictates of your heart will serve you most this month, except when it comes to finances. Spontaneous kind words to loved ones will mean, so much but buying stuff on impulse will be regrettable as always. Stick to your budget plan.



Taurus (4.20 - 5.20)

When it comes to relationships, communication is important and this September, you badly need this in order to put things at rest and have closure. Let the past go, there's no need to hold onto something that doesn't serve your purpose anymore.



Gemini (5.21 - 6.20)

September will boost your feeling of security and comfort. This is not only because others have given them to you but more on the realisation that you have got what it takes. Indeed, self belief goes a long way.



Cancer (6.21 - 7.22)

The spotlight is on you this month. Your personal interests and projects come into focus and your attention turns to projecting your personality. Finally, people will see the diamond that you are made of. Stay creative.



Leo (7.23 - 8.22)

You tend to hibernate in the first week of September but it won't be for too long since challenges in work and family life are on the horizon. There may be sacrifices to make just for you to keep the balance between family and work.



Libra (9.23 - 10.22)

Although you will experience increased recognition, you also feel that there are stumbling blocks to

your career path. There are things that are out of your reach but what's important is that you still have faith and belief in what you do.



Scorpio (10.23 - 11.21)

You are feeling restless and restrained and the need to put adventure in your life is at its most powerful. Perhaps a break in your routine would prove efficient. There are many things to experience besides the home and office.



Sagittarius (11.22 - 12.21)

Your love life will turn out spicy, stimulating and sometimes challenging. You need a more inward and introspective turn. For now, it may be best to put your personal plans on hold to tend to other people's needs. Be patient.



Capricorn (12.22 - 1.19)

Certainly, your attitude towards partnering with others will take an overwhelming turn this month. It's time to work with others, not against them. You'll realise that cooperating proves better than competing as it makes you sleep with peace, not anger.



Aquarius (1.20 - 2.18)

Changes in health and work routines are in the works. You'll find that September is filled with events and activities that were not supposed to be part of your calendar. Be decisive in taking quality over quantity when it comes to events you choose.



Pisces (2.19 - 3.20)

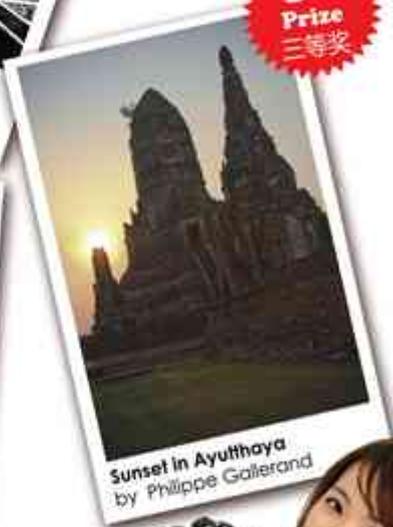
Your personal charisma is shining bright this month. While there may be complications with communicating towards your romantic interests, you'll find that everything will work out for the best in the end. Smile, the universe is with you.



Women Weavers
By Febe Andrea Florentina Siregar



Lonely View
By Ankur Singh Chauhan



Sunset in Ayuthaya
by Philippe Gallerand



PHOTO CONTEST 2013

2013 摄影大赛

Send your fantastic photos to
发送照片至

photocontest@tianjinplus.com
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.



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