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- + Strengths
- + The World
(how to live well within a consumer culture)
- + Meaning and Purpose

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EDITOR'S PICK

Les Petits Chanteurs de Saint-Marc
放牛班的春天--法国圣马可童声合唱团音乐会
Concert Hall, Tianjin Grand Theatre 天津大剧院音乐厅
19:30 ¥80-380
+86 22 8388 2000, 8388 2002, 2332 0068



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

02
SAT



EDITOR'S PICK

Elisso Bolkvadze Piano Solo Recital
格鲁吉亚钢琴家爱丽索·博尔科瓦茨钢琴独奏音乐会
Tianjin Grand Auditorium 天津大礼堂
19:30 ¥60-760 400 610 3721



EDITOR'S PICK

Drama Assassin 话剧《刺客》
Opera House, Tianjin Grand Theatre 天津大剧院歌剧厅
19:30 ¥80-380
+86 22 8388 2000, 8388 2002, 2332 0068

08
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Oboe, Bassoon, Piano Trio Concert
- Magic Flute Variation
魔笛变奏曲--双簧管、大管、钢琴三重奏
Western Shore Art Salon 西岸艺术馆
20:00 ¥100 +86 22 2326 3505

09
SAT



Drama Hi, Mick! 小剧场话剧《Hi, 米克》
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
09-10 November

15
FRI



When Bright Is Finding Dreams
- Chamber Movie Music Special Preference
乐在光影寻梦时--室内乐电影音乐专场
Western Shore Art Salon 西岸艺术馆
20:00 ¥100 +86 22 2326 3505

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From Baroque to Romanticism
- Tianjin Grand Opera Orchestra 2013-2014 NO.4
从巴洛克风格到浪漫主义
--天津歌剧院交响乐团2013-2014系列音乐会4
Concert Hall, Tianjin Grand Theatre 天津大剧院音乐厅
16:00 ¥50-180
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Classic Pantomime: The Adventures of Pinocchio
经典童话剧:《木偶奇遇记》
Guanghua Theatre 天津光华剧院
10:30 ¥30-290 +86 22 2352 3501

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Brightly Memory
- Classical Reminiscence
Movie Music Appreciation
闪烁的回忆--电影经典怀旧音乐欣赏
Western Shore Art Salon 西岸艺术馆
20:00 ¥100 +86 22 2326 3505

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THU



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IST: The Wiz
International School of Tianjin 天津经济开发区国际学校天津分校
+86 22 2859 2001
21-22 November

23
SAT



EDITOR'S PICK

Drama The Master Builder 话剧《建筑大师》
Opera House, Tianjin Grand Theatre 天津大剧院歌剧厅
19:30 ¥80-380
+86 22 8388 2000, 8388 2002, 2332 0068
23-24 November

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SUN



EDITOR'S PICK

Drama The Secret of Grave Robber
话剧《盗墓笔记》
Tianjin Grand Auditorium 天津大礼堂
14:00 ¥160-880 400 610 3721

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FRI



Full of autumn - String Quartet Concert
秋·意·浓--古典音乐欣赏弦乐四重奏音乐会
Western Shore Art Salon 西岸艺术馆
20:00 ¥100 +86 22 2326 3505

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The Sixth China International Competition Concert
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- 22 Nov Light Snow (xiao xue)
- 24 Nov Thanksgiving Day

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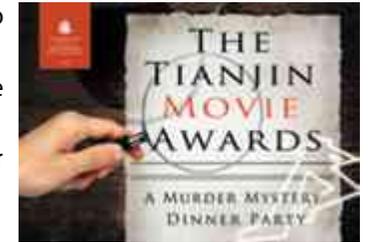
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GETTING A SENSE OF Chinese Humour

By Josh Cooper

It is often said that our sense of humour is largely determined by our cultural backgrounds. If that is indeed the case, then surely the common Chinese perception of what is funny tends to be quite different from elsewhere in the world. Even comparing the countries in Europe and the Americas, there are massive variations between the types of comedy one tends to find both in everyday life and on TV.

So broadly speaking, how does Chinese humour compare to that of other nations? Well first of all, there are some similarities between the typical Chinese sense of humour and that of other people around the world. For instance, the British and Chinese both often take advantage of how relatively easy one can make clever puns with their respective languages.

On the other hand, it is fair to say that most of the topics covered in general Chinese comedy routines are very different to those which tend to feature heavily in the UK or the US, for instance. Jokes revolving around subject matters such as sex, relationships, mothers, foolish people and celebrities, that usually comprise a significant chunk the western comedian's repertoire, are rarely brought to the table in China. Additionally, irony and jokes surrounding modern applications of ancient proverbs tend to be favoured over sarcasm and slapstick.

Interestingly, one of the big themes in modern Chinese comedy is the country's super rich. This may have something to do with the tremendous gap between rich and poor which has emerged here over the last couple of decades. Here is one typical example quoted in an article by Riho Laurisaar:

● **Chinese son:** "Dad, I have a problem. I just came to Germany, but I can't seem to fit in. I am the only kid in my class who drives a Benz to school. My classmates take the train".

Chinese father: "It's okay, I just transferred five million euros to your account. Go buy a train".

But of course, not all Chinese comedians conform to the mainstream humour of their country. The most famous example is popular Chinese comedian Joe Wong. In recent years this young stand up specialist has developed a great following in the US but is still not very appreciated in his native country. Despite the fact that Wong was born and raised in China, his jokes are about as dry and witty as you would expect from a stand-up comedian in the English speaking parts of Europe and North America.

We'll conclude this short article with a segment from one his most memorable stand-up performances:

● **Hi, I'm Irish.**

- **My name is Joe Wong, but to most people I seem to be known as "who?", which is actually my mother's maiden name and the answer to my credit card security question! (Hu)**
- **I grew who in China, who didn't?**
- **My childhood memories have been totally ruined by my childhood! I grew up right next to a quarry where they use explosives to break rocks, which is where I first learned that light travels faster than sound!**





Passion For Cooking

The Astor Hotel's New Culinary Team

By Cathy Perez



2013年是利顺德大饭店豪华精选酒店走过的第150个年头，在这150年中，利顺德矗立在海河沿岸见证着天津这座城市的兴旺与发展。“经典”是利顺德永恒的主题，古典雅致的装潢、精致典雅的菜品甚至连小小的冰激凌都蕴含着一段与各国名人难舍难分的故事。在150年前，利顺德作为中西文化的完美融合出现在了天津，打开了天津对外交流的窗口；150年后的今天，在新任餐饮经理Peter Liew和副主厨John Cheung的完美搭档下，利顺德兼容并包的风格将在美食文化中继续传承。

If something new and fabulous is happening in The Astor Hotel, Tianjin these days, whether it be an added quality on the menu or the splendid activities happening at the hotel's Victoria Lounge, two gentlemen are responsible for such spectacles: Peter Liew and John Cheung. Their vast experiences working in the hospitality industry make them top calibre in their field and their recent appointment at The Astor Hotel is a splash of perfect timing as Tianjin's Hospitality Industry is currently getting more colourful and audacious.

Here's more of what the Astor's new Food and Beverage Manager, Peter Liew and the latest Sous Chef, John Cheung had to say to our team.



First of all, tell us something about yourself.

I'm a Malaysian who has been in China for seven years working in different places. I started my career in Singapore at the Westin Plaza and then after that I went back to work in Malaysia for the opening of Westin there.

When did you first realise your passion for cooking?

It was in Singapore when I started to get serious. I never thought I'd become a chef and I just did it to earn some money, but later on I fell in love with cooking and the rest, as they say, is history.

You have been working in the Food and Beverage industry for the last 19 years. What was the most prestigious moment in your professional life?

The greatest success is having the passion in what you do and in learning new things as you go because I've been working in China for seven years and have worked for many venues; most of them Starwood brands. Meeting new people is also an achievement for me as is discovering different cultures and lifestyles. All these things help me grow along the way and without them I wouldn't be in the position I am now.

Can you tell us about some promotions or activities that you will soon have here?

We are in the planning stage of many things that we will soon be doing. One is our plan for the High Tea Extravaganza here in the Victoria Lounge. If you go outside, you'll see people relaxing at the big name coffee shops so I think people here know how to enjoy life and we in our hotel should do something about this.

Since the Victoria Lounge is the most beautiful place in this building, given the fact that this is also very connected to art and culture with historical relevance, I'll be doing a High Tea Extravaganza which has a bit of food on display, drinks, Chinese tea, champagne, and then we'll also have a Chinese musician to play good music.

What's new in the menu and what can people look forward following these new appointments?

We will have many things coming but for now, people should look forward to our offers on luxury seafood! These are not just normal seafoods, we will also have lobsters and sea urchins. You will experience more luxury on our Thursday and Friday's Seafood Extreme promotion.

Lastly, what do you think is the secret to preparing elite food?

I think passion is the most important aspect of cooking. Without passion the dishes that you do won't be very special. When I look at a menu in a restaurant, I can tell right away whether the chef has the passion or not. So for me, passion in cooking is the most important.

Peter Liew
Food and Beverage Manager





John Cheung
Sous Chef

Tell us about yourself.

I've always loved cooking. It was in 1996 when I started my internship and I've never stopped cooking since then!

You're a Tianjin local but you were assigned elsewhere for many years. How does it feel to be back in your home city?

I think the hospitality industry in Tianjin, though improving considerably, still has a lot of space for development in the future so it's a challenge to be back here in this city.

Tell us about your latest appointment here in The Astor Hotel and your day-to-day functions.

Part of my job is to educate and train the old staff in this hotel to follow The Astor Hotel brand's standards and about how to reach the aims of a luxury brand. The hotel has been around for 150 years and there are still so many staff members who were



working for the old Astor Hotel, so it's a challenge to get them thinking in the way of the Luxury Collection brand, but that is part of my job.

How do you constantly improve your craft?

I constantly improve in three ways. Firstly, I work with some of the world's greatest chefs and they are my teachers. Secondly, I serve in different international hotels and different brands so it exposes me to different dining cultures and environments. And thirdly, I do my own experiments and research to constantly upgrade my techniques!

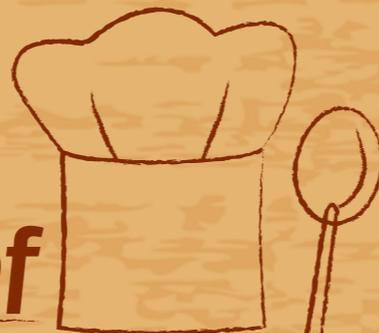
Lastly, as a Tianjin local, what do you think is the best dish in Tianjin?

The Dai Yu fish dish and Hong Shao Rou are the best dishes from Tianjin that I can think of!



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

The Terrific Tastes of Tianjin



俗话说“民以食为天”，不管走到世界的哪一个角落，寻找美食可以说是一个寻找幸福的过程。不论来自世界的哪个地方，天津美食以兼容并包的态度也让大家有了自己的心头之好。除去那些享有盛名的食品之外，让我们也来盘点一下天津那些具有本地特色的深入人心的美食。

Tianjin

By Tracy Hall

When it comes to superb Chinese dining, look no further than the great culinary city of Tianjin! What many expats may not know is that the food scene here is renowned throughout China and even beyond the country's borders. Tianjin is home to a terrific variety of unique and tasty snacks. If you haven't tried the local delicacies, now is the time to get out and give your taste buds a workout!

Jian Bing Guozi

The historical background of this intriguing breakfast snack is somewhat contentious. Many Beijingers have claimed it as one of their own local dishes, but to the hungry people of Tianjin there is no doubt whatsoever that the notorious Jian Bing Guozi is the city's most famous snack. To the majority of local people there is no better way to start the day than munching on a generous serving of this delightful snack. In the early morning hours you will see these being sold everywhere from street vendors to 7 Eleven's.



Jian Bing Guozi is essentially a Chinese style pancake folded around a deep fried dough stick and stuffed with a variety of different fillings. Vendors who make them fresh on site will usually take special requests from their customers in terms of what goes inside the wrap.



Gou Bu Li Baozi

Gou Bu Li has become an institution within Tianjin society. This quintessentially Chinese restaurant brand has its roots in the Qing Dynasty era and is now present in all major cities across the country. Although Gou Bu Li venues serve a vast array of fantastic dishes, their signature snack is their baozi. Fans of these delicious stuffed steam buns will find Gou Bu Li's famous concoctions to be absolutely stunning. One cannot claim to have fully experienced Tianjin's dining culture without paying a visit to one of these restaurants!



Cha Tang



This weird but wonderful soup is a sacred entity in Tianjin. Cha Tang makers carefully blend a variety of key ingredients with boiling water and millet flour to produce this tangy broth. One can recognise a Cha Tang seller by observing the gigantic copper tea pot-like container from which the soup is served to customers.

Tangdui

Tianjin's most famous sweet treat is probably Tangdui. Traditionally prepared and eaten around the holiday times, this snack is usually made from Hawthorn berries that are dipped in syrup and dried off before additives like sugar and fruit are delicately put into the mix. Tangdui is a great way to satisfy your sweet tooth.



Ma Hua

Perhaps the most accurate description of this snack in English is crispy twisted dough sticks, which probably doesn't sound overly appetising. However, these long rolls of dough are filled with bean paste and other tasty fillings and can be munched away at gradually when you need a quick nibble in between meals.



Guoba Cai

Another well known Tianjin dish, this tasty snack is full of flavour and is enjoyed by locals on a regular basis. Guoba Cai is a mung bean and millet based pancake fried up in sesame oil then filled with a range of ingredients such as ginger, soy sauce, beancurd and green onion. It is often served in conjunction with other local delicacies like sesame cakes.



Where You Should Go!

All of these wonderful local delicacies can be found around the city in restaurants and on street vendor stalls. There are two places though that are both worthy of a special mention. The first, of course, is Food Street (*Shi Pin Jie*), which is exactly what the name implies. Here you will find a bazaar of different food and beverage outlets that will leave you spoilt for choice. There are tons of dumpling restaurants and a very wide range of eateries which offer everything from fried noodles to dog meat. Whatever it is you want to eat, you will find it on Food Street.

Another increasingly popular area with both locals and expats is Wandezhuang Dajie, a lively street located near the Haiguangsi junction. There are plenty of street sellers there and a number of great restaurants and bars whereby you can chill out and enjoy an evening with friends whilst devouring some superb Tianjin snacks.

Fusion Cuisine and Entertainment in Banyan Tree's The Grill Restaurant

by Sanne Jehoul

海河悦榕庄的Grill西餐厅即将在这个11月开业，不同于以往的白云中餐厅，Grill西餐厅这次推出无法想象的西餐体验。从海鲜到牛肉，各种精心烤制的食材满足挑剔的味觉。8种不同的天然食盐及胡椒组合，配以厨师的精心制作；可参观式的厨房设计，让菜品从烹制到餐桌全程直播；体贴温馨的服务，绝妙体验值得期待！

Find this new asset to Tianjin's culinary life by the riverside:
No. 34 Haihe East Road, Hebei District, Tianjin 300010
天津市河北区海河东路34号

The recently opened Banyan Tree Hotel in the Hebei district, near the river, is introducing its new restaurant, The Grill, to the Tianjin public.

The Grill is the first of its kind in the Banyan Tree hotel group, which was founded in Thailand in the mid-1990s. Compared to the Tianjin hotel's other fine-dining restaurant Bai Yun, which is fused by Cantonese cuisine, The Grill offers a vastly different style. Its executive chef, Anders Groenholm, is ethnically Korean but grew up and was trained in Denmark. His global experience in countries such as Turkey, Australia, and Korea, makes for an interesting fusion cuisine, which as he notes has resulted in "a combination of a steakhouse and a Mediterranean restaurant, with influences from different countries and an emphasis on quality meat and local seafood."

Entering the restaurant with its intimate lighting and dark brown interior, the warmth and cosiness of this environment makes you feel right at home. Before deciding on your selection – both set menus and à la carte dishes are on offer – you are given a personal hand-washing ceremony at your table. The gimmick is taken from the Banyan Tree's signature restaurant Saffron, and makes sure you feel refreshed and hygienic before starting your meal. "Our guests need to have a great experience," explains Director of Food and Beverage Handy Bunardy. "We would like to position ourselves as a sophisticated and elegant establishment for fine and formal dining. Eating is not just about the food and silverware on the table, it's about a total experience created by excellent service and well-trained people."

Amongst the appetisers – which according to chef Groenholm are often indicative of "a chef's creativity in flavour combinations" – there are small Turkish 'pide' (similar to pizza) with a warm Brie cheese dip, one of the chef's personal favourites, and salmon with chutney and foie gras.

Starters are varied and include seafood and meat, while healthy salad options are also available, all with perfectly balanced seasoning, sauces, and

vinaigrettes. The clams with garlic are mouth-wateringly good!

In their aim to go beyond the standard dining experience, The Grill has chosen an extra element of entertainment: guests are able to see the grill kitchen through a large window in the back of the restaurant. You can come and see the chefs cook your meals for you! Groenholm also regularly shows his face inside the restaurant to ensure that guests are satisfied and to provide some information about his creations. Whether it's the rib-eye steak or the

king prawns, their high quality imported meat and local seafood is delicious, perfectly done, and nicely presented with a range of complimentary side dishes from mashed potatoes and chips to grilled plum tomatoes and beans.

To top it off, The Grill has an excellent pastry chef whose signature banana mousse with a chocolate crisp is a must-try, although the classic apple pie with cinnamon and ice cream is a fierce competitor.

The Grill's average prices for a set menu is around 350 CNY. Additionally, near the front of the restaurant's entrance is a wine cellar accessible to guests, with a selection of over

150 wines from old world to new world, with prices going from 250 CNY per bottle to 34,000 CNY per bottle. Those preferring wine by the glass can choose from 8 varieties, plus sparkling wine and champagne. The Grill also excels in its loose-leaf tea collection, which was created especially for Banyan Tree.





Hank's
Sports Bar & Grill

The holiday season is just around the corner. Whether you want to sit and enjoy an all you can eat Thanksgiving or Christmas buffet or order a complete take away turkey or ham dinner, Hank's is the place. For ten years Hank's has been providing authentic holiday meals to expatriates in Tianjin.

For just 1098 CNY, feed 6-8 people with a 7kg imported stuffed turkey, includes sweet potato casserole, carrot soufflé, Mashed potatoes and turkey gravy, cranberry sauce and assorted seasonal vegetables. Also available, Hank's jalapeno sweet potato or Creamy mushroom soup, apple and chocolate walnut pie. (See Hank or Jeannie for final pricing, please give four days notice, all orders must be picked up.)

Also available, on Thanksgiving and Christmas day, Hank's will be serving an all you can eat holiday buffet dinner with all the great food you expect on these special days. It's okay to miss your family during this special time, no need to miss a home cooked holiday feast. (Seating at 13:00 and 18:00, reservations not required but recommended)



Hank's
Sports Bar & Grill

Hank's Sports Bar & Grill Is Moving

Hank's Sports Bar & Grill has been serving the expatriate community in Tianjin for eleven years. We have met hundreds of people from all walks of life and from around the world, in doing so we have made numerous friends, watched their children grow, shared their happiness and some instances their grief.

In the very near future Hank's will be moving to a new location, a location we believe will better serve the ever growing and expanding territory of the expatriate community.

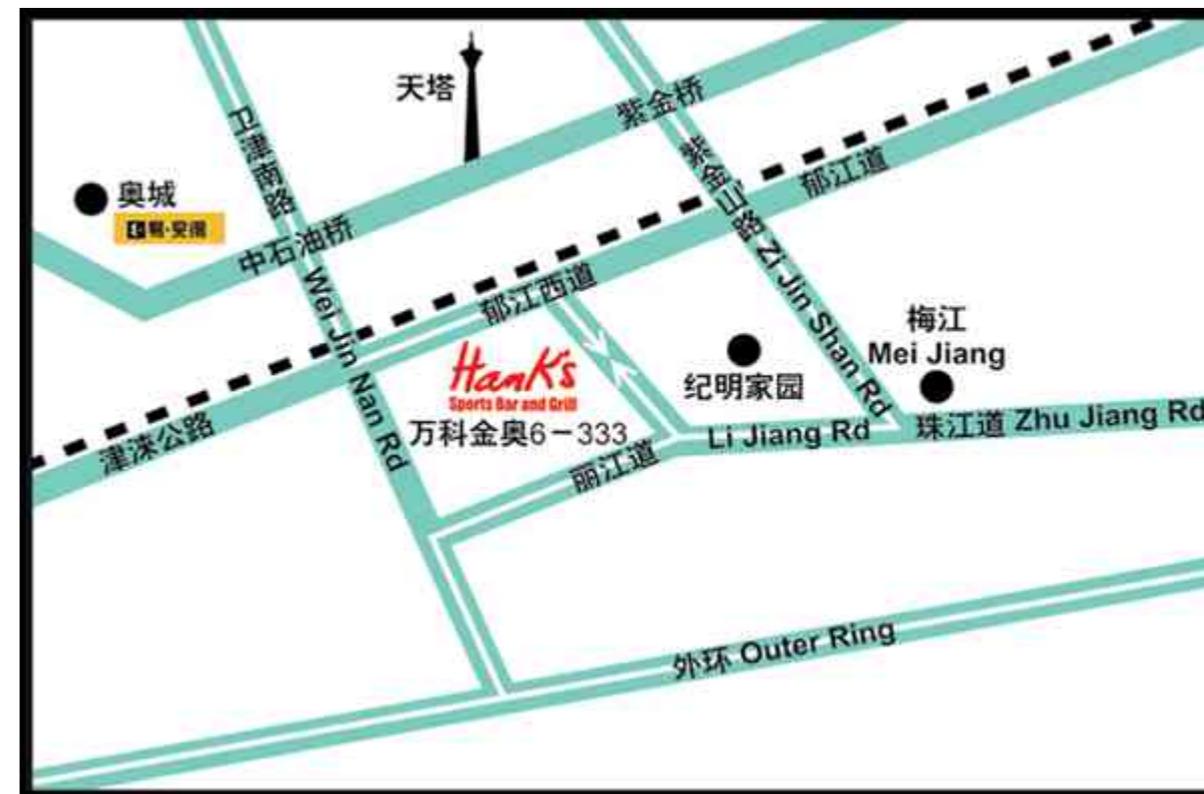
We will continue to offer top quality dishes that have served us so well in the past as well as some new, more sophisticated dishes. Our new design and décor will change our theme a little but for you sports fan don't worry, we will always have your favorite sports available.

Jeannie, Han Mei and I thank all of you for your support and loyalty and look forward to serving you for many years to come.



Tel: 13821611049/13920614814

Email: theupperdecktj@yahoo.com



Jing Jiang Rou Si

Sauteed Pork in Sweet Bean Sauce

By Warner Garden Cooking School

京酱肉丝(Sauteed Pork in Sweet Bean Sauce)是传统北京风味菜。选用猪里脊肉为主料，辅以北京“六必居”特产黄酱、甜面酱及其它调味品，用北方特有烹调技法“六爆”之一的“酱爆”烹制而成。



- 400 grams of pork, chopped into small strips
- Tofu skin pasta, cut into 10 x 10 cm squares (10-20 squares)
- 2 spoonfuls corn flour
- Rice wine
- 1 ½ dl natural sweetening sauce ('tianmainjiang')
- 3 teaspoons sugar
- 2 teaspoons sesame oil
- 2 teaspoons Maggi seasoning
- 2 large spring onions, cut into thin slices
- Olive oil

1. Mix the chopped pork pieces with corn flour and a small bit of rice wine, set aside
2. In a bowl, mix together sweetening sauce, sugar, sesame oil and Maggi seasoning
3. In a warm wok, add olive oil; then add pork (or chicken) until no longer raw
4. Add the sauce mixture and stir-fry until well blended
5. Total cooking time is approximately 5 minutes
6. Arrange spring onion slices on a plate; place meat mixture on top of onions
7. Serve with tofu skin squares for wrapping meat and onions



THE ASTOR AFTERNOON TEA

A new interpretation of a timeless tradition brought to life at The Victorian Lounge, through the finest selection of tea leaves, tantalizing cakes, delicate pastries, petite sandwiches and your Asian favorites. Live Entertainment and Wireless High Speed Internet access will keep you connected in Tianjin's most magnificent venue for your social afternoon gathering.

Every Saturday & Sunday
2:30pm to 5:30pm
108 CNY* per person

1st floor, Victorian Lounge

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



For reservations,
please call 86 22 2331 1688 ext. 8909
or visit luxurycollection.com/astor

THE ASTOR HOTEL
A LUXURY COLLECTION HOTEL, TIANJIN
33 TAIER ZHUANG ROAD
HEPING DISTRICT, TIANJIN CHINA, 300040



卫津路上的红灯咖啡吧 (Red Light Cafe) 在年轻人中小有名气, 很多人都是慕名而去探店, 继而被那里轻松的氛围, 精致的装潢所吸引。这里也渐渐成为天津年轻人卸下每日工作的压力和三五好友轻松小聚的“逃离之地”。不同国家文化的融合在红灯咖啡吧体现得尤为明显, 时常举办的文化主题聚会吸引着来自世界各地的年轻人, 偶尔还可以碰到一些年轻的先锋艺术家们。物超所值的食品和各色的调酒, 在体验异域文化的同时满足你味蕾的享受。



REVIEW

There's a certain charm about the Red Light Cafe that makes it the latest hangout to capture the attention of youngsters. It has basic entertainment, generic food and drinks, but the catch is that fun is unpretentious – whether it is obtained by spending time with friends over a bottle of beer, or at the Foosball table competing against equally fun-loving youngsters who just want to spend the night in a relaxing and chilled environment.

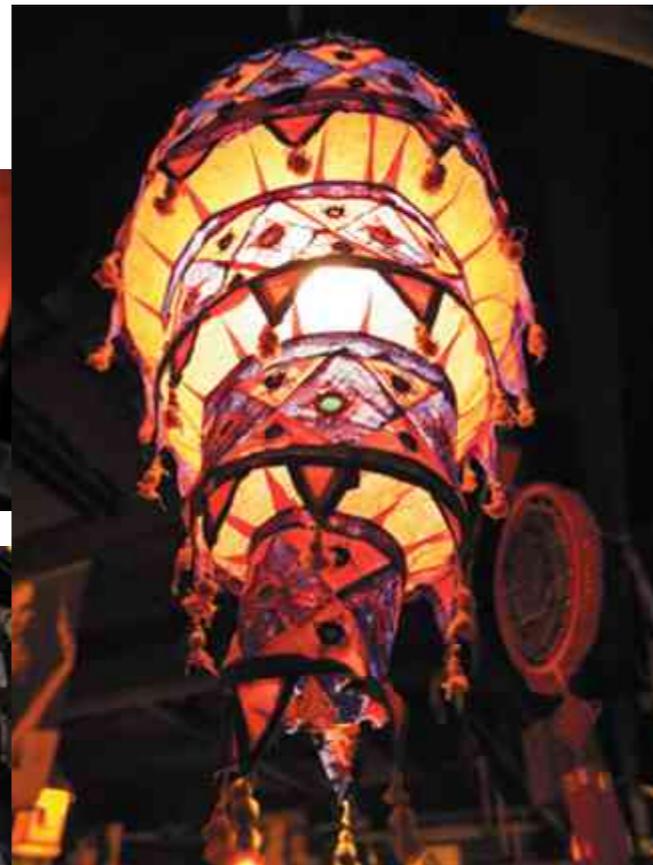
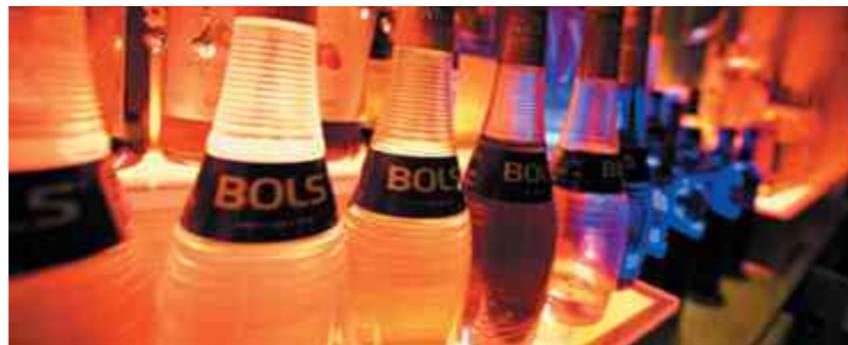
Red Light Cafe is located on Weijin Road just across from the east gate of Tianjin University. Its catchy signage outside the building where it is located makes it an easy find, go up the second floor and Red Light's cool environment welcomes you – bar area on the right, wooden chairs and tables, foosball area, darts, some musical instruments, and a lot of different countries' flags hanging on the ceiling.

The array of flags are evident of Red Light's appreciation of different cultures, thus, everyone is welcome to feel at home here. To the left side of the bar are plenty of colourful cushions and comfortable mats just in case you choose to unwind by taking off your shoes and sitting on the wooden floor. Strings of cultural yet cool events already happened at Red Light. In October, for example, there was the Traditional Culture Party and Tianjin Special Snacks Party which were organised to promote the relevance of Chinese Culture to its foreign guests.

First on the menu are appetizers and snacks – Tapas (38 CNY), Honey Chicken Wings (35 CNY), Nachos (35 CNY), Popcorn Chicken (25 CNY), Garlic Peanut (10 CNY), and many more. There are also pasta (32 CNY), sandwiches (20-28 CNY) and some Asian favourites like Thai Fried Rice, Baked Rice with Assorted Sausages,

In the Spotlight: Red Light Cafe

By Cathy Perez



Seafood Baked Rice, and some others. If you crave pizza and would ask for Red Light's recommendation, the house speciality is their Buffalo Chicken Pizza which has the right amount of spice to fill up your tummy as you nibble it with your favourite drink.

Speaking of drinks, Red Light's Draft Beer is 10 CNY, while you can also order a pitcher for 18 CNY and tube for 60 CNY. Bottled Beers from famous brands like Tsingdao, Heineken, Budweiser, Corona, Hoegaarden and Erdinger are available while cocktails come aplenty – whether it be Red Light Special Cocktails (30-58 CNY), Classic Cocktails (28-32 CNY), Non-Alcoholic or Alcopops. Of course, Tequila Shots and the likes are also available, so are liquors, juices, coffee and tea, and different kinds of soft drinks.

On Friday nights and on weekends, the place gets filled up easily with people hungry for some weekend unwinding. You'll hear laughter, see some dancing, and will probably be taken in by chill-out songs coming from the speaker. Grab a chair, listen to your friends, smile, and just enjoy what Red Light Cafe has to offer... a sweet, sweet escape from the drag of daily life!

Be Safe on the Roads!

As I sit at the traffic lights and wait, I see a familiar sight. All around me people are riding their bicycles with what appears to be little thought for safety. Indeed I am frequently a source of laughter as I ride home, simply because I am wearing a helmet.

Although I may look silly in my helmet, bicycle safety is a serious issue. Cycling is one of the most popular forms of recreational sport and increasingly we are using it as a mode of transport to and from work, school or other activities. It is good exercise and good for the environment, making it seem like the ideal form of transport.

However, many of us do not take adequate care of our own safety and that of others when we are out and about on our bicycles. In 2010 in the USA, there were over half a million bicycle related injuries seen in emergency departments. The highest incident age groups being adolescents (15-24) and adults aged over 45. (US CDC)

Furthermore, among all recreational sports, cycling injuries are the leading cause of emergency department visits for adolescents and children. In the USA, this population accounts for 60% of all injuries seen in emergency departments (US CDC). These statistics may make you want to put away your bicycle for good. But like so many things, if we take care and protect ourselves we can minimise the risks to ourselves and others.

Wear a helmet

Protect your head by wearing a properly fitted helmet that passes recognised safety standards.

A study carried out in Oregon found that amongst bicycle injuries, neurological injuries were the most common. From a selected study group nearly 40% of all injuries were head injuries (Acad Emerg Med 1995).

The American Academy of Pediatrics Committee on Injury and Poison Prevention cited that in 1998 23,000 children sustained head injuries whilst cycling, and that a bicycle helmet is very effective and can prevent the occurrence of up to 88% of serious brain injuries.

Know the rules of the road

You may know the road rules of your own country, but do you know them in Tianjin? Ask a colleague or a friend who has a Chinese driving license to give you some tips. Standard rules to follow include: Ride with the traffic, not against it. Always obey traffic lights, lane markings and road signs. Signal before turning using appropriate hand signals, this will allow those around you to anticipate your actions. Be aware that at some junctions traffic can turn right even if the traffic light is red.

Visibility - make sure you are seen at all times

It is not just about riding in the dark; it's a good rule of thumb to always assume that you cannot be seen by others. Cyclists should ensure that they are seen clearly by drivers, other cyclists and pedestrians.

Particularly at night or in reduced visibility such as heavy pollution days wear bright colours (neon or fluorescent). Wear reflective clothing such as vests, wrist bands and patches for your limbs or helmets. Ensure that your bicycle has a working light and reflectors on the front and back.

Other ways to ensure your safety

Ensure that your bike is in good working order and is the right size. If you can, carry a small repair kit with you. Stay alert at all times – do not use headphones when cycling as this will impair your ability to hear the traffic around you. Make sure your bike has a good bell or horn which you can use to sound a warning.

Cycling is a fun family pastime and a great way to stay healthy and in shape, follow these simple steps to make it as safe as it is enjoyable.



Ail Cannon
Clinic Manager
International SOS Tianjin and TEDA



THE FOOD AND WINE MATCH DILEMMA

Many people want to know about which wines work best with which foods. Whilst there are numerous theories about which specific combinations work best I believe there are a couple of basic criteria to consider that will assist you in making a good decision.



Dean Smith
Milan Wines Deputy
General Manager



Match Weights

This sounds complicated, but it's really very simple. When pairing up food and wine, start by matching the weight of the wine to the weight of the food. Heavier wines like Cabernet and Shiraz should be paired with heavier (heartier) dishes. Light wines like Pinot Grigio and Riesling should be matched with lighter fare.

Match Textures

Sweet and spicy dishes tend to accentuate the acidity, astringency and tannic qualities, often referred to as texture of any given wine. Foods high in acids or salt content, tend to dull the textures of wine, which isn't necessarily a bad thing. What you're looking for when pairing food and wine is a delicate balance between the flavors of the wine and the flavors of the food.

But most important of all is to drink what you enjoy drinking!

The old fashioned rule of red wine with red meat and white wine with white meat is a useful rule of thumb but it is also extremely restrictive and there is absolutely no reason to follow it exclusively. The whole idea of pairing wine with food is for the two to complement one another; this is obviously very subjective so there are no rights and wrongs. Don't be afraid to experiment to find what works for you.

Creative and Fun After-School Development @ Wellington College International Tianjin

After School Activities

One of the strengths of Wellington is its richness of extracurricular activity provision, just as it is at Wellington College in the U.K. The activities are an important part of the whole education of each child. They provide opportunities for our pupils to try new things, acquire new skills, excel at things they enjoy and, importantly, to get to know their teachers and each other better. This is the principal reason that full involvement with after-school activities is compulsory for everyone this year.

Thanks to the varied interests and enthusiasm of our excellent teaching staff, we are offering more activities than ever this year, with around 100 activities offered throughout the week. A pupil could be engaged in an Archaeological Dig on Monday, Juggling on Tuesday and practising the Triathlon on Thursday, to suggest just one of thousands of possible combinations.

A new after-school offering this year will be the (optional) After School Academy programme for IELTS, TOEFL and SATS courses.



Art in the Junior School

To adults and children alike, art should be, and is, a lot of fun. The appreciation of colour and shape is taken for granted and children just love getting messy. Beyond the obvious fun and enjoyment, art expands a child's ability to communicate, to interact and provides a set of skills for self-expression. It also helps to develop the right side of the brain and allows the child to develop strategies in a similar manner to those required to learn a new language. Art is integral to the curriculum in Wellington's Junior School and can be found in all subject areas. Although predominant in the earlier years it is an important developmental tool for all age groups. We are fortunate enough to have superb facilities that allow students to develop their creative skills in an environment that positively encourages them to do so. At Wellington College children of all ages have the opportunity to express themselves through the medium of Art and to develop their sense of imagination. 'The future belongs to young people with an education and the imagination to create,' stated President Obama, and at Wellington we offer our students every possible opportunity to unleash the imagination and creativity that all children possess.

Visit to Green Cow Farm



Wellington College International Tianjin Year 3 and Year 4 pupils and teachers arrived at Green Cow Farm on the morning of 17 September. The guide from the farm welcomed them with great enthusiasm. To begin with the pupils were introduced to the ethical approach to farming that drives this smallholding towards agricultural excellence. Key words such as organic, compost, pesticide and genetically modified were introduced to the children in both Mandarin and English and they marvelled at the tales of water-less compost toilets and bovine husbandry.

Then the best bit: meeting the animals and a spot of farming. As they toured the farm they encountered cows, pigs, geese, chickens and an abundance of fresh vegetables. The farm dogs and mosquitoes were also more than happy to make our acquaintance. But the fun didn't stop there. Wellington pupils were also able to use the hand-crank corn sheller, the enormous millstone and the over-sized pestle and mortar in order to reduce the corn to practicable dust.



By Silvina Pardo

Colour and Texture

缤纷的颜色和个性鲜明的布料永远是女人美丽变身的两大法宝；轻柔的皮毛和永葆青春的花朵，更能衬托出女性的妩媚。在2013秋冬时装周的舞台上，不论是在服装，还是包包甚至小小的饰品上，这些元素被时尚设计师们混搭使用，为清冷的秋冬季节增添了一抹亮丽的色彩。如果你还在为这个秋冬如何与时尚接轨而困惑，那么就紧跟着我们的脚步去探寻那些美丽因子吧！

The new season's key looks are about strong women of every variety, mixing opposite trends and contrasting looks. Here you will find a map, so you don't get lost on the amount of options; find which colours and textures to choose to stand out through the winter.



Crazy Fur

'All out or nothing' was the fall's fur message. Ultra-shaggy, patch worked, vibrantly coloured and oversized, this statement is not for the tame. This winter shaggy textures have a 3-D quality. Aside from real fur there are lots of unexpected options, combed mohair, curly teddy fur, shaggy afghans and sheepskin. The key is to balance the bulk, so with a chunky fur jacket keep legs skinny, and be careful about layering fluffy garments; one is enough.



Think about incredible fun furs applied everywhere; on shoes, bags and jewellery.



Pink

The catwalk looks like a rose bouquet, pink is everywhere, from the palest petal pinks to dusky damask hues, designers are filling their collections with a warm glossy glow. Head-to-toe rose tones offer a beautiful spin to classic winter colours and will brighten gloomy winter days. For a modern look partner it with soft grey, cream and tan shades or toughen it up with masculine black footwear.



Checks and Plaids

This is a classic for every winter, a pattern that has cold weather all over it. Checks came back in every shape, colour and fabric you can imagine; colour-drenched checks, bright blanket weaves, silky tartans and plaids. The modern twist



is all about the colours. Change traditional, dark patterns for softer colours, while fur, sequins and silks bring plaid to the party.



Feathers

Fashion just got tactile. They are not exactly practical, but feathers bring a glamorous and original touch to the collections. They feel romantic, decadent and with a retro vibe. From Marabou and dainty ostrich to shimmering jewel-



toned peacock, few adornments can match this fancy embellishment. You can try matching a feathered skirt with a slouchy jumper or bringing soft glamour to cocktail dressing by night.



White

Keep some summer feeling in the winter, white is here to stay! It was the perfect choice of hue for this season's minimalist and ideal to pair with pastel coats and pink outerwear. White is classic and fresh and the best part is that it goes with everything. The way to wear white this winter is head-to-toe white out, and the key to making it feel wintry and appropriate is the choice of materials- anything with wood or fluffy will feel warm and cosy. No wonder Calvin Klein, Valentino, and Mulberry got into this simple but effective trend.



Flowers

Floral patterns are essential. They are fun, colourful and bring life to every outfit. Doing florals in winter is simple. Go for lush blooms in over-ripe hues. Scattered



across blackened silk and chiffon, this will make this season's florals look dark, enigmatic and glamorous. To create a moody and melancholic image, add sober skirt lengths and severe necklines. Burnt orange, red and blacks teamed with stained lips and smoky eyes set the tone for a dark winter romance.





Objects of Desire

By Silvina Pardo

Mademoiselle为香港MOISELLE集团旗下轻熟女时尚品牌。不论是妩媚的裙装还是具有中性风格的简洁西服，独特的设计风格，洋溢现代浪漫以及欧陆情怀；简约创新的理念，着重细节设计，以优雅俐落线条，揉合出个性与甜美的时尚风格；色彩组合的利用巧妙，彰显独特个人魅力！

Mademoiselle is a Hong Kong based high fashion brand renowned for its stylish and exclusive designs, high-quality fabrication and delicate craftsmanship. Focusing on every handmade detail such as embroideries, sequins and other accessories, it demonstrates the essence of being one on its own. Their unique designs, plentiful details, exquisite cutting and fabrication create a winning combination of a perfect Mademoiselle style. Their line offers a perfect choice from everyday work and casual wear to cocktail.



Their prints make a statement: clever colour combinations, like yellows and greens mixed in abstract patterns. A mustard-yellow and brown floaty dress stands out, beautiful fabric combined with delicate stone embroidery in a flattering shape. It makes the perfect choice to wear during this autumn, merged with a terra-cotta cardigan and in order to keep wearing it during the cold winter, you only need to add a camel coat on top or incorporate something fluffy, like a sheepskin gilet to emulate modern grunge style and keep you warm at the same time.



Mademoiselle

To balance a girly dress, look for boyish footwear such as loafers or something heavy like chain bover boots. A graceful skirt combining winter tweed material with floaty flowers highlights the whole collection. It is ideal to wear in winter under a black coat, with a black polo neck and tights. Original and colourful.

The focal point is the accessories. Mademoiselle features a collection of beautiful and original items, including an amazing necklace mixing orange, red and purple stones. Smart enough to wear to work and cool enough for the evening. It is a sophisticated option when choosing a versatile item.



Along with the super-classy knit wear and printed skirts that will work perfectly for everyday-wear at work, head to Mademoiselle for the most on trend coats, like a beautiful trench coat for rainy days, in a light waterproof material; mixing blue and green colours and featuring delicate finishes.



The Exchange Mall

津汇广场

Address: No.189 Nanjing Road, Heping District, Tianjin
天津市和平区南京路189号



Booming Sports in China 2013

By Melvin Shaw

2012年的奥运会已经过去，2014年的世界杯还未到来。除去以往的优势项目，2013年的中国特别注重了对短板项目——篮球、网球、足球和拳击的发展。在一些国际赛事上，中国运动员用自己的激情与汗水证明者他们付出的辛苦，更彰显着中国体育的明天。

When it comes to sports, China is seeing both a continuation of support for the country's traditional games and a surge of euphoria for internationally imported activities. In 2013 Chinese sports fans have become a louder collective voice in many arenas. Added to that, the commercial side of several sports has seen tremendous growth here. As this draws to a close, let's take a look at some of the sports that have been making serious headway in China throughout 2013...

Basketball

This fast paced sport has gone from strength to strength in China since the start of the century, and judging by its popularity with Chinese youngsters, it shows no signs of slowing down. Over time more and more Chinese basketball players are gaining recognition on the world stage and are acting as role models to younger enthusiasts of the sport.

2013 has not been the best year for China's national team after they suffered a upsetting defeat to Chinese Taipei during the 2013 FIBA Asia Championship. But despite this, the domestic Chinese Basketball Association has a thriving fan base and the future remains bright for basketball.



Tennis

Not only have more Chinese players come to the world stage recently, the country has also consolidated its position as an important location for major tennis events. Last month Beijing held the China Open in which rising female star Li Na showcased her talents and got Chinese fans even more excited about the sport. There are many other up and coming players within China's domestic scene, with tennis academies springing up all over the place. This will no doubt remain a booming sport going into 2014.



Football

China's football clubs, all of which are enjoying increased revenues as the country's soccer fans become wealthier, have managed to attract more foreign stars in 2013. These include Ivorian striker Davy Claude Angan moving to Hangzhou Greentown and veteran Spanish defender Ibán Cuadrado coming to play for Shanghai East Asia F.C. Commentators are increasingly saying that the Chinese Super League will become one of the biggest global hubs for superstar international players and coaching staff. As the quality of the football improves here, so too will the sport's popularity.



Boxing

The so called 'sweet science' could be the one to watch in the years to come. 2013 has seen the meteoric rise of Zou Shiming, the shining star of Chinese boxing. Although the Guizhou man is still in the very early stages of his professional career, it is no exaggeration to say that his success on the world stage is bringing boxing to the forefront in China.

With Macau hosting the big November 24th clash between Filipino superstar Manny Pacquiao and American brawler Brandon Rios, it is clear that the world's biggest promoters are seeing the potential popularity and money to be made out of boxing in China. This trend of big fights being held here and the rise to prominence of more home-grown fighters could put boxing amongst the most popular sports in China going forward.



每个幸福的家庭都有同一个幸福的理由，那就是拥有夫妻爱情的结晶——孩子。父母会倾注全部身心在孩子的身上，这一点作为母亲尤为明显。但是，在妻子照顾孩子的同时也会或多或少影响夫妻之间的情感。最近Mark就为这样的问题而烦恼，在他们第一个孩子出生之后，妻子每天除去照顾孩子的时光，更喜欢用剩下的时间看看电视，每天只用很少的时间陪伴他，因此他感觉夫妻关系越来越糟糕。天使给出了客观的建议，但是恶魔却劝Mark应该对他的妻子坦诚自己的想法。面对如此两难的选择，Mark究竟该何去何从呢？



"Since having our first child earlier in the year, my relationship has gradually gone very bad. When she isn't being a mother, my wife is more interested in watching TV than spending quality time with me."
-Mark

Angela says:

There is an overwhelming sense of responsibility once a woman becomes a wife and a mother. Being a wife means taking care of the home and the husband, while being a mother means giving unconditional love to the child. This means that women have to go through different stages in life and it's a man's responsibility to support and help them.

So Mark, be patient with your wife at this time of her life! Offer her the best that you have—initiate closeness, talk kindly to her, give her flowers and make sure she feels your love and your presence. It's not the time for you to complain, but a time to prove that your love is strong.

They say that a woman is a reflection of her man. Thus, when your wife is feeling a bit low, nurture her so that she can be at her best again. Don't judge her, instead try to understand her and in time you'll see that your relationship with your wife will be in full bloom again. Good luck!

Daemon says:

Despite being a hardcore feminist, even I have to admit that a lot of women are becoming far too self-centred when it comes to relationships these days. And sadly, the TV has got more channels and interesting shows than ever before!

I can see why certain aspects of your relationship would go sour after having a child. Not only is there another person to think about, you are also going to be too tired to do the things that make couples happy.

But despite the obvious distractions and extra responsibilities, you are only a man, and men have needs. You should tell your wife to stop watching TV and start to care more about your relationship. If she doesn't want to make an effort to improve things, don't be scared to tell her the truth about how frustrated you feel and how unfulfilling your relationship has become!



Tianjin + Life!

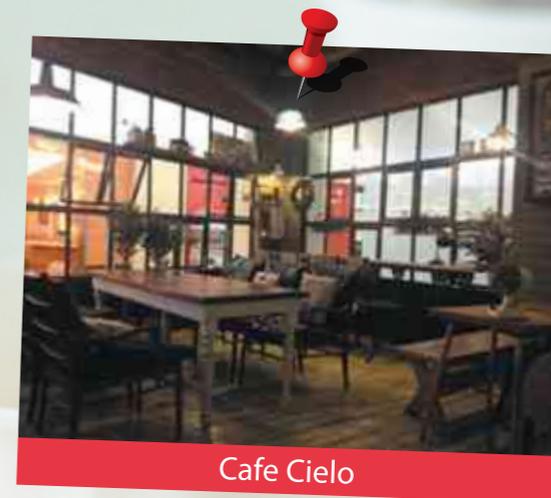
by Cathy Perez

A Colourful Winter

北方寒冷的冬天总是显得单调与乏味，灰白单调的色彩，干燥凛冽的凉风总让人想窝在家里。如果你想寻找如何度过清冷的冬日的方法，不如去逛逛缤纷色彩汇聚而成的小店，让跳跃的颜色和冬日午后的一杯咖啡温暖你的心房。冬季干燥的空气容易让娇嫩的皮肤受损。如果你还没有找到合适的方法，那么不妨试试我们推荐的方法吧。

Our notion of winter here in Tianjin is that of gloomy days when daytime is shorter and the cold makes us too lazy to go out and do fun outdoor activities. Plus, our skin gets so dry so we constantly look for ways to solve this common winter problem. However, this doesn't mean that you can't splash some bright colours on your life this season! Read on...

- Visit the Colourful Village for some down time.** Colourful Village has a bunch of coffee shops, a marketplace, souvenir shops, fast food chains and restaurants. On the first floor is the newly-opened Watson's, right across from BHG Marketplace, which sells tons of imported yet affordable products. It also has Maan Coffee on the third floor, the Mom and Kids Café and the Yinyi International Cinema on the second floor.



Café Cielo

- Experience Café Cielo's rustic elegance.** The wooden furnishing and décor, not to mention loads of trinkets on the sides, make Café Cielo a wonderful place to talk to a friend, or read a book, do some studying, enjoy some delicious snacks or drinks. The ambiance of the place makes one remember of houses of yesteryears when people got pleasure out of a cup of tea or coffee and internet was non-existent. (Café Cielo is on the 2nd level of Colourful Village, Aocheng)

- Winter skin care.** Some helpful tips to make sure your skin is still at its best even with the harsh dry winter in Tianjin are as follows:

moisturise more and use an ointment moisturiser that is oil-based as oil will create a protective layer on the skin. Slather on sunscreen. The winter sun, combined with snow glare, can still damage your skin so make sure you apply sunscreen 30 minutes before going outdoors. Take care of your hands, the skin on your hands is thinner than most parts of your body and has fewer oil glands, so it is harder to keep your hands moist especially in wintertime. Hook up the humidifier to provide moisture to the air!

"Courage is being scared to death but saddling up anyway."
- John Wayne

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



Matthew J. Zavala

Academic Director at U-Excel

What's your age and hometown? How long you have been in Tianjin?

I am 28 years old and come from Londonderry, New Hampshire, in the United States. It is a small, quiet little town with a small community of people. It is very different than living in a city with a population of about 12 million! I have been in Tianjin for 6 months and plan on staying for a few years.

Favourite place to get a quick bite?

There are so many good places to eat – it is difficult to choose just one. I am not sure of the Chinese names of the restaurants but there is the Bavaria Beer House, a small restaurant located on Anshan Dao, and a really good noodle place close to my office.

Favourite place to unwind?

I would have to say either going for a walk around the Haihe or just watching a movie in bed in my apartment. A nice dinner every so often with

friends and good food is also very enjoyable. It really depends on how the work day and work week has been for which activity I like to do when I want to relax.

Where do you and your friends usually hangout?

The usual hotspot for me and my buds is a local bar called Truman's. The atmosphere is always lively whether we are playing darts, poker, singing karaoke, competing in trivia or just enjoying a nice cold beer with good friends and the amazing staff that work there. I have met a lot of expats at this establishment and have made many good memories already!

What do you miss most about home?

My family and friends! I think it is funny how you don't realise the little things you take for granted until you do not have them! Visiting my family via a quick car ride, getting some of my mum's home cooking, or going to one of our favourite restaurants and enjoying a nice meal and catching up with friends.

What is your favourite aspect of living in Tianjin/China?

I would have to say how nice the people are in Tianjin. They are always so helpful whenever I am lost or trying to find a new restaurant or local tourist place to visit. They always help without asking for anything in return. For how large the population is here you would never think or guess that you would meet such caring people.

What advice would you give to newcomers to Tianjin?

Come here with an open mind! You will enjoy your time if you are friendly and willing to embrace the Chinese cultural experience. A simple smile will go a long way to a stranger! Always trying something once will create some good memories for you to look back on. Get outside of your comfort zone!

How long did it take for you to settle into life in Tianjin?

It took about 2-3 months to find some local spots, learn how to travel around with ease, and to find a new group of expats that I enjoy spending my time with – learning about other peoples' cultures and experiences.

How to Efficiently Send Packages Abroad

不论是到中国学习还是工作，繁重的行李总会成为长途旅程的拖累。想多在行李箱中放些东西，又怕行李超重遭到航空公司不菲的罚款。那么现在最为流行的航空快递就能帮你解决这些问题。行李同样是从航空运输，但是便宜的价格和方便快捷的服务可以帮你省去很多烦恼。

When it comes to having your packages sent abroad from China, your choice of service provider may depend on a few different factors, including your levels of Chinese language ability, your cash flow situation and the urgency or importance of your consignment reaching its destination on time and intact. More often than not it simply comes down to whether or not you are willing to pay more money for peace of mind and a faster pace of delivery.

China Post

The cheapest way to send a package abroad is to use China Post. Go to the nearest branch, which won't take too long to find seeing as they are dotted all over the city, and if possible take a Chinese person to bridge the language barrier. You will need to fill out all of the usual paperwork, including customs forms for overseas packages, which is fairly straightforward but incredibly time-consuming. After that you will need to go through the motions with the box assistant and item inspector. When all that is taken care of, it is then just a case of finalising the payment details etc. If you want it to be air-mailed, be sure to say the phrase *hángkōng jiàn* (航空件).

Couriers

Although it is costlier, the vast majority of foreigners generally go down the route of paying an international couriers firm to ensure that your package gets to its destination in one piece (fingers crossed!). There are numerous companies which provide such services. Here are some contact details and rough price guides for a 2KG parcel:

FedEx

455 CNY www.fedex.com/cn_english/

For a quote in English, call 400 889 1888

DHL

500 CNY www.cn.dhl.com/en.html

UPS

520 CNY www.ups.com/content/cn/en/contact

TNT

540 CNY www.tnt.com/express/en_cn/site/home.html



Special Days in November

秋冬之交的十一月是丰收之后的季节，“感恩·和平与庆祝”是十一月永恒的主题。篝火之夜的美丽烟火让400年来的纷争烟消云散；停战纪念抚平了多少人心中的伤痕；感恩节的代代相传让美洲大陆的人民永不要忘记大自然的恩赐；圣安德鲁日让信仰在苏格兰人民心中永驻。

The only night of the year on which gangs of people won't get arrested for gathering in a public place, lighting an enormous fire, consuming alcohol, and cheering whilst human-like dolls slowly burn away into ash.

Bonfire Night (5 November)

This British tradition commemorates the day on which catholic conspirator Guy Fawkes failed in his plot to blow up the U.K. Parliament and kill the King, sending shockwaves through the patriotic nation in the early 17th century. Every year the British mark this day by engaging in the traditional acts of lighting a bonfire, burning a Fawkes effigy, setting off fireworks, and eating a range of sweet treats.

Held every year in the U.K. and Commonwealth nations on the Sunday closest to 11 November, Remembrance Sunday and Armistice Day is dedicated to the memory of the millions who perished during the First World War. On that day in 1918 the Great War, as it was known, was brought to an end by the signing of the Armistice. Typically wreaths are laid at memorials, poppies are worn, and at 11 a.m. there is a 2-minute silence in respect of those who died.

Remembrance Sunday & Armistice Day (11 November)

For many Americans and Canadians, Thanksgiving is even more important than Christmas. The festival's origins are still contended by different historians, but it is generally said to have started by the early pilgrims who immigrated to the North American continent from Europe during the 1600s.



On Thanksgiving Day, families come together to give their thanks for one another's love and support, usually whilst collectively enjoying a turkey-centric feast. And in true humanitarian fashion, the U.S. president conducts the annual turkey pardoning, which kindly saves one lucky bird from being a centre piece on someone's dinner table!

Thanksgiving (28 November)

What better way to round off the month of November than with a celebration of Scotland, Greece, Romania, Russia and Ukraine's patron saint?

Saint Andrew's Day (30 November)

Although very little is known about this mysterious figure who apparently went from being a humble Black Sea fisherman to being an exclusive member of Jesus' entourage, Saint Andrew is the figurehead for numerous nationalistic celebrations, particularly in Scotland where the occasion is an annual holiday for its citizens.



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活动从2013年11月15日开始，至2014年1月15日结束，为期两个月。



CNY 288 for 2 people

All Advanced Reservation will get 2 glasses of white wine for free

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ZiYou Road No.50, Hebei District in Tianjin (Italian style street)
Reservations Tel: 022-2446 0388.



BinHai sky Fashion Boulevard No.2-02, TEDA Fashion Square, Binhai New District in Tianjin (The Decathlon movement supermarket Near)
Reservations Tel: 022-5988 6665.



Tianjin Wu Da Dao Xian Nong Business Travel Block First Opened to the Public

After seven years of planning and careful finishing repairs, the Wu Da Dao Xian Nong Business Travel Block officially opened to the public on 13 October. The ceremony opened the the block by sealing Hunan Road's first "time capsule", including a Tianjin 1925 old map, 1925 First Agricultural Institute engineering drawings, the first Agricultural School construction plans from 2011, a collection of old photos, old postcards, paintings and calligraphy works and a written message for the future.

The blocks were open to the community at the same time. The first public art plaza was also unveiled to the public. Yang Maoyuan's first exhibition was on display, including sculptures and other breathtaking works of art. People toured of the historic district and also enjoyed the charm of public art. "Making city life into art" was the theme of the subsequent series of cultural activities such as 3D modelling and video broadcasting.

Tianjin Wu Da Dao Xian Nong is one of the oldest buildings in the city. The district's historic architecture was built in the 1920s and 1930s, and took influence from Western architectural thought – forming a Western-style bungalow eclecticism, the British Union row houses, detached villas, Chinese villas and a variety of other architectural styles, which reminding us of historical scenes, Tianjin Historic Architecture Finishing Company launched the first farmers block, adhering to the "conservation priority, rational use, repair the old as before, safe application" principles for the overall protection and utilisation of the property. Restoring the original appearance of the building and courtyard space was the main priority for this leisure and tourism landmark.



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Returning favorite

(10/19) 海盐焦糖摩卡

Salted Caramel
(hot/iced) Mocha



STARBUCKS®

Blue For You @ IST

What happens when a couple of students hear about children who are in difficult situations? They roll up their sleeves and say, "I can make a difference!"

That's exactly what happened at IST when 2 students, Simon Tschoepel and Annika Breutzman (Grade 5), heard about the Coins for Children Project.

They brought the idea to the IST Elementary Student Council who thought the project was a great idea. Together they worked to organise the event Blue For You where students on the 27 September wore blue clothes and brought donations (in blue baby bottles). They raised money for the high calorie rich baby formula that some of the Tianjin orphans need. The students raised 4000 CNY that was donated to ICCO who began this wonderful project.



Library Week Celebration 2013

The annual International Schools Library Week ran from 18 to 25 October. The aim of ISLW is to celebrate IST's international community and its fantastic library.

All week long students at IST participated in daily quizzes about the Panda Book shortlists. Their ballots were entered for a daily prize draw and a grand prize was also awarded for the week. The quizzes and the prizes were aimed at encouraging students to read the Panda Books and to strengthen their enjoyment of reading.

Tuesday and Wednesday saw staff from Beijing's BPIEC bookstore come to IST. They set up a book fair with hundreds of English language books. Students, parents, teachers and staff all enjoyed browsing and purchasing the titles on offer.

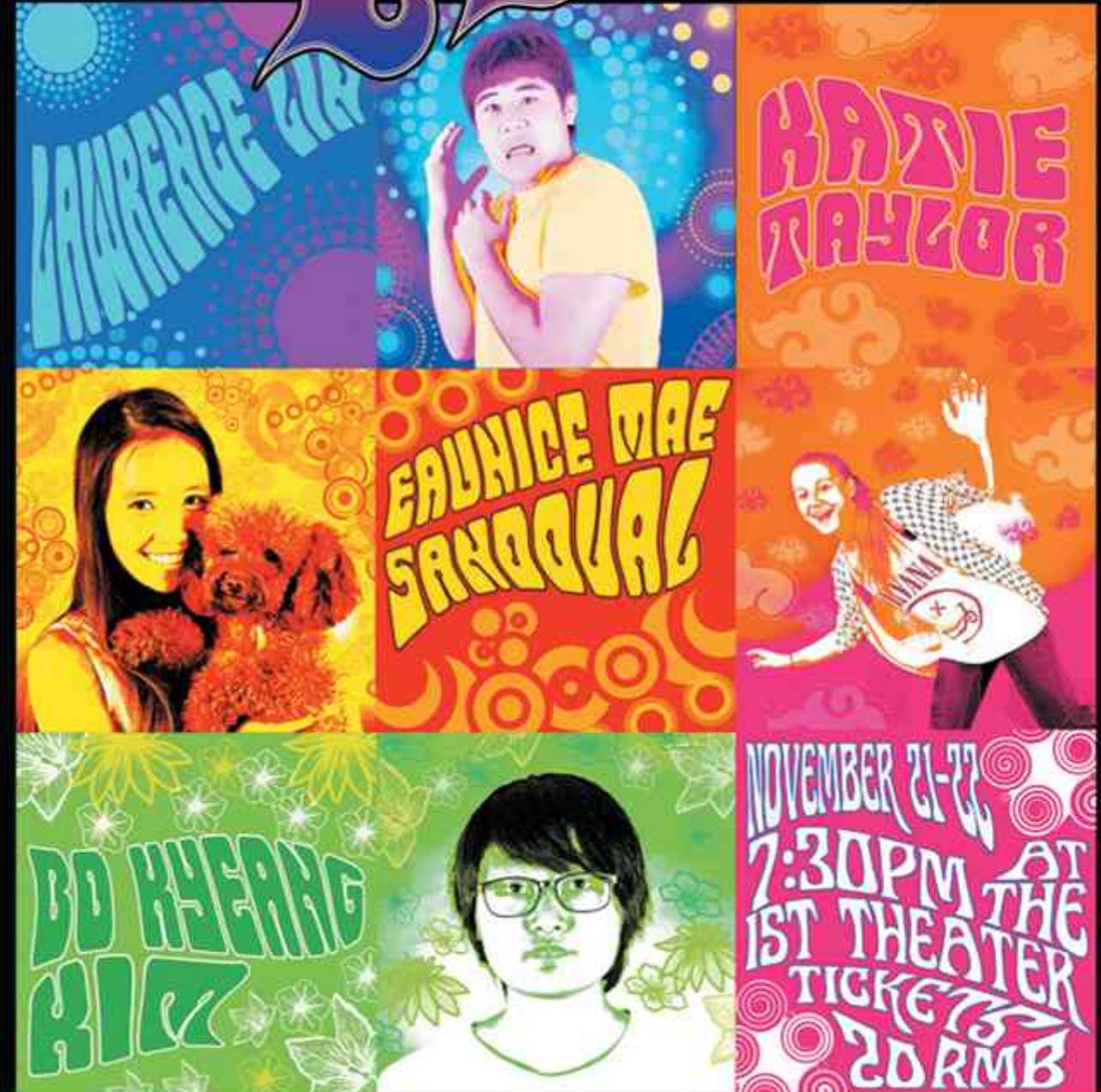
Closing the week on Friday, all of the IST community was invited to 'Drop Everything And Read' (D.E.A.R) for 15 minutes in the school library. Not all classes accepted the invitation to read in the library, but almost all of the students did read for 15 minutes. The IST Library hopes that for D.E.A.R. time next year, all of the community will accept the challenge.

International School Library Week is one of the very many great events hosted by the International School of Tianjin. Because it celebrates our beautiful library and our dynamic international community, ISLW is one of the school's favourite times of the year.



IST Proudly Presents

The Wiz



Director-**Chrisie Akov** Musical Director-**Karl Garrett** Artistic Director-**Dan Neville** Producer-**Mu Rong**

Book by **William F. Brown** Music & Lyrics by **Charlie Smalls**

Tangla Hotel Tianjin Was Bestowed 2013 "International Six Star Diamond Award" For the Second Time

Recently Tangla Hotel Tianjin received the "2013 International Six Star Diamond Award" from the American Academy of Hospitality Sciences (AAHS) for the second time, and from the sixth hotel in the world and the first Hotel in mainland China to receive this award, following the Mandarin Oriental Hotel in Tokyo, Trump Hotel Palm Beach, Peninsula in Hong Kong, etc. receiving a new authoritative fame on the glory list. "International Six Star Diamond Award" is established by the American Academy of Hospitality Sciences in 1949 with its headquarters in New York. The organization enjoys high reputation in the global high-end service industry. Tangla Hotel Tianjin is the flagship of Tangla Hotels & Resorts, its own high-end international hotel brand created by HNA Hospitality Group. Tangla Hotel Tianjin adheres to the oriental brand value of "Harmony, Elegance, Excellence and Tranquility", achieving the perfect deep fusion of eastern aesthetics and philosophy. General Manager Fintan O'Doherty commented "I and all the team are humbled and honoured to receive such an accolade and it is a superb tribute to the hard work of all our team and the superb support of our Hotel Group and parent Company HNA and their leaders..."



Garden Lounge Boiler Room Tianjin Season 2

On the 12 October, Tianjin's famous landmark the New Garden Lounge hosted the Boiler Room House Party for the second year. This time the Nimrud team decided to choose a more interesting, rough old house to the party in which exemplified the culture of the Boiler Room electronic music party.

The party started on a cosy autumn afternoon, running between the hours of 16:00-04:00, 12 consecutive hours of continuous fun, from sunset to dawn. From Berlin, a pioneer in European electronic music played during the second quarter of the Boiler Room House Party for everyone to enjoy. Cement, steel, and darkness created a great party setting.



Party!

Christmas Charm!

With the Christmas season just around the corner, now is the perfect time to start thinking about your family holiday reunion!

Renaissance Tianjin Lakeview Hotel brings you the most delightful Christmas surprises.

Christmas Eve & Christmas Day (From the 24th to the 25th of December, 2013)

- New Dynasty Christmas Set Menu, CNY 288/person
- Fire House Christmas Set Menu, CNY 458/person
- BLD Christmas Eve Buffet, CNY 508/person
- BLD Christmas Day Buffet, CNY 438/person

Christmas Specials

- Takeaway Turkey Package, CNY 1888, from the 1st to the 28th of December, 2013
- Lobby lounge Christmas cocktail Selection, CNY 60/glass, from the 24th to the 31st of December, 2013

Come and join us to celebrate the enchanting Christmas and discover something wonderfully new!

For more information or reservations please contact:

- New Dynasty 5822 3110/3111
- Fire House 5822 3150/3151
- BLD 5822 3160/3161
- Lobby Lounge 5822 3130

*All rates inclusive of 15% service charge.

Le Nest II Grand Opening

The grand opening of Le Nest II located in Xiaobailou area, no. 20 Nanjing Road, Jinghuang Building was a spectacular live house event. DJs dished out the latest pop hits and house music, sexy dancers set the stage on fire with fantastic moves, singers brought the house down with powerful renditions, not to mention loads of party people ready to have a wonderful night of music, drink, and dancing. All of this made the grand opening of Le Nest II an undeniable success. Over the coming months, more theme parties and exciting events await at the club, so everybody has more reasons to go to Le Nest II for an eventful night out!



Ming Yao Stayed at the Tianjin Saixiang Hotel

Ming Yao was in Tianjin Saixiang Hotel as the special guest of the 2013 Tour of China Cycling in Tianjin. Mr. Yao took a picture with the GM Kevin Zhang (on the right) and the DGM Andy Gu (on the left). He stayed in Tianjin for two days and one night to join this big event. Tianjin Saixiang Hotel service was very attentive to him. For instance, the bed had been lengthened and a welcome cake in the shape of a basketball was presented in his room.



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Bakeries & Desserts

H P **Gang Gang Delicatessen 冈冈面包房** Great bread and pastries, plus other stuff like cookies and sandwiches. Very reasonable prices. **A:** 103-104, Olympic Tower, Chengdu Dao, Heping District 和平区成都道126号奥林匹克大厦1层103-104
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(Somerset Store)
A: 5F, Somerest Youyi, Pingjiang Dao, Hexi District 天津市河西区平江道盛捷服务公寓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 天津市河西区平江道盛捷服务公寓5层
T: +86 22 2810 7992

Chinese



H P **Qing Wang Fu 庆王府** Qing Wang Fu was founded to provide a sophisticated venue where business people can meet, dine and relax in privacy and comfort. **A:** QWF, No. 55, Chongqing Road, Heping District 和平区重庆道55号庆王府
T: +86 22 8713 5555

Qing Palace 青天轩 Offers distinctive Sichuan & modern Cantonese cuisine in a refined ambience. From home-style dishes to royal cuisine. 11:30-14:30; 18:00-22:30. **A:** 6F, Tangla Hotel Tianjin, No. 219, Nanjing Lu, Heping District 和平区南京路219号天津唐拉

雅秀酒店6楼
T: +86 22 2321 5888 ext. 5106

Shui An 水岸中餐厅 Shui An takes its inspiration from the land and sea specialties of the city and re-imagines them for the sophisticated, global traveller. 11:30-14:00; 17:30-22:00.
A: 2F, The Astor Hotel Tianjin, No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号天津利顺德大饭店豪华精选酒店2层
T: +86 22 2331 1688 ext. 8920

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

Youth Restaurant 青年餐厅 Home-style dishes and a good place for gathering with your friends. 11:30-14:30; 17:30-21:30. **A:** 1F, bldg. 1, Jin Wan Plaza, Jiefang Bei Lu, Heping District 和平区解放北路津湾广场2号1层
T: +86 22 5836 8081

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

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

Din Tai Fung 鼎泰丰 World-renowned dumpling restaurant, offering delectable fillings and great variety. 11:30-14:40; 17:30-21:50. **A:** No. 18, the junction of Zi Jin Shan Lu and Binshui Dao, Hexi District 河西区宾水道与紫金山路交口18号
T: +86 22 2813 8138
W: dintai fung.com.cn

Southern Beauty 俏江南 One of the

top restaurants in town with an opulent setting and lavish dishes. 09:00-22:00.
A: No. 1, the junction of Youyi Bei Lu and Machang Dao, Hexi District 河西区马场道与友谊北路交口1号
T: +86 22 2325 9327
W: southbeautygroup.com

N K **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 Hotel, 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区梅苑路8号赛象酒店内
T: +86 22 2376 8888

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

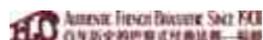
French



H P **Riviera Restaurant 蔚蓝海法餐厅** Refined brasserie with great furniture, china and glassware. 18:30-22:00.
A: 1F, The St. Regis Tianjin. No. 158, Zhang Zizhong Dao, Heping District 和平区张自忠路158号天津瑞吉金融街酒店一层
T: +86 22 5830 9962



H B **La Seine 赛纳河法国餐厅** 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天街2-02(迪卡侬运动超市旁)
T: +86 22 5988 6665



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

Indian

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

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

Italian

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

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

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

T: +86 22 8761 3413

Japanese

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

S6U 思创 Features contemporary Japanese and European cuisine and offers a spectacular view of the city skyline, creating an exquisite ambience for romantic dinners. 17:30-22:00. **A:** 49F, Tangla Hotel Tianjin, No.219 Nanjing Road Heping District 和平区南京路219号天津唐拉雅秀酒店49楼
T: +86 22 2321 5888 ext. 5109

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

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

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

Korean

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

Pizza

H P **Pizza Hut 必胜客** An old Tianjin favourite pizza shop providing delicious

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Email listings@tianjinplus.com.



pizzas, open salad bar and Western food. 11:00-22:00. **A:** -1F, Robbinz Department Store, No. 128, Nanjing Lu, Heping District 和平区南京路128号乐宾百货负1层
T: +86 22 2716 8268
W: pizzahut.com.cn

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

Thai

H P **Kudos Thai Restaurant & Lounge Bar 泰庭泰国餐厅** 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

H D **Seven Leaves Vegetarian Restaurant 七贝叶素食餐厅** For those

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

Western

H D Café Vista 美食汇全日餐厅 Café Vista redefines the standard of all-day dining service at international hotels.
A: 1F, Wanda Vista Tianjin, 486 Bahao Road, Da Zhi Gu, Hedong District 河东区大直沽八号路486号天津万达文华酒店一层
T: +86 22 2462 6888

H D 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二二号路116号
T: +86 22 2334 0071

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 2331 5678
187 2255 2290 (English)
E-MAIL: CHATEAU35@VIP.163.COM
ADD. OPPOSITE NO. 79, CHANGDE DAO, HEPING DISTRICT
 和平区常德道79号对过(昆明道与华跃道交口附近)

Hank's
Hank's Sports Bar & Grill
 Offers traditional American favourites like burgers, steaks and pizzas in a cozy, laid back environment. 11:00-23:00.
Tel: 2341 7997
 Address: First Floor, Bldg B, Shang Gu, Tian Ti Dao (TV Tower Road), Nankai District 天津南开区天塔道上谷商业街B座1层

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

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

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



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 Email listings@tianjinplus.com.

The Golden Fork Authentic Indian Restaurant
 金叉子印度餐厅
 Add: Opposite Qing Tai Lu and Central Dao, Heping District 和平区气象台路与中央道交口 (南开大学津湾酒店对面)
Tel: +86 22 2325 7987
 Contact (Chinese): 138 2167 9729 at Mr. Li
 Contact (English): 192 2230 5448 at Mr. Mohamed

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

N K 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号位
T: +86 22 2752 1068

Aulare
 urban latin restaurant
Aulare 艾伊莎贝西餐厅 Where the flavours of Spain, Italy and Latin America are completely at home in China. Available for parties and events; business meetings and galas; takeout and catering, etc. Also, the foreign bartenders will bring you exotic and tantalizing drinks. Mon-Sun 11:00-23:00
A: Magnetic Plaza, Building A4, 2nd Floor, Binshui Xi Dao, Nankai District 南开区滨水西道时代奥城A4座2楼
T: +86 187 2229 0691
W: tianjin@aulare.com

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

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厅酒吧 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

H X 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 河西滨水道16号万丽天津宾馆1层
T: +86 22 5822 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

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(富力津门湖公交站对面)
T: +86 22 8815 8577

H B 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

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

Brownie Bistro Bar 布朗尼西餐酒吧 Affordable authentic western food and coffees, long islands, healthy juices and beautiful background music. Come and enjoy! 11:00-02:00 **A:** No.55, Music Street, Bawei Lu, Hedong District 河东区八纬路音乐街55号
T: +86 22 6089 3448 or 137 5202 0168 for maggie

Vietnamese

H X 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

N K 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

H P 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 C1-2, Buidling 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, +86 22 5835 2555
W: qingwangfu.com

N K 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

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

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

Wine

MILAN WINES
米兰酒业

We now have 9 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底商8号
Tel: 022-65399899 Hours: 9:00-20:00

Xi Kang Road Wine Shop
8-102 Kangyue Mansion, Xikang Rd, Heping District, Tianjin
天津市和平区西康路康岳大厦底商8-102
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.mwines.com.cn

Bars & Discos

H D Churchill Wine & Cigar Bar 丘吉尔红雪雪茄吧 Tianjin's leading venue for connoisseurs. With its excellent array of wines and cigars, Churchill is the natural choice for an evening of timeless perfection.
A: 1F, Wanda Vista Tianjin, 486 Bahao Road, Da Zhi Gu, Hedong District 河东区大直沽八号路486号天津万达文华酒店一层
T: +86 22 2462 6888

H P China Bleu 中国蓝酒吧 The highest bar in Tianjin, on the 50th floor of the Tangla Hotel Tianjin. Great live jazz/funk music every night. 18:30-03:00. **A:** 50F, Tangla Hotel Tianjin, No. 219, Nanjing Lu, Heping District 和平区南京路219号天津唐拉雅秀酒店50层
T: +86 22 2321 5888 ext. 5293

Le Procope Lounge 普蔻酒廊 Elegant, sleek, relaxed. You will want to dress-up before going to Le Procope. Luxury and comfort are the core ideas. 10:00-03:00. **A:** The Junction of Chengde Dao and Shandong Lu, Heping District 和平区承

德道和山东路交口
T: +86 22 2711 9858

O'Hara's 海维林 Offers the intimacy of an English gentleman's lounge with regal Winchester styled sofas and an oversized bar counter. 17:00-02:00. **A:** 1F, The Astor Hotel Tianjin, No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号天津利顺德大饭店豪华精选酒店1层
T: +86 22 2331 1688 ext. 8919

Qba Bar Q吧 Savour authentic Latino food, drinks and music. 18:30-01:00. **A:** 2F, The Westin Tianjin, No. 101, Nanjing Lu, Heping District 和平区南京路101号天津君隆威斯汀酒店2层
T: +86 22 2389 0088

River Lounge 畔吧 Leave your footprint on the Haihe River. The latest address for an afternoon rendez-vous. Daily 19:00-23:00. **A:** No.158, Zhang Zi Zhong Lu, Heping District 和平区张自忠路158号(津塔旁, 哈密道正对面)
T: +86 22 5830 9999
W: stregis.com/tianjin

SITONG Bar 普唐音乐酒吧 Favoured for the last couple years by most expats as the place to end their nights dancing and meeting friends. 20:30-03:00. **A:** -1F, Olympic Tower Tianjin, Chengdu Dao, Heping District 和平区成都道奥林匹克大厦负1层
T: +86 22 2337 7177

Muse Bar 缪斯酒吧
A: Junction of Xi'an Dao and Liuzhou Lu, Heping District 和平区西安道与柳州路交口
T: +86 22 5836 5608

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

THE ST REGIS BAR
瑞吉酒吧

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

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

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



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

KTVs

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

H X 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

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



Beauty Salons

H X 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



H P CHINA ROAD 重道造型 A Chic salon adjoins to one of the busiest CBD areas. Fashion is the word that best describes the decorated hairdressers. **A:** 16-201, Jinde Block, the junction of Kunming Lu and Lanzhou Dao, Heping District. 和平区昆明路与兰州道交口金德园16-201.
T: +86 138 0308 8908
A: No. 23 Binyou Dao, Hexi District. 河西区宾友道23号
T: +86 2836 9769



Spa & Massage

H X 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



H D 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

H P Ink Tattoo 墨颜刺青 Owned by artist Zhang, the store is tiny but inviting and the workroom is fully equipped. 11:00-21:00. **A:** No. 111, the junction of Shanxi Lu and Jinzhou Dao, Heping District 和平区山西路与锦州道交口111号
T: +86 22 2730 6615



Xiao Jian Tattoo 小健刺青 It has a tea corner, an extensive library of tattoo designs and some of the best artists in town. 17:30-19:00. **A:** Room 605, No. 50 Xinde Building, Hebei Lu, Heping District 和平区河北路50号信德大厦605室
T: +86 22 2721 6203
W: xjtattoo.com

Tianjin Congramarie Gynecology & Obstetrics Hospital 天津坤如玛丽妇产医院 Tianjin's first international 3H (Holistic-care, Hotel-style, Home-warm) gynecological hospital. **A:** No.488 Jiefang Nan Lu, Hexi District (opposite to Huan Bohai Automobile City) 河西区解放南路488号(环渤海汽车城对面)
T: +86 22 5878 5555

Hospitals

H X 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, Tanjiang Dao, Hexi District 河西区潭江道天潇园22号
T: (Reception) +86 22 5856 8500
24 Hour Emergency: +86 22 5856 8555
W: ufh.com.cn



Tianjin International SOS Clinic 天津国际(SOS)紧急救援诊所 This is Tianjin's premier foreign service medical clinic, offering emergency medicine, vaccinations, radiology, onsite pharmacy and foreign, English-speaking doctors with Korean and Japanese translators available. Doctors are on call 24 hours. Western prices. Mon-Sat 09:00-18:00. **A:** 1F, Sheraton Hotel, Zi Jin Shan Lu, Hexi District 河西区紫金山路天津喜来登大酒店公寓楼1层
T: +86 22 2352 0143



Golf Clubs

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

J H 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

N K 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 南开区滨水道时代奥城中央会所
T: 400-108-7890

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

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

Catering Solutions



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

Decorations

IKEA 宜家家居 Well-designed, functional and affordable home furnishing products are available to everyone. 10:00-21:00.
A: No. 433, Jintang Road, Dongli District 东丽区津塘公路433号
T: 400-800-2345

Electrical Appliances

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

Laundries

Fornet 福奈特 Largest high-quality professional laundry service chain in China. 07:30-21:00. **A:** No. 58, Xikang Lu,

Heping District 和平区西康路58号
T: +86 22 2333 2888
W: fornet.com.cn

Movers

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

Relocation

China Relocation 瑞楼凯旋房地产信息服务有限公司 Our job is to find you the right property at the best price. All rental agreements are in Chinese and English.
T: +86 133 5201 7606
W: chinarelocation.com

Hotels

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

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 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

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

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 河西区宾水道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 河西区紫金山路
T: +86 22 2731 3388
W: sheraton.com

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

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

Wanda Vista Tianjin 天津万达文华酒店 Located on the banks of the Hai He River, furnished with rich Oriental ambience, Wanda Vista offers its acclaimed

guests an extravagant experience of exclusive services and artistry. **A:** 486 Bahao Road, Da Zhi Gu, Hedong District 河东区大直沽八号路486号
T: +86 22 2462 6888

ZAIA Spa & Hotel 索亚风尚酒 Offering great hot springs in Tianjin within the city area. **A:** The junction of Jintang Road and Longtan Lu, in No.2 Culture Palace, Hedong District 天津市河东区津塘路与龙潭路交口第二文化宫内
T: +86 22 5815 1818, +86 22 5815 1800

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 河西区紫金山路35号
T: +86 22 5856 8000
F: +86 22 5856 8008
W: www.stayariva.com

Include your company info in our Listings Index! Email listings@tianjinplus.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 河西区友谊路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 河西区宾水道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

HP Min Yuan Xi Li Culture & Invention District 民园西里文化创意街区 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

HP Western Art Gallery 西洋美术馆 A classic style building which has ten show rooms. It's the first Gallery centre 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

HX 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

HB 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

HP 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

NK 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

HX 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

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

BD 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

NK 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 南开区水上公园北路33号 **T:** +86 22 2335 0095 **W:** tjwaterpark.com.cn

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

Theatres & Cinemas

HP IMAX China Film 中影国际影城 Located in the magnificent Jin Wan Plaza. Shows English and Chinese films in 2D and 3D. 10:00-22:00. **A:** 3F, bldg. 6, Jin Wan Plaza, Jiefang Bei Lu, Heping District 和平区解放北路津湾广场6区3层 **T:** +86 22 2321 9061 ext. 8001 **W:** imax.com.cn

Tianjin Concert Hall 天津音乐厅 Opened in 1922, it is now one of the grand stages of China and offers daily musical events of interest to all. 08:30-20:30. **A:** No. 88, Jianshe Lu, Heping District 和平区建设路88号 **T:** +86 22 2332 0068 **W:** tjconcerthall.com

HX Tianjin Cultural Centre Grand Theatre 天津大剧院 Present international and domestic concerts, variety shows and musical performances. **A:** Tianjin Cultural Centre, Pingjiang Dao, Hexi District 河西區平江道天津文化中心 **T:** +86 22 8388 2000

Associations

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

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

TICC (Tianjin International Community Centre) Association and meeting place for foreign passport holders and their families in Tianjin. Organises monthly coffee mornings, luncheons and social/fundraising events, supporting local charities. **E:** ticc_09@hotmail.com **W:** tianjin.weebly.com

Education

HX International Schools **Tianjin Rego International School** 天津瑞金国际学校 TRIS offers a British curriculum and provides education of the highest quality in English to international students between the ages of 3 and 19. **A:** No. 38, Huandao Xi Lu, Meijiang South, Hexi District 河西區梅江南环岛西路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 河西區泗水道4号增1号 **T:** +86 22 8371 0900 **W:** tiseagles.com

HQ 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

XQ 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

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

Kindergarten

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

Language Schools

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

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

Tianjin Translation College 天津翻译专修学院 **Tianjin Golden Collar Translation Center** 天津市金领翻译服务中心 **A:** No. 5 Pinghu Road, Anshanxi Street, Nankai District 南开区鞍山西道平湖路5号 **T:** +86 22 2737 9758 **E:** jenny_tj@126.com

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

HX Alliance Française de Tianjin 天津法盟 Part of the global Alliance Francaise network that offers French classes in a French speaking environment. **A:** 2F, Education Centre Building, North gate of Balitai Campus, Tianjin Normal University, Wujiayao Street, Hexi District 河西區吴家窑大街师范大学八里台校区北门教育中心大楼二层 **T:** +86 22 2354 0218 / 0229 **E:** info.tianjin@afchine.org **W:** aftianjin.org

Exhibition Centres

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

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

Libraries

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

Real Estate

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

Religion

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

HB Temple of Compassion 大悲禅院
From the Qing Dynasty, the biggest Buddhist temple in Tianjin. 09:00-16:30.
A: No. 40, Tianwei Lu, Hebei District 河北区天纬路40号
T: +86 22 2626 1768
W: tjdabei yuan.com

Serviced Offices



HP Regus 天津雷格斯服务式办公室 The world's largest supplier of workplace solutions. **A:** 8F, Tianjin Centre, No. 219, Nanjing Road, Heping District 和平区南京路219号天津中心8层
T: +86 22 2317 0333
A: 11F, Block One, Golden Valley Centre, The northeast crossing of North Jie Fang Road and Harbin Street, Heping District 和平区解放北路与哈尔滨道交口东北侧金之谷大厦一号楼11层
T: +86 22 5890 5188
W: regus.cn



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

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 info@thestarstravel.com
 or call +86 159 22 000 555

Bookstores

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

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

Department Stores & Shopping Malls

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

T: +86 22 2319 8888
W: hisense-plaza.com

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

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

Tianjin Joy City 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

QX 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: movienight.taobao.com



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Bakeries

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

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

Chinese

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

Red House 红房子酒店 Spice up your taste buds with hot and spicy food from Sichuan. 17:00-20:30. **A:** No. 88, Huanghai Lu, TEDA 开发区黄海路88号 **T:** +86 22 6620 9438

Xiang Jiang Yu Pin Seafood Hotpot (Binhai Branch) 香江御品火锅(滨海店) Offering healthy Hong Kong-style Seafood Hotpot, 32% off all foods except seafood, cigarettes, and wine. **A:** 1F-2F, TEDA MSD - C1 Building, No. 78, 1st Avenue, TEDA 滨海新区第一大街78号MSD-C1区1-2楼 **T:** +86 22 6537 7299 **W:** xjypcy.com

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

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

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

Indian & Thai

Patsara Thai Restaurant 芭萨亚泰国餐厅 Offering more than 100 different dishes, all served to perfection. Enjoy the Thai-style surroundings. 11:00-14:00; 17:30-22:00. **A:** No. 30, 1st Floor Fortune Plaza, No. 21 3rd Avenue (Behind Happy Soho) 天津市经济技术开发区第三大街21号财富星座底商30号(华夏银行后面) **T:** +86 22 6620 2982 English Available

Japanese

Kuinoui 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

Brasserie Restaurant 万丽西餐 Contemporary daily breakfast, lunch & dinner buffets, featuring European & Asian selections served from a large open kitchen. 06:00-00:00. **A:** 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

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,

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

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

Fornet 福奈特 Largest high-quality professional laundry service chain in China. 08:30-19:30. **A:** Taifeng Jia Yuan, No. 112, 4th Avenue, TEDA 开发区第四大街112号泰丰家园底商 **T:** +86 22 2532 5353 **W:** fornet.com.cn

Hotels



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

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

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

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

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

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

Art Galleries

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

Cinemas

CGV 星星国际影城 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

Education

International Schools
Tianjin TEDA Maple Leaf International School 天津泰达枫叶国际学校 A Chinese firm that currently operates 20 schools in China enrolling more than 6,750 students, which provides quality educational programs by blending the best of East and West educational practices. **A:** No. 71, 3rd

Avenue, TEDA 开发区第三大街71号
T: +86 22 6622 6088
W: tianjin.mapleleaf.net.cn



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



Tianjin GEMS World Academy 天津杰美国际学校 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: bicec.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 泰达友谊大厦 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(营城湖南岛)
T: +86 22 6720 1818

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

Polo Clubs

Tianjin Goldin Metropolitan Polo Club 天津环亚国际马球会 Located in an 898,000 sqm urban precinct in the thriving Binhai Hi-tech Park. It is a prestigious polo club with the largest facilities in China, featuring two international-sized polo fields, one indoor arena, stabling for 150 horses, and a 167-room luxurious club hotel. **A:** No.16 Hai Tai Hua Ke Jiu Lu, Bin Hai Gao Xin Qu, Tianjin 天津滨海高新区海泰华科九路16号
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天津大剧院
 官方微博

Welcome to Windsor KTV!

如果要推荐在中国最适合晚上聚会的场所，那么肯定非KTV莫属。这是一个可以尽情释放情绪的场所，高歌一曲不仅仅可以释放压力，更可以拉近与朋友的距离。坐落在北京最繁忙的商业中心——国贸的温莎KTV绝对是北京最受欢迎的KTV之一。绝佳的地理位置，特色主题房间，精致的音响效果都是你不容错过的选择。

By Fiona Cheng

KTV is one of the most popular places for entertainment in China. Beijing offers all kinds of these venues which range from affordable smaller karaoke bars to large up-market lounges with several rooms. There are also KTVs with different themes. For example, there is the Coolth KTV club, Hello Kitty, Ocean, and Chanel. Some of the KTV bars provide a buffet which is included in the package price of the room. Most of them include a small supermarket with beverages and snacks.

Probably the best one in Beijing is Windsor KTV, which is located in one of the prominent business centres of Beijing called Guomao. Situated only a couple of moments walk away from the subway once you depart from exit D of line 1, the KTV can be found inside the SK business building which makes it relatively easy to find.

Windsor KTV is one of the more up market and trendy venues in Beijing, with a plush interior, gold surroundings and comfortable sofas near the reception area. The

rooms are very well equipped, spacious and comfortable, with a microphone attached to a stand on a small platform near the widescreen television; good for showing off your singing prowess (or lack of) in front of your friends. Also included are props for your entertainment such as flashlights, dice, and tambourines. The supermarket is well equipped with a wide range of beverages,

alcoholic and soft drinks, as well as a varied arrangement of snacks. The staffs are very friendly and welcoming and make sure the guests are satisfied with their experience. Here you will find various package deals available to customers and different price ranges for the room. You can book online or just check with the custom service see if they include a discounted price!



A: Hello, I want to buy a plane ticket to Shanghai on the 12th.

您好，我想买一张12号去上海的飞机票。
nín hǎo, wǒ xiǎng mǎi yī zhāng 12 hào qù shàng hǎi de fēi jī piào.

B: Hello, do you need a round-trip ticket or one-way ticket?

您好，您需要往返(2)票还是单程(3)票？
nín hǎo, nín xū yào wǎng fǎn piào hái shì dān chéng piào?

A: I need a round-trip ticket. My return day is 20th, please help me book on that day.

我要往返票，回程(4)请帮我定在20号。
wǒ yào wǎng fǎn piào. huí chéng qǐng bāng wǒ dìng zài 20 hào.

B: Ok, which class do you want to choose, economy class, business class or first class?

好的，经济舱(5)，商务舱(6)还是头等舱(7)？
hǎo de, jīng jì cāng, shāng wù cāng hái shì tóu děng cāng?

A: Economy class is fine.

经济舱就可以了。
jīng jì cāng jiù kě yǐ le.

B: Ok, no problem. Please take your tickets. Please take your passport and tickets to board a plane on 12th.

好的，没有问题。请您拿好您的票。12号请拿好您的护照(8)和机票登机。
hǎo de, méi yǒu wèn tí. qǐng nín ná hǎo nín de piào. 12 hào qǐng ná hǎo nín de hù zhào hé jī piào dēng jī.

Vocabulary:

(1) 飞机票	plane ticket	fēi jī piào
(2) 往返	round-trip	wǎng fǎn
(3) 单程	one-way	dān chéng
(4) 回程	return	huí chéng
(5) 经济舱	economy class	jīng jì cāng
(6) 商务舱	business class	shāng wù cāng
(7) 头等舱	first class	tóu děng cāng
(8) 护照	passport	hù zhào

Wuzhen: The Venice of the East

By Justin Toy

乌镇，一块古老神奇而又美丽非凡的土地，江南六大古镇之一素有“鱼米之乡，丝绸之府”之称。乌镇完整地保存着原有晚清和民国时期水乡古镇的风貌和格局：以河成街，街桥相连，依河筑屋，水镇一体，组织起的水阁、桥梁、石板巷、茅盾故居等独具江南韵味的建筑体现了中国古典民居“以和为美”的人文思想，以其自然环境和人文环境和谐相处的整体美，呈现江南水乡古镇的空间魅力。1300年建镇史的江南水乡古镇——2001年，乌镇被列入联合国世界文化遗产保护预备清单；2006年末，乌镇又列入中国世界文化遗产预备名单重设目录。

Situated in the middle of a triangle between the giant mega-cities of Hangzhou, Shanghai, and Suzhou lies the ancient water town of Wuzhen. Voted consistently as one of the most beautiful water towns, along with the likes of Zhou Zhuang (周庄) and Tongli (同里), Wuzhen has been mesmerising travellers and tourists for generations with its picture-perfect waterways and charming architecture. Located in northern Zhejiang province, this ancient water town is actually found within the city of Tongxiang. There are two main areas to visit in Wuzhen, Dongzha (The East Scenic Area) and Xizha (the West Scenic Area).

The East Scenic Area is one long waterway, about 400 metres in length, with houses on either side dating back to the Qing Dynasty. Sprinkled between the charming houses are a number of shops and restaurants selling locally made products and souvenirs. Along the waterway you can see small boats carrying passengers as they pass underneath one of the many stone archway bridges that connect the two sides of the canal. The East Scenic Area is much smaller than the west, but it is generally less crowded and has a more authentic feel to it as the homes along the canal are occupied by local families. A ticket to just the East Scenic Area will cost 100 CNY and the whole area can be visited within a couple of hours.

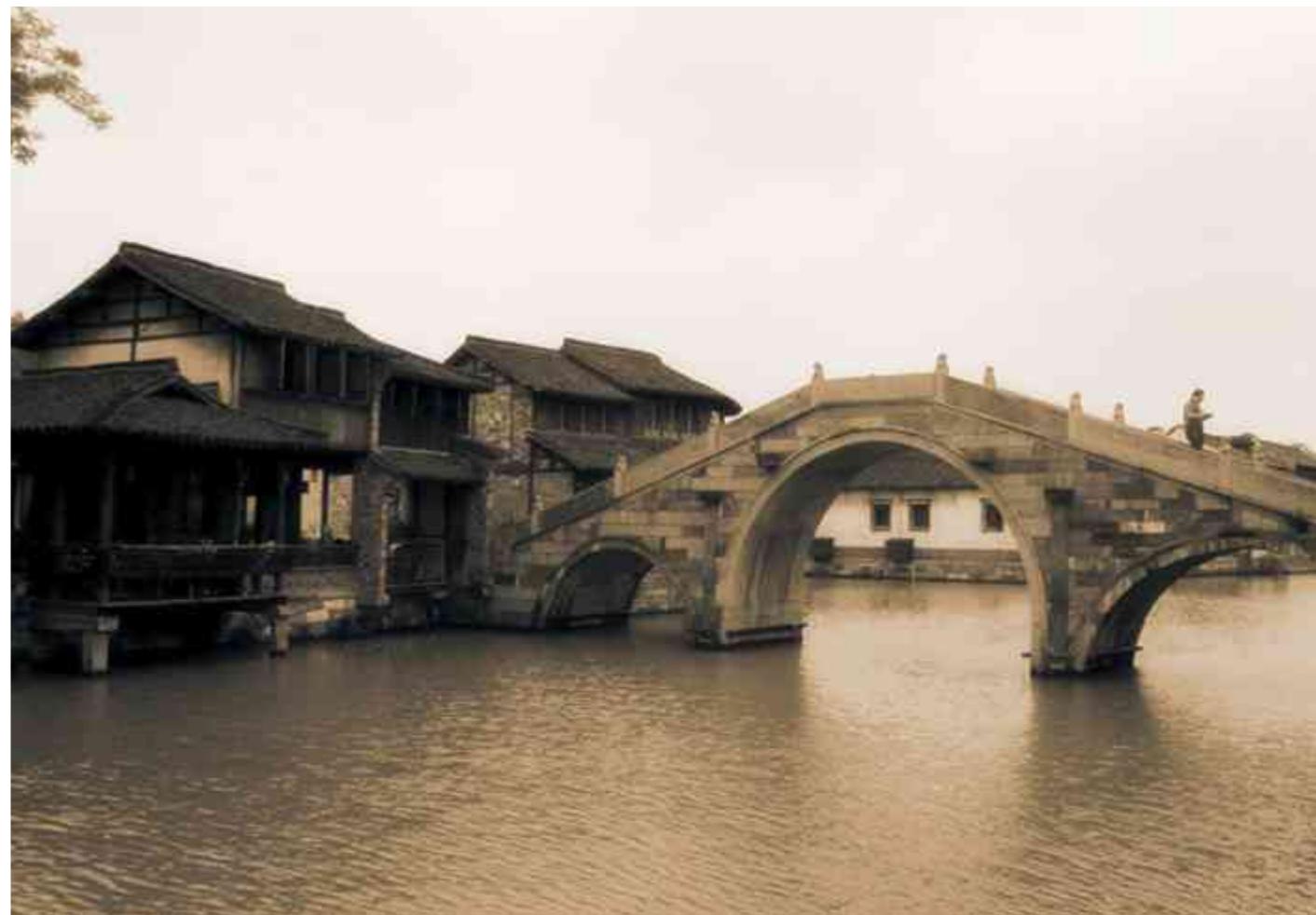
If you must choose only one section to visit, it should definitely be the West Scenic Area which is filled with a lot of interesting sites, museums, eateries, hotels, bars, shops, and more. Upon entering the west section, you will need to ferry across from the ticket hall to reach the ancient town. Once you get to the other side of the moat you will be impressed with the size and splendour of the ancient city. The West Scenic Area is massive with beautiful architecture that has been painstakingly restored and preserved. There are a number of themed restaurants and stalls to try local Zhejiang delicacies such as Dongporou (东坡肉) or to sit down for a grand feast.

Getting There

Wuzhen can easily be reached from Shanghai, Hangzhou, Nanjing and Suzhou. From each city there are a number of high speed trains that can reach Tongxiang. From there you can hop on the K282 bus to Wuzhen bus station then you can either take a taxi or the K350 bus to the gate of the West Scenic Area. There are also a number of long distance bus options from each city that will take you directly to Wuzhen bus station.

Accommodation

There are a great range of accommodations in Wuzhen to meet the needs of travellers on every budget. For those on a big budget, there are a number of guesthouses and clubhouses right along the canals of the West Scenic Area. Wake up in the morning and have a cup of tea on your balcony overlooking passenger boats along the canal. There is also a themed Holiday Inn and hostel within the West Scenic Area. If you choose to stay within the West Scenic Area, you will still need to pay for an admission ticket as it is not included in the price of the hotel.



Brussels Beyond the Peeing Statue!

By Sanne Jehoul

提到布

鲁塞尔，绝大多数的人会在第一时间联想到那个举世闻名的“布鲁塞尔第一公民”小尿童于连。布鲁塞尔—比利时王国首都一直被公认为是“欧洲的首都”，受到各大国际组织的青睐。然而，在现代化建筑的表象下，布鲁塞尔的每个角落都涌动着艺术的元素。布鲁塞尔也是一座休闲的城市。行走在布鲁塞尔，各种艺术风格的建筑随处可见，超现实主义与标新立异配合得如鱼得水。参观过城市依坡而建，皇家美术博物馆、乐器博物馆、原子球、漫画博物馆这些特色景点之后，还可以到欧洲最古老的购物街圣胡伯特购物拱廊逛逛，或者在附近的海鲜街品尝特色美食，保证让你的布鲁塞尔探寻之旅收获甚丰。



Many Euro-travellers' bucket lists include your expected classics such as London, Paris, Berlin, and Amsterdam, whereas Belgian and European capital, Brussels, is often forgotten or given merely a day's worth of attention. And that's a misjudgement!

Tick off of your Brussels list monuments and sightseeing musts, such as the Atomium, an iconic monument representing a magnified iron crystal cell; the Manneken Pis, a tiny statue of a peeing boy; and the magnificent architecture of the centre's Grand Place, and your first day is almost filled up. What makes Brussels interesting, however, is not limited to these essentials. It's the multicultural atmosphere of a city in which French and Dutch are the official languages, yet the latter is spoken less than both English and Arabic. It's the absence of a clear identity, which on the one hand demands more effort to really penetrate into the core charm of the place, but on the other hand makes for many fascinating fragments waiting to be unravelled.

Walk around Brussels – and do go beyond the city centre! – and keep an eye out for the city's amazing street art that counters the old architecture. From graffiti from every cultural background to as-Belgian-as-can-be comic book illustrations covering entire buildings, the images enliven the streets. Tintin and the Smurfs regularly show their faces, which might convince you to go have a look in the wonderful Belgian Comic Strip Centre. Nearby, some of the country's best museums are located around the Place Royal: the Royal Museums of Fine Arts, the Musical Instrument Museum, and the Magritte Museum. The latter harbours an extensive collection of works by the great Belgian surrealist painter. A short stroll away, next to the Royal Palace, is Parc de Bruxelles, one of the city's many parks that offer a bit of rest amidst all the attractions.



Have a look inside the majestic Palace of Justice at the end of the Rue de la Régence and be overwhelmed by its neoclassical design. Right next to it, enjoy an impressive panoramic view of Brussels and take an outside elevator down to the Marollen, an old and traditional Brussels district that hides many architectural gems, art and antique shops, and a flea market. This lovely area is where many of the native inhabitants (Brusseleiren) still speak the *marollien* dialect. For more mainstream shopping, head to the centre for souvenir shops and the Rue Neuve for high-street stores. The upscale Louisa area is home to most luxury brand shops.

Food-wise, Brussels boasts plenty of top restaurants and brasseries, but be sure to find a *fritkot*, where you order traditionally prepared fries – Belgium's culinary pride – in a cardboard cone. You will never ever go to McDonald's again! Belgian chocolate shops are of course abundant, especially in the area around the Grand Place, as are waffle stands.

In a side alley of food street Rue des Bouchers, find the Delirium, a landmark bar loved by both locals and tourists, offering over 2000 beer varieties. If anything, try a Delirium on tap (and don't drink too many, alcohol percentages here can go up to 12-13%). At night, Brussels shows its lively pub culture. As a newcomer to town, try out Place Saint-Géry with its wide-ranging choice of bars, live music spots, restaurants and club-style venues.

Fun fact: Belgium has no set closing times for bars and clubs, which means you'll be able to explore until early morning if you please!

Getting there and around: Brussels Airport in Zaventem is a short train ride away from the capital. Within Europe, Ryanair offers low-cost flights to Brussels-Charleroi, which connects to the capital with a shuttle bus service. Brussels has three main train stations: Brussels North, Brussels Central, and Brussels South. Each one connects to the rest of the city with numerous tram and metro lines. For the city centre, get off at Central Station, La Bourse, or the Brouckère.

Accommodation: Many big chains and luxury brand hotels have a presence in Brussels, and youth hostels pop up everywhere throughout the city. Our advice in any category is to look outside the centre for budget-friendly options, in districts such as Ixelles, Saint-Josse, or Saint-Gilles. Brussels is not too big in size and the public transport network means you can get everywhere easily.

Beware: All signs in the city are in both Dutch and French. Do always check both before you conclude you've arrived at the wrong place!

Horoscope



Scorpio (10.23 – 11.21)

The present planetary positions have very specific and beneficial plans just for you. It seems like everything you touch this month turns to gold. A boost in your finances will also help you nurture your creative side.



Aries (3.21 – 4.19)

A mixture of something sweet and something bitter happens in your life this month. You may be known to follow the dictates of your heart but this time around, make sure you listen to your mind and see things from a better perspective.



Taurus (4.20 – 5.20)

You're eyeing up some luxury items, perhaps to get ready for the holiday season, but think twice before buying! Your financial stability should be your main priority. Also, a friend needs some listening ears, be patient.



Gemini (5.21 – 6.20)

Your list of duties and obligation has greatly increased lately and it is likely to stay this way for some months. Being busy may mean less quality time with your loved ones and it may cause some issues. Proper time management is needed.



Cancer (6.21 – 7.22)

Unless you take the initiative to change a tedious situation that has been constantly repeating itself, your slow pace will continue. It's time to speak up and stand up for what you think is right. There is no humility in allowing people to belittle you.



Leo (7.23 – 8.22)

You'll receive support and admiration from others throughout the month. This means you should finally embrace the leadership quality and skills that you have within you. People respect and admire you and this will create great opportunities.



Virgo (8.23 – 9.22)

Indecision happens in bounds this month. Your mind decides on something but your heart keeps on

trying to change your mind. Slow down and let your mind catch up with your heart. In fact, it is better to listen to the mind this time.



Libra (9.23 – 10.22)

Information is coming together and you will finally know where you stand in a specific person's life. It is at this time of the year when you should focus on building yourself and allowing positive energy to consume you.



Sagittarius (11.22 – 12.21)

It's time to turn up the gas and pursue a plan with a bit more determination and vigour. Discouragements and hurts from previous months should be forgotten. Know that with your creativeness, you can still open dead ends.



Capricorn (12.22 – 1.19)

A new thing will come into your life. It could be a new apartment, a new car or a new love interest. Whatever it is, this new achievement is a result of all the hard work and waiting you've done.



Aquarius (1.20 – 2.18)

You need to understand that no matter how hard you act on something, if it's not meant to be, it will not happen! This doesn't mean you have no grasp on your destiny, it just means there are things in life that we need to let go of for us to fly higher.



Pisces (2.19 – 3.20)

Be bold enough to ask what is due for you. For a long time you've been silent and patient, but this month it's time to get some courage and say whatever it is that matters to you.



Chefchouen, the blue town of Morocco
By Inaki luengo

November
1st Prize
十一月一等奖



Life
By Ham Kyung Rack

2nd Prize
二等奖



The old north bridge linking the Austrian concession to the old city
by Michale Robinson

3rd Prize
三等奖

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