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Your Guide to the City

16

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TICC's Christmas Bazaar at Aulare

完美圣诞尽在TICC慈善义卖集市

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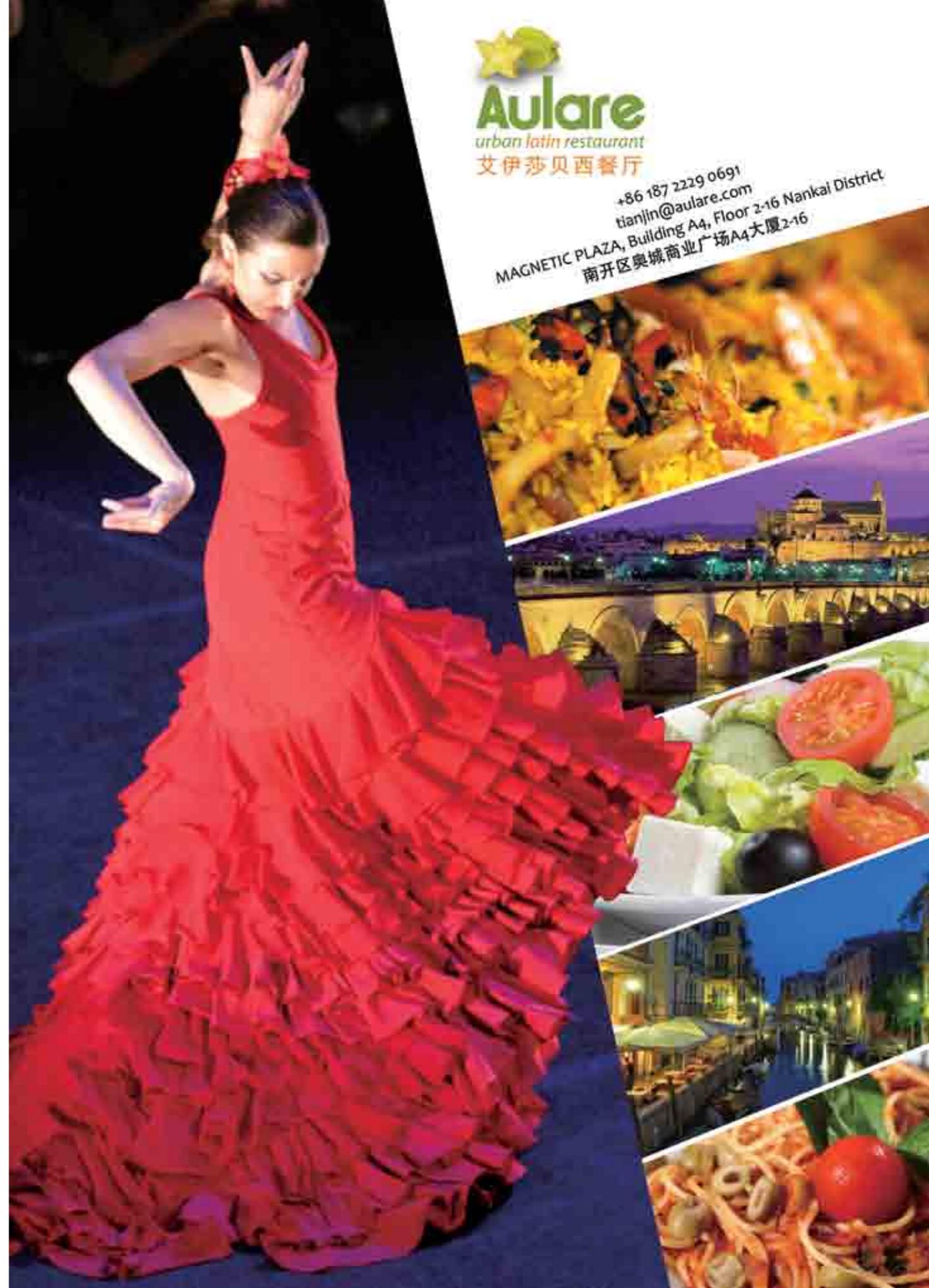
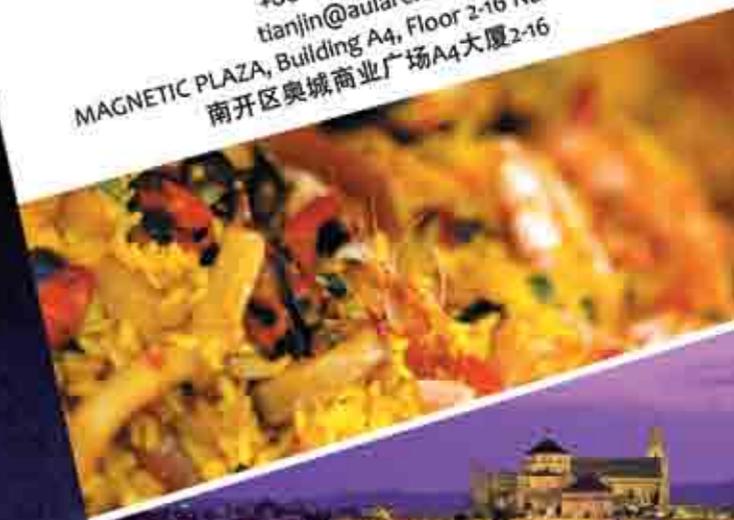
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R
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New Year

On the 1st of December, 2013
•BLD Dinner Buffet, RMB 438/person

From the 1st of January to the 14th of February, 2014
•New Dynasty New Year Selected Menu RMB 428/person, minimum 2 persons

On the 31st of December, 2013 and the 1st of January, 2014
•Fire House New Year Set Menu RMB 588/person, inclusive of one glass of champagne

Spring Festival

On the 30th of January and the 1st of February, 2014
•BLD Lunch Buffet, RMB 258/person
•BLD Dinner Buffet, RMB 368/person

From the 30th of January to the 14th of February, 2014
•New Dynasty Set Menu* RMB 3,388/table
•New Dynasty Selected Set Menu* RMB 3,688/table
•New Dynasty Deluxe Set Menu* RMB 3,988/table
•New Dynasty Premium Set Menu* RMB 4,388/table
*10 persons for each table.

From the 22nd of January to the 1st of February, 2014
•New Dynasty Poonchai, RMB 1,688/each
•New Dynasty Turnip Cake and Rice Cake package

Festival Specials

From the 24th of December, 2013 to 14th of February, 2014
•Lobby Lounge Festival Cocktail Selection, RMB 40-60/glass

Christmas Eve and Christmas Day

On the 24th and the 25th of December, 2013
•BLD Christmas Eve Dinner Buffet, RMB 538/person
•BLD Christmas Day Dinner Buffet, RMB 438/person
•New Dynasty Christmas Set Menu RMB 288/person
•Fire House Christmas Set Menu RMB 458/person

Christmas Specials

From the 28th of November to the 28th of December, 2013
•BLD Takeaway Turkey Package, RMB 1,388/set

*All rates inclusive of 15% service charge.
For more information or reservations please contact 022 5822 3388



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The Smurfs Themed Christmas Eve Gala Dinner

This Christmas, Wanda Vista Tianjin invites you to The Smurfs Themed Christmas Eve Gala Dinner at the magnificent Grandball Room from 6pm to 10pm on December 24th.

From the lovely Smurfs and extravagant Christmas displays, to the amazing special menus, enchanting performance and exciting lucky draws, Wanda Vista Tianjin will surprise and delight you, your families and friends.

The Smurfs Themed Christmas Eve Gala Dinner is at RMB 1,688nett/person and RMB 888nett/child; VIP Package is available at RMB 2,288nett/person with more benefits and delights to stay in a Deluxe Room for one night and double opportunities for lucky draws!

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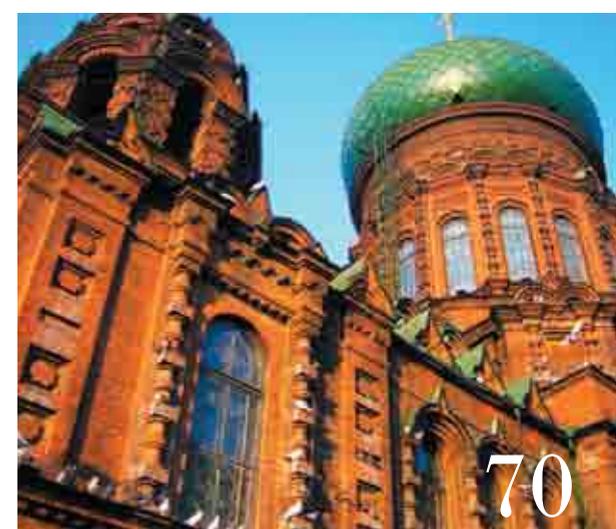
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72

01
SUN



Takagism Theme Game MR.X
《MR.X》迷之城堡天津站
Wanda Shopping Mall in Heidong District 河东万达广场
¥120 ☎400 610 3721(ticket)

06
FRI



Yueju Opera Liu Yong 越剧《柳永》
Opera House, Tianjin Grand Theatre 天津大剧院歌剧厅
19:30 ¥80-580
☎+86 22 8388 2000, 8388 2002, 2332 0068

22
SUN



Jingle Bells-Christmas Choral Concert
铃儿响叮当--圣诞合唱音乐会
Tianjin Concert Hall 天津音乐厅
19:30 ¥30-240 ☎+86 22 2332 0068

24
TUE



Traditional Christmas Feast 美式传统圣诞节自助餐
Hank's sports Bar & Grill 汉克斯运动酒吧
¥198 ☎+86 139 2061 4814/138 2161 1049

07
SAT



TICC Christmas Ball 2013 圣诞活动
The Westin Tianjin 天津君隆威斯汀酒店
¥550 ☎ticc_09@hotmail.com

EDITOR'S PICK

08
SUN



The Moonlight Reverie
-Lance Whitman Piano Solo Recital
月光梦幻曲--兰斯·怀特曼钢琴独奏音乐会
Western Shore Art Salon 西岸艺术馆
20:00 ¥100 ☎+86 22 2326 3505

27
FRI



Swing jazz Night
-Cello, Saxophone, Piano Ensembles Jazz Concert
摇摆爵士夜--大提琴、萨克斯、钢琴合奏爵士音乐会
Western Shore Art Salon 西岸艺术馆
20:00 ¥100 ☎+86 22 2326 3505

28
SAT



Christmas Eve-Classical Songs Concert
平安夜--世界经典名歌合唱音乐会
Concert Hall, Tianjin Grand Theatre 天津大剧院音乐厅
19:30 ¥50-380
☎+86 22 8388 2000, 8388 2002, 2332 0068

EDITOR'S PICK

14
SAT



From Baroque to Romanticism-Tianjin Grand Opera Orchestra 2013-2014 Series NO.5
从巴洛克风格到浪漫主义--天津歌剧院交响乐团
(天津交响乐团) 2013-2014系列音乐会5
Concert Hall, Tianjin Grand Theatre 天津大剧院音乐厅
16:00 ¥80-380
☎+86 22 8388 2000, 8388 2002, 2332 0068

EDITOR'S PICK



Maksim China Tour - Tianjin
2013 马克西姆与乐队中国巡演-天津站
Tianjin Grand Auditorium 天津大礼堂
20:00 ¥380-880 ☎400 610 3721(ticket)

EDITOR'S PICK

27
FRI



Zubin Mehta and Orquestra de la Comunitat Valenciana
祖宾·梅塔
与西班牙瓦伦西亚皇后歌剧院交响乐团音乐会
Concert Hall, Tianjin Grand Theatre 天津大剧院音乐厅
19:30 ¥90-840
☎+86 22 8388 2000, 8388 2002, 2332 0068
27-28 December

EDITOR'S PICK

28
SAT



Time Passing Swifly Like Flowing Water -Kunqu Opera
似水流年--西岸昆曲清唱会
Western Shore Art Salon 西岸艺术馆
20:00 ¥100 ☎+86 22 2326 3505

20
FRI



Drama Charlotte's Annoyance by Mahua FunAge
开心麻花《夏洛特烦恼》
Binhu Theatre 滨湖剧院
19:30 ¥180-1080 ☎400 610 3721(ticket)



Billion Applause-Deng Lijun tribute concert
十亿个掌声--邓丽君纪念演唱会
Western Shore Art Salon 西岸艺术馆
20:00 ¥100 ☎+86 22 2326 3505

30
SAT



Symphonia Vienna New Year's Concert 2014
维也纳管弦乐团2014年新年音乐会
Concert Hall, Tianjin Grand Theatre 天津大剧院音乐厅
19:30 ¥120-880
☎+86 22 8388 2000, 8388 2002, 2332 0068

EDITOR'S PICK

Special Days

- 7 Dec Heavy Snow (dà xuě)
- 22 Dec Winter Solstice (dōng zhì)
- 24 Dec Christmas Eve
- 25 Dec Christmas

Include your events in our calendar,
e-mail to editor@tianjinplus.com,
www.tianjinplus.com.

SóU Luxury Weekly -Theme Buffet @ Tangla Hotel Tianjin



Theme buffet at our 49th Floor venue SóU, the highest restaurant in Tianjin where you can enjoy the beautifully arranged global gourmets in a week with a daily changing menu, plus the bonus of 25% off on our buffet price. (Friday, Saturday and holidays, the first 20 covers can enjoy the discount). Operation Hours: 5.30pm - 9.30pm Valid: November 2013 to January 2014

特色七日主题自助晚餐@天津唐拉雅秀酒店
360度城市最高夜景餐厅，一周7天7个不同主题菜式，为您带来了世界各地顶级特色菜系，更可享受每周75折消费优惠（周五六及假日只前20名顾客可享受）！
营业时间：17:30 - 21:30 有效期：2013年11月至2014年1月

Charm of the Season @ Renaissance Tianjin Lakeview Hotel

Here the best cuts of beef, the freshest seafood and fabulous wines are offered in a modern and casual setting! On the 24th and the 25th December, 2013

New Year Set Menu, 688 CNY/person*, inclusive of one glass of champagne (*All rates inclusive of 15% service charge)

纵享节日狂欢@万丽天津宾馆
上等牛排，新鲜海鲜，绝佳红酒在浓舍扒房等待着绽放您的味蕾！
2013年12月24日至2013年12月25日
新年浪漫套餐，人民币688/位，每位包含一杯香槟。（以上价格已包含15%服务费）



Usher in the New Year @ Banyan Tree Tianjin Riverside



Be entertained for a romantic private countdown dinner with your loved one. The New Year promotion the following inclusions: Choice of seafood buffet dinner or a 60-min Banyan Tree Spa treatment for two & Buffet breakfast for two. Starts from 2,014 CNY per couple, Offer is now open until December 31, 2013, valid for stays until December 31, 2013.

“你好，2014！”迎新年特惠 @ 天津海河悦榕庄
告别2013，迎来2014，带上您的爱人一起在天津海河悦榕庄享受浪漫，迎接新年！
预订新年套餐享受以下礼遇：新年前夜双人海鲜自助晚餐或双人60分钟悦榕Spa疗程任选其一 & 次日双人自助早餐。价格：人民币2,014元/两位起，即日起至2013年12月31日接受预订，入住有效期为2013年12月31日。

Christmas Eve Celebrations @ Sheraton Tianjin Hotel

Enjoy celebrating Christmas Eve with your loved one in a warm and elegant atmosphere. Time: 24 December, 2013 Venue: Panshan Wine & Grill

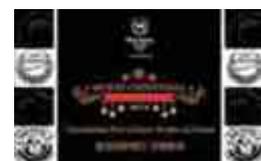
Price: 488 CNY net for two persons (One glass of imported red wine per person) Call for reservation: +86 2731 3388 ext. 1821

欢度平安夜 @ 天津喜来登大酒店
在温馨高雅的氛围中，带着您的爱人来盘山西餐厅享用平安夜奢华西餐！

日期：2013年12月24日 地点：盘山葡萄酒烧烤西餐厅
价格：人民币488元两位（每位赠送进口红葡萄酒一杯） 预定电话：2731 3388 转 1821



Christmas Eve Dinner Buffet at Feast @ Sheraton Tianjin Binhai



Featuring traditional Christmas specialties plus all your regular international specialties. Include soft drink, juice, wine & beer free flow. Lucky draw prizes throughout the evening. Tickets on sale from 30 November, 10:00am-21:00pm. For more information, please call +86 22 6528 8888 ext 6210

盛宴标帜餐厅圣诞晚宴 @天津滨海喜来登酒店

传统圣诞盛宴晚餐加以丰富的世界美食。包含酒水及软饮，丰富多样的圣诞自助晚餐。另外还有惊喜大奖等你来拿！购票时间2013年11月30日起，每天早10点至晚9点。预定电话：6528 8888转6210

Enjoy Refined Hot Pot @ Qing Wang Fu



Brand New "Refined Hot Pot" which keeps in good health, use delicious and nutritional food within you in a warm winter. Refined Hot Pot is ordered in a set menu or separating.

The lowest price for a set menu is only need 198 CNY for one person. (Subject to 15% service charge); one free syrup of plum.

享受精制火锅 @ 庆王府

全新推出的秋冬“精制养生火锅”，用美味和营养伴您度过一个暖暖的冬天。特色锅底伴着热腾腾的涮食，是冬季最惬意的享受。火锅包含套餐和零点。套餐最低198元/位（另加15%服务费）；到店客人均享有一杯免费酸梅汤。

Luxury Winter Escape

@ the Astor Hotel, A Luxury Collection Hotel, Tianjin

Begin your heritage adventure right at the doorstep. Rates start from 1050 CNY per room and night. 1130 CNY per room and night for double persons Valid until 31st March 2014. Price subject to 15% service charge. For reservations, please call +86 22 2331 1688 ext. 8887 or mail reservation.astor@luxurycollection.com

奢华冬季之旅 @ 天津利顺德大饭店豪华精选酒店

开启您的文化遗产奢华之旅，就在您踏入天津利顺德大饭店豪华精选酒店的那一刻起！

价格从人民币1050元每房晚起，双人入住价格从人民币1130元每房晚起，有效期至2013年3月31日。以上价格需另加收15%服务费，活动适用条件及条款以店内为准。

可通过拨打86 22 2331 1688 转分机8887或发送邮件至reservation.astor@luxurycollection.com



Tangla Hotel Tianjin SóU Luxury Weekly - Theme Buffet

Enjoy our Luxury Weekly -Theme buffet at our 49th Floor venue SóU, the highest restaurant in Tianjin where you can enjoy the beautifully arranged global gourmets in a week with a daily changing menu, plus the bonus of 25% off on our buffet price (the first 20 covers can enjoy the discount on Friday, Saturday and holidays).

Monday	Indian Cuisine
Tuesday	French & Italian Feast
Wednesday	Sichuan Pepper & Spicy Dishes
Thursday	Curry & Lime Selection
Friday	American Style
Saturday	Singapore & Malaysia Flavor
Sunday	German, Austrian & Swiss Food

Operation Hours: 5:30pm - 9:30pm

Valid: Nov 2013 - Jan 2014



TANGLA HOTEL TIANJIN
No. 219 Nanjing Road, Heping District, Tianjin 300051, China
Tel: (86-22) 2321 5888 Fax: (86-22) 2321 5866



12岁的Barnaby希望改变一种方式看世界，而这看似很小的决定影响了他之后20年的人生。现在作为一位小有名气的摄影师和艺术家，Barnaby走遍全球，用光影色彩呈现出生活细节的不同之处。此次举行的以“红与蓝”为主题的小范围展览，吸引了天津广大的摄影爱好者，在展出的过程中，Barnaby分享了他镜头下的天津。红与蓝这两种颜色的碰撞，让单调的世界变得鲜艳起来……



Artistically, it would have to be successfully holding my very first official Chinese exhibition. Fifteen pieces from my latest collection 'Blu & Red' were setup at a fantastic space in Meijiang called Cercle Restraint. We borrowed the main space for one evening and completed the exhibition with no issues at all.

Now you have the 'Blu & Red' exhibition, do tell us about this and the concept behind this event.

It was kind of simple, really. I was browsing Wikipedia one day and fell-over an article about Technicolour. It was the first process used to make colour film reels in the 1900s. This fundamentally changed the way we saw moving images. For the first time commercially we could watch pseudo-

realistic colour films at the cinema. Blu & Red took its foundations from the early Technicolour process known as Two-Tone where black and white films were dyed with 2 colours after filming to create a saturated colour effect. I guess it's similar to cell shading in modern day film post production or colour replacement in still image manipulation, but a lot more expensive.

Out of the thousands and thousands of photos you took, you selected 15 of them to display for 'Blu & Red'. How difficult was the process of choosing which photos to display?

Because the collection was initially more about selective colours than any other subject matter, it wasn't too hard to get a set together. I was looking for images that naturally exhibited reds and blues that I could subtly isolate. The main issue that arose was working the exhibition into a mixed Western and Eastern market, both of which require very different approaches. The imagery selected had to appeal to both audiences, and whilst it was my first exhibition out here I'd say we got a pretty good balance.

You've taken quite a lot of photos here in Tianjin. How do they reflect Tianjin's culture?

For me I love the Tianjin Cultural Centre off You Yi Nan Lu towards Meijiang, it's a fantastic example of how modern China exists hand-in-hand with the traditional way of life. Photography in Tianjin is very different to that of the 3 other main cities in China. Tianjin offers the world a glimpse of a real Chinese city in the modern era coming to terms with its place in the world. We see old and new co-existing, older generations living with their great grand children, each teaching one-another about their unique and story-laden lives. My aim is to capture that existence before time pushes onwards and we lose the stories forever.

Telling Stories through Photographs: An Interview with Photographer & Artist Barnaby Jaco Skinner

By Cathy Perez

When Barnaby Jaco Skinner was 12 years old, he wanted to change the way things looked. "I wanted to rearrange the world around me so that it would fit perfectly together", shares the 34 year old photographer, artist, and marketing and publication supervisor of International School of Tianjin. "I'm not sure if 'fondness' would be the right word to describe my passion for photography. It's more of an obsession, an irritation, an itch that I can't quite scratch. Every day I see an infinite combination of shapes, colours, compositions and meanings that I want to capture and rework, the key is filtering the wheat from the chaff and setting yourself obtainable goals that deliver meaningful content".

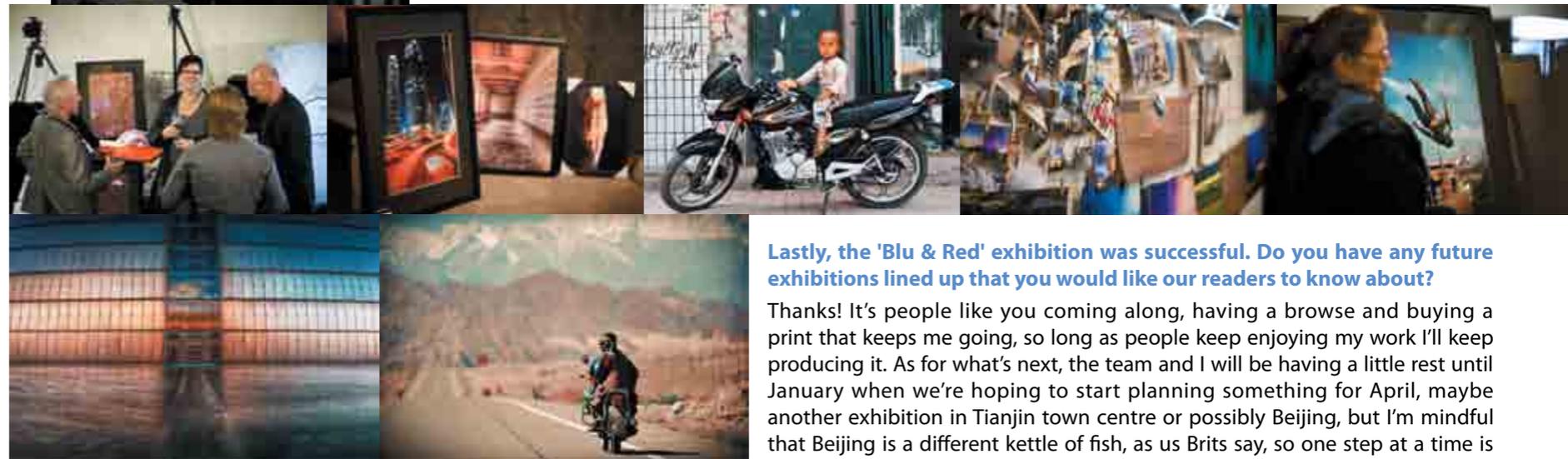
Here's more of Barnaby Jaco Skinner's talk with **Tianjin Plus...**

Firstly, please tell us about yourself.

Well, my name is Barnaby Jaco Skinner, the middle name being borrowed by my parents from the legendary bass guitar player Jaco Pastorius, of whom they were rather large fans. I have lived in Tianjin for almost 3 years now. I've been with my wife, Catherine, for 13 years and we happily share our lives with our beautiful Chinese teddy poodle, Indie.

What do you think is your greatest achievement as a photographer and artist?

Photographically, my highest achievement to date is being awarded a Licentiate of the Royal Photographic Society in the UK, closely followed by winning first place in a national photo competition right here in China earlier this year. Without trying to sound cheesy, I'd also like to say that it's been a privilege for me to be welcomed here in China as both a photographer and an artist. I hope to continue making photos for others to enjoy.



Lastly, the 'Blu & Red' exhibition was successful. Do you have any future exhibitions lined up that you would like our readers to know about?

Thanks! It's people like you coming along, having a browse and buying a print that keeps me going, so long as people keep enjoying my work I'll keep producing it. As for what's next, the team and I will be having a little rest until January when we're hoping to start planning something for April, maybe another exhibition in Tianjin town centre or possibly Beijing, but I'm mindful that Beijing is a different kettle of fish, as us Brits say, so one step at a time is probably best. I'm also working on 3 large format photo books, showcasing my

work from the UK, China, Africa and Malaysia.

I am hoping to work with Chinese and European publishers on this project later in 2014. My fourth book will be concentrating on the people of Tianjin. I've already started shooting for it and am really excited about all the different people I'm going to meet along the way!

(You may check out Barnaby Jaco Skinner's website – www.barnabyjacoskinner.com or for queries, email him at info@barnabyjacoskinner.com)

A look into Chinese Post-Death Proceedings

By Josh Cooper

死亡，总是一个被回避的话题。丧葬礼俗，是人生乐章的最末一节，殡葬活动中表现出来的种种习俗，是一个具有世界意义的文化现象。对于逝者的尊重，让葬礼显得更有意义。不同文化背景下的丧葬礼俗也不尽相同，西方的葬礼隆重典雅，希望用平静来结束扰攘的一生；中方的葬礼隆重热闹，希望逝者不要感到孤单寂寞。

As sad as the topic of death is, it is nevertheless fascinating from a cultural observer's perspective. Every nation around the world has its own ways of commemorating the lives of the recently deceased. Some communities associate funerals with lavishness and a celebration of life, whilst others, quite understandably, treat the occasion as dark, gloomy and miserable affair; often concluding with a communal 'drowning of sorrows' in the local pub. The Chinese people have their own distinctive and very interesting practices when it comes to the mourning process.

The Funeral

Funerals differ from place to place and family to family, but the norm in China is to have the wake before the burial or cremation – usually taking place at the dead person's deceased's family home. And unlike most other parts of the world, the wake can last for several days, with vigils and various mini ceremonies being performed during this period.

One of the most important aspects of Chinese funerals is the symbolism of colours. White, for instance, is considered to be the colour of death in China, whilst red is the colour of happiness and prosperity and- so should therefore should be avoided like the plague during this period. White envelopes containing money and heartfelt notes are traditionally given to the relatives of the deceased. Those who are unable to attend are still expected to send their well wishes and splash out on some nice flowers.

At the funeral it is customary to wear black, as it is in Europe or North America, although a little bit of white or pink is generally tolerated if the dead person managed to live a very long and happy life. After the wake, mourners will make their way to the temple or cemetery to say their final farewells.

Loud Noises and Evil Spirits

Have you ever been woken up at ridiculous O'clock in the morning by the deafening sound of fire crackers and/or a brass band? If you've been living in China for at least two months, then chances are you have. This alternative wake up call is usually indicative of someone passing away in your local community. It is a long held belief in China that loud noises protect the deceased's relatives from evil spirits and ensure a smooth passing into the afterlife. So next time you are awoken in the early hours by this kind of raucous, share a thought for those who have recently lost a relative!

Fake Money

There are many shops scattered around the city which specialise in funeral-related items. Here one can buy big piles of artificial paper money to burn for their relatives – which are burnt in order to symbolise wealth and prosperity beyond the grave. Other miniature items like houses, cars and consumer goods are also set alight to give their loved one a good send off.

Street Fires

And what funeral would be complete without a bonfire in the middle of the road? This is something that many Chinese people do, particularly in Tianjin it seems, which and never fails to shock westerners who happen to be driving by. The practice of burning things in the street tends to happen during times of mourning, but some people also do this in conjunction with a wedding or a birth.



TICC's Successful Christmas Bazaar

By Cathy Perez

一年一度的圣诞节集市似乎是每个冬天不可缺少的活动。在中国，许许多多的外国人都借由这次机会来庆祝这个在西方有着重大意义的节日。在天津，每一年TICC都会组织大家来到艾伊莎贝西餐厅举办集市活动。在集市上，人们脱去了工作的状态，用自己的双手为大家制造出美味的蛋糕和精美的礼品。更有慈善筹卖活动，在分享节日喜悦的同时，更是为社会贡献了一份力量。

It's evident that Tianjin International Community Centre (TICC) is one of this city's reliable foreign institutions when it comes to holding successful events that are organised with the end goal of helping local and international charities, as well as sharing fun and fantastic activities for its members. Some of the fun activities that TICC hosts each month are coffee morning, luncheons, dining occasions and fundraising events.

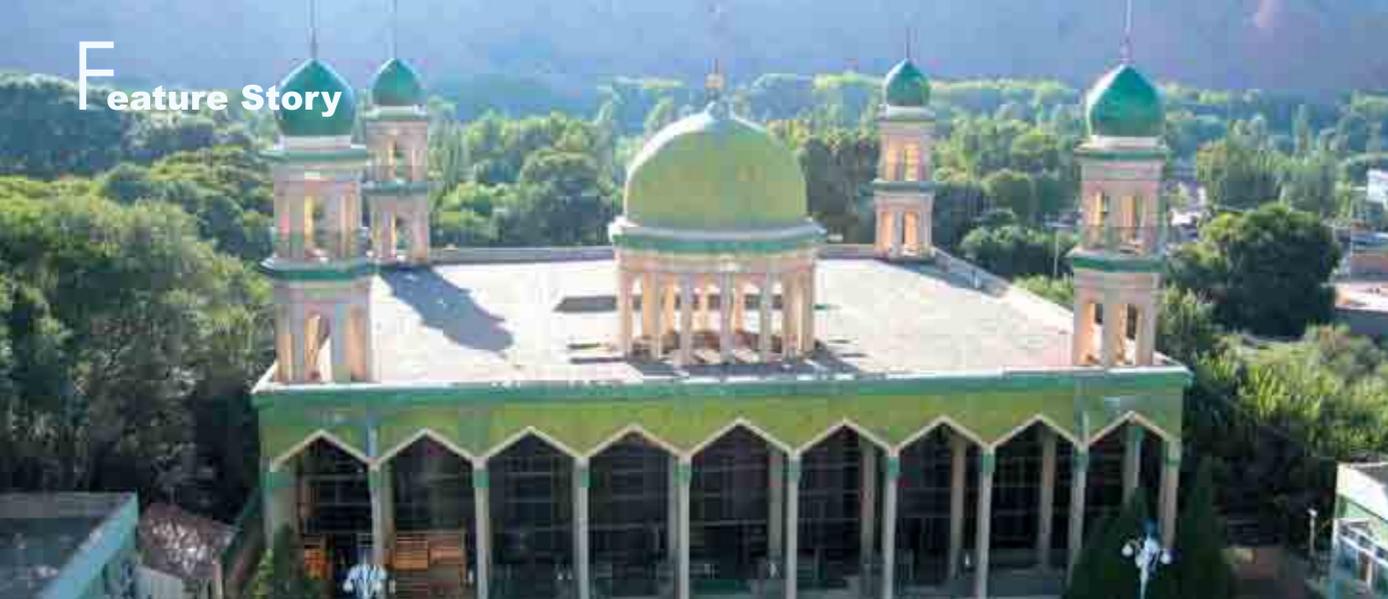
This year, TICC held its annual Christmas bazaar at the conveniently-located Aulare Latin Restaurant in the Aocheng area. This is the second time that TICC chose Aulare as its venue for this joyful event. It happened on November 21.

The bazaar started at 9am with community members offering different goods and services for bazaar goers. There was the stall allotted for selling clothing items – belts, blouses, and even winter clothing – all ready for buyers to grab. There were stalls for Christmas items like colourful Christmas decor, cards, and souvenirs. Fresh flowers were available, too, as well as colourful purses, shoes, toys, home decor, jewelry, Chinese arts, fresh breads and pastries, prepared and baked with love by the happy TICC members. There were also beauty services like manicures and massages for those wanting to have time to relax or beautify themselves.

By 11 am, Aulare Latin Restaurant was filled with bazaar goers scouring the stalls while also enjoying chitchatting with acquaintances found during the event. Mothers with their kids had a nice little area whereby kids could play with each other as moms chat together. There were friends who haven't seen each other for a while and so the event was a venue for them to catch up over some coffee at Aulare's bar area, while others were cheerfully strolling around the various stalls, looking for stuff they need. At lunch, TICC members and guests enjoyed Aulare Latin Restaurant's exquisite lunch buffet made especially for the event. It was a meal filled with joyful people sharing stories and laughter over a superb range of delectable dishes.

TICC's Christmas Bazaar was just the perfect way to kick start the Christmas season, the season of giving, as proceeds from the event were donated to the Jin Hua Foundation, a charitable institution known for their medical and social services, development projects, teachings, and orphan care. Next stop for TICC is their Christmas Ball that is going to happen at The Westin Tianjin on December 7, from 6:30pm to 12:30am with dinner, a live band, and many other surprises. For more information, visit the TICC website www.tianjin.weebly.com





LIFE OF A MUSLIM FOREIGNER LIVING IN TIANJIN

By Sarah Ali

伊斯兰教第一次出现在中国是在公元650年左右,由阿拉伯商人沿着丝绸之路带到了中国。现如今在中国信奉伊斯兰教的人口有将近2400万人。伊斯兰教已经逐渐成为了中国三大宗教之一,在天津的大街小巷你可以发现很多清真寺的存在,甚至那片存在了很多年天津的伊斯兰教聚集区。在中国你会发现沿着丝绸之路的城市,大多都信奉伊斯兰教,但是在像天津这样的东部沿海城市,伊斯兰教的熟悉和了解程度都还掺杂着理解的误区。

Islam in Tianjin is a religion that is growing day by day. It is said that the faith first appeared in China around 650 AD, introduced by Arab traders journeying along the silk route. Today its population is estimated to be over 24 million.

On the streets of Tianjin, Islam is a term that when mentioned, is certainly acknowledged and at times even met by violent nodding and a murmur of understanding. The city's geographical location can be said to aid its growing presence of Islam. Its close proximity to other major Islamic cities such as those in XinJiang Autonomy Region, Gansu province and Ningxia Autonomy Region has helped it to become one of the more Islamically populated cities in China.

'Muslim' is a word that most locals are acquainted with, but the extent of their understanding is usually limited to its association with the Arabic language and the concept of *'bu neng chi zhurou'* (not being allowed to eat pork). Islam in China is an area of study that most Western scholars have ignored as it is something that does not fit with our general and conventional understanding of China. Moreover, it adds a complexity that confuses and disorients our understanding of Chinese culture and society.

My personal experience

Having being exposed to Islam in the UK, the Middle East, India and Pakistan, I can honestly say that my experience in Tianjin has been an eye-opening one. In Tianjin, when a foreign Muslim is recognized to be a follower of Islam by a local Muslim, it is not uncommon to be greeted in the Arabic language, *'As-salam Alaykum'* (peace be upon you). This is something quite alien in any society where Arabic is not spoken, making it especially rare in China as most people do not speak Arabic. Yet the local Muslim people insist on greeting one another in the Arabic tongue, the Quranic language. When eating in a Muslim restaurant I have also found that Chinese Muslims have often directed me to the nearest mosque and encouraged me to be part of their Islamic community.

Practicing Islam as a women in Tianjin has been a fairly simple affair. I have walked into several mosques to

pray, as well as engaged in conversation with the friendly Imams who have extended their generosity by engaging me in conversations about my life here in addition to inviting me to dine with them. One must note however that due to my poor Chinese, I have had to carry out my conversation in Arabic, a language that they are very well acquainted with, despite being Chinese.

Furthermore, finding *'qingzhencai'*, (halal food) has also been easy due to the ever growing number of Muslim restaurants here. Before I arrived in China, my Muslim friends and I shared the similar fear of being subjected to a life of veganism. However, upon our arrival in Tianjin, we realized that this was indeed an error in judgement.

During Eid, the mosques around Tianjin opened their doors to all Muslims to join in their festivity and holy celebrations. Free food, group prayers and plenty socializing was done. I myself found it to be warm and refreshing as I was ushered into a mosque.

Wider society

After trying to integrate within the foreign and local Muslim community here, I have been enlightened and somewhat perplexed by the obstacles and feelings faced by Muslims.

Local students at universities admitted to finding it difficult to pray regularly as they are forbidden from praying in their dormitories. Some, however, still pray in their rooms despite the rules, of course with the approval of roommates. Other Muslim students find it distressful that non-Muslims eat in the same cafeteria as them as this would mean the sharing of chopsticks. A few Muslim girls have also expressed their discontentment at not being able to wear the *hijab*.

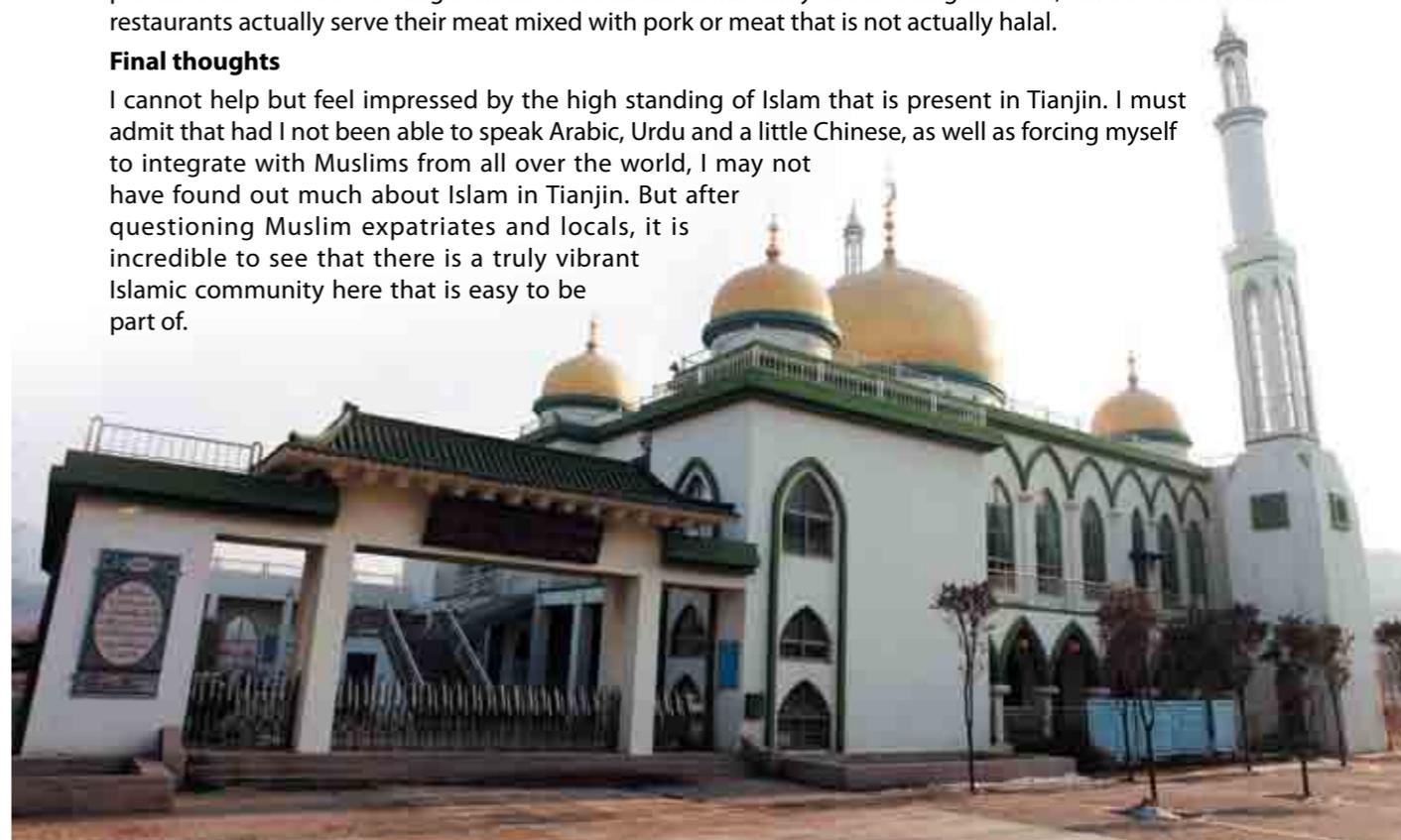
Some foreign Muslims feel that although practicing Islam is easy, communication with the Chinese Muslim community was difficult. This extended to talking with the Imams, as they only speak Chinese and sometimes Arabic, and of course not all Muslims can speak this. Furthermore, they feel that the way they practiced their religion in the Arabic language was not accurate, and found this difficult to come to terms with.

Young local Muslims sometimes feel isolated in their beliefs and feelings. Not drinking at parties and eating as vegetarians at most restaurants contribute to problems with social integration, or so some have claimed. At times a few have felt the need to be low key about their religion too.

Even though the streets of Tianjin flourishes with Muslim restaurants, the food of which is renowned to be most delicious, it is also common knowledge that many of them are Muslim restaurants under a false pretence. There is a lot of anger within the Muslim community about being cheated, where some 'Muslim' restaurants actually serve their meat mixed with pork or meat that is not actually halal.

Final thoughts

I cannot help but feel impressed by the high standing of Islam that is present in Tianjin. I must admit that had I not been able to speak Arabic, Urdu and a little Chinese, as well as forcing myself to integrate with Muslims from all over the world, I may not have found out much about Islam in Tianjin. But after questioning Muslim expatriates and locals, it is incredible to see that there is a truly vibrant Islamic community here that is easy to be part of.





Arriba Arriba...

To La Bamba for a Budget-friendly Western-Mexican Experience

By Sanne Jehoul

1987年电影La Bamba用记录的镜头全方位地诠释了墨西哥风情。很多影迷都是跟随着这部电影的脚步走进墨西哥的世界。如今，在天津就出现了一家具有浓郁墨西哥风情的西餐吧——La Bamba，餐厅选用了与电影同样的名称，让人在用餐的同时，追忆电影情节。餐厅坐落在卫津南路与电台道交口，在这里，传统墨西哥餐厅的装潢和原汁原味地味道都让生活在外国的天津人流连忘返。

Right next to the entrance hangs a large poster for the 1987 film La Bamba, chronicling the life of Hispanic-American rock 'n roll musician Ritchie Valens. It's a fitting image for La Bamba, a recent addition to Tianjin's bar and restaurant scene, and located almost directly opposite Tianjin University's East Gate. The bar's interior has taken ideas from the American diner, with its comfortable dining booths and white plastic tables, while the red walls and sombrero hats give it a Mexican twist.

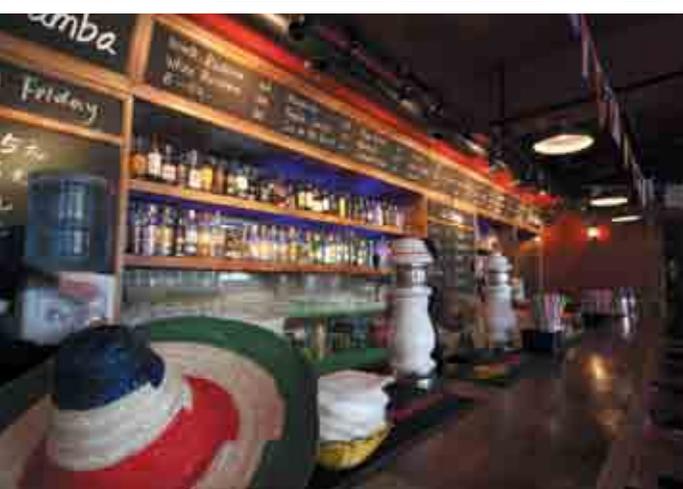
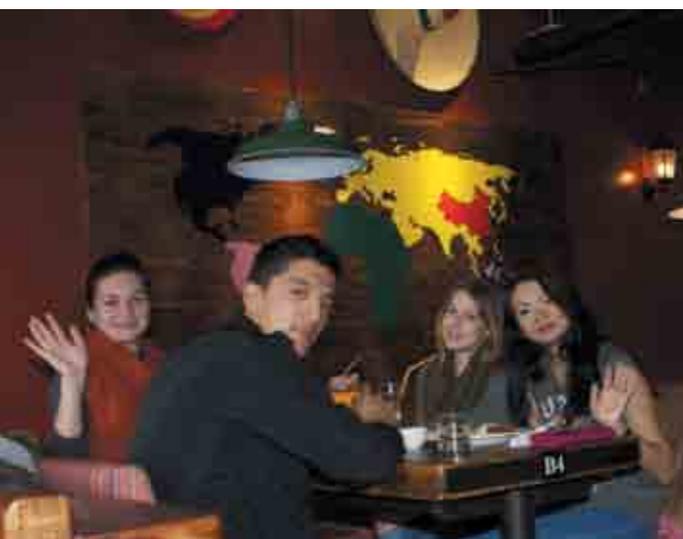
Because of its location, La Bamba attracts many Chinese and foreign students, making for a vibrant mix of customers. While the staff members speak little English, the menu is set up in both Mandarin and English, and offers an extensive list of food and drinks that is again combining American/Western and Mexican influences. In the food section, find everything from salads, burgers, sandwiches, and pizzas, to steaks, burritos, and fajitas, with plenty of vegetarian options available. Sandwiches are served on toasted bread and, like the burgers, with some tasty french fries on the side, while burritos come with a complimentary helping of salsa. If you're looking for a proper Mexican-style burrito though, you may be a bit disappointed, as they do lack a bit of spice!

Apart from your standard beers and soft drinks, there's also a large range of cocktails and spirits to choose from. Aiming itself primarily at a student crowd, La Bamba has many special offers for those on a budget. On Mondays, burgers cost only 10 CNY, on Wednesdays the same goes for sandwiches, and Fridays are for burritos. Tasty food in decent-sized portions: for a price as low as this, you'd be a fool to miss out on it.

Fridays also come with the '5 Yuan Revolution!', meaning gin tonic, screwdriver, whiskey coke, rum coke, draft beer, and tequila are served at a mere 5 CNY all day through, and additionally Happy Hour – every day from 11am to 7pm – serves draft beer, mixed drinks, and tequila at the same price.

Aside from discounts, La Bamba's drink prices are quite low as it is, with most cocktails costing only 25 to 35 CNY. Soft and hot drinks are priced pre-7pm and post-7pm, when the prices double, but are still quite decent. Standard dishes such as burgers, sandwiches, and salads, are usually between 25 and 35 CNY, whereas pizzas can cost from 40 CNY up to 100 CNY. Steaks and fajitas are the more expensive options, respectively priced 86 CNY and 58-68 CNY.

Although primarily set up as a food establishment, La Bamba has also quickly become a student favourite for nights out. The mostly Western pop music, a foosball table, and a darts corner echo most foreigner-friendly bars in the area, but its incredibly convenient location, good food compared to similar establishments, and ridiculously cheap drink offers make it stand out just a tad bit more. Recently it organised a buzzing and successful Halloween night, which seems to promise more events in the future.



Singapore Rice Vermicelli

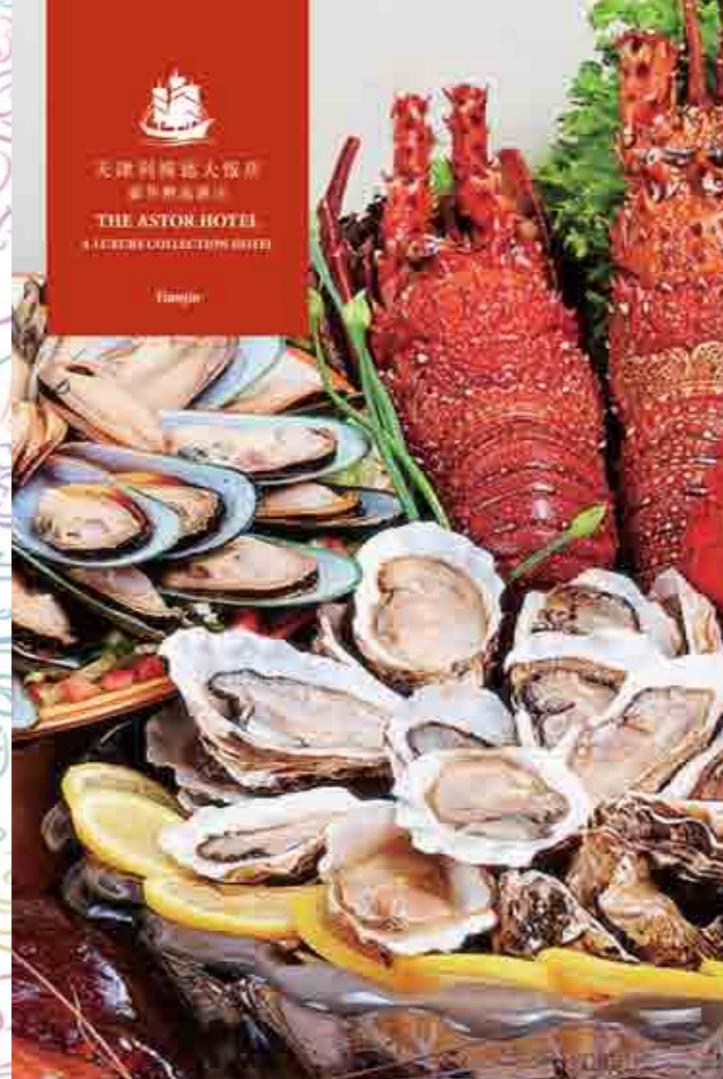
By Warner Garden Cooking School

星洲炒米粉也叫做星洲炒米，这是一种炒米粉，配料包括虾、叉烧、鸡蛋、芽菜、咖喱酱及红辣椒丝等。星洲炒米以新加坡为名，与南洋菜中常吃到的炒粿条做法相当类似。这是一款色香味俱全的面食，具有异域风味，黄澄澄的色泽，芳香微辣的咖喱口味，超级营养的辅料，既开胃又不会产生太多热量。

- 1 medium-sized onion, thinly sliced
- 1 medium-sized carrot, peeled and coarsely grated
- 1 medium-sized red bell pepper, cored, deseeded and cut into strips
- 1 medium-sized green bell pepper, cored, deseeded and cut into strips
- 100 grams Chinese leeks, cut into 4 cm lengths
- 100 grams soy bean sprouts
- 3 spring onions, cut into 4 cm lengths
- 300 grams dry rice vermicelli
- 3 cloves garlic, minced
- 200 grams shrimp, peeled & deveined
- can also use chicken, beef or pork – as you prefer
- 4 tablespoons oil
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 1-2 tablespoons curry powder
- 1 tablespoon chilli powder (optional)
- Salt, to taste



1. Soak the vermicelli in hot water to soften; drain and cut into 10 cm lengths; set aside
2. In a wok, heat the oil over medium heat; stir-fry the onion for about 2 minutes
3. Add the garlic and carrot and stir-fry for 1 minute
4. Add the bell peppers and increase the heat to high
5. Add the Chinese leeks and stir-fry for 30 seconds
6. Add the shrimp, soy bean sprouts and vermicelli and stir-fry for about 40 seconds
7. Add the curry powder and stir-fry to mix well
8. Add the spring onion, soy sauce, chili powder (if using), sesame oil and salt and stir-fry until heated through
9. Transfer to dish and serve hot



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Indie Bar & Restaurant

By Sarah Ali

Indie西餐吧坐落在被高校簇拥的宜昌道上，特立独行和寻找乐趣是Indie的宗旨。精心的装潢，别致的情调都让人有一种仿佛置身于美国校园酒吧的感觉。老板用心挑选的音乐和偶尔自弹自唱的即兴演出，都为Indie增添了暖暖慵懒和愉悦的氛围。舒适的环境让人们在寒冷的冬季中感受温馨，享受生活。

Indie, the name says it all really. Fun, unique, arty and a real alternative from the other mainstream bars in Tianjin. The definition from the urban dictionary proclaims it to be 'an obscure form of rock which you only learn about from someone slightly more hip than yourself'. Having visited the Indie bar, the vibe of this somehow hilarious definition can actually be quite aptly placed to the atmosphere found here.

Due to the bar being surrounded by universities, it is usually teeming with a young international and local crowd; the common ground being that they are friendly artists, students, teachers and interesting independent individuals.

Located on Yi Chang Dao by Qi Xiang Tai Lu in Yi Chang Nan Li, this bar may not be the biggest in Tianjin, but it certainly strives for being the best. Indie is the love child of owner Jesse Z and Rain Chen. Rain was born in Tianjin and you may know her from the top secret bar on the 19th floor of Scarlet or from her activity in Tianjin's live music scene with Jesse, a Canadian Expat from Greater Vancouver coming into his third year as a Tianjin resident.

Having being opened just over 2 weeks ago (27 October) Indie is slowly becoming famous for its Homemade Pizza by the slice, nightly live music, and warm atmosphere. Also, Rain is hui min and Jesse is a vegetarian, so if you are Muslim or vegetarian you don't have to worry about eating at home before you come out!

At Indie all the drinks and meals are made with care and yet are not priced unfairly. The owners encourage creativity and fun. With local artists blessing the stage, great games, and fun friendly staff, boredom is something far from the minds of frequenters.

When asked what sets their bar apart, the owners responded with a heartfelt; 'Our feelings, openness and individuality sets us apart. You have to come see for yourself'!



Hank's Sports Bar and 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.



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It's Your World's Literacy fortnight and United Nations Day

On a wet Monday morning in mid-October two drama specialists from the UK-based company Round Midnight, Emmi-Jane Isham and Sami Cornick, arrived at Wellington College International Tianjin to begin two weeks of workshops based on the United Nations, which would culminate in a show featuring some 300 children, teachers and teaching assistants.

Over the next ten days almost every year group in the school took part in a series of workshops which focused on how drama can help enhance both language and literacy skills, having such great fun that they actually forgot they were learning!

The teachers' workshop involved staff from Wellington and from a number of other international schools in Tianjin, as part of a commitment to shared professional development opportunities. Everyone got to take part in a series of activities aimed at showing how drama can be used in all areas of the curriculum, and for all children, no matter how old or young, or how well developed their language skills are. The parent workshop had a similar focus, and those that attended were very excited by the opportunity to experience firsthand the same learning as their children.

To highlight the literacy side of the event, the Page One book shop from Beijing ran a very successful book fair in the school. On United Nations Day everyone pulled together to put on an amazing theatrical event showcasing all the hard work we had done with Emmi-Jane and Sami. Parents and invited guests came along to watch their children, from Nursery through to Year 13, perform a series of short sketches based on a number of different countries, all tied together with information on the United Nations. The finale featured all of the children who had performed, all the Junior School teachers, all the teaching assistants and most of the backstage crew, singing "Joy to the World". The happy faces of those involved and the enthusiasm with which they all performed was testament to just how much everyone had enjoyed the last two weeks in school.



Let's Help Early!

By Full Service Pediatric Therapy Center Elliott's Corner

“望子成龙，望女成凤”道出所有家长对孩子的美好希冀，每位家长都希望自己孩子的成长过程得到最好的发展。对于小孩子的成长来讲，大脑的成长和发育起到了至关重要的作用。一味地相信保健品和幼儿奶粉，不能成为孩子成长的决定性因素。那么如何在日常生活中运用更多方法锻炼孩子的智力发展，成为了许多家庭思考的问题。小编这次找到专业人士，让我们一起听听他们的意见吧！

Decades of research has shown that children's earliest experiences play a critical role in brain development. Brain patterns in children, which create the foundation for learning, behaviour and health, are most flexible or "plastic" during the first three years of life. Over time, they become more difficult to change. The brain is strengthened by positive early experiences, especially stable relationships with caring adults, as well as safe and supportive environments.

We know that all children will develop skills at different rates and there is a range of what is considered "typical". Some children may talk early but be a little slower to walk. Others will be great at running and jumping, but not as good with their hands when it comes to drawing and doing puzzles. So what do you do if you notice that your child is not developing at the same level as other children their age?

Early intervention therapy teams consist of different professionals trained to understand the developmental skills of young children. A physiotherapist looks at a child's movement, balance and co-ordination. Speech language therapists assess how a child interacts socially, how they understand what is said to them, their ability to use words to communicate and use sounds to speak clearly. Occupational therapists help a child with their occupation - being a child! They can determine if a child is within the normal limits for play, using their hands and self help skills such as feeding, dressing and toileting. Psychologists assess a child's overall development as well as their emotional health.

Each of these therapists are able to assess a child and determine their individual strengths and difficulties. Many tests are available which enable a therapist to determine exactly what level a child's skills are compared to other children their age. If delays are significant or having an impact on a child's ability to function at home, school or in the community, then therapy is very beneficial. Therapy involves using play and games to help a child learn skills they need to function better. Therapists work with families and teachers to make them feel confident to help each child at home and in their school setting.

Positive early experiences are essential for later success in school, the workplace, and the community. High quality early intervention services can change a child's developmental path and improve outcomes for children and their families. Intervention is likely to be more effective and less costly when it is provided earlier in life.

So, the take home message is that there is a great need to identify as early as possible infants and toddlers who would benefit from therapy services. This way intervention is provided when the developing brain is most capable of change.



WINTER SKIN CARE

By Cathy Perez

干燥可以说是北方冬季的代名词，凛冽的寒风和骤降的温度，都让娇嫩的肌肤无法承受。在冬日如何保养自己的肌肤也已成为时下流行的话题。使用冬季特质的护肤品？还是洗个暖暖的热洗澡？每一个建议似乎都很有道理。这一次，小编集结了专业人士们的意见，为大家总结了方便而又实用的方法，让您的肌肤在这个冬天变得健康，变得水嫩。

While the cold days of winter bring a rosy glow to the cheeks, it also brings with it an uncomfortable dryness to the skin, specifically to the face, hand and feet. This is because the air is frigid and cold outside and the indoor heating systems leave the skin even more parched. For some people, skin dryness could even lead to flaking, cracking, and worst still, eczema in which the skin becomes inflamed. To avoid skin problems during winter, here are a few tips:

Get a room humidifier

Room humidifiers help keep the air moist, especially when you sleep at night with your skin exposed to the dryness the heating system gives. There are many different room humidifiers in department stores and supermarkets in Tianjin. Humidifiers effect air temperature and the general feeling of the room. While warm air mist humidifiers can make the room kind of steamy, like a bathroom after a hot shower, cool air mist humidifiers can make the room cold and clammy. Which humidifier is good for you? In this case it is completely left up to personal preference.

Moisturize more

For winter, moisturizing more is a must! There are moisturizers that are best during summer and spring, but for winter, find an oil-based moisturizer as oil will help provide a protective layer on the skin that retains more moisture compared with water-based lotions or creams.

Avoid super hot baths

Nothing feels as relaxing as soaking in a burning hot bath after frolicking out in the cold. But be warned, the intense heat of a hot shower or bath actually breaks down the lipid barriers in the skin which can take out good oils. Minimize your bath or shower time, and if possible, use warm water rather than hot water.

As always, consume enough water

We don't feel the need to drink more water during winter since, unlike summer, we don't sweat a lot and hence, don't feel as thirsty. However, the change of weather makes no difference to the importance of water within the body. In fact, adequate water intake is the key to flake-free skin as it keeps the skin supple, soft, and moisturized.

Party Season

即将到来的圣诞节刺激着每一个人的神经，特别是看着满载的购物袋和密密麻麻的礼品购物清单。购物的选择之后也不能忽视的就是即将到来的派对季节！在这样一个充斥着各种鸡尾酒会，社交聚会和节日晚宴的盛大节日中，每个活动都有着独特的着装要求。美丽的女人们，如何让自己省去烦恼，在不同的环境下跟随潮流装扮自己搭配出心意，这也是一门不小的学问哦。

Laden with shopping bags and drowning in gift lists, we're focused on the question of what to buy for our nearest and dearest. But let's not forget the other dilemma of the season: the question of what to wear to the endless streams of cocktail parties, social gatherings, and festive dinners.



Why not invest in yourself by picking out the perfect holiday pieces for you, choosing one winter trend to suit each occasion?! After all, it's the most wonderful time of the year—shouldn't your look be fabulous?



My Style Notes

By Silvina Pardo



*Inspiration:
Dolce and Gabbana*



Trend: Metallic
Occasion: Party night

Everything metallic, patent and lurex says that we are in a party mood. You can choose high shine items, more wearable metallics like dulled pewter or leather in metallic hues, or choose dresses with embellishments that give the outfit a reflective finish.

How to wear: Choose a high shine metallic leather skirt and keep the rest of the outfit in a neutral colour for going out to dinner. If the night includes clubs or bars, you could go all the way by choosing a sparkling dress, full of embellishments and details. This is the right night to shine and stand out!

Accessorise this look with this season's big earrings, giant hoops, supersize studs and tribal drops.



*Inspiration:
J Crew*



Trend: Tomboy
Occasion: After work drinks

Menswear for women is super sexy and subtle at the same time. It has an effortless air and you can feel comfortable all night long. The men's coat is the main silhouette. Opt for a round shoulder style in pinstripes and always include a feminine accent; pointed heels, red lips or a chandelier earring.

How to wear: If your work party comes straight from the office, a tailored trouser worn with a polo neck and an oversized coat over the shoulders is office-friendly and chic enough for evening drinks. Style up after hours with a cool clutch and sky-high stilettos. Quirky print keeps it playful.



Trend: Dark romance
Occasion: Romantic date

Don't discard your floral dresses at the end of the summer, just add a sprinkling of something fluffy. A faux-fur tippet or sheepskin gilet is perfect for emulating Saint Laurent's modern grunge and will keep you warm too. The feeling of the whole



*Inspiration:
Saint Laurent*

outfit is sexy and cosy, ideal for casual dinners or drinks with your love one.

How to wear: For a grungy and sexy accent, wear the floaty floral dress with spotty black tights and mannish shoes. Keep the look hard and cute at the same time.

If the look feels too young, don't wear it head to toe, just add a floral blouse under a furry jacket and finish the ensemble with a pencil skirt or classic jeans.





Trend: White

Occasion: New Year's Eve

All white outfits are a classic for New Year's Eve in places where the party season is in summer. But this year, head to toe white is a major trend for winter, so it could be the perfect choice for New Year's Eve's party style. White is classic and fresh. By choosing winter fabrics



*Inspiration:
Isabel Marant*



*Inspiration:
Topshop Unique*



Trend: Leather

Occasion: Girl's night out

Leather is here to stay because it is so trans-seasonal. You can wear it at the end of summer, autumn and through the winter. The options are endless but the items of the season are the leather triangular skirt, the biker jacket and the leather trench.

How to wear: Wear the high-waisted

triangular skirt with a cropped, chunky knit sweater or tuck a slim-fit one in to keep warm. Invest in a biker jacket. You can dress it up or down, it is timeless, great value for a piece that will never go out of style!



and texture and combine with metallic accessories it will look party ready, simple and effective.

How to wear: Tailored pieces look amazing in white, crisp shirts, pencil skirts or wide legs trousers. Go for minimalism and clean aesthetic.

Mix clean white with black for a formal look and with pastels for a playful look.

醇香咸甜
丰富层层味蕾

Return's Favorite

海盐焦糖摩卡

Salted Caramel Mocha
(hot/iced)



STARBUCKS

Objects of Desire

By Silvina Pardo

冬日暖阳照应下的寒冬中最温馨的节日莫过于圣诞节了，皑皑白雪的主色调搭配圣诞红色，让冷清的冬日中平添一丝温暖与惬意。随着圣诞节的脚步的临近，为自己的亲朋好友购买圣诞礼物就成了十二月份最为重要的主题。如果你还为不知道在天津去哪里购买精美而又别致圣诞礼品，那么这次不妨跟随我们去光临一家闹中取静的小店。

Christmas is coming up. Everyone is shopping, buying and wrapping gifts. Sometimes thinking about getting the perfect gift for each person you know gets overwhelming and there is nothing fun about it. To make things simple we've found the perfect place where you can get all your Christmas presents. You only need to make a list and visit Tian Jao Furnishings, a magical place that features every item you could imagine, for every budget, and provides the option of wrapping your special gift for you, choosing either an original gift wrapping paper or decorated boxes. The only thing left to do is waiting for that special day to come and treat your loved ones, friends and acquaintances.

Tian Jao is a very popular shop amongst locals. It is located very close to Binjiang Dao, but not on the main road. It has been around for many years, and is getting bigger, more spacious, and featuring increasingly special items. What is so great about this place? You can find everything you want, from popular Chinese souvenirs to high-quality original decoration items and from funny presents for friends

to special handmade jewelry that you will not find anywhere else.

The venue is nice to visit too. From the door it looks like a normal shop, but once inside the place comprises many spaces, different rooms with different decor. Upstairs it features a room full of painting and photography items. The stairs are decorated with different style wall clocks. Downstairs is a maze, one room is specializing in everything you need to wrap a beautiful present, decorated boxes, special gift wrapping paper and ribbons, another room is filled with Chinese porcelain items, another with minimalist and modern kitchen utensils.



Jewellery



Kitchen



Decoration



What to choose?

For someone who likes cooking: original items to decorate the kitchen, as well as utensils and floral aprons are on offer. For Christmas Day, there are furnishings to create the most special Christmas table

For the ladies: Jewellery is always welcome, and here you can even get your own design made. Original mannequins and jewelry display stands are a perfect choice for someone that has already got too many accessories.

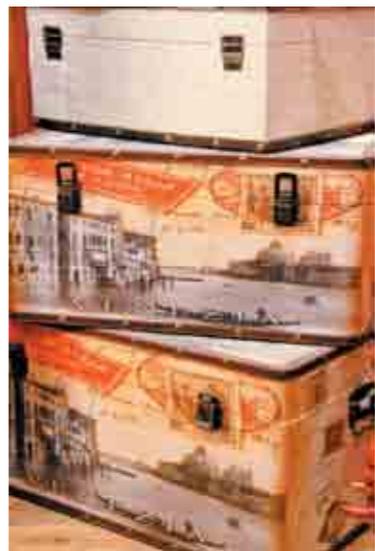
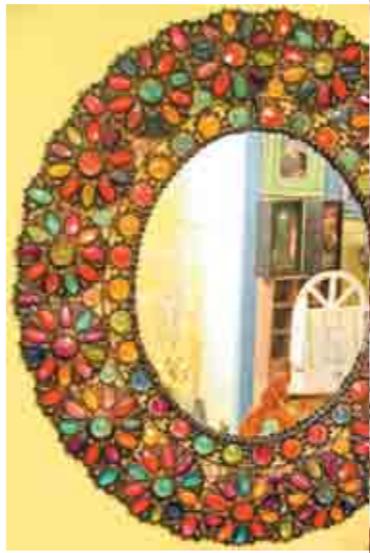
For a family: Items for decorating the house

For expats: Delicate classical items and souvenirs from China.

For yourself: An original gift

Wrapping





- 5 Treasures:**
- 1 Wooden board with inspirations
 - 2 Metal chairs
 - 3 Original mirrors
 - 4 Decorated trunks
 - 5 Modern clocks

Tian Jiao Furnishings 天娇家饰

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2013 Christmas Menu

2014 New Year's Menu

精选2013圣诞节套餐及2014跨年套餐

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圣诞套餐包括五道法式经典美食, 每位 CNY 468.00

Including four courses CNY 358.00 per person
新年套餐包括四道法式美食, 每位 CNY 358.00

Dec 24, 2013 Christmas Eve, the French Chef Has One
Surprise Santa Claus Gift for You
12月24日平安夜法国大厨派送圣诞礼物

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Square, Binhai New District in Tianjin (The Decathlon
movement supermarket Near)
Reservations Tel: 022-5988 6665.





The Olympics are back in China!

By John Doyle

2008年的夏天是属于中国奥林匹克的季节。那一年，中国在奥林匹克的历史上留下了不可磨灭的印记。如今，奥林匹克又回到了中国。2014年的夏天，六朝古都南京即将接棒北京，举办夏季青年奥运会。届时来自全球204个国家的3600多青年运动员将齐聚南京，展开激烈的竞争。青春的力量与古老厚重的历史相互碰撞，年轻的笑脸是沉默古城墙在新世纪最美好的代言！

The Olympic Games are coming back to China sooner than anyone thought. Next year will see the Summer Youth Olympic Games being held in Nanjing.

An estimated 204 nations and 3,600 athletes will be participating in the event, which will be held in August 2014. There will be 184 competitions from 28 different sporting events.

The Youth Olympic Games, or YOG for short, was the brainchild of Johann Rosenzopf from Austria back in 1998. The games were created by the International Olympic Committee (IOC). The initial intention was to raise awareness of the growing problem of obesity amongst young people. The IOC had also come to believe that sports in schools around the world were being replaced with more science and technology classes.

In 2007, Jacques Rogge, IOC president announced plans for the Youth Olympic Games at the 119th IOC session in Guatemala. The IOC stated that the YOG, would bring together the world's best young athletes, show them what it meant to be an Olympian, and educate and debate Olympic values.

After much competition between several competing countries, Singapore was selected to host the first YOG in 2010.



Not surprisingly China did quite well, she came first in the medals table taking a total of 66 medals, 37 of them being gold. Nanjing, along with other cities around the world, sought to host the games in 2014. The games were subsequently awarded to the picturesque former Chinese capital in 2012 .

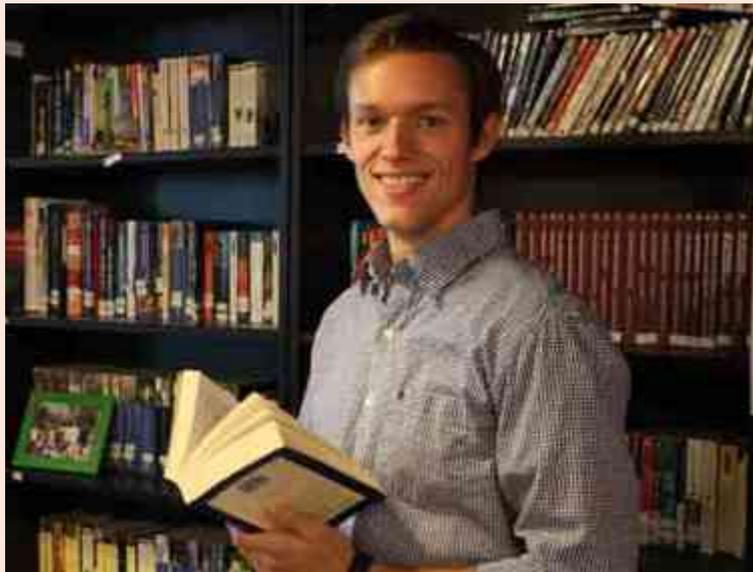
The athletes who participant in the YOG are split into three age groups: 14-15 years, 16-17 years, and 17-18 years. Participants' ages are determined by how old they are by the 31st of December of the year they are competing in the YOG.

The IOC wanted the games to be as fair as possible to all participating countries, as poorer nations don't have the money or the facilities to compete against richer countries. The IOC initiated the idea of "Universality places". This means that a certain number of spots in each event are kept open for those athletes that hail from less well-off nations. In doing this, each nation is guaranteed to be able to send four athletes to the games. For tournament or team games each nation is allowed to send two teams: boys and girls. Nations can only bring a maximum of 70 athletes in total.

The sports that are played at the games are the same as those which take place during the normal Olympics. However, there are some changes in the rules of certain games. Basketball uses the FIBA 33 rule, whereby the game is played 3 on 3, using only half the court and each period is only five minutes long. The winners are the team that scores 33 points first. Some games have been left out altogether. This includes synchronised swimming, water polo, and track cycling. Games that have been given the green light are sailing and the pentathlon.

Two of the big focuses of these games are education and culture. The idea is to engage young adults in cooperating with each other and learning about their respective cultural backgrounds. The culture and education programmes (CEP) will also reach out to young people who are living in the host cities of the games. The programmes range from health and fitness to the environment and helping young people map out potential career paths in sports and other areas.

Beyond these education schemes it is hoped that individuals and nations will come together to work on common interests. Another aspect of the games is mixed gender competitions. The idea is to mix genders and different nations so that they can compete against each other and with each other. This will happen in games such as tennis, triathlon relays, fencing, table tennis, archery and mixed swimming relays.



Jon Janson

English & Literature Teacher

What do you do here in Tianjin?

I am an English and literature teacher working at an educational academy in Tianjin.

Where are you from and how long you have been in Tianjin?

I'm originally from Saco, Maine in the US. I've only been here for a couple of months, but so far it's been great.

Favourite place to grab a quick bite?

Depending on where I am at home there is a great restaurant on Anshan Dao, just a few blocks away from where I live. You can't miss it. They cook chuer on a charcoal grill right out front. Near work, I like the Da Bing Ji Dan and snacks from the food carts around there.

Favourite place to unwind?

Trueman's Bar! Great staff, all speak English, great food, great drinks, great dart games... like a slice of home with all the foreigners that hang out there!

What is it that you miss most about home?

Cars that stop for you!

What is your favourite aspect of living in Tianjin?

I love the street food so much! The food in general is good but the street vendors are so cheap, quick, and delicious; you really can't beat it. And if you establish a rapport with one of them, it makes things easier.

What advice would you give to newcomers to Tianjin?

Explore as much as you can and meet people as quickly as possible. Explore properly because you never know when you'll find a new place to eat or relax. Meet people because hanging out with friends (in bars, restaurants, going to the gym, even just at work), sure beats being cooped up in your apartment.

每一个只身来到他乡的人在离开故土之前都会面临着与自己爱人的别离。最近烦事缠身Stacey就是这样的代表之一。在中国的第一年，没有家人与爱人陪伴的圣诞节，孤独成为Stacey最深刻的体会。正值Stacey孤独无助之际，前男友要来到中国陪伴她的消息扰乱了她平静的生活。面对人生与爱情的选择，Stacey不知该如何选择。这一次天使和恶魔都给出了非常中肯的建议，希望面对孤独的Stacey可以在中国开启自己的崭新人生！

"I broke up with my boyfriend before coming to China a few months ago. This is my first Christmas away from home and I feel really lonely. He wants to come over and be with me during the holiday season but I don't know if I would be doing the right thing because he might want to get back with me."

-Stacey



Angela says:

Dear Stacey, I don't know what the reason was behind you breaking up with your boyfriend, but you have to know that what you are going through now is essential to the art of loving. For sure you need time on your own, to heal, to know yourself better, and to be able to love someone in the future without using them as a means of escape.

I understand that dealing with loneliness, especially here in China where language and cultural barrier is huge, is not an easy task. However, there are things you can do to make this Christmas a life-changing experience. You'll meet many different kinds of people in Tianjin, whether expats or locals, and it will be a great experience for you to get to know people whose lives may be very different from your own.

I have to say it's not a good idea to allow your ex boyfriend to come over. There are reasons why you broke up with him and I'm sure you don't want to be in the same dilemma again. Just be strong in creating your own happiness this Christmas and forget about him!

Daemon says:

Stacey, you have to remember why you broke up with this guy in the first place. I am guessing that he wasn't interested in joining you on this re-location to China? He probably isn't worth the bother now that you have made the move. From what you've told us it seems like he wants a holiday and to have someone keep him company while he climbs the Great Wall!



I know Christmas is tough for expats. Being away from your family at this time of year is rather unpleasant to say the least. Having said that though, this is not the time to let loneliness cloud your judgment! Be strong and don't let this man back into your life just because you are homesick.

As it's such an emotional time of year, I'll share some kind words of wisdom regarding how to make Christmas in Tianjin less painful. The best thing you can do is forget about the turkeys, puddings, mulled wine and gifts; that stuff only makes you fat and materialistic anyway! Throw yourself into your job, and be sure to drown your sorrows with other expats at the local bars. You may even find someone new to spend Christmas with this year.



Special Days in December

正如英国诗人雪莱在诗中提到的“冬天已经来了，春天还会远么”，十二月份既是前一年的终结更是新一年开始的前奏。被圣诞节“霸占”多年的十二月，其实还蕴含着很多很美好的节日。伴随着圣诞节宽容温馨的气氛，对疾病的关爱还有宗教的传承都在这个月份展示着人们对社会的大爱。新旧两年的交替之际，人们用爱延续着幸福，传递着对美好未来的憧憬。

This special day's name says it all. It is important that we all take more notice of the devastating consequences of this disease which takes millions of lives around the world every year.

It is very encouraging that a recent report stated that global HIV infection rates have fallen significantly this year. But nevertheless, raising awareness of HIV/AIDS is a crucial aspect of the fight against the tragic illness.

**AIDS Awareness Day
(1 December)**

This is a little known festival amongst non-Christians, but it is an official public holiday in over 20 countries! For believers of the Christian faith it is a celebration of the glorious moment when the almighty lord graced the blessed Virgin Mary's womb with the conception of a baby who would go on to become the lord and saviour Jesus Christ.

Still though, it is a fascinating story and a very special day for thousands of Christians around the world, so we wish all of you out there a very happy Feast of the Immaculate Conception Day!

**Feast of
the Immaculate
Conception
(8 December)**

Writing a description about Christmas for an English speaking audience is a bit like lecturing a group of Eskimos on the aesthetic properties of ice. It's hard to believe that this wonderful holiday period is upon us again already.

Christmas is the mother of all festivals in the western world. Every year we celebrate this holiday by drinking and eating ourselves into oblivion, decorating trees and telling farfetched stories about a flying fat man with a nice beard and a bright red costume.



**Christmas Day
(25 December)**

If you didn't manage to have a good Christmas, no problem - New Year's Eve is just around the corner! There is barely a country on the planet that doesn't mark this occasion with some kind of festivities. In most nations there is usually a superb range of parties to choose from.

The beauty of being in Tianjin for New Year's Eve is that the bars and restaurants don't quadruple the prices and pack customers in like tinned sardines. It is a fantastic opportunity to go out for a good time then make a few drunken phone calls to your loved ones back home who are still living in 2013.

Happy New Year, and don't forget to make a few resolutions for 2014!



**New Year's Eve
(31 December)**

How to Learn Chinese Hanzi

区别于字母语言的中文，已经在中华大地上存在了几千年。二十一世纪的中国用他兼容并包的气度，欢迎着来自五湖四海的朋友。越来越多的外国友人喜欢中国文化，特别是中国的汉字。但是，汉字与拼音文字的差异性如此之大，让很多想学习中文的外国朋友都无从下手。怎样学习汉字已然成为一门博大精深的学问，这一次，小编找来了许多有效的方法，总有一款适合你的学习哦！

As an expat in China you need to decide how much time you are willing to spend on learning the local lingo. It is one thing to know how to order dumplings, beer and the other basic ingredients of life, but mastering the language requires a lot of time, and quite honestly, a sizable serving of blood, sweat and tears. However, the rewards that are unlocked after making the epic journey towards Mandarin mastery are well worth the effort.

As we gradually improve our vocabulary, grammar, speaking and listening skills, we are in the process of opening ourselves up to a fascinating new culture and a unique vision of the world. But there is one aspect of the Chinese language that even the most enthusiastic of learners avoid like the plague: Chinese written characters (*Hanzi*).

Although these wonderful little logograms may look like chicken scratch on first glance, they are in fact just as important in understanding the Chinese language and culture as their spoken representations. There may be thousands of unique *Hanzi*, plus many more when you start combining them together to form new meanings, but learning to read and write Chinese characters is much easier than you would think and it will improve your quality of life considerably!



Here are some great tips to get you started on learning *Hanzi* the right way:

Ignore the doubters and make it fun. Before we get into the nuts and bolts of *Hanzi* studying, the crucial point to make is that your attitude towards learning them will determine your ability to succeed. Avoid the negative comments on forums which label the Chinese script as 'impossible' and remember that if a billion or so people around the world can read and write them with ease, so can you!

Study the radicals. As you look at more and more *Hanzi* you will notice that certain patterns and symbols keep coming up within different characters. These are known as the 'radicals', i.e. the part of the character that implies a root meaning. For instance, you may not be able to distinguish the characters for dog, cat, pig and lion, but you will notice from the left-hand side part that they all have the animal radical. There are 214 in total, which isn't that many in the grand scheme of things, and learning them will give you a serious shortcut to success.

Sticky Study. There are many apps out there for studying *Hanzi*, but this is perhaps the best one in terms of making the learning process fun. Sticky Study minimizes the boredom factor by turning the memorization process into a fun and addictive game. It is a brilliant study tool that will take you forward very quickly.

Anki. This classic program is not as flashy or exciting as the more modern apps out there, but it offers a very user-friendly flashcard building platform that is free to download and allows you to customize your decks with ease.

Read, read, read. It goes without saying that if you want to how learn to read Chinese then you need to practice reading! So grab as many different resources as you can find to suite your level and read yourself to sleep every night.

Sunday Brunch at The Ritz Carlton-Zest Restuarant

The Ritz-Carlton has opened its doors for brunch at one of its four state of the art restaurants, all of which are both beautifully decorated and carefully thought out dining experiences. Named after a feeling of liveliness and excitement, the 'Zest' restaurant truly does offer dining of a certain lively quality. This ambience is created by its elegant open kitchen plan where the international culinary team proudly display their skills in an artistic and passionate manner.

Brunch at The Ritz-Carlton is a relaxed affair, whereby guests can be seen to unwind and socialize with close friends and family. Starting at 11:30am, Zest offers you the perfect opportunity to enjoy a lazy afternoon dining experience that is guaranteed to help you forget the hustle and bustle of city life.

The Zest Sunday brunch brings together the delicate flavours from different parts of the world, helping to create a truly modern and international embodiment. With the stylistically prepared food options from Japan, Italy, China as well as cakes from France, one can truly appreciate a multi cultural dining experience. The special Seafood choices range from fresh water crabs, shrimps, lobster in delicate sauces and carefully prepared oysters all brought in that very morning by the culinary team. This restaurant has been known to have a constantly evolving menu, keeping us on our toes about what the experts will come up with next.

If guests do not fancy partaking in the traditional scrumptious sea food options, there is always the alternative of delighting in the Italian inspired bistro of hand crafted pizza's and pasta accompanied by homemade pesto sauce. The Japanese counter boasts an impressive array of different sushi options, other counters offer a delectable cheese platter with a selection of freshly baked breads that brings to mind a quaint French patisserie.

The excitement of this new restaurant does not end with the delicious and innovatively designed foods and free flowing Moet and Chandon. One cannot help but notice the passion and care in which the efficient staff operate the entire brunch. This added to the ultra modern, tasteful décor creates an ideal atmosphere in which to congregate with family and friends.

If you are looking for a dining experience that is fresh and exciting then the Zest Seafood Brunch is one that delivers!



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Gee Wiz



Everyone loves a little bit of magic in their lives and the International School of Tianjin's production of The Wiz will not disappoint. With familiar characters known and loved the world over, IST brings to you the seventies super soul version of The Wizard of Oz, with all the toe tapping numbers one comes to expect from a big Broadway show.

The musical centres around Dorothy and her exploits when she is magically whisked away to the fantasyland of Oz. There she meets Scarecrow, Tin Woman and a cowardly Lion on her way to meet the all

seeing, all powerful Wiz who is believed to have the power to send her back to her home.

Behind the scenes, sets are being built, costumes sewed and students have been undergoing a strict regime of singing, dancing and dialogue coaching since August, to deliver an amazing night of entertainment. The International School of Tianjin continues its fine tradition of knock 'em dead, slay them in the aisle entertainment. Bring on next year!

Halloween at IST



There were lots of boos and screams at this year's Halloween celebrations at both the Elementary and Secondary buildings for all students from N- Gr12.

The afternoon commenced with N- Gr1 going into the 2-5 playroom where the ESC, PFO as well as teachers and TAs created a wonderful Halloween Haunted House. They played, "Popping the Pumpkin", 'Eyeball and Spoon Race', 'Mummy Wrap' and the 'Zombie Dance' and finally going on a spooky candy hunt.

Gr2 -5 arrived at 3.30 ready to swing into Halloween Hullaba BOOS!!! They played games such as the 'Pumpkin Stomp', blindfolded 'Pumpkin Pop' and each team created a very scary and ghostly chant. The highlight of the evening was being able to be thoroughly spooked by the Haunted Trail that the Secondary Student Council

created. The SSC hosted a very scary walk through haunted bedrooms and many other strange and weird trails. Great job, SSC!

As the Gr2-5 students left, the Secondary students arrived ready to kick up their ghostly and booing heels.

UN Day came around on October 29th at the International School of Tianjin (IST).

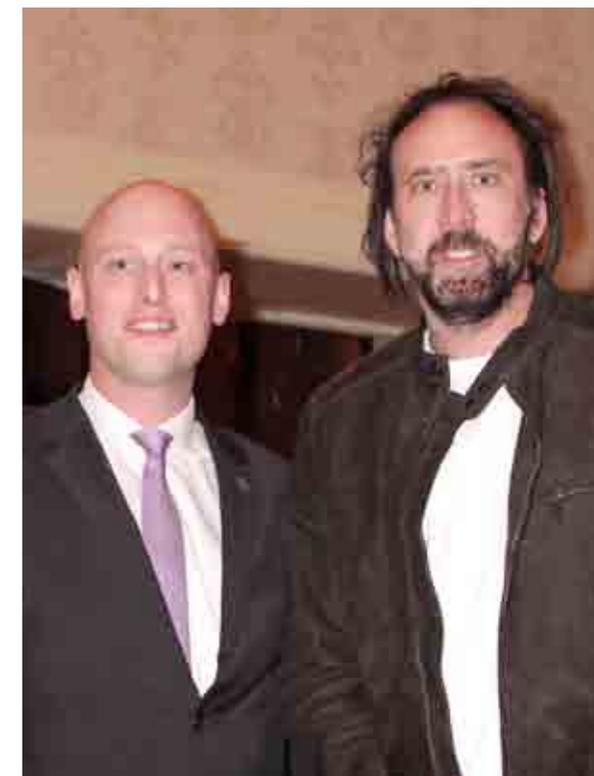
The UN Day flags were flying and the school was ablaze with the bright colours of national costumes. Students came to school dressed in national costumes or colours from their home countries. They all joined the parade of nations around the front of the school buildings led by our very own bagpiper, Mr. Baxter. One of the highlights of the day was the UN Day Assembly held in the school's theatre. This year we had a wonderful collection of performances from around the world including dancing, singing and musical performances. This memorable assembly included many different members of the IST community including students, parents, teachers and our local staff members.



All the students were ready for the delicious lunch that was prepared and served by the parents of the school and there was plenty to choose from. Following a school photo, the Elementary students gathered one more time to share their new knowledge and show some of the products of their learning.

Hollywood stars stayed at the Astor Hotel, a Luxury Collection Hotel, Tianjin

The Hollywood movie stars - Nicolas Cage and Hayden Christensen came to Tianjin for their new movie OUTCAST, and stayed at The Astor Hotel, A Luxury Collection Hotel during their visit to Tianjin. Nicolas Cage has a high reputation with Chinese audiences. His movies, Lord of War, City of Angels, Face Off etc. Hayden Christensen becomes a world famous star by starting Star Wars. General Manager of The Astor Hotel, A Luxury Collection Hotel, Tianjin - Mr. Christian Metzner (on the left) warmly welcome Nicolas Cage and his shooting team.



Tangla Hotel Tianjin won "2013 Best of the Best - the Most Oriental Style Business Hotel" of Robb Report



Tangla Hotel Tianjin was recently awarded as the "Most Oriental Style Business Hotel" during the annual awarding ceremony "Best of the Best" of Robb Report magazine. This award reflects the unique qualities of Tangla spirit, translated into state-of-the-art facilities, unmatched luxury, and warm and impeccable service.

Robb Report "Best of the Best" is the quintessential guide to the finest new hotels, restaurants, automobiles, yachts, watches, wines, and much more. Tangla Hotel Tianjin is proud and honored of

having been selected and recognized among exclusive high brands. The "Best of the Best" luxury collection was launched in 1987 by the magazine Robb Report and it is committed to recommend the annual best not to be missed products, service and locations.

Carrying this honor, Tangla Hotel Tianjin will keep striving to combine the finest wishes from nature and the art of modern hospitality, to create an environment to rejuvenate and relax your heart and soul in "harmony, elegance, excellence and tranquility."



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Bakeries & Desserts

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



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



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

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

雅秀酒店6楼
T: +86 22 2321 5888 ext. 5106

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

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

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

HX **New Dynasty 天宴楼** 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

NK **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

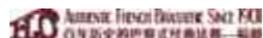
French



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



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



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

Indian

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

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

Italian

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

HB **PASTA FRESCA DA SALVATORE 沙华多意大利餐厅** 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

HP **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

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

HX **Seitaro 清太郎日本料理** One of Tianjin's best Japanese Restaurants which features a wide selection of regional specialties for lunch and dinner including a teppan and sushi counter. 11:30-14:30; 17:00-22:30. **A:** 2nd Floor, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District 河西区紫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

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

Pizza

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

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

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

Thai

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



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Tel: +86 139 2161 1049 / +86 139 2061 4814
Email: theupperdecktj@yahoo.com
Add: 1st Floor, building B-56 Tian Ta Dao, Nankai District
天津南开区天塔道上裕源中心B座56号

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 P 1863 Bistro & Terrace 1863别致西餐厅&花园 Choose one of the traditional menus and enjoy what Puyi or Hoover had when they were guests at the hotel. 14:00-22:00. **A:** 1F, The Astor Hotel

CHATEAU 35
The only authentic wood fired pizzas in Tianjin; The finest imported Australian steaks, cooked to perfection; Extensive international wine, beer and beverage list; Open kitchen concept, visible from our quaint courtyard; Cozy garden area for alfresco dining.

TEL: 022 23315678
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(昆明路常德道交口附近)

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

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号对过(久合里1号)
T: +86 22 2331 5678
W: chateau35.com

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

The Golden Fork Authentic Italian Restaurant
英文千层饼餐厅
Add: Crossing of Qiang Tai Lu and Gongzi Dao, Heping District 和平区气象台路与公孙子道
[意大利千层饼餐厅]
Tel: +86 22 2385 7383
Contact (Number): 158 2167 9229 at M. 11
Contact (Number): 158 2221 5444 at M. 11

路101号天津君隆威斯汀酒店1层
T: +86 22 2389 0088

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

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

Café BLD 馨廊 BLD also offers buffets for each meal period with open kitchens that give the guest a feeling they are dining in the kitchen itself. 06:00-24:00. **A:** 1F, Renaissance Tianjin Lakeview Hotel No.16 Binshui Dao, Hexi District, Tianjin 河西区滨水道16号万丽天津宾馆1层
T: +86 22 5822 3388

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

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

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

Café@66 咖啡66 European 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

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

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

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

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口万科都市花园二楼马赛公寓2A
T: +86 22 2783 7104

Starbucks Coffee 星巴克咖啡
A haven to listen to the best American songs and enjoy coffee and tasty bites with friends.
1) Sun-Thu 08:00-22:00, Fri-Sat 08:00-23:00 **A:** 1F, Berth C1-2, Building No.1, No. 18 by 1, Tai'an Dao 泰安道18号增1号三号院一号楼C1-2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

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

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

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

The 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 SERVICED RESIDENCE 威顿服务公寓
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

Marriott EXECUTIVE APARTMENTS THE LAKEVIEW - TIANJIN 天津万豪行政公寓
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 centres of International Art in Tianjin. CNY: 10. 09:30-16:30. **A:** The junction of Jiefang Bei Lu and Chifeng Dao, Heping District. 和平区解放北路与赤峰道交口 **T:** +86 22 2330 3255

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

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.

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 西青区友谊南路18号 **T:** +86 22 8838 3300 **W:** mjcec.com

Libraries

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

Real Estate

HP Jones Lang LaSalle 仲量联行天津分公司 **A:** Unit 3509, The Exchange Mall Tower 1, No.189 Nanjing Road, Heping District. 天津市和平区南京路189号津汇广场1座3509室 **T:** +86 22 8319 2233 **W:** www.joneslanglasalle.com.cn

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

Religion

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: tjdebeyuan.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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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 鸿泰任佰汇商业广场 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
T: +86 22 8373 6666

每天工作在川流不息的人群中，每天面对的高大冷清的写字楼，繁重的工作总会使人想逃离城市，远离喧嚣。寒冷的冬日因为有了阳光而温暖，也会因为一份精致的下午茶让幸福感倍加！这一次，跟随者小编的脚步去探索三里屯中最悠闲独特的小店。在寒冷的冬日不妨忙里偷闲，用一份美味的下午茶犒劳一下自己与好友吧。

Enjoying an Afternoon Coffee & Snack Sanlitun Style

By Grace Batty

working week! They do an excellent variety of sandwiches, pasta dishes and other western favourites - all of which are served with haste and by English speaking staff. When you've finished with the savoury stuff, it's time to indulge in one of the desserts. Cakes, buns, muffins, cookies, you name it - Wagas has got it.

As for the beverages, coffee is the most popular choice for the venue's patrons, but you can also choose from the deliciously refreshing smoothie selection or the standard range of soft drink options. Unlike Starbucks and Costa, which seemingly aim to create a living room-like setting, Wagas is well lit with modern décor. It is not just a great place to put your feet up alone it is also perfect for business meetings or casual chill out sessions with family and friends.

Imagine a nice, lazy afternoon in Beijing's trendy Sanlitun commercial district. After several hours of sauntering around the shops and upgrading your wardrobe, it is now time to kick back and enjoy a relaxing coffee; perhaps with a freshly made sandwich to keep hunger at bay. That's where the award winning Wagas café comes in handy!

This popular chain of delis, which originated in Shanghai some years back, absolutely guarantees to give you the perfect chill out experience. The location of their Sanlitun venue is perfectly situated in terms of accessibility, convenience and providing an elevated view of the bustling bar street. You will find it on the 3rd floor of the Taigu Li south building (太古里南区三层), right next door to Element Fresh.

The menu at Wagas is extensive to say the least. Admittedly it is also pricier than its mainstream high street competitors, but who cares about scrimping when it comes to de-stressing after a tough



去滑雪(1) qù huá xuě

GOING SKIING

A: I heard you went skiing last weekend, right? I'm going skiing this weekend, too.

A: 听说你上周末你去滑雪了?这个周末我也想去滑雪。

A: tīng shuō nǐ shàng zhōu mò nǐ qù huá xuě le? zhè ge zhōu mò wǒ yě xiǎng qù huá xuě.

B: Yeah, I spent the whole day there. It is costs... about 200 CNY.

B: 是啊, 玩了一整天。大约二百块吧。

B: shì a, wán le yī zhěng tiān. dà yuē èr bǎi kuài ba.

A: What is included in that?

A: 都包括什么项目(2)?

A: dōu bāo kuò shén me xiàng mù?

B: It includes the entrance fee, insurance, renting of skis, skiwear and outer clothing.

B: 主要包括门票, 保险(3), 租雪橇(4)、滑雪板(5)和滑雪服(6)。

B: zhǔ yào bāo kuò mén piào, bǎo xiǎn, zū xuě qiāo, huá xuě bǎn hé huá xuě fú.

A: That sounds alright, and not very expensive. Was it your first time trying skiing?

A: 那还可以, 听起来不是很贵。这是你第一次滑雪吗?

A: nà hái kě yǐ, tīng qǐ lái bù shì hěn guì. zhè shì nǐ dì yī cì huá xuě ma?

B: Yeah, I was nervous. I heard it will be okay after you fall a few times. But I still suppose I need an instructor.

B: 是的, 我很紧张。我听人说摔上几次就适应了。不过我

B: shì de, wǒ hěn jǐn zhāng. wǒ tīng rén shuō shuāi shàng jǐ cì jiù shì yìng le. bù guò wǒ

最好还是请个教练(7)。

zuì hào huán shì qǐng gè jiào liàn.

A: Yeah true. It might help us learn faster.

A: 有道理, 这样学得快一些。

A: yǒu dào lǐ, zhè yàng xué de kuài yī xiē.

Vocabulary:

(1) 滑雪	huá xuě	skiing
(2) 项目	xiàng mù	item
(3) 保险	bǎo xiǎn	insurance
(4) 雪橇	xuě qiāo	sleds
(5) 滑雪板	huá xuě bǎn	ski board
(6) 滑雪服	huá xuě fú	skiwear
(7) 教练	jiào liàn	Instructor/coach

Horoscope

Sagittarius (11.22 – 12.21)

You need to pursue a plan with more vigour and enthusiasm. Over the past few weeks you've been out of focus as you allow petty things to control your decisions. Sagittarians are generally positive people and this month reflects your way of driving back to the enthusiastic track.

Aries (3.21 – 4.19)



There's a mixture of something sweet and something bitter in your life. Be careful about making decisions and blurting out hurtful words out of emotional turmoil. It's better to hold your tongue and see things with realism and practicality.

Taurus (4.20 – 5.20)



You have a big tendency to purchase a luxury item for your home this month. This will burn a big hole in your pocket and some people may find it impractical. For you, the purchase is a dream coming true so embrace your decision.

Gemini (5.21 – 6.20)



You will find people who are ready to lend a hand with your increased responsibilities this month. This might probably be the greatest gift the holiday season gives you – the gift of real people who will go out of their way for you.

Cancer (6.21 – 7.22)



Your word for the month: love, more specifically, self-love. You will find that thinking of other people and their needs is good but you wouldn't be very effective if you don't take care of yourself first.

Leo (7.23 – 8.22)



You find great joy in being with others this month. With them, you'll find that you are treasured and valued. Call it the glow of the Christmas season or whatever, but you feel this deep sense of joy in knowing that you really do matter.

Virgo (8.23 – 9.22)



You reminisce about things that happened this time last year and found how far you have gone. Sure,



you have had wrong decisions, but think of them as anchors for a better you. Learn your lessons and move on.

Libra (9.23 – 10.22)



Confusion crashes and finally there is clarity in where you stand and how you feel. Time is a great helper. This month is a generally positive month for you as you start to look at life with enthusiasm and finally, you have motivation in doing what you do.

Scorpio (10.23 – 11.21)



You do many things for your loved ones just to prove to them that you've got what it takes. But this isn't really a good thing to do. You are enough and you've got what it takes. You don't need to prove anything, just be yourself.

Capricorn (12.22 – 1.19)



Be brave in telling the truth even if you feel shaken, or even if it's not going to make some people happy. Speak from the heart and choose prudent words. Your words are powerful.

Aquarius (1.20 – 2.18)



Learn to look at others in a deeper way. This is the key to enjoying December. You've been going around with your busy schedule the whole year, yet this year ends with you appreciating the vital aspects of life: family, relationships and faith.

Pisces (2.19 – 3.20)



December gives you a new outlook in life which could be the foundation of the next 12 months of 2014. Know that family and friends are always with you and though setbacks are possible, your success also lies in how well you handle them. Stay optimistic.

One Ticket to Harbin Please, No Ice!

By Sanne Jehoul



每一年的深冬都是哈尔滨这座城最繁忙的时候，来自世界各地的游客都来欣赏冰雕艺术。其实，秋天的哈尔滨也别具一番风采。在过去作为联通俄罗斯和中国的核心城市，哈尔滨有着“东方莫斯科”的美誉，不论是建筑还是美食，哈尔滨完美体现了异域风情与中国文化的水乳交融。漫步在金黄落叶的大道上，欣赏着圣·索菲亚教堂的美景，品尝着俄罗斯风味的美食，异国情调哈尔滨给萧索的秋天增添了一抹生动的色彩。

Every year in January masses of people head up North to Harbin for the city's world-famous Ice and Snow Festival. One month of fun in winter wonderland surrounded by ice sculptures. However, Harbin has plenty to offer during the remaining 11 months of the year as well, and is definitely worth a visit.

Firstly, just a brief wander through the Heilongjiang capital is enough to realise how distinct this place is from many other Chinese cities. The city's extensive Russian legacy is apparent in a lot of the architecture, resulting in an eclectic mix of building styles – with, apart from Russian and Chinese influences, many European elements – and a beautiful city centre with the Saint Sophia Cathedral as its centrepiece. This former Russian Orthodox church is now home to Harbin's Architecture and Art Museum.

Russian influences also define the local cuisine. The infamous Harbin sausage for example is much loved by the large Russian community, but also by the smaller group of European expats in the city.

Just outside the city is the Siberian Tiger Park, home to hundreds of tigers. A 40 CNY taxi ride is probably the easiest way there, although the bus is also an option. For 90 CNY – discount 45 CNY – visitors are taken on a mini-safari in a small bus, stopping regularly to make sure they get a good look at the animals, and to top it off chickens, cows, sheep, and more are up for sale to feed to the tigers. Be warned though, watching live animals get torn apart by massive cats is not for sensitive viewers. While it is an entertaining experience, do also keep in mind that this is a Chinese-style safari, with minimal health and safety norms. Additionally, while the tigers are well treated and healthy, the other animals ('the food') have no such luck, so the park does prompt some ethical concerns.

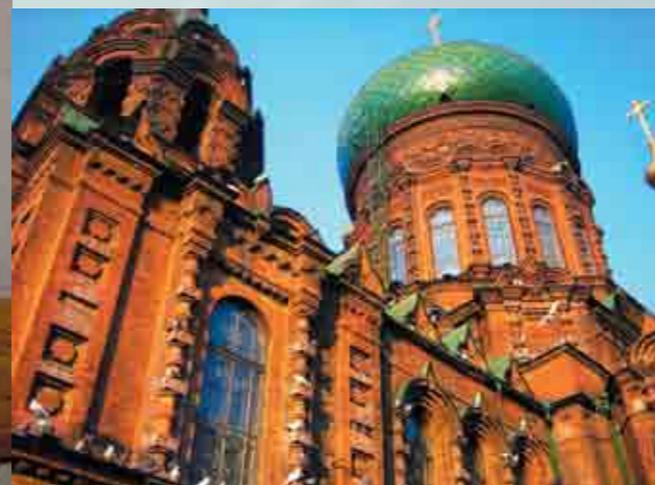
On Hongbo Square, a number of entrances lead to a massive underground mall, with hundreds of clothing shops and some food outlets. The place can get extremely busy and hectic, but patient shoppers can find everything they're looking for. Haggling is key, and a bit of persistence will lead to real bargains. It's maybe best to describe this place as something between a Chinese market and a shopping mall, offering incredibly good value while getting a decent quality product. It's a real maze though, so do not expect to find your original way back. Any exit will do, and will lead back to Hongbo Square.

Sun Island is a top tourist attraction in downtown Harbin, off the northern shore of the Songhua River. Take a cheap ferryboat and in fifteen minutes find yourself exploring this Harbin favourite. During the Ice Festival the island hosts snow sculptures, but all throughout the year you can enjoy beaches, flower gardens, a beer house, the Russian Art Exhibition Hall, the Deer Park, theatre, and much more.

Home to a large number of universities, Harbin also has a buzzing nightlife scene. In Ha Te (哈特), you will find Western-friendly night clubs and bars such as Box, Fox, and the recently opened 6 Pub; all near the Ha Gong Da subway stop, and filled with partying Russians and good food on offer. Babyface is a more Chinese-style bar, but very open to all kinds of crowds and with cheaper drinks than the more foreigner-oriented venues.

Getting there: From Tianjin or Beijing, both high-speed trains (taking between 8 and 9 hours) and sleeper trains are available. The high-speed ones arrive in Harbin West Railway Station, the sleepers in the main Harbin Railway Station. Within the city, buses are the main mode of public transport, but just a few months ago, Harbin also opened its first subway line.

Accommodation: There are plenty of hotels to be found near Zhongyang Street in the city centre, which is a perfect location to start from. Harbin Modern Hotel and Gloria Inn are both mid-range hotels in this area, and Kazy Int'l Youth Hostel – the building is an old synagogue! – is located just off Zhongyang to accommodate low-budget travellers.



Four Great Holiday Hotspots on the Beautiful Island of Mallorca

By Josh Cooper

春天的地中海也许是这个地球上最接近天堂的地方，尤其是西班牙的马略卡岛。这里每年300天以上的晴朗天气，更是被称为“地中海的乐园”。马略卡岛是西班牙巴利阿里群岛中的最大岛屿，也是在欧洲甚至世界范围内最负盛名的度假之地。这里拥有地中海最美最迷人的海岸线，陡峭的悬崖和湛蓝的海水勾勒出了一幅几乎让人窒息的绝美图画。踏访这座海岛，在领略它的旖旎风光的同时，还可以聆听到音乐家肖邦唯美爱情。许多新婚夫妇也来此地作蜜月旅行，“蜜月岛”的美称也由此而来。

Mallorca is the biggest, and quite possibly the best of Spain's Balearic Islands. It is home to breath-taking landscapes, excellent beaches, and plenty of non-stop nightlife. This beautiful island is also one of the very few travel destinations these days that still has something for everyone.

When it comes to booking your Mallorca holiday you will literally be spoilt for choice as to which resort or city to stay in. Whatever kind of traveller you happen to be, there are four places in Mallorca that are particularly worth a visit.



Palma

The island's bustling but fairly small and chilled out capital city has a superb range of bars, restaurants, shops, sporting venues, and sunbathing spots to choose from. Whilst the entertainment scene is definitely action packed, Palma is particularly well-known for its dining opportunities. Here you will find world-class eateries, which cater to everybody's taste buds. Whether you want to experience the local cuisine or scoff some international classics, head over to Palma for a city break at some point within your beach-orientated holiday and indulge in one of Europe's best food cities.

Cala Llombards

Cala Llombards is literally one of those beaches that you have to see in real life to believe. Although photos give you a glimpse of what this wonderful white-sanded cove looks like, you should make it your main Mallorca mission to go there and experience it for yourself! The incredibly clear water and the picturesque rocky and green surroundings make this one of Europe's best beaches. The shallow water also makes it a perfect place for families with young children to swim.

Magaluf

Mallorca's party capital may not be as lively as it once was, but it is still one of the planet's most exciting and hardcore nightlife settings. Magaluf is particularly popular with holidaymakers from the UK and Ireland, and whilst it may not be the safest and most cultural place on earth, it is an absolutely outstanding place for those with a taste for dancing and debauchery. Every night of the week Magaluf has more happy hour deals and live bands/DJ sets than you can shake a stick at. Around town there are always more than enough fun loving guys and girls for you to paint the town red with as well. This party town is well worth visiting just for a session of people watching if nothing else!



Santa Ponsa

This often-overlooked coastal town is a very popular choice with all kinds of holidaymakers. Santa Ponsa is much quieter than nearby Palma and the other major tourist destinations on the island, but it certainly boasts its fair share of fun and adventure. It has some delightful beaches, fantastic golf courses and brilliant eating and drinking options for visitors of all ages. The town is known for having a healthy balance of all the essential holiday ingredients whilst also managing to maintain a very relaxing holiday atmosphere all year round.

Getting there

Palma International Airport may be the only major air transport hub on the island, but it is one of the busiest and most well connected in Europe. You can always find budget flights to Mallorca from just about anywhere in the continent. Alternatively, you can get there by ferry/cruise if you happen to be more of a seafaring traveller.

Accommodation

As it is one of the most popular tourist destinations in the world, Mallorca is synonymous with package holidays, which usually blend flights and a hotel stay together under one price. All-inclusive deals can be very cost effective, especially for big drinkers and eaters, but choosing the self-catering option will allow you to enjoy the island's excellent dining scene.

Tips

- Decide what kind of holiday you want and what amenities you would generally like to have before booking your trip. Certain parts of the island cater almost exclusively to certain European nationalities, whilst other places are very much geared towards a particular age group.
- Hiring a car or motorcycle will allow you to enjoy the island more. One can comfortably drive across Mallorca within 2-3 hours whilst enjoying the stunning landscape.
- Take sun and heat precautions if you are spending a lot of time outdoors, especially in the summer months!



Teda International School is proud to hold dual accreditation by the Western Association of Schools and Colleges (WASC) and the Council of International Schools (CIS)

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十二月一等奖

After Milking
By Jim Knudsen

2nd Prize
二等奖

3rd Prize
三等奖



Relaxing Afternoon in Datong
By Inaki Iuengo



Natural of Tianjin
by Mahek Thakwani



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