

TIANJIN PLUS

津品生活

2014.07



16 Precious Lives

A Special Interview with Brenda Tea of ICCO

谢美恩的美丽人生

ISSN 2076-3743



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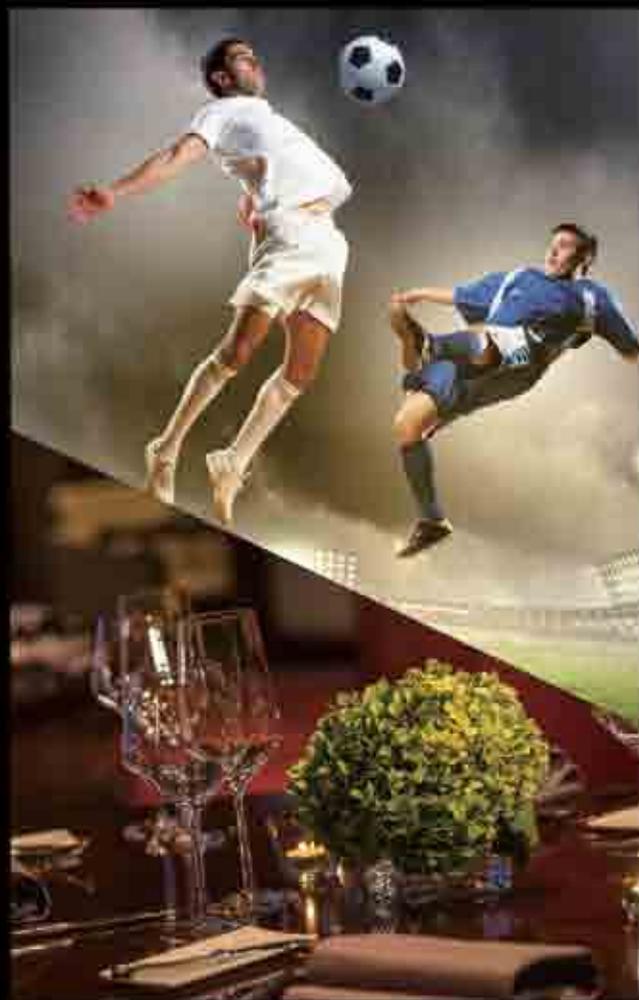
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July 6 Sunday 00:00 & 04:00	July 10 Thursday 04:00
Third Place Game	Championship Game
July 13 Sunday 04:00	July 14 Monday 03:00

Price: RMB 250 net per person
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minimum reservation of 20 persons per game.
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Western Shore Kuqu Concert
 一曲烟波如画——西岸昆曲清唱会
 西岸艺术馆
 20:00
 +86 22 2326 3505, 2326 3515

11
FRI



Liu Bingyi & Good Brothers Chinese and Foreign Songs Concert
 歌唱家刘秉义与好兄弟中外名曲音乐会
 天津音乐厅
 19:30
 +86 22 2332 0068

13
SUN



Shi Shucheng Piano Recital
 石叔诚钢琴独奏音乐会
 天津大剧院歌剧厅
 19:30
 +86 22 8388 2000, 8388 2002, 2332 0068

26
SAT

Traveling Around The World Concert for Children
 我们去哪呀？——环游世界音乐会
 天津音乐厅
 19:30
 ¥ 50-150
 +86 22 2332 0068

Qin Concert
 和雅曲源——甲午古琴雅集之二
 西岸艺术馆
 20:00
 ¥ 50 - 100
 +86 22 2326 3505, 2326 3515

11
FRI



Swing Jasmin
 摇摆的茉莉
 西岸艺术馆
 19:30
 +86 22 2326 3505, 2326 3515

12
SAT



The Art Exhibit
 艺术展
 加利福尼亚红酒俱乐部
 +86 135 0214 3446
 12-20 July

18
FRI

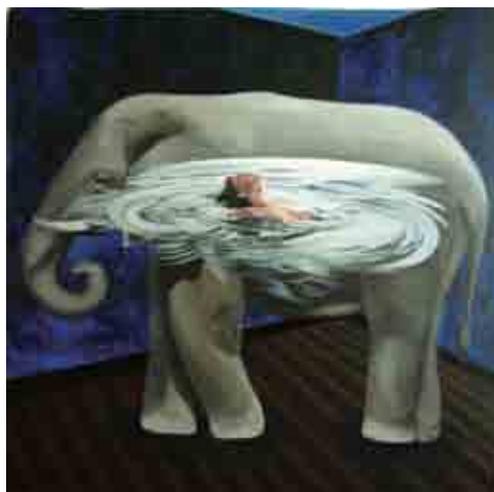
Beijing Bamboo Orchestra
 乐在竹林——北京竹乐团音乐会
 天津音乐厅
 19:30
 ¥ 30-150
 +86 22 2332 0068

27
SUN



Glorious Voices in Song
 灿烂的歌声童声合唱音乐会
 天津音乐厅
 19:30
 +86 22 2332 0068

Tianjin Philharmonic Series No.8 The classics of Germany and Austria
 德奥经典——古典音乐飨宴系列之八
 天津音乐厅
 19:30
 +86 22 2332 0068



19
SAT

Dream in Forest — Classic Guitar Concert
 森林之梦——胡滨古典吉他独奏音乐会
 西岸艺术馆
 20:00
 ¥ 50 - 100
 +86 22 2326 3505, 2326 3515

Special Days

- 1 July** The birth of the Communist Party of Chinese day 中国共产党生日
- 11 July** World Population Day 世界人口日
- 26 July** Esperanto Foundation Day 世界语创立日

Relax and Unwind @ Hyatt Regency Tianjin East

The Lounge of Hyatt Regency Tianjin East is a perfect retreat in which to relax and unwind. The residential-style lounge serves an extensive variety of Chinese teas, savoury appetizers, fine wines and daily high tea.

Enjoy the privilege of "Buy One Get One Free" at The Lounge with the choice of soft drinks, coffee, cocktails, beers and wine by the glass.

Time: Until 31 October 2014

For more information or to make a reservation, please call: +86 22 2457 1234



Tranquillity Package @ Banyan Tree Tianjin Riverside

This summer step into the Sanctuary for the Senses. Enjoy perfect tranquillity as tension melts away under the intuitive touch of our therapists. The 120-minute indulgent treatment begins with 30-minute Chrysanthemum Rainmist or Body Scrub, followed by 60-minute Island Dew Massage and 30-minute Oriental Head Massage.

Price: 1,280 CNY per person (Usual Price 1,600 CNY per person)

Time: From 1 June till 31 August 2014

Terms & Conditions apply.

For reservation, please dial: 022- 5883 7816 ext. 8710/8711



Summer Beer Garden @ The Astor Hotel

1863 Bistro opens its terrace this summer! Come to our Beer Garden with your friends and family for a fantastic live show, selected brews from all over the world and mouth-watering BBQ.

Time: 9pm – 11pm, every Friday & Saturday 15 July to 15 October 2014

For more information or make a reservation, please call 86 22 2331 1688.



Seafood and BBQ Weekend Buffet @ Radisson Blu Plaza Hotel Tianjin

Sumptuous buffet with lavish seafood, sushi, sashimi, BBQ grills, the all-time favourite noodle station and a variety of desserts!

Free flow on soft drinks and local beer included in the buffet price.

Time: 6:00pm – 9:00pm Every Friday & Saturday 11 July – 31 October, 2014

Price: 230 CNY per person

For more information or to make a reservation, please call 2457 8888 ext. 3635

Terms and Conditions: *Prices are subject to 15% service charge



All You Can Eat @ Renaissance Tianjin Lakeview

All dim sum lovers need look no further than the spectacular New Dynasty Chinese Restaurant to fulfil their passion for these delicacies. Dim sum selections such as steamed dumplings and BBQ pork buns will satisfy your lunchtime appetite. Come and enjoy our all-you-can-eat buffet menu featuring a variety of savoury pastries and dumplings, as well as congee, noodles and desserts.

Time: 11:30-14:30 daily

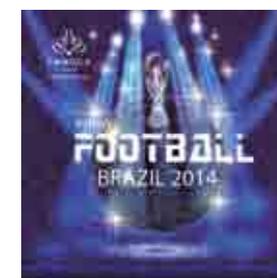
Price: 128 CNY per person. Club Marriott members enjoy 15% discount.

For more information or to make a reservation, please call: 5822 3110/3111.



Rise with the Foam @ Tangla Hotel Tianjin

During the World Cup you can enjoy preferential treatment on all kinds of beer at China Bleu: buying a dozen and getting half a dozen more for free. Our selection includes: Budweiser, Carlsberg, Corona, and Tsingtao Classic. Additionally, each guest who buys six bottles of beer from room service will get one more for free, and also get one set of snacks. Come to the revelry of beer at China Bleu!



Time: 6:30pm-4:00am (If there is a match or event, business hours will be extended to 6:00am)

12 June, 2014 – 13 July, 2014

For reservations, please dial: 23175293

Summer BBQ & Beer Festival @ Wanda Vista Tianjin

Throughout June and July 2014 guests can indulge in the BBQ & Beer Festival's fine offerings, including fresh shrimp, crabs, mussels, oysters, beef steaks, lamb chops and more with homemade BBQ sauce and paired with German beer. At the same time, Cafe Vista offers outdoor seating for guests to enjoy fresh air or watch the World Cup 2014 in the VIP room.

Price: 288 CNY per person. **Time:** Valid from 1 June to 31 July 2014.

For enquiries or reservations, please call: +86 22 2462 6888



Fruity Fragrance @ Sheraton Tianjin Hotel

This July Celestial Court at Sheraton Tianjin Hotel is presenting a well selected menu of dishes made of various kinds of seasonal fruits. It will turn usual dishes into special creations boasting different flavours and healthy concepts to cool you down like dew or hot summer days.

Time: 11:30am – 2:00pm 5:30pm – 10:00pm 1 July, 2014 – 31 July, 2014

Venue: Celestial Court

Price: A - la carte menu

Call for reservations at 2731 3388 ext. 1825/1826



800多年前意大利旅行家马可波罗来到中国，看到当时中国一派繁荣景象，惊叹不已；古代中国人民的热情好客也让他依依不舍。800多年后的今天，又有一批外国人来到中国，同样，看到中国的如画美景，感受到中国人的热情款待。但中西文化的差异偶尔也会让外国友人们感到些许不适和窘困，面对不同的文化碰撞和独具中国特色的待客之道，他们会有怎样的感受呢？



A Story of Culture Shock and the Remedy of Chinese Hospitality

By Josh Cooper

At just after 3:30pm on Thursday the 2nd of September 2010, a routine afternoon flight from Bangkok touched down at Guangzhou's colossal Baiyun International Airport. For me and my partner it was the start of a new and exciting life in the world's most dynamic society. After listening to a three minute announcement in what was then a very alien tongue, the air hostess finally gave us the courtesy of saying "Ladies and gentleman, welcome to China". Our maiden voyage to the Middle Kingdom had begun two weeks before. After a few farewells, "love you"s, and even a couple of "have a nice life!"s, we were finally moving half way across the world to teach English in the eastern coastal city

of Fuzhou. With all the emotional turmoil brought on by saying goodbye to friends and family in the UK, and given that you get a hotel room, three tasty meals and a few frothy beverages for 35 USD a day in Thailand, it seemed a shame not to sneak in a quick holiday. While we were living it up in the so called 'land of smiles' we chatted about how great our new life will be if China is anything like Thailand. Being newcomers to the Far East, we were admittedly incredibly naïve about the amount of cultural diversity that exists between the respective Asian countries. As soon as we stepped off the plane in Guangzhou (formerly Canton) and walked down onto the runway we began to sense the stark contrasts between the two nations.

In addition, monsoon weather conditions that day certainly helped to dampen our moods either. After enduring a 10 minute bus ride to the enormous airport's terminal building it was time to jump through the bureaucratic hoops of registering our entry into the country and arranging our transfer on to our final destination. The remarkably serious-looking airport staff and the constant stream of stares from Chinese travellers at the airport brought us down to earth with a bang. To make matters worse, it was blisteringly hot inside the terminal and we still had to walk more than a kilometre with our extremely heavy luggage to get to our next boarding gate at the other side of the airport. By the time we'd got on that last

plane to our final destination, neither of us could resist contemplating what we had got ourselves into. Looking back now, it wasn't so much the dreadful weather, the people staring at us, or our failure to eat a bowl of noodles with the chopsticks that brought on the sudden surge of cultural shock; it was the stark realisation that the land of sun, sea and smiles was well and truly behind us. Those lazy days, filled with fun in the sun, spicy Thai curries and cold bottles of Singha beer, were well and truly behind us. It was time to enter the dragon.

After another short but harrowing flight that could easily have won the 2010 Turbulent & Terrifying Domestic Flight of the Year Award, we finally rocked up to Fuzhou Changle International Airport at around 9:30pm. Given that we hadn't seen another foreigner for hours and we couldn't speak a single word of Mandarin, we were absolutely overjoyed to be met in the arrival area by Cody, a friendly young Canadian who was to be our new boss and de facto babysitter for the first few days of our life in China.

Although it was pitch black outside and we were sick to death of travelling, the 90 minute drive through the mountainous landscape of the Fujian province was a relaxing experience. Sitting in this comfortable car with the air con blasting out was certainly better than being blasted across Asia in a winged tin can, 6 miles above sea level, surrounded by the end results of other people's bowel movements. As we approached our new apartment in the centre of this picturesque Chinese city it was clear that this was going to be an interesting place to live. In stark contrast to our previous home of Wakefield in the north of England, you could almost feel the energy as

the streets were bustling with late night shoppers, food vendors and a whole host of different revellers. At last China was starting to look more like a place I could call home.

Upon arrival at our new abode, which thankfully was situated on the first floor of a rather clean complex, we were greeted by our new neighbours- an incredibly friendly Chinese couple who had a 16 year old daughter and a 3 year old son. Having foolishly not attempted to learn any of the local lingo prior to leaving England, we couldn't understand a single syllable of Mr Lin's emphatic greetings. For all I knew he could have been calling me a "filthy British swine", but nevertheless he shook our hands vigorously and dragged us into his apartment for a bite to eat and a much needed beer.

Chinese hospitality really is legendary. The people here take a great deal of pride in making their guests feel comfortable. It starts from the moment you walk through the door, literally, as you are invited to take off your shoes and put your feet into a nice pair of guest slippers. Within seconds of us squeezing into our flip flops at the Lin family's house we were being escorted to the dinner table to sample some local delicacies and sip some green tea.

Being an Englishman I assumed that a typical Chinese diet consisted of beef chop suey, chicken chow mein, stir fries, egg foo yung and all the other Cantonese concoctions that you'd typically get from your local takeaway. As we examined some of the dishes in front of us we could see that there is a big difference between what Chinese restaurateurs serve up for us Brits back home and what the Chinese cook for themselves. There wasn't a single fried noodle in sight and the fish

looked as though it had been pulled out of the water, given a quick dry fry on either side, drenched in soy sauce and put on the table; eyes, tail and bones still very much intact. I grasped a pair of chopsticks and thought to myself "oh well, when in Rome..."

This initial experience of what I would call authentic Chinese dining was certainly a memorable one. It was certainly an eye-opening experience, particularly when the sautéed frog was served up. Not only did it teach me to be more open minded about what I ate, it also gave me a valuable early insight into Chinese culture, etiquette and the importance of community spirit. Stepping into that room full of Chinese people with whom I couldn't communicate was definitely one of those deer in the headlight moments, and luckily Cody was able to act as an interpreter for us. Despite the language barriers and occasional awkward moment the family made us feel extremely welcome, and to this day we're incredibly grateful to them for trying to make us feel at home in this new foreign land.

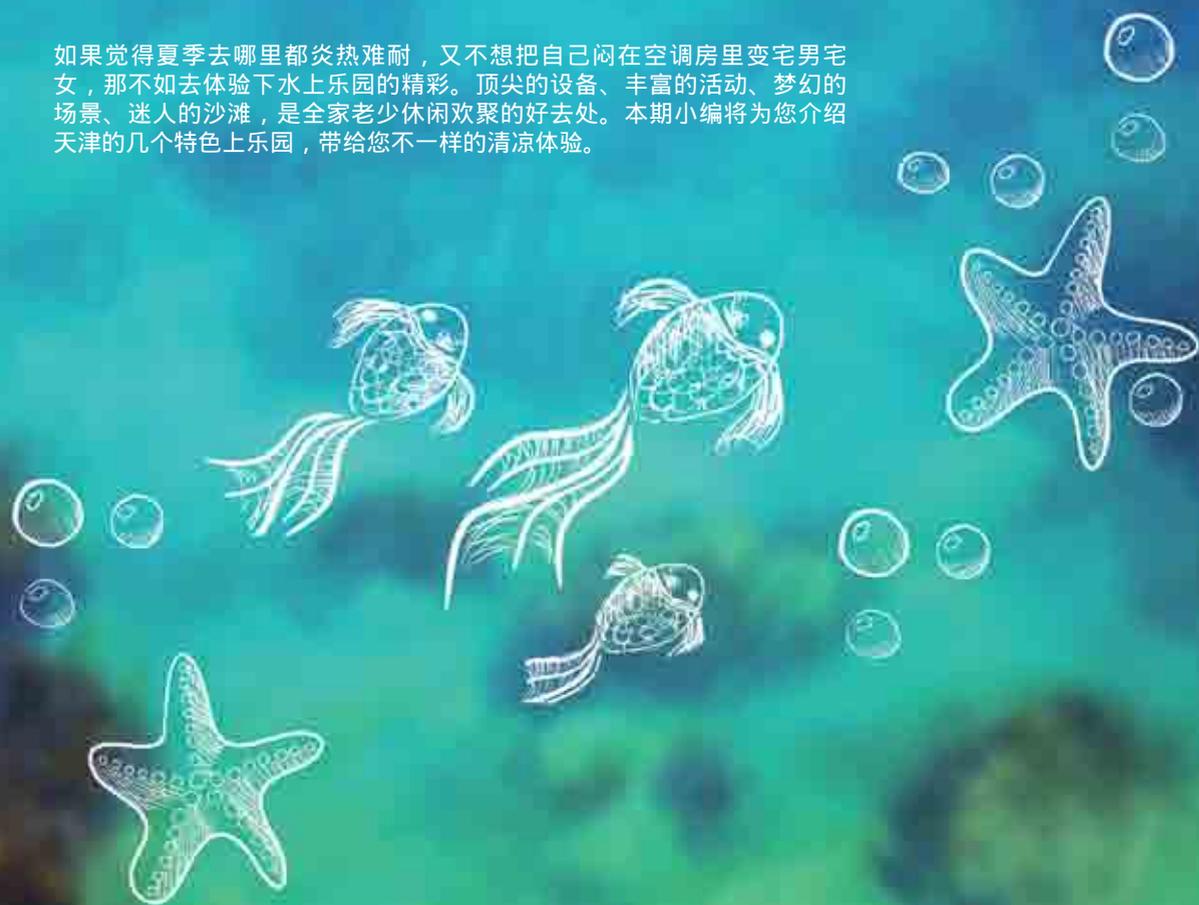
The first few days of my own China experience were exciting and disorientating in fairly equal measure. On the one hand I got to experience a tonne of new things; from the culinary to the cultural and everything in between. It is a very exciting place to be, but there is a lot to take in within a short period of time. The culture shock, which is to be expected in any new country, can be quite intense for those who are coming to start a new life in one of the smaller cities or rural areas. Fortunately for us foreigners, the Chinese are generally very warm, approachable and happy to help where they can!



Water-based Summer Fun for the Entire Family

By Joei Villarama & Ben Hoskins

如果觉得夏季去哪里都炎热难耐，又不想把自己闷在空调房里变宅男宅女，那不如去体验下水上乐园的精彩。顶尖的设备、丰富的活动、梦幻的场景、迷人的沙滩，是全家老少休闲欢聚的好去处。本期小编将为您介绍天津的几个特色上乐园，带给您不一样的清凉体验。



Milifang Water Park

From the outside it looks like a giant futuristic blob, supposedly a water droplet that landed in the middle of what was historically a soldier's town and is now the site of one of the countless new towns being developed across China. Inside, Milifang is about water-oriented fun for everyone, with people hankering for slides and wave pools. It is a great place to escape from the summer heat and relive childhood thrills.

Entrance fees may vary depending on the season and if there are promotions and big group discounts. It's best to book tickets online because adults get in for 95 CNY and children for 45 CNY, while gate purchases are steeper at 140 and 50 CNY. Various inflatable items and rafts can be rented from 15 to 65 CNY and are not included in the entrance fee. If you want to get the dead skin off your feet and body, you can go into the fish spa for an additional 18 CNY.

Having gone to several similar places in China, I didn't pack towels and slippers thinking those are usually provided for in abundance. Milifang doesn't, and people are kindly asked by the attendants to go barefoot. So do bring your own towels, or you'll have to buy one for 15 CNY. The no-slipper policy actually makes sense because in other water-themed parks, the supply of generic slippers gets mixed up easily.

Spotters in seemingly friendly tropical outfits lined the locker room aisles like an army of police, strictly enforcing the rules of not bringing food, drinks, mobile phones and cameras to the swimming area. Of course, it's no surprise since they really just want you to patronise their own eating establishments

The fun that kids of all ages can have here, whooshing and spiralling down the slides, is priceless. There is a slide for every level of risk tolerance, from the mild to the extreme; the latter being a nearly 90 degree drop into the water. The queue for that one doesn't get too long! On the other hand, the giant wave pool in the centre gets overcrowded, especially when it's turned on, but that's part and parcel of this mechanised, faux tropical feature. Water cannons, fountains, jet sprays and pirate ships keep children endlessly entertained while jacuzzis appeal to the older crowd.

As if playing in the water is not enough to dissipate and drain children's energy, there are non-water play areas, a climbing gym and a bungee frame facilities in the main lobby, as well as amusement rides next to the parking lot.



Located in Xiao Zhan, Dagang, it's just an hour away from Tianjin city centre, so pack your gear and head on over to Milifang for the most fun day out your kids will have all summer!

From the summer season of July 1 to August 31, Milifang is open from 10am to 11pm. At other times they operate from 10am to 5:30pm. Their website is <http://www.tjmlf.com> and telephone number: 28526666

Dongjiang Beach

Summer is here and that means beach weather. And while we'd all like to find ourselves in Maui or Phuket, you might be surprised to learn that we have a beach right here in Tianjin that can provide plenty of good times. Dongjiang Bay Beach in TEDA offers sun and fun for all ages. Sure, the beach is artificial, the port water may leave some hesitant, and if you're expecting a world class beach you may be disappointed. But Dongjiang Beach has the potential to surprise, and what it lacks in natural charm, it makes up for with an unexpected legitimate beach feel and a plethora of activities. The beach is actually quite big; if you were simply dropped off without knowing where you were, you'd never get the impression you were at a man-made beach. Plenty of sand, sun on your skin, the opportunity for a quick swim, activities, and food options to satisfy. This definitely is a place to spend a hot summer day.

To get your day started there's a 50 CNY entry fee. It's a bit steep, as are most activities at the beach, but that's the reality for most entertainment options in China, and there are plenty of things to do if you're willing to spend a little money. For the active among us, there are jet skis for rent starting at 80 CNY, as well as a ride on a speed boat for 50 CNY a person. There's even parasailing at 200 CNY for the adventure seeker inside you. Up on the beach there is the option to ride on a dune buggy for 50 CNY a lap, and you can rent tandem bikes to cruise around the area for either 30 CNY for half an hour or 200 CNY for the day.

If you're just looking to lounge on the beach and do a little swimming, umbrellas and chairs are for rent at 360 CNY for the day. That is expensive, but the umbrellas are huge and can accommodate several people, so they're good for groups. For families there is a large children's area with various games and blow-up rides. But even if this option is closed for the day, there's plenty of sand for making sand castles, which is always a favourite for the kids.

Feel free to bring your own food for the day, or alternatively, there is an outdoor food court with snacks such as popcorn and ice cream, as well as plenty of lunch options like seafood, shaokao, noodles, etc. A changing room is provided and lockers are available for 10 CNY.

To get there from the city centre, you can take the line 9 metro to the Shi Min Guang Chang station and then hop on bus 513 to take you to the beach area. But be aware that the bus doesn't run all that often, so you could be waiting a while. It may be just as easy to take line 9 all the way to the end and then hop in a taxi for the rest of the way. It's about a 40 CNY taxi ride from the Donghai Lu station.

Maybe the beach isn't world class, but it is summer and Dongjiang Beach is able to provide the fun we're all looking for on a hot summer day. So get your sunscreen and sand toys ready, and make your way out to the beach for a good time!





Precious Lives

By Joei Villarama

每个人都向往自己的人生如夏花般灿烂多姿，只可惜上帝总是喜欢偶尔跟人类开开玩笑，这个世界上除了健康生活的我们，还有那些从出生就或病或残的儿童，他们也拥有享受生活的权利。ICCO正是这样一个机构，尽力帮助这些不幸的孤儿们过上快乐生活。Brenda作为其中一员，一直积极为儿童提供帮助，她和丈夫二人收养了5个弃婴，一起创造了属于他们的美丽人生。

If you're an expat looking for a way to contribute your time and talent to the less fortunate in Tianjin, there is the International Community for Chinese Orphans (ICCO) that has been a platform for social involvement since 1995. This voluntary organisation has been actively raising funds to upgrade facilities, hire physical therapists, and acquire better medical care, equipment and supplies for disabled orphans in Tianjin.

Brenda Tea took over as co-chairperson of ICCO in February

of this year. Having lived in Tianjin for three years, she only discovered this venue for meaningful participation during the last Spring Festival when she visited an orphanage in Xiamen with a group of friends from America. The visit ignited her passion, prompting her to link up with ICCO- whose chairperson was coincidentally returning to her home country.

More than this serendipitous

reminder from Xiamen, Brenda happens to be the adoptive mother of five children. She and her husband, Nick, adopted Natalie from Hong Kong who is now a college bound, eighteen year old high school senior. The rest of the family are from Vietnam: Stephanie and Evan, both fifteen, followed by Jared and Austin, both fourteen.

Most people are instantly curious to hear the story behind this multi-cultural family. When Brenda and Nick got married in



1986, they had always envisioned adopting as a way of giving children a loving home and as a channel of sharing their blessings. Fast forward to 2014 in China, the couple have not only achieved this dream, they're extending their reach and influence as heads of ICCO.

There are a number of opportunities to impact lives of children who, for various reasons, have been abandoned by their parents. The work entails a lot of coordination that could use the hands of people who love organising events, putting their contacts to positive use and getting necessary medical people involved. Funds raised through various activities go to purchasing items such as orthopaedic shoes and wheelchairs and towards treating special health conditions-including those that require surgery. Donations are welcome for the nutrition program that provides nutrient-dense formula

milk for the premature and undernourished babies.

Once the children reach the age of fifteen, they are not able to be adopted anymore so they are moved from the orphanage to the adult facility. Sadly, volunteer work in these facilities has been limited by the authorities because of extra precautionary measures being taken to combat the

spread of bird flu. However, doors remain open for volunteer English teachers in both the children and adult sections. Presently there are 200 children in the orphanage, 400 in foster homes and 350 in the adult facility.

The current average ratio is one caregiver for every 5 children. Just to show you how much has improved over time and





through local and overseas donations, this ratio used to be 1:20 back in 1995. Since then, new buildings have been constructed to accommodate the growing number of orphans, which incidentally went through a sharp increase this year; all the more highlighting the importance of advocating adoption.

When people consider adopting, they usually have a picture of a 'normal', 'ideal', healthy child in their minds. It is rare that they would deliberately choose children who have physical ailments and disabilities. However, there are people who purposely seek orphans with special needs since some of them have had experience in dealing with children who have specific conditions or perhaps, as Brenda explains, it's simply because "each one is precious. Whether some parts of their bodies work or don't work, each one has value."

Brenda genuinely believes that each of these children can change lives in ways more powerful than we can imagine. "Anything that I was mad or upset about yesterday no longer matters when I stop to consider the value of human life. Looking at what this child has to live with forever, my life is just fine. These children are changing the world because they change our mindset in terms of what we think is important."

Karen and Adam Owen from the United Kingdom lost their four year old son Gavin to a rare genetic disorder and although they had an older daughter who was healthy, they wanted to maximise the skills that they had developed through years of caring for a disabled child. They adopted two: Angela who has cerebral palsy and Jayden, a victim of shaken baby syndrome. The Owen family is proof that something beautiful can emerge from the darkest situation.

From personal accounts on blogs and websites, there is more to adopting children with special needs than the obvious physical limitations. Australian quadriplegic, Graham wrote, "From the adoptive parent perspective, the rewards of adopting children with disabilities seem to far outweigh the difficulties. Many parents speak of the life changing experiences of their adoptions and report positive changes in their marriages, their other children, and their understanding of life meaning." The parents "delight in their child's positive characteristics such as an affectionate nature, contagious sense of humour, optimistic outlook on life, their ingenuity in overcoming obstacles and insightful acceptance of others. One indication of the success of adoptions is that many families choose to do it again."

Linda Peterson, author of the book, *The Apple Tree: Raising Five Kids with Disabilities and Remaining Sane* declares that their family is "a walking dictionary of medical conditions and psychological syndromes, some so severe that you would never expect that child to live

a normal life. Yet our children have survived and thrived."

Blogger Lauren Beihoffer wrote, "Adopting our older, special needs child was a leap of faith for our family. Although we have been stretched emotionally, physically and financially, I would not change a single moment of our journey. Though the challenges we face each day are real, so too are the joys and triumphs. Adopting an older, special needs child has made me stronger, wiser, more patient, and it has helped me to focus my life on the things that are most important--love, family and all the things that money cannot buy."

Most of the medical conditions these children carry may be more easily managed in technologically advanced countries with a wider network of resources and support systems, plus an environment



friendlier to those with mental and physical frailties. Something that may be difficult in China may not be as 'impossible' in other countries where the lives of disabled people have changed dramatically over the years, providing them with prospects

unavailable before. They are able to engage in sports, art, community events, pursue interests, and even hold down jobs. An enormous breadth of inspiring narratives is out there waiting to be uncovered.

If you are interested in helping children and adults with special needs in Tianjin, please email ICCO: tianjinicco@gmail.com or visit their website <http://www.tjicco.org/> and Facebook page: <https://www.facebook.com/tjicco>

If you are interested in adopting children with special needs, these may be some useful links to guide you through the process:

<http://specialneedsadoption.rainbowkids.com/>

<http://special-needs.adoption.com/children/adopting-a-child-with-special-needs.html>

<http://www.specialneeds.com/children-and-parents/general-special-needs/adopting-special-needs-child>

<http://sisterhaiti.com/adopting-special-needs-children/>



Xinjiang Ali Restaurant: Serving up the Best of Uygur Dishes

By Cathy Perez



新疆菜既具清真菜特性，又具有中国西北菜系味重香浓的烹饪特点，是广受欢迎的一种菜系。想在天津吃到正宗的新疆菜，就一定要错过位于和平区气象台路河沿道的新疆阿里餐厅。这家餐厅营业将近18年，口味一如既往的美味地道，是天津老字号好口碑的餐厅。炎炎夏日，叫上三两好友，一起去品尝地道的新疆菜肴吧，相信一定会满足你的味蕾。

Xinjiang Ali Restaurant has stood the test of time. Serving the best of Uygur dishes for the past twenty-two years is indeed a great feat in this city where new restaurants spring up every month and only the very best survive. Xinjiang Ali is one of them. Its vaunted dignity cannot be questioned and its offering cannot be missed. Located in Qi Xiang Tai Lu, Heping District (beside the Bedroom Bar and just a stone's throw away from the first Helen's), the façade of the restaurant isn't fancy at all, more so it's interior. There's no fancy furniture, no dazzling chandeliers or expensive decor, only



tables covered with white linen and plastic table covers, and chairs in colourful coverings distinctive of the Uygur culture. However, there are smiles from the staff as you come in and you're treated like a member of the family as Li Jie, one of the restaurant's key figures, talks to you like a mother asking her child what they would like to eat- while also suggesting the best dishes of the day and explaining what special ingredients are used to make them.

The best Halal dishes are available here, and flicking through their menu gives you the desire to splurge on food as photos of each dish are shown- from the yummy mutton and chicken kebabs, healthy and colourful veggie specialties, to their Xinjiang Pizza and scrumptious Xinjiang salad. Dishes here come in large portions and the photos in their menu do not lie.

For the past 18 years, Xinjiang Ali has had the same chef cooking Uygur favourites. Their menu consists of the best of Uygur dishes plus a whole range of other famous Chinese favourites. "What Muslim people care about is meat. This restaurant specifically gets its meat from the village so you can tell that it's healthy and unprocessed. I've been coming to this restaurant for a long time already and I can attest that their tastes you get here are the same as you would get if you went to the Xinjiang region," says Sair, one of Xinjiang Ali's long-time loyal customers.

Xinjiang beer, juices, tea and milk teas are also available at Xinjiang Ali. What's more, the restaurant also has a private room to accommodate parties of 10-15 people. Prices are reasonable, ranging from 10 CNY noodle dishes to huge meat plates for around a hundred kuai. You can really enjoy a feast here without hurting your pocket, whilst knowing that all of the dishes are healthy and well-prepared.

Experience the best of Uygur cuisine at the Xinjiang Ali Restaurant. Give yourself a proper culinary journey and come out with a happy and satisfied tummy!

For inquiries or reservations, call Xinjiang Ali Restaurant (Chinese only) at +86 22 2355 0761.

Refreshing Australian Lamb

Make sure you come and try our Michelin-trained chefs' beef tenderloin with delicate Truffle and Brittany blue lobster. The sea meets the earth in astounding fashion at Brasserie FLO.



Market Café's House Salad

Filled with fresh vegetables, topped with a tasty sesame sauce dressing (which is our chef's secret recipe), this is a simply delicious and healthy Hyatt Regency version of the house salad that you can find on Market Café's A La Carte Menu. Avocado, eggs, plum tomatoes, mushrooms, walnuts - the salty, sweet and crunchy factors make the house salad very appealing. It's a family favourite and always a big hit with friends.



Stewed Chicken with three cups sauce

Heat up a clay pot, put in shallot, ginger & garlic;

Continue by putting in golden pan-fried cod fish pieces and pour a serving of homemade three cups sauce on the top. The end result is a magnificent dish with a strong flavour, caramelised outer layers and tender meat in the middle. Very tasty!



Braised Beef

This dish is reminiscent of a return to the natural way of cooking. This method maintains a stronger taste and keeps the beef fresh, tender and delicious.



天津赛象酒店
TIANJIN SAIXIANG HOTEL



Great Live Music Venues in Beijing

By Grace Batty

炎夏来临，白天在空调屋里宅了一天，晚上总要释放一下一天的烦闷，首都北京更是如此。一到晚上，酒吧间里，伴着时而浓情，时而火爆，时而舒缓的音乐，大家畅饮开怀。音乐和表演让你尖叫的MAO Live House，音乐活动精彩纷呈的D-22 Live Music Bar，环境设施精良的The One Club都是可去之处，在那里你可以好好享受一下这个盛夏的夜晚。

One of the coolest things about this city is the nightlife. There are loads of great places where you can spend the evening with friends. Whether you want lively clubs, swanky cocktail bars or chilled out pubs, Beijing has it all. The city's bar scene has really excelled as of late when it comes to live music. There's certainly no shortage of places to listen to whatever genre gets you going, whether it's classic rock anthems or love ballads.

Here's a few of the hottest live music venues around town this summer...

The One Club

Admittedly it is a little bit hard to find this venue as it's nestled behind a bus station on the East Fourth Ring Road, but the quality of the performances and the excellent sound system make it worth your while. The One Club's décor is certainly much easier on the eye than most of the other live music venues around the city, which makes a nice change. It has a great vibe and has built a solid reputation for its great atmosphere and fantastic array of performances.

Address : 5 Good Loft, 19 Ganluyuan, Chaoyang District, Beijing

Phone : 010-85788853

D-22 Live Music Bar

D-22 is well worth a visit. You'll find quite a wide variety of genres being played and performed here. It is a nice place that attracts music lovers of all ages and from walks of life. Regular sets include everything from punk to jazz. There are also weekly movie screenings if that is your thing. The managers are very friendly and you can sense the close-knit atmosphere.

Address : 242 Chengfu Rd., Wudaokou, Beijing

Phone : 86-10-62653177

MAO Live House

This bar has a grungy feel to it and it attracts all kinds of people. MAO is known for its incredibly good sound system and spectacular performances from rock-style musicians. If you want a good old fashioned place to enjoy heavy metal, this is it.

Address : 111 Gulou Dongdajie, Dongcheng District, Beijing

Phone : 86-10-64025080



Bavaria Brauhaus and the Breakshaft Band

By Abbie Armstrong

位于意式风情街的巴伐利亚德餐啤酒坊是休闲度夏的好去处，在这色彩浓厚的德式户外啤酒花园，既能欣赏夏日的美景，也可品尝到浓香的咖啡和纯正的德国啤酒。同时还有地道的德国佳肴等待你的品尝。入夜之后，约上亲朋好友，对面而坐，随着驻唱歌手悠扬的声音，悠哉的度过美妙的夏日吧。



If you enter the Italian Style Town from the Haihe riverside, look to your right, there in the second block is Bavaria Beer Bar in its noticeable signage and unique façade. Bavaria is one of those places that have been around ever since Italian Style Town opened. Its barrels and barrels of beer welcome you as you make your way towards the door. On nice warm days there are tables and chairs outside, making it a perfect place to sit around and talk, or watch people pass by as you consume your dosage of beer. If green areas with wooden benches are your thing, sneak in through the back door where elegant vines are beautifully placed amongst fine furniture and there too you can relax and avoid the throng of people at the entrance or those at the bar area.

Bavaria opens from 10am until late. Their menu has a range of dishes carefully picked to impress Western taste buds. On days with nice weather, expect most of its customers to dine outside, lazily enjoying the breeze coming from the Hai River. The atmosphere of the Italian Style Town never fails to give an Italian charm: laid-back, relaxed, sophisticated and carefree.

At night, Bavaria changes its mood like a woman putting on her little black dress and rouge red lipstick - ready to own the night. Appropriate lighting reflects from the mirror and glasses on the bar, making way for a romantic and elegant ambience. Business people and yuppies fill the tables and order their favourite Western drinks that Bavaria is known for. Beers and other drinks here may be a bit pricey compared with other places, but good quality is guaranteed.

At 9pm, the stage is set and the Breakshaft band breaks in setting the mood for a lively night of music and great entertainment. Breakshaft, all band members hailing from the Philippines, is composed of Wendel Veloso (drums), Dondon Caleja (bass), Oliver Garcia (guitar), Gabriel Bajado (keyboard), and vocalists Philip Delacy, May Porlaje, and Lea Dela Cuesta. The band strikes a good balance when it comes to song selections, throwing in English pop songs and Chinese contemporaries, dishing out the most soulful ballads at the beginning of every set then notching the energy of the bar higher by blasting out the latest and coolest dance hits.

Breakshaft does it all with finesse. It's easy to see why there are many customers visiting the bar. After a while, you'll find people showing off dance moves, breaking away from their inhibitions. Some of the dance moves are funny, some eccentric, while others are downright fantastic and worthy of praise. It's an interesting mix and no one cares, after all, everyone is having fun whilst enjoying the bar's fine selection of beverages.

Breakshaft plays 4 sets a night until 12 midnight during weekdays and five sets on weekends.

(Bavaria Beer Bar, Italian Style Town, Hebei District)

Treat the Bleeding in your Gums Before They Get Worse

在我们的口腔里，有一样和牙齿一样重要的东西，那就是牙龈。牙龈问题同牙齿一样不容小视。牙龈出血是最常见的牙龈问题之一，“千里之堤毁于蚁穴”，如果忽视小小的牙龈出血，遭罪的是整个口腔。那么是什么原因导致了牙龈出血呢？什么样的人群最容易牙龈出血呢？我们怎样在日常生活中呵护牙龈呢？

Introduction

If you have been told you have periodontal (gum) disease, you're not alone. Many adults in the U.S. currently have some form of the disease. Periodontal diseases range from simple gum inflammation to serious diseases that result in major damage to the soft tissue and bone that support the teeth. In the worst cases, teeth are lost.

Whether your gum disease is stopped, slowed, or gets worse depends a great deal on how well you care for your teeth and gums every day, from this point forward.

What causes gum disease?

Our mouths are full of bacteria. These bacteria, along with mucus and other particles, constantly form a sticky, colourless “plaque” on teeth. Brushing and flossing help get rid of plaque. Plaque that is not removed can harden and form “tartar” that brushing doesn't clean. Only a professional cleaning by a dentist or dental hygienist can remove tartar.

Gingivitis

The longer plaque and tartar are on teeth, the more harmful they become. The bacteria cause inflammation of the gums that is called “gingivitis.” In gingivitis, the gums become red, swollen and can bleed easily. Gingivitis is a mild form of gum disease that can usually be reversed with

daily brushing and flossing, and regular cleaning by a dentist or dental hygienist. This form of gum disease does not include any loss of bone and tissue that hold teeth in place.

Periodontitis

When gingivitis is not treated, it can advance to “periodontitis”

(which means “inflammation around the tooth”). In periodontitis, gums pull away from the teeth and form spaces (called “pockets”) that become infected. The body's immune system fights the bacteria as the plaque spreads and grows below the gum line. Bacterial toxins and



the body's natural response to infection start to break down the bone and connective tissue that hold teeth in place. If not treated, the bones, gums, and tissue that support the teeth are destroyed. The teeth may eventually become loose and have to be removed.

Risk Factors

- Smoking. Need another reason to quit smoking? Smoking is one of the most significant risk factors associated with the development of gum disease. Additionally, smoking can lower the chances for successful treatment.
- Hormonal changes in girls/women. These changes can make gums more sensitive and make it easier for gingivitis to develop.
- Diabetes. People with diabetes are at higher risk for developing infections, including gum disease.
- Other illnesses. Diseases like cancer or AIDS and their

treatments can also negatively affect the health of gums.

- Medications. There are hundreds of prescription and over the counter medications that can reduce the flow of saliva, which has a protective effect on the mouth. Without enough saliva, the mouth is vulnerable to infections such as gum disease. And some medicines can cause abnormal overgrowth of the gum tissue; this can make it difficult to keep teeth and gums clean.

- Genetic susceptibility. Some people are more prone to severe gum disease than others.

Who gets gum disease?

People usually don't show signs of gum disease until they are in their 30s or 40s. Men are more likely to have gum disease than women. Although teenagers rarely develop periodontitis, they can develop gingivitis, the

milder form of gum disease. Most commonly, gum disease develops when plaque is allowed to build up along and under the gum line. How do I know if I have gum disease?

Symptoms of gum disease include:

- Bad breath that won't go away
- Red or swollen gums
- Tender or bleeding gums
- Painful chewing
- Loose teeth
- Sensitive teeth
- Receding gums or longer appearing teeth

Any of these symptoms may be a sign of a serious problem, which should be checked by a dentist. At your dental visit the dentist or hygienist should:

- Ask about your medical history to identify underlying conditions or risk factors (such as smoking)

that may contribute to gum disease.

- Examine your gums and note any signs of inflammation.
- Use a tiny ruler called a “probe” to check for and measure any pockets. In a healthy mouth, the depth of these pockets is usually between 1 and 3 millimetres. This test for pocket depth is usually painless.

The dentist or hygienist may also:

- Take an x-ray to see whether there is any bone loss.
- Refer you to a periodontist. Periodontists are experts in the diagnosis and treatment of gum disease and may provide you with treatment options that are not offered by your dentist.

How is gum disease treated?

The main goal of treatment is to control the infection. The number and types of treatment will vary, depending on the extent of the gum disease. Any type of treatment requires that the patient keep up good daily care at home. The doctor may also suggest changing certain behaviours, such as quitting smoking, as a way to improve treatment outcome.

Deep Cleaning (Scaling and Root Planing)

The dentist, periodontist, or dental hygienist removes the plaque through a deep-cleaning method called scaling and root planing. Scaling means scraping off the tartar from above and below the gum line. Root planing gets rid of rough spots on the tooth root where the germs gather, and helps remove bacteria that contribute to the disease. In some cases a laser may be used to remove plaque and tartar. This procedure can result in less bleeding, swelling, and discomfort compared to traditional deep cleaning methods.

How can I keep my teeth and gums healthy?

- Brush your teeth twice a day (with a fluoride toothpaste).
- Floss regularly to remove plaque from between teeth. Or use a device such as a special brush or wooden or plastic pick recommended by a dental professional.
- Visit the dentist routinely for a check-up and professional cleaning.

- Don't smoke

Can gum disease cause health problems beyond the mouth?

In some studies, researchers have observed that people with gum disease (when compared to people without gum disease) were more likely to develop heart disease or have difficulty controlling blood sugar. Other studies showed that women with gum disease were more likely than those with healthy gums to deliver preterm, low birth weight babies. But so far, it has not been determined whether gum disease is the cause of these conditions.

There may be other reasons people with gum disease sometimes develop additional health problems.

For example, something else may be causing both the gum disease and the other condition, or it could be a coincidence that gum disease and other health problems are present together.

More research is needed to clarify whether gum disease actually causes health problems beyond the mouth, and whether treating gum disease can keep other health conditions from developing.

In the meantime, it's a fact that controlling gum disease can save your teeth – a very good reason to take care of your teeth and gums.

Clinical Trials

Clinical trials are research studies of new and promising ways to prevent, diagnose, or treat disease. If you want to take part in a clinical trial about periodontal disease, please kindly visit Arrail Dental (No. 302 in the Tianjin International Building). This will give you a list of clinical trials on gum disease for which you might be eligible.



Japanese Encephalitis – Are You Protected?

Japanese Encephalitis is a viral disease that infects animals and humans. It's the most common cause of encephalitis (inflammation of the brain) and occurs in Asia and some parts of the Western Pacific. The World Health Organization (WHO) reports 30000 to 50000 cases annually.

Transmission:

The virus is transmitted by the Culex mosquito and occurs in rural agricultural areas where pigs are raised and where rice is produced. There have been cases in Tianjin and the surrounding area.

Symptoms:

In the majority of cases, Japanese Encephalitis infections are mild: most of the time, people have no symptoms or just a fever or headache. However, less than 1% of people will develop encephalitis about 5 to 15 days after being bitten by an infected mosquito. The symptoms are fever, headache, neck stiffness, disorientation, coma, seizures, spastic paralysis and death. 60% of severe cases are fatal, 30% of those who survive suffer from permanent brain damage. Encephalitis occurs mainly in young children because the older children and adults have been infected already and are protected by immunity.

Diagnosis:

The diagnosis is suspected based on symptoms and travel history and it is confirmed with a blood test or spinal fluid test.

Treatment:

There is no specific treatment and severe illnesses are treated by supportive measures.

Prevention:

The best prevention is to avoid being bitten by mosquitoes and ensuring you are vaccinated.

The WHO says that the risk of Japanese Encephalitis is very low for most travelers to Asia particularly for short term visitors to urban areas. If you are a resident in Tianjin, International SOS recommends vaccination to prevent transmission.

Vaccination:

Japanese Encephalitis requires a course of two injections on days 0 and 7 and a booster from 1 month to one year.

If you have any questions about Japanese Encephalitis, please consult your doctor.



Dr. Xavier Roux – Chief Medical Officer and Family Doctor, International SOS Tianjin and Tianjin TEDA Clinics



Welcome to International SOS Tianjin and TEDA Clinics

Our clinics in downtown Tianjin and TEDA provide quality medical services to International SOS members, including:

- Family practice
- Annual health checks
- Preventative health
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24 Hour Assistance Centre: 400 010 0787

Tianjin International SOS Clinic
 Opening hours: Mon - Sat 9am-5.30pm
 Clinic appointments: 2352 0143
 1/F Apartment Building, Sibernation Tianjin Hotel
 21 Jin Shan Road, He Xi District, Tianjin 300074
 天津市河西区武全山路
 喜来登大酒店公寓楼一层, 邮编 300074

Tianjin TEDA International SOS Clinic
 Opening hours: Mon - Fri 9am-5.30pm
 Clinic appointments: 6537 7616
 102-C2 MSD, 2nd Avenue, TEDA
 Binhai Area, Tianjin 300457
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Wellington College International Tianjin Celebrates Summer Fayre 2014

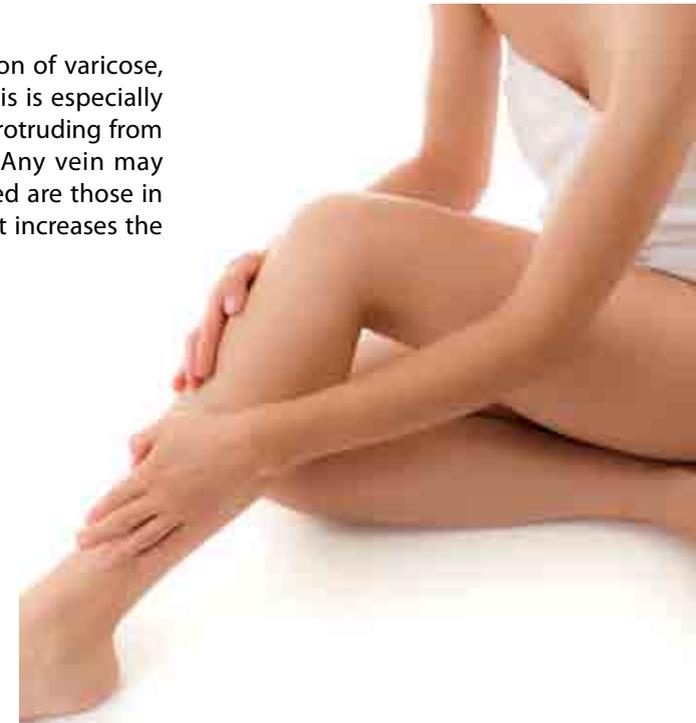
On Saturday, 7 June 2014, Wellington College International Tianjin celebrated the coming of summer by holding their annual Summer Fayre. The event was attended en masse by over 30 nationalities from all corners of the globe, as over one and a half thousand friendly faces came together in recognition and support of Tianjin's increasingly global community and premier international school.

A distinct international flavour wafted through the air as cuisines prepared by families of our student body were sampled by the crowds, alongside drinks and other light refreshments prepared with all ages in mind. Alongside the sumptuous foods and snacks, traditional games and activities - such as crowd favourites like Sponge the Teacher, kept all ages entertained, whilst competitions such as Tug of War went on in the background.

As spectators sat in the shade of blue umbrellas, they were treated to an array of wonderful performances from both students and friends of the Wellington community. Accomplished performances from student rock bands and junior school dance companies were complemented by extraordinary performances from Korean drum troupes, Chinese acrobats and traditional Tianjin musicians. Inside the school cafe, a mock airport departure lounge was run by our Junior School Literacy Coordinator, and our canteen boasted robots and ice slushies.

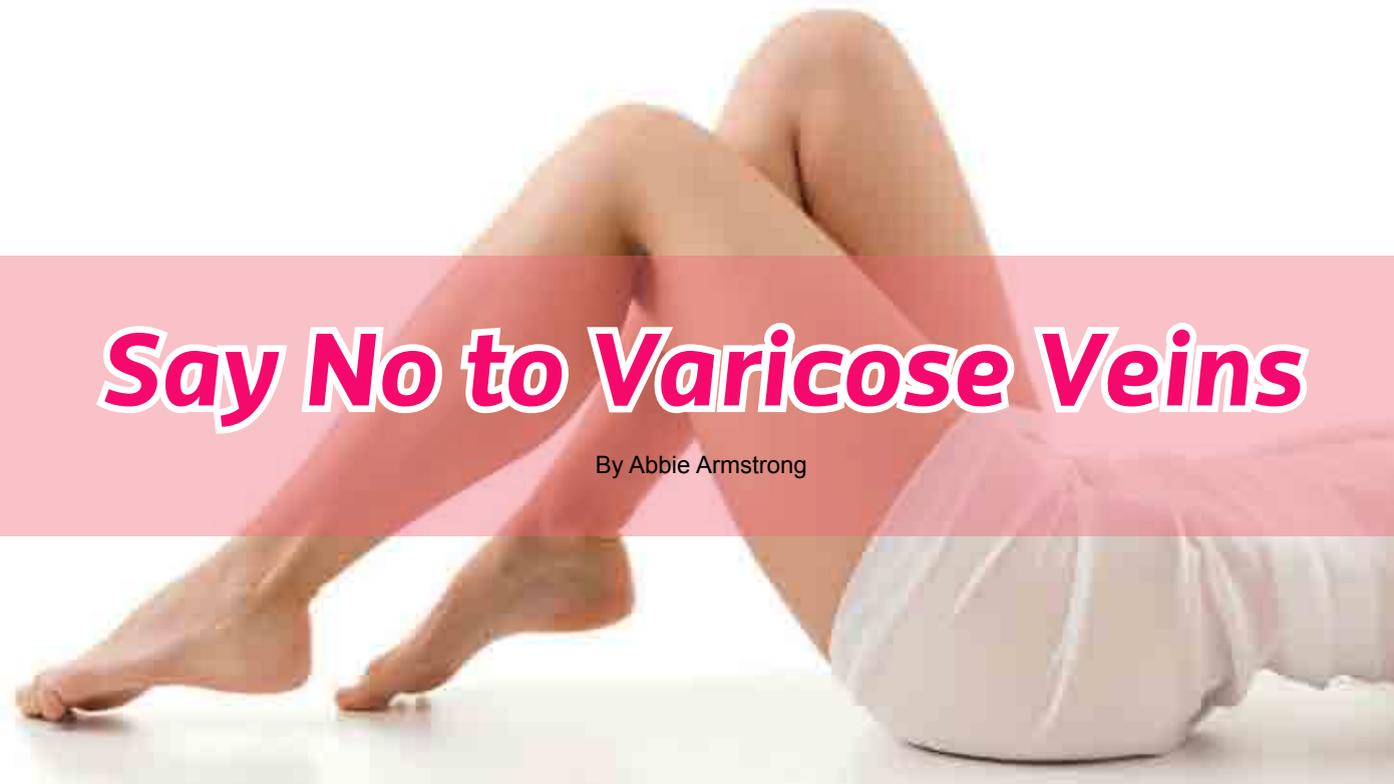
The organisation of this hugely successful fixture was a joint effort between the parents and staff of the Wellington community, supported all the way by the students of the school in their exceptional on-stage performances, as well as the hosting and running of a number of games and activities as part of the House system of the school. Overlooked by white fluffy clouds in a brilliant blue sky, for some the day would have acted as a reminder of home, but for others the day represented the truly international feel that they seek in Tianjin. Having been described by one onlooker as a "truly 'Wellington' event", the bond between the UK and the Chinese school seems stronger than ever.





Say No to Varicose Veins

By Abbie Armstrong



静脉曲张一直是女性健康的潜在杀手，它形成的主要原因是由于先天性血管壁膜比较薄弱或长时间维持相同姿势很少改变，血液蓄积，在日积月累的情况下破坏静脉瓣膜而产生静脉压过高，造成血管突出皮肤表面的症状。为了众多爱美人士的健康，本期小编就来跟大家说说如何预防和降低静脉曲张造成的苦恼。

Varicose and spider veins, a common, mild variation of varicose, are unnerving and harm people's self esteem. This is especially true when they bulge, looking like round seeds protruding from the skin. Varicose veins are gnarled, enlarged veins. Any vein may become varicose, but the veins most commonly affected are those in the legs and feet because standing and walking upright increases the pressure on the veins of the lower body.

It's estimated that 25 percent of all women and 10 percent of all men are affected by varicose veins. For many people, these irregularities in the veins are simply a medical concern. For others, the condition may cause aching pain and discomfort. In fact, varicose veins may lead to more serious problems. It may, for example, signal a higher risk of other circulatory problems.

Thankfully there are medical and surgical treatments available to deflate or remove varicose or spider veins. If you are suffering from this condition you may wish to consult a doctor about it. Alternatively, here are some lifestyle and home remedies that will help to prevent or, at the very least, postpone their development, decrease their severity and ease some of the discomfort they can cause.

Wear sunscreen. To limit spider veins on the face and to protect your skin from the sun.

Exercise regularly. Get moving. Walking is a great way to encourage blood circulation in your legs. Focus on exercises that work your legs like walking, running and cycling.

Watch your weight, and your diet. Control your weight to avoid too much pressure on your legs. Shedding excess pounds takes unnecessary pressure off your veins.

Watch what you wear. Avoid high heels. Low-heeled shoes work the calf muscles more, which is better for your veins. Don't wear tight clothing that constricts your waist, legs or groin. Tight panty-leg girdles, for instance, can cut off blood flow. However, compression stockings are good. Elastic support stockings put helpful pressure on your veins.

Don't sit with your legs crossed. It's possible to injure your legs that way, and even a minor injury can increase the risk of varicose veins. Some doctors believe this position can increase circulation problems.

Elevate your legs. To improve the circulation in your legs, take several short breaks daily to elevate your legs above the level of your heart. For example, lie down with your legs resting on three or four pillows.

Avoid long periods of sitting or standing. Make a point of changing your position frequently to encourage blood flow. Try to move around at least every 30 minutes or so.

Have a low salt diet. Eat a low-salt diet rich in high-fibre foods. Eating fibre reduces the chances of constipation, which can contribute to varicose veins. High-fibre foods include fresh fruits and vegetables and whole grains, like bran. Eating less salt can help with the swelling that comes with varicose veins.



My Style Notes

By Silvina Pardo

The New Colours and Textures for Summer 2014

Summer trends are in full swing, and so, too, are the colours that are beginning to define the upcoming ready-to-wear season. When it comes to what shades will be at the forefront, the combination of black and white is proving its staying power, while icy pastels and hints of pink are getting into the mix and technicolor is the new trend seen all over the runways.

Follow us on this journey through the international collections and find your favourite shade.

“假如你后退一步，我又跳一步向前，那么我们就一同住在美丽、热烈的夏天！”裴多菲在他的诗里如是说。没错，我们终于又一次来到了热烈美丽的夏天。面对着样式繁多、颜色各异的夏装，是不是又开始思考穿什么来迎接这个美丽热烈的夏天了呢？是醒目亮丽的缤纷色彩，还是大众百搭的牛仔，还是单一低调的黑白色彩？让我们看看穿衣达人是怎么做的吧！



Technicolor

Lush rainbow hues, head to toe primaries and block-colour brightens up the collections. Most dazzling of all are summer multicolour creations, showing a wonderful mix of colours, shade upon sumptuous shade. The whole idea was bold and painterly, as seen in the Chanel collection.

Following Celine inspirations, you will step into summer in new-season primary brights – one way you are guaranteed to get noticed. Clever investments, like a bright printed coat, will make every outfit pop. Alberta Ferretti and Emilia Lickstead choose colour-block in unusual colour combinations like red and orange, or pink and orange. Clash the pieces to suit your mood! For statement-worthy occasions, mix up your palettes from head to toe, as seen in Chanel and Emilio Pucci's ranges. Paintbox hues enliven simple separates. Pair them with an easy tee or a silk blouse to translate the trend from day to night.



Blue denim

NOTHING reflects fashion's easy-going new narrative like the ocean of bruised and battered denim. Even elegant designs – re-imagined in frayed and faded blues – discover a rugged, street-smart swagger.

Follow DKNY, Balmain, Topshop Unique and Altuzarra for inspiration. Think super-sized turn-ups, shredded cuffs, ripped waistbands, boiler suits, plaited denim and classic white tees. Rethink your denim portfolio with this season's avant-garde offerings. Indulge the new penchant for patchwork and chain embellishment with pieces from Paul & Joe and Balmain.

Stonewash, sun-bleached, true blue and distressed: any wash will work this year. Let your additions dictate the direction you take your denim: a white shirt and trench will project a preppy sensibility, while a camisole and mules will lend your look an easy appeal.

This is a trend to be worn around the clock. Match your jeans with heels to traverse the clock.



Pastels

Muted blush, mint, violet, and blue all walk the runways. Unexpected pink accents soften summer's athletic and edgy looks. Speak to your sweet side with pretty pastels in mint green, lavender and blush pink.

This season's shiny satin and shimmery iterations give pastels a fresh feel as seen in Tory Burch, Rag & Bone and Jason Wu. For a less girlie feeling, lend some edge with jewelled tones and leather.



Mono

MONOCHROME casts off its sixties connotations for good, as designers play with all manner of decorative devices to give black and white a fresh, modern makeover.

Pattern play, couture detailing, geometrics and intelligent design all have their part to play in this style story, with fashion luminaries Alexander Wang, Victoria Beckham, Rodarte and Celine - among others - all performing their role to perfection.

COUTURE DETAIL: Precious decoration brings a surprising softness to strict black-and-white designs, while the plain palette adds an approachable spin to elaborately embellished pieces. The results are simply beautiful.

INTELLIGENT DESIGN: Take the modernist approach to monochrome through angular tailored lines, unexpected layers, knife-sharp origami folds and a rigorously pared-down aesthetic.

GEOMETRICS: Following DVF creations, cool and modern yet eminently wearable, graphic geometric patterns find their clearest voice when played out in crisp black and white.

PATTERN PLAY: Pulsing from head-to-toe, mind-bending monochrome visuals inject high-impact glamour into easy evening looks.



ARIVA

ARIVA TIANJIN BINHAI SERVICED APARTMENT
滨海·艾丽华服务公寓

The newly built Ariva Tianjin Binhai Serviced Apartment consists of 130 spacious and comfortable apartments with beautiful river views. To meet the different needs of our Residents, the apartments range from one-bedroom to three-bedrooms, designed in a contemporary, luxurious style. Each apartment comes with a fully equipped kitchen, spacious living room and bedroom, separate dining room and storage room. Ariva Tianjin Binhai Serviced Apartment offers a variety of accommodation choices for both short and extended stays.

Ariva Tianjin Binhai Serviced Apartment has a complete range of amenities, including the gym, meeting rooms, reading room, café, restaurants, business centre, lobby lounge, convenience shopping store, as well as children's playroom. Everything you need is within indoors—life, work, and entertainment. All the apartments come with security card access system and 24-hour security measures to ensure safety and privacy of guests.



Ariva Tianjin Binhai Serviced Apartment
35 Zi Jin Shan Road, Hexi District, Tianjin 300074 P.R. China

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www.stayariva.com

What's your age, where do you come from, and what languages do you speak?

I'm 29 years old. I come from Mexico and I speak Spanish, English, Italian, French and trying to learn some Chinese now.

Why are you in Tianjin? And what's your impression of the city?

As a great lover of the unknown, I've been always looking for new adventures in my life. Italy was my first big challenge I had when I was just 16 years old and decided to move alone to that beautiful country. China was on my bucket list too. It has always attracted me so I had been looking for an opportunity to come during the past 5 years. Last year, when I was almost convinced that China was not for me, the opportunity finally knocked on my door and I just followed my heart and one of my favourite quotes: "Quit your job, buy a ticket, get a tan, fall in love and never return." And here I am, I bought my ticket, I got my new job and I found the love of my life. Tianjin changed my life completely. Now, I can confirm once again that you can reach your goals no matter how hard things get: just never give up!

What are some of your biggest challenges in living here?

Moving to China can be both exciting and frustrating. The language has been one of my greatest challenges so far. I naively thought English would be enough when coming to China; I was wrong! You need to learn some Chinese if you want to survive and bargain (laughs).

Where do you and your friends go for a lively night out?

We usually go to the Green Man, a nice place to drink a couple of coronas, eat dinner and have a nice time.

What's your favourite restaurant here and where do you usually go shopping?

Two of my favourite places to eat are Saizeriya and California Beef Noodles. For shopping, I'd say any place where you can find affordable goods like the shops on Binjiang Dao, the market on Shi Wu street and Dahutong.

Where do you think is the perfect spot in Tianjin that every traveller must go and visit?

One of the best places to visit in Tianjin is the banks of the Hai River. It is an ideal place to take a stroll, rest and develop your photography skills as it has beautiful scenic views.

What's the weirdest thing you've experienced here?

When I first came to China I had signed a contract to teach Italian. The man who contacted me told me they would provide accommodation, air tickets allowance, visa and salary. However, none of those things were accomplished. No free accommodation, no reimbursement of my tickets, and after one month of work, no salary! Besides, this creepy man was always checking on me. One day, when I got home, I found him at my place doing laundry! That's when I found out that the place where I was staying was his apartment. Being scammed was not a great experience but a really meaningful one.

Share with us some lessons you've learned from living here.

When you move to another country you have to get used to everything, even the country's bad habits and blemishes. You learn how to deal with those types of cultural differences, and then you become a more tolerant person. Asking for help has been also another lesson learnt in China. When you feel you are self-sufficient enough back in your homeland, China teaches you to swallow your pride and ask for help. Once in a while it's not that bad.



Aleida Mancilla

Rock Climbing For Hope

By Ben Hoskins

攀岩对于儿童来说是一项刺激挑战的运动，在攀岩比赛中，儿童不但能够锻炼体力，而且还能培养团队精神。近几年来，热爱攀岩运动的儿童增加，天津长浩极限攀登俱乐部为钟爱攀岩运动的儿童提供了绝佳的攀岩场所。在2014年举办的“2014KAILAS攀岩希望之星”比赛中，天津儿童展现了非同一般的活力，攀岩运动将会成为儿童运动的主流也说不定哦！

The 2014 Kailas Star of Hope National Youth Rock Climbing Competition was held on Sunday, 15 June, at the Tianjin Sports Institute. Held annually since 2009, the competition is put on by the Tianjin Trongau Climbing Club and aims to promote the sport of rock climbing amongst China's youth for the purposes of developing physical health and fighting a growing tendency towards a sedentary lifestyle.

This year saw a large number of children participate, ranging from 8-19 years old, and more so than the competition itself, there was an air of satisfaction, a sense of pride for accomplishing new things, an enthusiasm for increased bravery and courage, and an unprecedented level of excitement as parents and children spent quality time with each other.

Rock climbing has increased in popularity in recent years and at

one point was considered to be added as an Olympic sport for the 2020 games. While it has since been dropped from consideration, the sport continues to gain interest as people seek new and exciting ways to keep physically fit.

Peter Yang of Tianjin Trongau Climbing Club says the club has a goal of providing an avenue for Tianjin's youth to participate, experience, and enjoy this newly popular sport. He mentioned the declining health and absence of physical activity amongst many young people, and described rock climbing's ability to increase muscle development, improve hand-eye coordination, and enhance strength and balance. In addition to these physical benefits, he said that his club, as well as the annual competition they put on, hope to see other benefits as well, such as the development of greater self-confidence, a willingness to persevere, and the maturation of communication and interpersonal skills. In other words, the club is looking for holistic growth and

maturity that includes physical, as well as mental and emotional development.

There is hope that more and more of China's youth will find an activity they enjoy that allows them to improve not only their physical health, but also allows them to interact with others and learn an array of different life skills. Rock climbing is one such opportunity and the Star of Hope National Youth Competition is a forum that seeks to make this happen. Peter Yang and Trongau Climbing Club also thank the Tianjin Sports Institute, the Tianjin Climbing Association, and Tianjin Sina Sport for helping to make this year's competition a success!



How to Make 4 Classic

SUMMER COCKTAILS

in the Comfort of Your Own Home

炎热的夏季大家都想喝点冷饮消暑降温,但比起普通的饮料,你可有想过在家自制夏季鸡尾酒呢?本期,我们就为大家介绍四款容易制作且好喝好看的鸡尾酒,你只要到便利店采购好原材料,提前冻好冰块,便可以摇身变成调酒大师了。快来学习一下,然后在朋友聚会时大显身手吧!



This month we'll show you how to create a range of classic cocktails while you enjoy these hot summer months in Tianjin. All of these classics tipples can be put together in your home. You just need to nip out for a strategic shopping spree and get some ice cubes ready in the freezer before you start.

Blue Hawaiian

White rum
Curacao Blue Liqueur
Pineapple juice
Coconut milk
*Add an umbrella, a slice of pineapple and a red cherry on a toothpick for a nice decorative finishing touch.

Dirty Banana

Bacardi Rum
Kahlua Coffee Liqueur
Serving of Blended banana
*Blend all ingredients with a 12oz scoop of crushed ice.

Mojito

2 limes cut into wedges
A few fresh mint leaves
2½ tsp granulated sugar
A handful of ice
White rum
A splash of soda water
Sex on the Beach.

Vodka

Peach Schnapps
Grenadine syrup
Grapefruit juice
*Add a dollop of crushed ice and if possible, give the concoction a good shake before serving.

如今这个社会愈来愈开放,尤其在恋爱与婚姻方面。恋爱可以不仅仅是两个人的事情,可以发生在三个或更多人当中.....可内心保守的人依旧存在着,面对这样更开放的要求,恐怕内心难以承受,当自己的另一半要求一种更开放的恋爱关系——和你以外的另一个人恋爱,你会怎么办呢?快来听听我们的天使和恶魔会给出怎样的建议吧。

"Dear TJ+ Editors, I have a relationship dilemma. My partner of 2 years has recently decided that he wants us to have a more 'open' relationship whereby we are occasionally allowed to see other people on the side. I'm an open-minded girl, but I'm not sure if I feel comfortable with this kind of arrangement. What do you suggest I do?"
- Rachael



Angela says:

That sounds like a real recipe for disaster to me, Rachel. Seeing other people on the side, apart from being morally questionable, sounds like a sort of escape so as not to face the big issues you're facing.

Trust is an integral component in any relationship, break that and you create a string of problems. Besides, people look for relationships in order to feel secure, to feel that they are special and exclusive to someone. In an open relationship the first thing you break is your trust for each other. No matter how much your boyfriend convinces you that you will still have that trust even when your relationship is open, doubt will always creep in. Then there will be insecurities. You will no longer fight for your love to work. You will start to compete with others for your partner's attention and that is never a sign of a healthy relationship.

To be frank with you, your boyfriend should never have made this kind of proposition if he has certainty and commitment towards your relationship. The fact that he brought it up should be a sign for you to walk out that door.



Daemon says:



It's definitely an interesting proposition, but from a psychological perspective, I would say that any man who advocates an open relationship is probably crying out for attention in some way or another. The truth is that he's probably just trying to tell you that he's bored and he either wants to rekindle his relationship with you or try to find some excitement by playing the field.

Open relationships are pretty common these days because society is finally coming around to the notion that it's good to keep one's options open. If your boyfriend really does want to explore other possibilities, why not play him at his own game? There are plenty of very attractive, highly sophisticated and morally misguided young men like me in Tianjin who would be more than happy to facilitate your transition towards an open relationship. Dial 666 on your phone and I'll be there within 5 minutes to give you a shoulder to cry on!

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

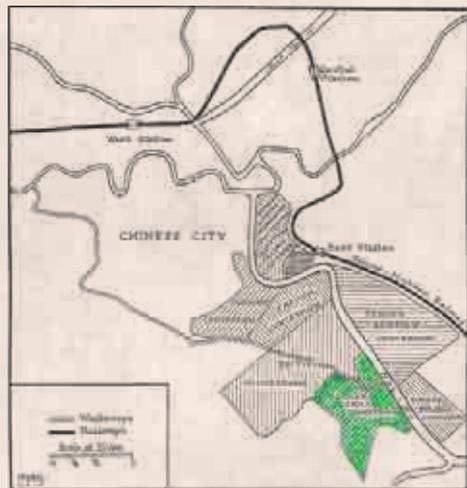
A Piece of Germany on the Hai He Tientsin's German Concession

By Andrea Klopper

天津曾经被几个国家划为许多块，成为自己国家的租界。德国曾经是这几个国家之一。而今绍兴道和台湾路交叉处的台湾路小学，解放路的小白楼都曾经是德国人的活动场所。然而光阴荏苒，斗转星移，昔日繁华，今夕是否依旧？或许只有这一张张老照片和残留在海河边上的一座座古老建筑可以说得清楚，道的明白……

The German Concession in Tientsin developed somewhat later than those of the other world powers of the time. In 1895, Germany had intervened in negotiations with Japan following the 1894-5 Sino-Japanese War. They challenged the cession of the Liaoning Peninsula to Japan in the Treaty of Shimonoseki. There were long and complicated negotiations which resulted in Germany being granted land in Tientsin, with an agreement finally signed on 30 October 1895. The lease was granted in perpetuity but with an annual land tax of 1000 large cash per mu to be collected by the Consul-General and paid to the Chinese authorities. Much of the delay was due to the question of how to deal with Chinese residents and Chinese graves in the area that was to be ceded to Germany south of the British Concession to the west of the Hai He River.

While Germany desired areas of land like this to boost the ambition of power and Weltpolitik of the day, they were not very willing to invest and bear financial risks. Thus the Tientsin Concession was soon handed over to the German-Asiatic Bank that took responsibility. The Bank was



to pay the Chinese the agreed sum for the land. It would also plot and lay out the concession, construct roads and bunding along the river. In return, the title deeds to the land and the right to private sale of land was granted to them. When the number of residents became large enough to necessitate a self-governing body, permission was obtained from Berlin. The Bank would hand over to such a body the land required for streets, parks and public places, without cost. Then in 1899, the Deutsche Niederlassungs-Gesellschaft, a limited company, was formed and took over municipal responsibilities. In 1906, a self-governing council was formed according to an act



German Concession marker from Tianjin Museum.

passed by the Reichstag on 3 June 1905. This elected body had administrative powers although the German Consul-General held the power of veto. The Gesellschaft retained the property rights to the land and functioned as a real estate firm. Much of the land was bought by Chinese and there was a strong Chinese presence alongside the German community, which was itself spread across the concessions.

After the Boxer Uprising of 1900,



Two postcards showing the concession with its distinctive German architecture.

Germany was granted even more land, as was the case with all the eight powers that sent troops to relieve the sieges of Tientsin and Peking. Roads were built to German standards and bore German names such as Kaiser Wilhelmstrasse and Schreyer Strasse; buildings bore marks of traditional German architecture. From September 1901, a German garrison was stationed there.

It was to become a favoured living quarter. There was the German Club, known as the Concordia which was a hub for German cultural life. Originally opened before the Boxer Uprising, it was a

4 storey building on Victoria Road. In 1897 it moved into its present fine building, still standing on the Dagu Road. There was a German school known as an 'Oberschule', run by local expatriate Germans working with the Ministry of Education in Berlin. A school Board managed fund raising and received personal donations to enhance school facilities. The Board was ably led by Mr Hans Jansen and later Dr Lothar Biller with architect Rolf Geyling serving as secretary. A long-standing headmaster was Wolfgang Mueller and various people in the community contributed to the

school programme and extra-curricular activities. It catered to students from kindergarten to Year 12 and had both academic and more vocational streams, both becoming more challenging over the years with shifting political currents. As most of the expatriate families were from North Germany, religious instruction was Protestant of the Lutheran/Augsburg variety.



Some hints of the German concession as seen in the architecture of buildings now demolished (By Andrea Klopper 2005)



Present school on the site of the former German School of Tientsin on the corner of Shao Xing Dao and Taiwan Lu, with a former student in the foreground (Photo by A. Klopper 2014)



The renovated German building that is now the Indigo Hotel. (by A.Klopper 2014)



Above: The German-American Hospital built by Geyling and Scoff (Photo from Geyling 2012:260)



German Club Concordia in 2005 (Photo by A. Klopper)

There was the German Post Office, set up under the Chinese Imperial Postal Service, that had broken away from the Imperial Customs Service in 1897. Today it is the Indigo Hotel (though this was recently questioned by a former German resident). Part of that complex covers what was the German-American Hospital, opened in 1926, with Doctors Breull and Eix serving (Peking and Tientsin Times Nov 1926).

It was here that the famous Kiessling and Bader bakery was also located. Started in 1901 by Karl Albert Kiessling and Friedrich Bader, it employed many young Russian women seeking to survive having fled their homeland during the Russian Revolution. The bakery provided a wide range of delicacies catering to various European tastes. While the original building is no longer, a later branch in Xiao Bai Lou remains.

With the First World War, China joined in declaring war against Germany. The German Concession's administration was taken over by the Chinese authorities in March 1917. In 1918, on hearing news of the Armistice in Europe, the distinctive bronze statue of Kaiser Wilhelm or the German hero Roland (less respectfully referred to as 'Tin Willy' by the British) which had been erected in 1905 to commemorate German soldiers who had died in the Boxer Uprising was torn down. The road on which it stood by the German consulate (see picture) was renamed Woodrow Wilson Road at about the same time.

At the end of the war with the signing of the Treaty of Versailles, German possession of the concession was cancelled (Article 132). Germans were to remain in the concession, many having established businesses in Tientsin. Many were to become long-term residents, leaving only in 1950.



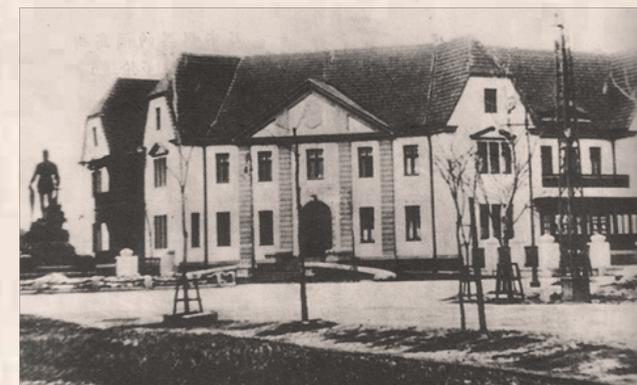
The famed Kiessling-Bader bakery, demolished but on the site of a park opposite the German Club Concordia on Jie Fang Lu.



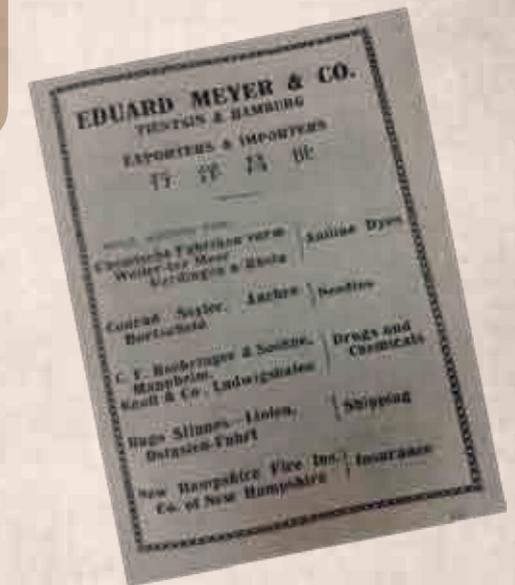
Former Kiessling Bader location on Jiefang Lu, now a park and surrounded by skyscrapers – a far cry from its former feel. (Photo by A.Klopper 2014)

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Roland Statue seen on the far left at the intersection by the German Consulate on Kaiser Wilhelm Strasse (now Jiefang Lu) in 1911.



Evidence of German business in Tientsin. Advertisement from the China Yearbook 1920-2.

Special Days of July 2014

By Tracy Hall

七月注定不是平淡的季节，辉煌的美国独立日、惬意的工作狂休息日，划时代的攻占巴士底监狱日，享用美食的意大利宽面日，都给七月涂上多姿多彩的色彩，让我们一起迎接不平凡的七月到来吧！

Independence Day (4 July)

God bless America! On 4 July Americans are especially thankful to their founding fathers for releasing the nation from the shackles of colonial rule and thus allowing their descendents to enjoy prosperity and freedom; apart from the occasional recording of people's phone calls of course...

Who in the 18th century would have guessed that this newly independent nation would go on to be the biggest economic, political, militaristic and cultural superpower in the world? Perhaps if the British had known just how much potential this great country had then they would have put up more of a struggle.



Workaholics Day (5 July)

Ah, finally, a day has been put aside for the rest of society to express their commiserations for the corporate warriors who just don't know when to stop. Those who have suffered from workaholicism will know that there are serious consequences to this crippling psychiatric condition. If you're wondering whether you could also be a workaholic, the key symptoms to look for are: stress, an inability to stop thinking about your job, the absence of happiness, the breakdown of personal relationships and having more money than you know what to do with. The latter is a particularly hard problem to resolve, but with a bit of retail therapy one can begin to get these symptoms under control.



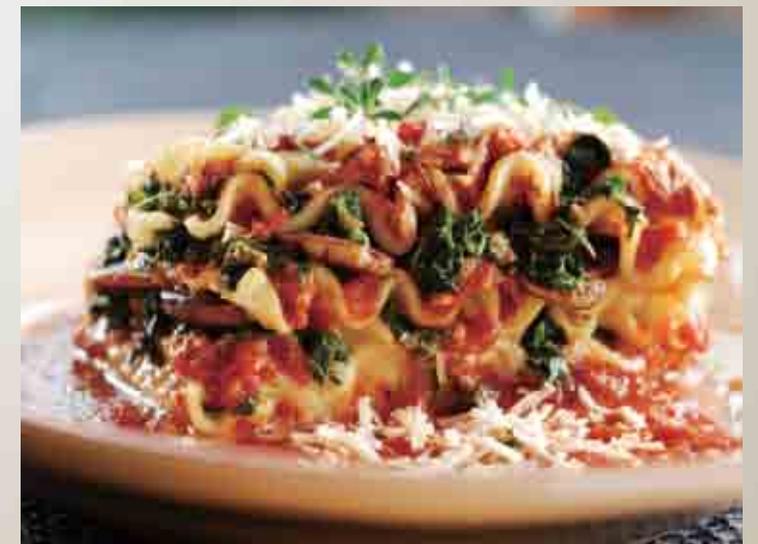
Bastille Day (14 July)



The siege of the Bastille prison in France on that fateful day of 14 July 1789 marked a turning point in the way modern societies view monarchical rule. Sadly some of us still have to live as subjects of European royal families, but thanks to the efforts of revolutionaries in centuries gone by these crusty old relics of a bygone chapter in history no longer have any real power. Therefore, on this day each year we should all stand up and belt out a very heartfelt "Vive la France!" in honour of those who fought tooth and nail to win their democratic freedom from the iron rule of the monarchy.

Lasagne Day (29 July)

This fine culinary creation is quite possibly the greatest Italian work of art since Da Vinci painted the Mona Lisa. On this very special day you have a great excuse to satisfy your hunger by putting together a mouth-watering lasagne, comprised of thick tomato sauce, minced meat, onions and cheese, sandwiched between multiple sheets of pasta. If you're feeling lazy when the big day arrives, simply make your way to the nearest Italian restaurant and order a generous portion of this classic mountain of meatiness.





The Beach @ The River Lounge, The St. Regis Tianjin

A very impressive and successful beach party debuted at the River Lounge of The St. Regis Tianjin which was transformed with 800 square meters of sand.

On the day of the event, hundreds of citizens and tourists were attracted to the event, which was a first in the city of Tianjin. Guests could play beach volleyball and many other beach games. The beach party also created lots of fun for the children, building sand castles, chasing and throwing water balloons at each other, and even a mini swimming pool.

The unique beach environment brought relaxation during the hot summer without wasting a long time on transportation to the sea, and it was found at the River Lounge of The St. Regis Tianjin.



Enduring love, everlasting St Regis



On 22 June, 2014, The St. Regis Tianjin together with Manor de Prague Wedding Planner successfully held the annual grand wedding fair at The St. Regis Tianjin.

Internationally renowned wedding jewelry companies and wedding dress debut on the wedding fair. Hundreds of couples were introduced to the unique riverside wedding ceremony in Tianjin. The St. Regis Tianjin wish every weddings hold in St. Regis could carries the brand's Centennial bless, love immortal.

Summer wedding show at The Astor Hotel, A Luxury Collection Hotel, Tianjin

Imagine exchanging your vows in the British garden or dancing in the magnificent Buckingham Ballroom with a panoramic view of the Haihe River. The Astor Hotel, A Luxury Collection Hotel, Tianjin hosted its summer wedding show on 14 June, 2014. With cooperating with the leading wedding consult company – Nice Wedding and Jin Bridals, the first wedding show with star sky in Tianjin was launched at The Victorian Lounge. Two bridals live shows, ballet & waltz dance, the modern wedding case share, chef cooking stations for wedding menu tasting and grand lucky draws completed the perfect wedding venues in this 151 years old luxury hotel.



The Perfect Venue to Say “Yes, I Do”

Hyatt Regency Tianjin East’s First Traditional Chinese Style Wedding Fair



The newly opened Hyatt Regency Tianjin East launched its first wedding fair. The wedding fair showcased a traditional Chinese wedding ceremony and expressed the belief of love coming from an old saying “To hold your hand and grow old together.”

With over 27 years of brand history in Tianjin, Hyatt Hotel is one of the best choices for the couples to say “Yes, I Do”. The new contemporary landmark – Hyatt Regency Tianjin East, provides the brides and grooms-to-be a brand new venue for inspiration and new ideas. The reputable professional team offers on-stop wedding services to guarantee a smooth and unforgettable wedding ceremony.

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Bakeries & Desserts

PH **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 Nancuiping 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

Tian Tai Xuan 天泰轩中餐厅 Elegant interior includes a private elevator serving ten luxurious private dining rooms. The restaurant's tasteful lighting, warm, organic tones and sophisticated décor work together to emphasize the magnificent subtlety of each item on the menu. **A:** 1st and 2nd Floor, The Ritz-Carlton, Tianjin, No. 167 Dagubei Road, Heping District, Tianjin 和平区大沽北路167号天津丽思卡尔顿酒店一楼和二楼
T: +86 22 5809 5098

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

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

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

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

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天街2-02(迪卡侬运动超市旁)
T: +86 22 5988 6665



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

Indian

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

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

Thai

HP Kudos Thai Restaurant & Lounge Bar 泰廷泰国餐厅 National cuisine of Thailand, which places emphasis on lightly prepared dishes with strong aromatic components. **A:** No. 39, 4F, North Block, No. 2-6, Joy City, Nanmen Wai Da Jie, Heping District 和平区南门外大街2-6号大悦城北区4楼39号(南马路路口)
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: +86 138 2111 8292



Western

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

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

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

Seasonal Tastes “知味” 全日餐厅 Offers guests an innovative combination of Asian and international cuisine. 00:06-10:00; 11:30-14:30; 17:30-21:30. **A:** 1F, The Westin Tianjin, No. 101, Nanjing Lu, Heping District 和平区南京路101号天津君隆威斯汀酒店1层
T: +86 22 2389 0088

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



Zest 香溢 - 全日餐厅 A heady mix of gastronomy and entertainment, drawing inspiration from the sensory feasts of Hong Kong's open-air dining culture, the aromatic romance of Italian bistros and the elegant minimalism of Japanese delicacies. **A:** 1st Floor, The Ritz-Carlton, Tianjin, No. 167 Dagubei Road, Heping District, Tianjin 和平区大沽北路167号天津丽思卡尔顿酒店一楼
T: +86 22 5809 5109

NK 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:** Room 333, 6th Building, Jin Ao International Square, Wei Jin Nan Road, Hexi District 河西区卫津南路中石油桥下万科金奥国际广场商业6号楼333室(纪明家园)
T: +86 22 5966 5109

Aulare urban latin restaurant 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

HEBE Restaurant & Lounge Club 赫柏餐厅酒廊 Integrating a stylish restaurant, a classy lounge club that can compete internationally and a fashion show room into one, is a sophisticated dining and recreation venue. **A:** No. 1, North Gate of Tianjin Olympic Center Stadium, Binshui West Road, Nankai District 南开区滨水西道天津奥体水滴北门1号位
T: +86 22 2752 1068

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

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

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 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(富丽津门湖公交站对面)
T: +86 22 8815 8577

HB 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

HD Café@66 咖啡66 European brassiere with a twist, an all-day dining restaurant featuring both buffet and la carte menus. 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

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

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

Vietnamese

HX Nha Trang Authentic Vietnamese Cuisine 芽莊越式料理 **A:** 5F, Star Hall, Galaxy International Shopping Mall, No. 9, Leyuan Dao, Hexi District 河西区乐园道9号银河国际购物中心星光厅5楼
T: +86 22 8388 7555

Mexican

NK TJ-Mex 墨西哥餐厅 **A:** 1F, Bldg. A3, Magnetic Plaza, Binshui Xi Dao, Nankai District 南开区滨水西道时代奥城商业广场A3座1楼
T: +86 22 5811 3300

Coffee Shops

HP Perfect Day Café 美天西餐咖啡 A location favoured by many expats to hang out with friends and have a cup of American coffee. They also organise regular cultural activities. 10:30-00:00. **A:** 2F, Vanke City Garden, crossing of Xinxing Da Jie and Xikang Lu, Heping District 和平区新兴大街与西康路交叉口万科都市花园二楼马赛公寓2A
T: +86 22 2783 7104

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

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

Tea Houses

HP Yang Lou Tea House 洋楼茶居 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

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

Bars & Discos

PF 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

Flair 餐厅酒吧 Featuring made-to-order sushi and contemporary interpretations of Southeast Asian appetizers and snack foods, extravagant collection of Champagne and whiskeys, a live DJ to shape the night's character and Tianjin's only cigar lounge enhance Flair's mystique.
A: 1st Floor, The Ritz-Carlton, Tianjin, No. 167 Dagubei Road, Heping District 和平区大沽北路167号天津丽思卡尔顿酒店一楼
T: +86 22 5809 5099

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

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

SITONG Bar 昔唐音乐酒吧 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

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

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 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

HX 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

NK 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

HB 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

HD Churchill Wine & Cigar Bar 丘吉尔红酒雪茄吧 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

KTVs

HP 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

HX 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

Hua Li Massage Center
Room Service Price

- A. Body Massage: 60Mins/200RMB
- B. SPA Service: 90Mins/600RMB
- C. Full Service: 120Mins/900RMB

022 23322636
159-2222-4316(En)

Room 1009 Rueijhu Building 1, No. 239 Nanjing Road

24 Hours Outcall

HP Heping **NK** Nankai **HX** Hexi **HB** Hebei **HD** Hedong **HQ** Hongqiao

Beauty Salons

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

AX 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

Spa & Massage

HX 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

HD 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

HP 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

Hospitals

HX 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

International SOS Tianjin and TEDA Clinics 天津国际(SOS) 紧急救援诊所 International SOS Tianjin and TEDA Clinics support International SOS members living and working in Tianjin and TEDA areas and deliver integrated, quality, comprehensive medical care. Services span from family medicine to 24/7 emergency services. Languages spoken include; English, Chinese, French, Spanish, Japanese. International SOS is the world's leading medical and travel security services company, caring for clients across the globe, from more than 700 locations in 76 countries. 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
A: 102-C2 MSD, 2nd Avenue, TEDA Binhai Area 天津经济技术开发区第二大街泰达现代服务区C2座102室
T: +86 22 6537 7616

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

Golf Clubs

HP 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

JH 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

Gyms

HP 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

NK 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 南开区宾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 南开区宾水道
T: +86 22 2338 2008

DG Dagang **XQ** Xiqing **BD** Baodi **DL** Dongli **BS** Baoshui **JH** Jinghai

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

ROYAL RELOCATION CONSULTANTS
A: Room 301, Building 19, Magnetic Capital Serviced Apartment West Bin Shui Rd. Nankai District
T: +86 22 2813 6943
E: info@royal-relocation.com
W: royal-relocation.com

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

Hotels

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

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

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

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

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

The Astor Hotel, A Luxury Collection Hotel, Tianjin 天津利顺德大饭店 豪华精选酒店 First opened in 1863 and refurbished in 2010, the hotel is a landmark in Tianjin's history. Favoured for its traditional appeal and high-standards. **A:** No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号
T: +86 22 2331 1688

The Ritz-Carlton, Tianjin 天津丽思卡尔顿酒店 A landmark hotel located in the heart of the city offering unparalleled and memorable experiences. **A:** No. 167 Dagubei Road, Heping District, 和平区大沽北路167号
T: +86 22 5857 8888

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486号
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 **A:** No.6 Jieyuan Road, Hongqiao District, Tianjin, 天津市红桥区芥园道6号
T: +86 22 5877 6666
F: +86 22 5877 6688
W: holidayinn.com/tjaquacity

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 索亚风尚酒店 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 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 TIANJIN EAST 天津帝旺凯悦酒店 **A:**126 Weiguo Road, Hedong District, Tianjin, 300161, People's Republic of China 天津市河东区卫国道126号
T: +86 22 2457 1234
F: +86 22 2434 5666
W: tianjin.regency.hyatt.com

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



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

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



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

Antiques & Souvenirs Streets

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 南開區鼓樓

Caozhuang Flower Market 曹莊花卉市場 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 西青區中北鎮曹莊子外環線7號橋北

Art Galleries

Min Yuan Xi Li Culture & Invention District 民園西里文化創意街區 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 和平區常德道29-39号 **W:** minyuanxili.com

Art Districts

Western Art Gallery 西洋美術館 A classic style building which is 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. 和平區解放北路與赤峰道交口 **T:** +86 22 2330 3255

Western Shore Art Salon 西岸藝術館 Unique gothic-style building engaged in elegant music performances, art exhibitions, poetry reading. 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 河西區友誼北路與馬場道交口3号 **T:** +86 22 2326 3505

Tianjin Academy of Fine-Arts 天津美術院美術館 The multifunctional museum has an exhibition hall, a library, a gift shop and a conference centre. CNY: 10. 09:30-16:30. **A:** No. 4, Tianwei Lu, Hebei District 河北區天緯路4号 **T:** +86 22 2624 1540

Museums

China House Museum 瓷房子博物館 It's decorated with ancient pieces of porcelain, crystal, white marble, jade figurines, etc. CNY: 35. 09:00-17:30. **A:** No. 72, Chifeng Dao, Heping District 和平區赤峰道72号 **T:** +86 22 2314 6666

The Astor Hotel Tianjin Museum 天津利順德大飯店博物館 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 和平區台兒莊路33号 (天津利順德大飯店內) **T:** +86 22 2331 1688

Chinese Shoe Culture Museum 中國鞋文化博物館 Displaying 56 special themes with over one thousand pairs of shoes. Memory 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 南開區古文化街海河樓 **T:** +86 22 2723 3636

Memorial Hall to Zhou Enlai and Deng Yingchao 周恩來鄧穎超紀念館 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 南開區水上公園北路 **T:** +86 22 2359 2257

Tianjin Museum 天津博物館 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 河西區平江道與越秀路交口 **T:** +86 22 8300 3000 **W:** tjbwg.com

Yangliuqing Wood-Block New Year Pictures Museum 天津楊柳青木版年畫博物館 It is one of China's well loved folk arts, having a history of more than 400 years. 09:00-16:30 (Tuesdays-Sundays) **A:** No.111, Sanheli, Tonglou Area, Hexi District 河西區佟樓三合里111号 **T:** +86 22 2837 8718

Jade Buddha Museum 玉佛宮 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 寶坻區京津新城祥瑞大街 **T:** +86 22 2249 8995

Parks

Tianjin Water Park 天津水上公園 Tianjin's best preserved park. A year-round attraction for nature lovers with nine islands and three lakes. **A:** No. 33, Shuishang Gongyuan Bei Lu, Nankai District 南開區水上公園北路33号

Tianjin Botanical Garden 天津植物園 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 西青區中北鎮曹莊子外環線7號橋北 **T:** +86 22 2794 8011

Theatres & Cinemas

IMAX China Film 中影國際影城 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 和平區解放北路津灣廣場6區3層 **T:** +86 22 2321 9061 ext. 8001 **W:** imax.com.cn

Tianjin Concert Hall 天津音樂廳 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 和平區建設路88号 **T:** +86 22 2332 0068 **W:** tjconcerthall.com

Tianjin Cultural Centre Grand Theatre 天津大劇院 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

University of Maryland Robert H. Smith School of Business China Leadership EMBA Program 马里兰大学史密斯商学院中国领导力EMBA项目 In Partnership with the University of International Business and Economics, provide part-time EMBA in Beijing. SCHOOL IS NOT JUST FOR KIDS! **A:** 2505-A CITIC Building, 19 Jianguomenwai Street Beijing 北京市朝阳区建国门外大街19号国际大厦2505-A **T:** +86 10 6500 3930 **E:** Beijing@rhsmith.umd.edu **W:** www.rhsmith-umd.cn

Tianjin International School 天津國際學校 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號增1号 **T:** +86 22 8371 0900 **W:** tiseagles.com



Wellington College International Tianjin 天津惠靈頓國際學校 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 紅橋區義德道1号 **T:** +86 22 8758 7199 ext. 8001 **M:** +86 187 2248 7836 **E:** admissions@wellington-tianjin.cn **W:** wellington-tianjin.cn

Raffles Design Institute, Tianjin 天津萊佛士設計學院 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 西青區津靜路28號H座 **T:** +86 22 2378 9535 ext. 502

International School of Tianjin 天津經濟技術開發區國際學校天津分校 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 津南區(雙港)微山南路 **T:** +86 22 2859 2001 **W:** istianjin.org

Kindergarten

Jeff's House Kindergarten 杰夫幼稚園 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 和平區睦南道77号(近河北路) **T:** +86 22 2331 0236/0636 **W:** jeffhouse.net

Language Schools
Care International Language Training 凱爾語言培訓中心 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 和平區南京路誠基中心3號樓1402室 **T:** +86 22 2737 3937

Hanbridge Education 漢橋教育 **A:** C4-308/309, Magnetic Capital International Office Building, Nankai District 南開區奧城國際寫字樓C4-308/309 **T:** +86 22 5837 5737

Tianjin Translation College 天津翻譯專修學院
Tianjin Golden Collar Translation Center 天津市金領翻譯服務中心 **A:** No. 5 Pinghu Road, Anshanxi Street, Nankai District 南開區鞍山西道平湖路5号 **T:** +86 22 2737 9758 **E:** jenny_tj@126.com

Exhibition Centres

Tianjin International Exhibition Centre 天津國際會展中心 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 河西區友誼路32号 **T:** +86 22 2801 2988

Tianjin Meijiang Exhibition Centre 天津梅江會展中心 Located in the growing area of Meijiang, this makes it an attractive choice for holding major international conferences. 09:00-17:00. **A:** No. 18, Youyi Nan Lu, Xiqing District 西青區友誼南路18号 **T:** +86 22 8838 3900 **W:** mjcec.com

Libraries

Tianjin Library 天津圖書館 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 南開區復康路15号 **T:** +86 22 2362 0082 **W:** tjltj.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 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

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

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

Serviced Offices



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



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

Legal Service



Beijing Yingke Law Firm
Tianjin Office
Providing full range of legal services under China laws and regulations:- contract, corporate, labor law, due diligence, mergers and acquisitions, real estate, investment, dispute solution, litigation and arbitration, etc.
E: liyi@yingkelawyer.com
W: http://english.yingkelawyer.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

HXQ 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

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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: xjyycy.com

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

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

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

Indian & Thai

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

Japanese

Kuinoi 云井日本料理店 Experience a unique dining experience in a luxurious, elegant atmosphere with top-class service. 10:30-00:00 (Next to KFC). **A:** King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰佰汇商业广场(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号鸿泰佰汇商业广场2-1-6号
T: +86 22 6629 5488

Western

Brasserie Restaurant 万丽西餐厅 Contemporary daily breakfast, lunch & dinner buffets, featuring European & Asian selections served from a large open kitchen. 06:00-00:00. **A:** 1F, Renaissance Tianjin TEDA Hotel & Convention Centre, No. 29, 2nd Avenue, TEDA 开发区第二大街29号天津万丽泰达酒店及会议中心1楼
T: +86 22 6621 8888 ext. 3711



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



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

Salsa Churrasco 巴西烧烤餐厅 A typical Brazilian barbecue restaurant with waiters going from table to table with skewers of picanha. 11:30-14:00; 17:30-22:00. **A:** 11F, Holiday Inn Binhai Tianjin No. 86, 1st Avenue, TEDA 开发区第一大街86号天津滨海假日酒店11层
T: +86 22 6628 3388 ext. 2740

Tea Houses

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

Coffee Shops

Starbucks Coffee 星巴克咖啡 This American chain provides coffee with a selection of tasty muffins, sandwiches and fruit cups. **A:** 08:30-23:00. C102, Juchuan Jin Hai'an Building, No. 453, Jiefang Lu, Tanggu District 塘沽区解放路453号巨川金海岸商界C102;
T: +86 22 2589 3409
A: 09:30-22:00. 1F, Tianjin Friendship Mingdu Store, No. 19, Huanghai Road, TEDA 开发区黄海路19号天津友谊商厦名都店一层
T: +86 22 6620 1781
W: starbucks.com.cn

Bars & Discos



Happy Soho Live Music & Dance Bar 欢乐苏荷酒吧 Live Filipino band with hot Russian dance girls. 20:00-02:00. **A:** (Opposite of Central Hotel) No. 16, Fortune Plaza, 3rd Avenue, TEDA 开发区第三大街财富星座16号(中心酒店对面)
T: +86 22 2532 2078

Mi Cang Salon & Bar 迷藏 Be away from hurly burly, let's hide for a while, play hide and seek with the world. Come here to enjoy your own habits and collections. **A:** Golden Sunshine Community, Jietai Jie, TEDA 开发区捷泰街金色阳光小区(第三大街北侧大街)
T: +86 22 6638 9838 or +86 186 2250 3367

V Lounge A wonderful place to unwind after work, to stretch out after dinner, or just chill. **A:** No. 2-07, Binhai Sky Fashion Boulevard, Aoyun Lu, Binhai New Area 滨海新区奥云路滨海时尚天街2-07号(近泰达足球场)
T: +86 22 5985 9988

KTV

Eastern Pearl 东方之珠 KTV An ideal venue for people to relax and sing. 10:00-05:30. **A:** No. 507, Jiefang Lu, Tanggu District 塘沽区解放路507号
T: +86 22 2586 2222

Spa & Massage

Sheraton Shine Spa 喜来登炫逸水疗 **A:** 3F, Sheraton Tianjin Binhai Hotel, No.50, 2nd Avenue, Binhai New Area 开发区第二大街50号天津滨海喜来登酒店3层
T: +86 22 6528 8888 ext. 6021

Touch Spa Ultimate relaxation in a soothing atmosphere. 06:00-23:00. **A:** 2F, Renaissance Tianjin TEDA Hotel & Convention Centre, No. 29, 2nd Avenue, TEDA 开发区第二大街29号天津万丽泰达酒店及会议中心
T: +86 22 6570 9504

Hospitals

Tianjin TEDA International SOS Clinic 天津国际SOS天津泰达诊所 The Clinic offers offer family physicians that speak English, Chinese, Japanese and French in order to cater for the diverse makeup of the TEDA community. **A:** 102-C2 MSD, No. 79, 1st Avenue, TEDA 天津经济技术开发区第一大街79号泰达MSD-C区2座102室
T: +86 22 6537 7616

TEDA Hospital 泰达医院 A sister hospital to TICH with modern healthcare facilities and a highly qualified team of experts to take care of you and your family. **A:** No. 65, 3rd Avenue, TEDA 开发区第三大街65号
T: +86 22 6520 2000
W: tedahospital.com.cn

TEDA International Cardiovascular Hospital 泰达国际心血管病医院 An international referral hospital for all heart ailments with modern health-care facilities, sanitary environment and a well qualified team of experts. **A:** No. 61, 3rd Avenue, TEDA 开发区第三大街61号
T: +86 22 6520 8888
W: tedaich.com

Drycleaning & Laundries

CAS Laundry 美国CAS 国际干洗店 An American dry-cleaning franchise. 09:00-19:00. **A:** (Behind Renaissance Tianjin TEDA Hotel) Fada Jie, TEDA 开发区发达街
T: +86 22 6621 6367

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

Hotels

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 天津杰美司国际学校 International School following a total English language instructed curriculum adhering to the rigorous holistic programme defined by the IBO. **A:** No. 312, Hefeng Road, Tianjin ECO-City, Binhai New Area 滨海新区天津生态城和风路312号
T: +86 22 6622 7888

Exhibition Centres

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

Department Stores & Shopping Malls

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

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

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

Supermarkets

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

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

Golf Clubs

Tianjin Warner International Golf Club 天津华纳高尔夫俱乐部 18-hole course with wide fairways. Reservation is recommended for visitors. 06:30-17:30. **A:** No. 1, Nanhai Lu, TEDA 开发区南海路1号
T: +86 22 2532 6009
W: warnergolfclub.com

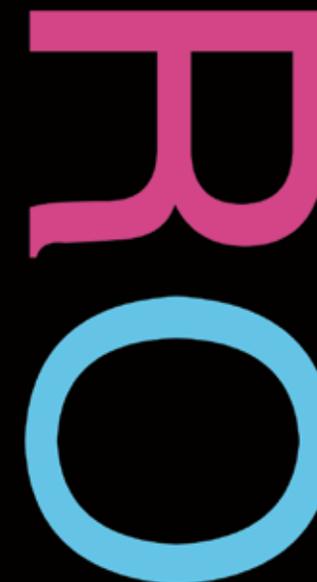
Eco-City International Country Club 生态城国际乡村俱乐部 Strategically located within the Sino-Singapore Tianjin Eco-City, ECICC is home to an 18-hole championship golf course designed by world-renowned Tripp Davis. **A:** No. 5681, Zhongxin Road, South Ying-Cheng Island, Tianjin Eco-City, 300480 China 天津生态城中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



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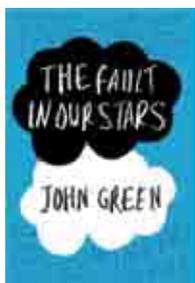
英联国际安居服务公司 一站式外籍人士安居服务

接下来是娱乐时刻，读书当然要看亚马逊上什么书最火，讲述曲折感人爱情故事的《来自我们星星的错误》和前不久刚离世的南非国父曼德拉的《自由路迢迢》最受读者青睐。由罗伯特·斯特姆伯格导演，安吉丽娜·朱莉担任反面人物的《沉睡魔咒》，还有《明日边缘》，改编自日本科幻小说家的作品《杀戮轮回》，都能给你带来不一样的视觉享受。无聊时听一听酷玩乐队的新专辑《鬼故事》，逛一逛微博，看看名人都分享了什么，都是不错的选择~

READING

What's Hot on Amazon China?

Amazon China has become the a saviour for those of us who feel that there's a scant of English books in Tianjin, especially the latest releases. At www.amazon.cn you can order online and have your books arrive at your doorstep after 3 days (depending on which part of Tianjin you are in, some books can be delivered in just a day or two). Here are some English titles that are "hot" according to the website.

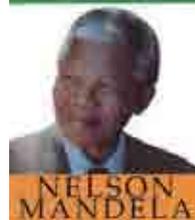


The Fault in Our Stars by John Green

Sentimental, thought-provoking, and filled with quotable quotes, *The Fault in Our Stars* gave author John Green the distinction of being one of the most talented writers of this generation. A love-struck teenage couple fighting with cancer while trying to make their love work may be a simple plot but wait until you read the book. It's not only the teenagers who can relate to this book but everyone, especially those who have a penchant for unique, tragic stories. (98 CNY, hardcover)

Nelson Mandela: A Long Walk to Freedom

This internationally-released autobiography of Nelson Mandela is a riveting memoir of an outstanding moral and political leader of our time. The book brilliantly re-creates the drama of the experiences that helped shape Nelson Mandela's destiny. It is emotive, compelling and uplifting, telling an exhilarating story of an epic life: a story of hardship, resilience and ultimate triumph told with the clarity and eloquence of a born leader. (34.70 CNY, paperback)



MUSIC GHOST STORIES BY COLDPLAY



Massively popular British arena rock band Coldplay releases *Ghost Stories*, the band's sixth album. The album, released around the same time the public divorce of frontman Chris Martin and actress Gwyneth Paltrow went down, is said to be influenced by, well, that pending divorce. Also this time, the sensitive lads of Coldplay are getting experimental with their songs as they get a little help from uber-hot producer Avicii in as their latest single *A Sky Full of Stars*.

FOREIGN FILMS IN TIANJIN CINEMAS

Maleficent

Maleficent is a 2014 fantasy adventure film directed by Robert Stromberg from a screenplay by Linda Woolverton. The movie stars Angelina Jolie as the eponymous Disney villainess character. The film is a live-action re-imagining of Walt Disney's 1959 animated film *Sleeping Beauty*, and portrays the story from the perspective of the antagonist, Maleficent.



Edge of Tomorrow

Starring Tom Cruise and Emily Blunt, *Edge of Tomorrow* is a 2014 science fiction film based on the Japanese light novel *All You Need Is Kill* by Hiroshi Sakurazaka. The story is about an officer who finds himself caught in a time loop, and then gets caught up in a war with an alien race. His skills improve as he faces the same brutal combat scenarios, and his union with a Special Forces warrior gets him closer and closer to defeating the enemy.



CAUGHT ON CYBERSPACE



From Lady Gaga's Instagram:
 cubanggrr173 OMG!!! What's with the hair????!!
 shaadee what every Iranian woman looked like in the 80s.
 gutierrezoscar0 Lol I love it!
 Quinton_molanzi Rocky horror picture show wants you... in a good way.

Chopsticks

Kuai zi

筷子

When you go to a Chinese, Korean or Japanese restaurant, you will probably use chopsticks.
zǒu jìn yī jiā zhōng guó, hán guó, huò rì běn cān tīng yòng cān, nǐ hěn kě néng yào yòng kuài zi.
走进一家中国, 韩国, 或日本餐厅用餐, 你很可能要用筷子。

For people who don't know how to use chopsticks, it could be useful to ask the waiter for a fork or a spoon instead.
duì yú yǒu xiē bú huì yòng kuài zi de rén, kě yǐ xiàng fú wù yuán yào chā zi huò sháo zi.
对于有些不会用筷子的人, 可以向服务员要叉子或勺子。

A: Here are your noodles.
zhè shì nín diǎn de miàn tiáo.
这是您点的面条。

B: Oh, chopsticks. Can I have a fork?
Ó, kuài zi. wǒ néng yào yī gè chā zi ma?
哦, 筷子。我能要一个叉子吗?

A: OK, I'll bring your fork, wait a moment.
hǎo, wǒ gěi nín ná, děng xià.
好, 我给您拿, 等下。

B: Thank you.
xiè xiè.
谢谢。

A: I think chopsticks are interesting, can you teach me how to use them?
wǒ jué dé kuài zi hěn yǒu qù, nǐ néng jiào jiào wǒ zěn me yòng ma?
我觉得筷子很有趣, 你能教教我怎么用吗?

B: Sure, it's easy.
dāng rán, qí shí tǐng jiǎn dān de.
当然, 其实挺简单的。

A: Really? Show me.
zhēn de ma? Ràng wǒ kàn kàn.
真的吗? 让我看看。

B: You can hold them in your hands like holding two pens.
nǐ kě yǐ xiàng ná liǎng zhī bǐ shì de bǎ kuài zi ná zài shǒu lǐ.
你可以像拿两支笔似的把筷子拿在手里。

A: This is easy. Now what?
Ń, zhè ge hěn róng yì, rán hòu ne?
嗯, 这个很容易, 然后呢?



B: Use your fingers, make them cross a little, then grip the food tightly.
yòng nǐ de shǒu zhǐ, jiāng tā men cuò kāi, rán hòu jǐn jǐn de jiā zhù shí wù jiù xíng le.
用你的手指, 将他们错开, 然后紧紧的夹住食物就行了。

Finally, you grab the food. Do not use all your fingers; mainly your thumb, fore finger and middle finger are involved.

bù yào suǒ yǒu de shǒu zhǐ tóu dōu yòng, yī bān yòng kuài zi zhǐ yòng dé zhāo mǔ zhǐ, shí zhǐ hé zhōng zhǐ.
不要所有的手指头都用, 一般用筷子只用得着拇指, 食指和中指。

A: OK...I can see that you are doing it very well. But I can't do it like you, why?
hǎo de..... wǒ kàn nǐ yòng de hěn shú liàn, wǒ jiù bù xíng, wèi shé me ne?
好的..... 我看你用的很熟练, 我就不行, 为什么呢?

B: Perhaps you need a little more practice.
kě néng nǐ xū yào duō jiā liàn xí.
可能你需要多加练习。

A: OK
hǎo de.
好的。



If you encounter any problems learning Chinese, please send us an email at editor@tianjinplus.com We'll do our best to help you. See you next month!

BASHANG'S NATURAL HIGH

By Joei Villarama

生活在草原上的蒙古族牧民对马有着深厚的感情，他们都有着娴熟的骑马技能。当年成吉思汗就曾以马代步，百战百胜。在都市生活太久的我们身心都已疲惫不堪，那么就让我们回归自然，放下工作的劳累，离开喧闹的城市，去那辽阔清新的草原，骑上骏马驰骋在一望无际的草原上，去放松心情寻找真实快乐的自己。

Taking a gruelling ten-hour road trip with a two and a four year old makes one go a tad crazy enough to feel that the trip shouldn't have been undertaken in the first place because of the tears, fights, mess, spills and aching arms. However, arriving at the destination and seeing the two boys enjoy the gorgeous outdoors of Bashang to the hilt makes the exhausting car ride worth it.

We got into a caravan and headed for Bashang, where city folks go to escape the summer heat at the average altitude of 1,300 to 1,600 metres above sea level. What should have been an eight hour trip took longer than usual because of bathroom and food breaks, plus the non-off-road car got stuck several times in the dirt road and had to be "rescued" by a seasoned off-road driver.

We set off from Tanggu after lunch and arrived close to midnight at a hotel comprised of fake Mongolian yurts. The real yurt is made of layers of fabric with woollen insulation but as is the case with so many things in China, it was aspiring



only to look like the real thing. The rooms were made out of white-painted concrete, had big glass windows and a bathroom inside that you wouldn't find in a genuine yurt. When you're in China you just enjoy these little quirks as much as your humour can allow you to.

In the morning, we went horseback riding and had turns at riding the ATVs and cross motorcycles over the grasslands outside the hotel. This is where you let your inner child out and have pure fun. By afternoon, it was too hot to do anything except chat and read in the shade. The kids were the only ones who had enough leftover energy to stay under the sun and play on the mounds of sand intended for constructing more yurt rooms.

Before dusk, we set out for our camping ground fifteen minutes away. The land gracefully dipped down, creating a natural bowl partly sheltered from the wind. On

one side it was framed by rows of trees and on another side there were giant sand pits- perfect for hours of kids play. Some people diligently set up the tents while others dispersed to take photos. At night our dinner was delivered courtesy of the hotel. This is camping in style, complete with food delivery! Two big containers of boiled lamb were devoured in a few minutes and then the festivities began.

This outdoor club has been in existence for seven years and they've amassed some serious party equipment they lug with them through their travels. A white screen hung onto a metal frame propped up at the back of a 4x4, for instance. They also brought some big speakers, a spotlight, a laptop and LCD projector. The karaoke singing began and voila; an instant al fresco night club in the mountains! One of the members supplied fireworks. A bonfire was

lit and people danced around it like a modern tribe. The strong spotlight was focussed on the dancing troupe creating elongated shadows against the grassy hill. When things quietened down they played an Arnold Schwarzenegger movie. These people know how to go camping indeed!

Snug asleep in our tent at around three in the morning, the wind howled and it rained, but we had ample protection. In the morning, we woke up to almost unadulterated nature- the kind you really miss when you live in the city, the kind you wish you had in your own backyard so that the children can have unlimited playtime on soil instead of concrete. Instant noodles were prepped for breakfast then we set off for more rough-road adventure. We went back to the hotel to pick

up the guide who would show us where the photogenic, awe-inspiring spots are. This group is passionate about their 4x4's, hugging the terrain with speed, treating the kids to a natural rollercoaster ride. At one point the lead Toyota Land Cruiser 80 got stuck crossing a muddy river and it had to be extracted using a winch connected to a tree while a Mercedes Benz G55 helped pull it out. The operation took more than an hour but the wait was a ritual part of the fun, another chance to pick more flowers.

By afternoon, I was desperate to take a hot shower so we went to town and found a place where this could be done for 20 CNY. We had another feast of a lauriat dinner back at the yurt hotel. When we arrived at our camp it was a little late and it was a quieter night than

the previous one; time to savour the multitude of stars across the vast sky. The next morning, we took our thin rubber foam sleeping mats, transformed them into sleds, slid down the sand, pulled each other and rolled ourselves like sushi down the steep slopes. Then it was time to head home after a few more forays into the land of photo opportunities.

The only sad part of the trip was seeing so many plastic bottles and bits of rubbish dotting and marring the landscape. One wishes that there was a "Save Bashang from Trash" movement. If you go to Bashang, please do take a lot of garbage bags with you and don't leave anything behind!

So, how much did this mini-vacation cost? The gas to and from Bashang costs around 1,000 to 1,400 CNY, depending on the type of car. We each paid the hotel 450 CNY, which included a one night stay in the room, two sit down lauriat dinners, one lamb dinner delivery, two big breakfasts and an -all-you-can-ride deal on the horses and ATVs. The hotel even gave us a discount because we were a group of over 30 people. Not bad for a four-day weekend!

If you want to take a trip like this to Bashang, it's best to join outdoor clubs like Freetrek. This club is based in the TEDA-Tanggu area but there are other similar groups in Tianjin city. Freetrek's website is: <http://www.freetrek.net/forum.php>

There are packaged tours to Bashang, but the experience would be different although it may offer certain logistical conveniences. You can check out the sites below or just google 'trips to Bashang'.

<http://www.travelchinaguide.com/package/beijing/11.htm>

<http://cyclochina.com/bashang-grasslands-escape/>





Having Fun Under the Finest Tropical Sun in Boracay

By Cathy Perez

夏日的海边总是充满吸引力，而位于菲律宾中部的长滩岛就是一个不错的选择。那里拥有得天独厚的白沙滩，蔚蓝的天空和湛蓝的海水，是个美丽如画的度假胜地。漫步在沙滩上，海天一色的美丽景致再加上温暖和煦的海风吹拂，让人仿佛置身于天堂之岛，快叫上你的爱人或者好友一起去享受这极致的浪漫之地吧！



In 2012, the renowned international travel magazine Travel + Leisure named Boracay as the best island in the world, beating Bali, Santorini, and the islands of the Great Barrier Reef. This idyllic paradise in Aklan, Western Visayas, located approximately 315 kilometres south of Manila in the Philippines, is known for its powdery and sugary white sand beaches that are conveniently lined with resorts, hotels, restaurants, lodging houses, bars and other tourism-related businesses.

Planeloads of holidaymakers visit Boracay for the verve it gives – sun, sea, windsurfing, kiteboarding, parasailing and the endless possibility of fun activities. The charm Boracay has is intoxicating. The choice of hotels, resorts, restaurants, gift shops that visitors have is incredible. Tourists from all around the world walk in their bare feet and tanned skin, enjoying the laid-back influence the island bestows upon its visitors.

Boracay started to develop its prestige in the '80s when Boracay transformed itself from being a quiet little island into a place where most of the Philippine's exciting summer events happen; making it a favourite destination for those who love the beach but would also like to experience some bar-hopping, dining and shopping.

During the day visitors are busy going from one water activity to the other, whether it is swimming, island-hopping or sightseeing. As night comes, boom boxes



start to play loud music, friends gather together for some al fresco dining by the sea with candles and pretty lights. It is then the perfect time for fire dancers to do their vivacious performances, sometimes adding a hint of hilarity to wow the crowd. With lots of things happening, there is never a dull moment. Aside from all of the fun and excitement, the simple act of basking in the breeze while waiting for the sunset is enjoyable in boracay.

Accommodation:

Boracay Island is divided into three stations. Station 1 is where the upscale hotels are located. It is quieter and classier and this is where the sand is at its finest in signature white. About a 10 minute walk away from Station 1 is Station 2, the hub of all things loud. Bars, restaurants and shops are everywhere in this station. Station 3 is where you can get the cheapest accommodation as backpacker inns stand beside each other. Finding accommodation may be difficult during the peak season of January- March.

Getting There:

The fastest way to get to Boracay is to fly from Manila to Caticlan Airport on Panay Island, which takes approximately 50 minutes. You can also take the Manila-Kalibo flight, but this includes an hour and a half of bus travel to get to Caticlan where Boracay is located.

Things You Shouldn't Miss when in Boracay:

- Island Hopping – You wouldn't want to miss out on seeing the best of Boracay. There are many travel agents offering island hopping per head at around 500.00 Php inclusive of lunch. Normally, their route would include snorkelling and fish feeding, the Cove, Puka Beach, and Balinghai Beach.
- Paraw Sailing – another adventure you shouldn't miss when in Boracay. A "paraw" is a double outrigger sail boat native to the Visayas region of the Philippines.
- Take a trip to Mt. Luho – Trikes are available for you to get to Mt. Luho, the highest point in Boracay, which offers you a staggering 360 degree view of the whole island.
- Visit Ariel's Point – a favourite spot for cliff divers.
- Do the Boracay Walk. Walk the 7-km beach from your hotel to Diniwid Beach at the farthest end north of Boracay. It's a quiet, secluded beach away from the crowd which would give you wonderful time to relax and unwind.
- Open air dinner – there are lots of all-you-can-eat restaurants in Boracay offering fresh sea food and delicious local foods. Many restaurants have their own fire dancers to provide entertainment as you dine.
- Bar hopping – Check out Boracay's nightlife scene!



Horoscope



Cancer (6.21 – 7.22)

Everything is happening fast all around you and this creates pressure. Find time to relax and smell the flowers. On the other hand, re-commit yourself to communication and quality time with your special someone. Keep your sense of priorities.



Aries (3.21 – 4.19)

It's an oxymoron to tell you that you need change to feel safe. Change doesn't mean safety to some people. This month, make some changes so that you can deal with emotional problems that have been keeping you down the past months.



Taurus (4.20 – 5.20)

Try to be with the group of people who reflect and understand your state of mind. Unconsciously, you have grown to be wiser and more caring with the world. Develop this growth by being with people who care about the same things.



Gemini (5.21 – 6.20)

Your strong desire to broaden your reality will emerge this month. Suddenly, you will consider learning about another culture and going somewhere different from your present. However, create extra steps to bloom where you are planted and embrace what you have.



Leo (7.23 – 8.22)

You need time to reconcile yourself with people who have hurt you in the past. Offer forgiveness, extend your hand and free yourself from grudges. At the same time, keep a close eye on your finances this month and ensure that things are on the right track.



Virgo (8.23 – 9.22)

Your life is active and restless so some re-orientation is needed. Romantic possibilities emerge but remember that things are not always what they look like so be careful and don't expect another to complete you.



Libra (9.23 – 10.22)

Your tendency to overwork might end up with health issues so take extra care in that aspect. Try not to think too much and

enjoy every stride. An opportunity to lead others also shows up this month. Be a good role model.



Scorpio (10.23 – 11.21)

Memories of the past don't escape you this month. Whatever those experiences, be of good cheer and enjoy the blessings of the present moment. A wonderful surprise awaits you; a reason to exhibit a happy face.



Sagittarius (11.22 – 12.21)

The need for more harmony, beauty, and order surrounds you this July. You'll find yourself enjoying a certain activity that you haven't done in a while. Maybe it's also about time to press that dial and call some people who are close to you whom you haven't heard from in a while.



Capricorn (12.22 – 1.19)

A dynamic flow of creativity comes to you this month. Harness it with the gifts you have and don't just listen to anyone trying to tell you what to do. You know the answer. Think, listen to your heart, and do what you want to do with all the creativity you have.



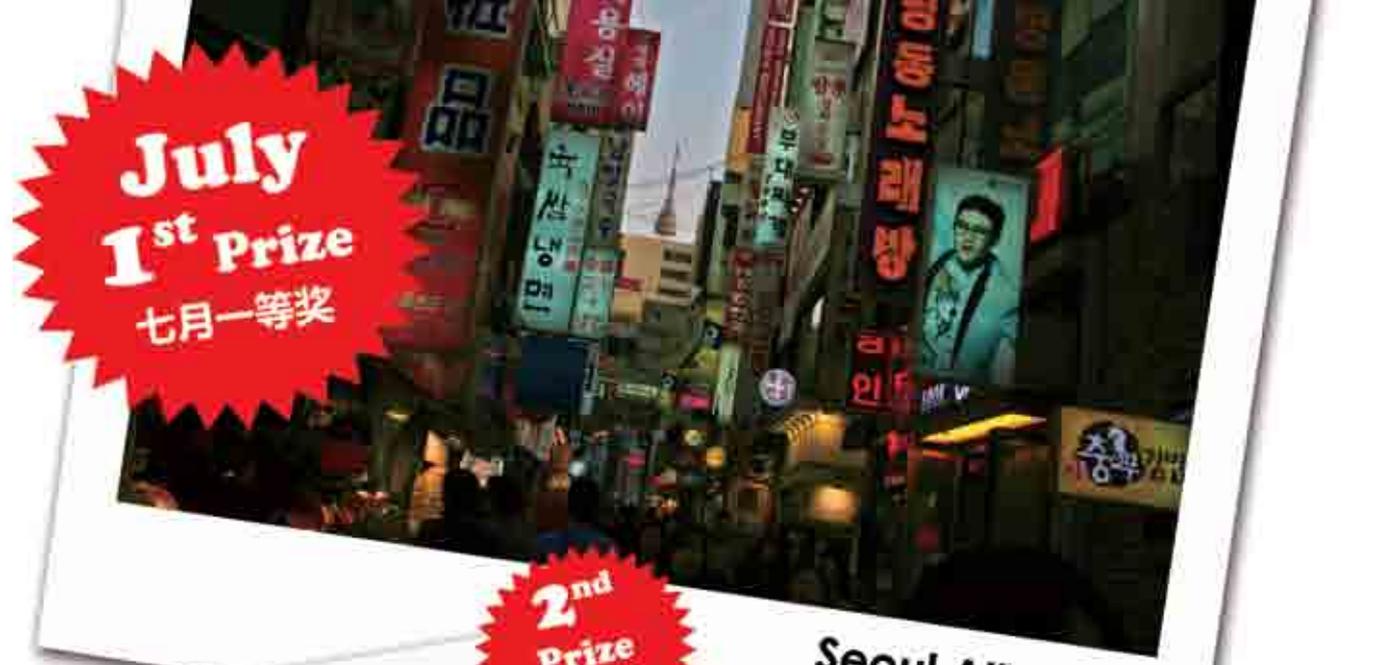
Aquarius (1.20 – 2.18)

A full blossoming of your career will have you take for granted the people who matter in your life. Perhaps it's time to learn to say "no" to some activities that are better spent with the people you love.

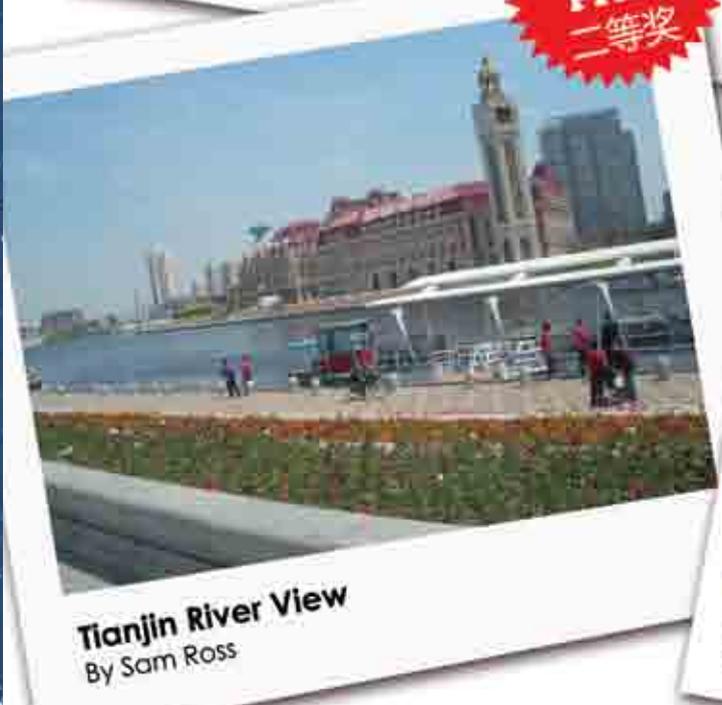


Pisces (2.19 – 3.20)

Life is not a bed of roses for you this month. A few bumps in the road will have you feeling disappointed. However, remember that every cloud has a silver lining. Accept the challenge, do your best, and learn from the experience.

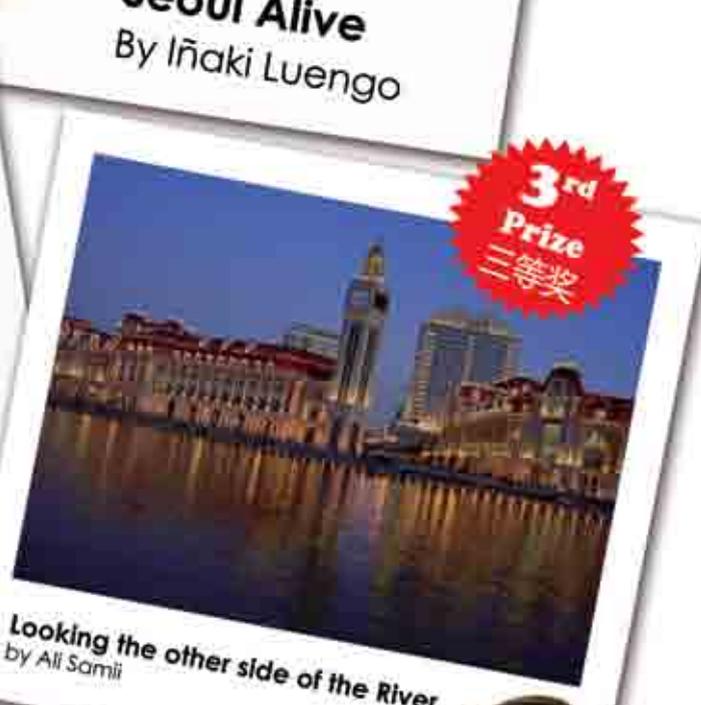


July
1st Prize
七月一等奖



2nd
Prize
二等奖

Tianjin River View
By Sam Ross



3rd
Prize
三等奖

Looking the other side of the River
by Ali Samii



PHOTO CONTEST 2014

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