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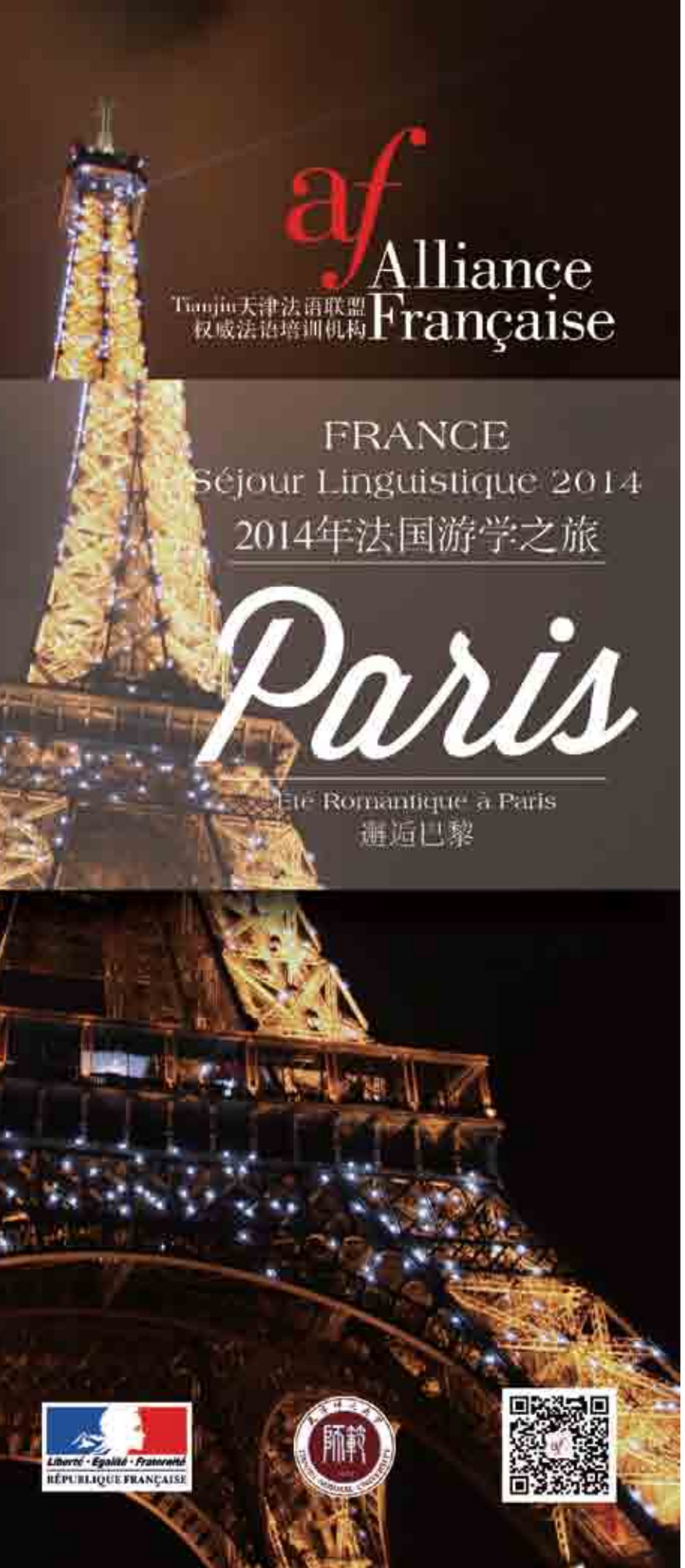

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2014 April Calendar

04 FRI

Mozart's Requiem
莫扎特《安魂曲》
Concert Hall, Tianjin Grand Theatre
大剧院音乐厅
19:30
¥ 50-280
+86 22 8388 2000

04 FRI

String Quartet
弦乐四重奏
Western Shore Art Salon **西岸艺术馆**
20:00
¥ 50-100
+86 22 2326 3505

10 THU

EDITOR'S PICK

Tianjin Symphony Orchestra
2013-2014 Season
天津交响乐团2013-2014音乐季
—从巴洛克风格到浪漫主义系列音乐会
Tianjin Concerthall **天津音乐厅**
19:30
¥ 30-120
+86 22 2332 0068

12 SAT

"NA world" Na Ying Concert Tianjin Station
“ NA world 那世界 ”那英演唱会巡演天津站
Tianjin Sport Center
天津体育中心
19:30
¥ 180-2014
+86 22 2391 5800

13 SUN

Russian National Ballet Theatre Star "Swan Lake" 俄罗斯国家明星芭蕾舞剧院《天鹅湖》
Tianjin Sport Center
天津体育中心
19:30
¥ 80-1280
+86 22 2835 2443

14 MON

Piano Recttal
意大利双人钢琴组合
Western Shore Art Salon
西岸艺术馆
20:00
¥ 50-100
+86 22 2326 3505

16 WED

Mazurka -Polish Folk Dance
玛祖卡—波兰民间舞
Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅
19:30
¥ 50-180
+86 22 8388 2000

19 SAT

Krzysztof Lata a Organ Recital
克里斯托弗·拉塔瓦管风琴音乐会
Opera House, Tianjin Grand Theatre
天津大剧院歌剧厅
19:30
¥ 50-180
+86 22 8388 2000

26 SAT

EDITOR'S PICK

Miss Julie
话剧《朱莉小姐》
Concert Hall,
Tianjin Grand Theatre
天津大剧院音乐厅
19:30
¥ 80-280
+86 22 8388 2000

Special Days

1 Apr	April Fool's Day 愚人节
20 Apr	Easter Sunday 复活节

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

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Business Lunch at Shui An @ The Astor Hotel

Our creative culinary team designs a collection of delicacies and nutrients in our new business set menus which are inspired by traditional flavours and Chinese classical cuisine. Enjoy a tasty, nourishing and express lunch or dinner that will recharge you with lots of energy for the rest of the working day.

Date: Monday to Friday 11:30am to 2:00pm, 5:30pm to 9:30pm

Venue: 2nd floor Haihe Wing, Shui An - Chinese restaurant

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

For reservations, please call 86 22 2331 1688 ext. 8920 or visit luxurycollection.com/astor

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活动适用条件及条款以店内公示为准。价格需加收15%服务费

详情咨询或预订，请致电86 22 2331 1688 转分机 8920或访问 luxurycollection.com/astor

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Indulge yourself and your friends with our exclusive Banyan afternoon tea featuring an extensive variety of delicate refreshments in this bright and beautiful spring season.

Time: Daily from 2:00pm to 5:00pm

For more information or reservations, please contact us at 5861 9999

春季下午茶@天津海河悦榕庄

在此春暖花开万物萌生的季节里，大堂吧为您推出春季主题悦榕下午茶，精选经典美味小点，让您与亲朋好友沉浸于诱人美味的甜品中，悦享曼妙午后。

时间： 每天下午2:00至晚5:00

预订或查询详情，请致电5861 9999

Durian Cheese Cake Afternoon Tea @ Albert's

Albert's kitchen prepares a tantalising durian cheese cake with fresh mango for durian fans!

Price: 68 CNY to include a fine TWG tea or Sumerian coffee

Time: 2:00pm-5:00pm daily.

Tel: +86 22 8832 7677

Venue: Albert's, 2/F. Hotel Indigo Tianjin

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时间：每日14:00 - 17:00

价格：RMB68/位 净价（含新加坡顶级TWG茶或Sumerian精品咖啡）

地点：天津市河西区解放南路314号天津海河英迪格酒店2楼艾尔伯兹餐厅

电话：+86 22 8832 8888

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Subject to 15% service charge

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High Tea Buffet @ Renaissance Tianjin Lakeview

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Time: Saturday and Sunday 2pm - 5pm at Lobby Lounge.

Price: 128 CNY/person

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从开胃菜到甜品，从中式到西式，目不暇接的缤纷选择让您爱不释 " 口 "，欢迎您与朋友或家人在万丽天津宾馆大堂吧享受轻松愉快的澜庭聚下午茶自助。

时间：每周六和周日下午2点至5点。

价格：下午茶自助 人民币128/位

Southeast Asia Food Festival @ Tianjin Saixiang Hotel

Let's explore Southeast Asian food this spring! Café de Trésor of Tianjin Saixiang Hotel is going to present you with diverse and colourful Southeast Asia food throughout this beautiful season. You can also experience different customs of Southeast Asian countries with us. Get ready and bring your loved ones to join us!

东南亚美食节 @ 天津赛象酒店

春天，开启东南亚美食之旅。天津赛象酒店璀璨咖啡厅在这个美丽的春天呈现给您丰富多彩的东南亚美食，带您体验东南亚各国不同的风情，收拾心情，带上心爱的人一起来吧。

Sealicious Seafood Night @ Sheraton Tianjin Binhai Hotel

We are holding an extensive cold and hot dish buffet for all seafood lovers.

Time: Every Friday and Saturday night.

Price: 258 CNY per person

For more information and reservations, please call: 6528 8888-6620

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时间： 每周星期五、星期六晚上

价格： RMB258/每位

更多详情与预定请联系：6528 8888 - 6620

Healthy & Energetic Delicacies Special for Spring @ Sheraton Tianjin Hotel

Start your spring dining experience with some exciting fresh dishes specially prepared by the master chefs of Celestial Court for this vigorous season. With our fine, specially-selected ingredients, we are sure to stimulate your taste buds as well as satisfy your pursuit of a healthy life.

Time: 1 April – 30 April, 2014

Special offer: Enjoy free service charges on lunch on Monday and Tuesday

For reservations, please call: 2731 3388 ext. 1825/1826

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特惠：每周一、周二享受午餐免服务费 预约请致电： 2731 3388 转 1825/1826

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天津盛捷友谊服务公寓：（86 22） 2810 7888

Youth Preservation @ Yi Boutique Hotel Tianjin

For your health, Via Veneto Cuisine & Lounge has launched a stunning seasonal vegetable soup and fresh fruit juice selection. Our elaborate light meal of three kinds of main course will always meet your demands.

Date: 1 April 2014----30 April 2014 11:00-14:00 / 17:00-21:00

Venue: Via Veneto Cuisine& Lounge

Price: 88 CNY net per person

158 CNY net two persons

For more information please call: +86 22 24455511/ 24465100

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时间：2014年4月1日—4月30日 地点：威亚尼托餐厅 价格：人民币 88元 每位

人民币158元（双人份） 预约热线：+86 22 24455511/ 24465100

AN ANNUAL REMEMBRANCE OF 1870
THE TIANJIN MASSACRE

By Sarah Ali

1870年6月21日这一天，天津民众火烧望海楼教堂致使十名修女丧命，这就是历史上有名的天津教案事件。那是一个敏感的年代，外国列强的入侵，鸦片战争的失败，南京条约的签署这些屈辱的事件使得国民对外国人产生空前的仇恨。因而天主教堂用迷药拐卖儿童这一嫌疑一经流出就立即招来天津民众的怨愤致使惨剧发生。本期栏目将会带您解读这一历史的悲剧。

One of the most eye-opening and tragic events of 1870 came in the form of an anti-western protest against French Catholic missionaries in the city of Tianjin. The Tianjin (formerly known as Tientsin) Massacre took place during a sensitive period which saw the turmoil of the late Qing Dynasty, combined with the post Opium War tensions unfold, all of which contributed to building further Chinese resentment of the West. In addition, the humiliation of forcing Chinese ports to open up to Western powers (via the 1842 Treaty of Nanking), as well as their sudden infiltration of missionaries, aided in fuelling the hostile sentiments of locals towards the presence of westerners in their homeland.

Documentations, accounts and historical data accumulated to date give us a somewhat vague idea of the precise details of this horrific event. This is particularly due to the somewhat differing foreign and local accounts. Yet a general idea of the scarring day can be assumed by the evidence from different sources that overlap one another. The various different sources come from both primary and secondary research undertaken by locals and foreigners alike. Exact figures and the reasoning behind the event are still argued over. However, most scholars give a similar account of what roughly transpired.

Apart from the later Boxer Rebellion of 1900, the Tianjin Massacre is viewed by many as the worst anti-foreigner outburst ever seen in China. The story as we understand it (Western recollections) involves a group of French missionaries in Tianjin whose tensions with local anti-missionaries living in Tianjin reached a new melting point. What started as an anti-Catholic riot from the locals ended up in a massacre of 40 to 60 people.

As the riot began to gather steam the local authorities were unable to suppress it. The frustration of a French consul (Fontanier) moved him to shoot at a local magistrate. Despite missing his target he still managed to shoot a member of the authorities. This immediately turned the riot into a wild and bloody scene. Amongst other things, church windows were smashed, foreign buildings (Tianjin Cathedral, 4 British and American churches) were burnt down, nuns were stripped and molested, their breasts cut off, some burnt beyond recognition and members of the French consulate were killed and thrown in the river.

The French nuns, or rather 'sisters of charity', as they were called first started operating the church (known as Wanhailou) with hopes of helping and taking in orphans, treating them for diseases and educating them. In order to make their scheme effective they even offered financial incentives to locals who would find children who were unwanted by their families or left suffering and helpless. This, however, was seen by the local gentry as a means to kidnapping and purchasing children (one must keep in mind the past resentment and lack of exposure to western practices). The medical treatment used for the ill was also seen as a true foreign entity to which they thought was evil and a show of witchcraft and wizardry.

There are numerous reasons as to why such an atrocious event took place. The western presence in coastal china did not help – especially in treaty ports such as Tianjin. Three decades of foreign aggression and unfair treaties built up fear and hysteria, which brought about the massacre.

The Tianjin Massacre is an event that many people in Tianjin, both foreigners and locals, do not know much about. The church site where most of the massacre took place still stands in Tianjin, but no information is really held about that terrible day in the city's history. It has been said that the church is haunted and therefore entry is not granted to anyone.

Explore The Collections at Tianjin Museum

By Max Morberry

周末放假不要闷在家里啦，到天津博物馆去逛一逛吧。天津博物馆具有独特的外形和地上五层地下一层层叠错落的结构，内部空间设计更是融合了博物馆穿越时空隧道、连接未来之窗的理念，新颖独特。来到这里你还可以全面的了解天津的发展历史，让你对这个城市拥有更深层的理解。展品从书法到陶瓷种类繁多且具有极高的考古价值。相信这座综合了历史，艺术的综合博物馆一定会给你带来极大的精神愉悦的。

Located on Pingjiang Dao, Tianjin Museum overlooks a lake. The rectangular architecture of the building is striking and hard to miss. Although it is free entry, you have to go around the corner to get tickets, which are given if you present them with an I.D. or passport. Inside is a large spacious hall that extends across the five floors of the building. On the first floor you will find a restaurant, gift shop and one exhibition space dedicated to Tianjin's history, all the way from the first signs of humanity to near present day.

The fourth floor is dedicated to temporary exhibitions but the other floors include permanent exhibitions on everything from jade to porcelain. The jade collection is a fascinating array of Neolithic findings. They have ceremonial jade piece that either represent different gods or are tokens to them. This gives an insight into traditional Chinese culture spanning several dynasties. A highlight is their jade burial suit from the Han dynasty.

The Calligraphy Painting section is surely a must for any visitor. Collected in the Ming and Qing dynasties, they have a beautiful array of landscape and nature paintings- including long scroll paintings. Their paintings include pieces from the Ankui, Jinling, Wumen, Wulin, Zhejiang, Songjiang schools and therefore your visit is bound to provide a history lesson in Chinese art history.

Their Blue and White Porcelain section is an impressive exhibition. Also collected in the Ming and Qing dynasties, the pieces date all the way to the Tang dynasty, which began in 618. This means you are looking at nearly 1,400 years of history. Their floral, animal or landscape designs are intricate and beautiful.

There are also collections of bizarre bits and pieces from both Tianjin's history and China's history in general. You can find ancient books, coloured clay sculptures, old masks, kites and brick carvings. Their Rare Relic collection also has a variety of bits and pieces from all over China.

Surely a highlight of the museum is on the third floor in which an exhibit traces one hundred years of Chinese history. With a slant on Tianjin history, the exhibit traces China's general development through the Opium War, which gives an interesting insight into the British aspects of China's history. Canons and models adorn the space and for parts it has even been re-constructed as an old traditional-styled street.

Another highlight is in their somewhat brief history of Communist China. They have on display the suit that Mao Zedong wore during his speech in which he declared to Tiananmen Square the founding of the People's Republic of China on 1 October 1949.

The museum has decent English translations to both the individual pieces and for their general introductions that adorn the walls of the exhibits. Open Tuesday to Sunday from 9 a.m. to 4 p.m., the museum is a must for any visitor of Tianjin and will definitely expand your knowledge of Chinese and specifically Tianjin's history.

Cover Story

TIANJIN'S TASTIEST LATIN CUISINE

By Josh Cooper

想吃地道的西班牙风味美食却苦于没有找到适合的餐厅？快来Aulare吧。位于时代奥城中心位置的传统西班牙风味美食餐厅一定会让你大饱口福的。最正统的西班牙风味，精致的菜肴，可口的各色饮品和贴心细致的就是Aulare的最大特色。无论你是想要与爱人共进浪漫晚餐还是与朋友成群欢聚你都可以在这里找到宾至如归的惬意感觉。别犹豫啦！快来体验异国风味吧！

It has to be said that Tianjin is home to some great restaurants. Aside from having access to the wonderful offerings of the domestic culinary scene, expatriates and locals alike are also privileged in that they are able to enjoy sensational internationally-inspired food right here on their doorstep.

Without a doubt, some of the world's most exciting dishes come from the Mediterranean and Latin America. When it comes to enjoying Latin cuisine here in Tianjin, there really is nowhere that tickles the taste buds quite like Aulare. This excellent restaurant, situated in the heart of the Aocheng commercial area, is one of the city's most celebrated dining establishments and has been serving up the tastiest and most authentic Latin fare since May 2011.

We spoke to the restaurant's manager, Ms. Cecile Gamilong, to give our readers a better insight into this superb and incredibly popular restaurant.

Aulare is now one of the most popular eating establishments in Tianjin, but for those of our readers who don't yet know about the restaurant, please introduce your venue to us.

Our mission is to bring the finest Latin food to the people of Tianjin and members of the international community who reside here. Our menu encompasses dishes from Spain, Italy, Mexico, Cuba, Chile and other parts of what people generally consider to be the 'Latin world'. We've been established for three years now and we are always adapting our services to cater to the culinary wants and needs of our customers.

We are conveniently located in Aocheng's Magnetic Plaza and everybody is welcome to come and enjoy the finest Latin flavours this city has to offer!

What would you describe as the essential elements of great Latin cuisine, and what are the major inspirations behind the restaurant's fine selection of Latin dishes?

First of all, Latin food is known for its freshness and its very distinctive tastes. It is through the use of the freshest ingredients that we can maintain such wonderful tastes within our dishes. This style of cooking places a lot of importance on the ways in which the food is prepared. Therefore, our team has to be meticulous and pay attention to the fine details of food preparation.

Our influences come from all over Europe and the Americas. When people come to our restaurant they want to experience authentic food that could easily be mistaken for homemade cooking from a kitchen in Madrid, Rome, Havana, and so on. This is exactly what we aim to give them.

Tell us about some of your chefs' specialities and the stunning dishes that Aulare is famous for.

In terms of our chefs, I should start by pointing out that we have an international team of cooking staff at Aulare. All of our kitchen team are trained by specialists from Spain and Latin America. This gives them a wide range of skills and influences for their dishes, and most importantly, it allows us to deliver the very best service quality to our customers.

The variety of dishes we offer is definitely a big selling point. Certain options are especially popular with our regular customers, particularly our paella selection, Calamares a la Romana and Gambas al Agillo. Our pastas, pizzas and steaks are also in high demand.

An important aspect of Latin food is, of course, that it is generally healthy and clean. We do our best to give our customers a wholesome dining experience without needing to feel guilty afterwards. Our fantastic range of salad dishes exemplifies this.

The drinks menu is also very exciting and it certainly complements the Latin food theme very well. Tell us about some of your restaurant's beverage offerings.

We do indeed have a great selection of imported drinks to go with our excellent food menu. We pride ourselves on bringing in a variety of fine wines from all over the globe, just as one would expect from a restaurant like this. Our Cuban cocktails are truly refreshing and delicious, whilst our fine Columbian coffees serve as the perfect pick-me-up during lunch breaks.

There are many other restaurants in Tianjin nowadays that offer Latin-style cuisine. Why is Aulare still the best and most authentic place to get this kind of food?

The two main elements of all our dishes are quality and authenticity. Some restaurants and bars in Tianjin do try to give their customers Latin-style food,

but very often the end products bear very little resemblance, both in terms of appearance and taste, to what you would get in the countries from which the dishes originated.

All of our dishes are absolutely authentic and we maintain consistently high standards of quality in everything we serve. That is why, for example, we import around 90% of our kitchen ingredients and beverages from other parts of the world- as opposed to using cheaper local substitutes. I think it's fair to say that this is what gives us the edge and makes us very popular with members of the city's international community who value excellent cuisine.

It's also a popular venue for events and social gatherings, right?

We are fortunate in that our venue is spacious and very versatile. This allows us to accommodate a large number of guests and it makes Aulare a brilliant location for social functions like business meetings, parties, weddings and just about any other kind of gathering you can imagine. For the last two years we have hosted the TICC's annual Christmas Bazaar and we serve as a venue for a number of other important events throughout the year. Live music nights are also very much an option for us and on occasion we do hold these kinds of events, too.

Are there any special promotions or things happening in the near future that you would like to share with our readers?

Now is a great time to take advantage of our special promotional offers and the great

schemes we have lined up! For starters, there is our wonderful Set Lunch deal, which runs from Monday to Friday between the hours of 11am-3pm. Customers can also win some fantastic prizes by entering the Aulare Weekly Raffle Draw. All they have to do is leave a business card with their name and contact details behind when visiting the restaurant.

You can also celebrate your birthday and any other special occasions here. If you fill out our guest information form you will receive a special birthday invitation and enjoy a 20% discount on your dining experience.

I would also like to remind the people of Tianjin that they can follow us on Weibo by searching for us or just scanning our QR code. Not only will we keep you up to date with what's happening at our venue, we will also offer you some special deals. Our Weibo subscribers can receive a 5% discount if they take a photo of our offerings and post it on their account!

Restaurant

The best Italian food is Japanese: Kitchen Igosso

By Max Horberry

位于和平区的Kitchen Igosso是一家 意大利手工面餐厅。餐厅内部以木质装修为主，木质的桌台，椅子，墙上挂着小装饰画框，配上温馨的灯光，绝对是朋友小聚，情侣约会或家庭聚会的不二选择。在菜品方面也绝对不会让你失望，在意大利学艺三年的日本主厨将会您提供绝对精美可口的佳肴。美酒当然也是必不可少的，一款款精致的鸡尾酒，一定会让你不虚此行的！

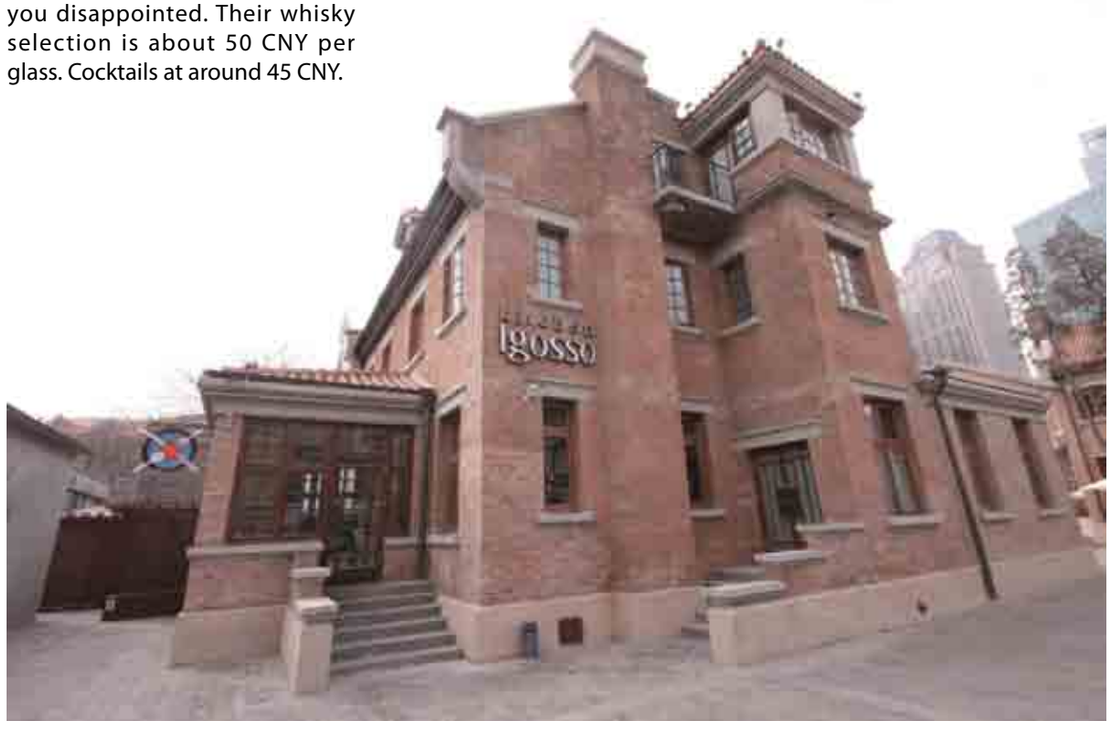
Enter into Kitchen Igosso, past their bright foyer with their pizza oven, you enter into a room decorated entirely in a rich and dark wood. Rather than having found yourself in the hull of an eighteenth century ship, your eyes adjust to find small tables and a long bar at the end of the room. There is an air of comfort yet at the same time a sense of sophistication.

The Japanese head-chef studied for three years in Italy. He says he came to China because the booming business attracted him. After ten years in Beijing, he has come to Tianjin because he wanted to fill the Italian cuisine void and confidently lays claim to having the best Italian food in Tianjin.

Kitchen Igosso's menu does not limit itself to only Italian cuisine. The selection is generally Mediterranean with an Italian slant. The options are plentiful with seafood. Their selection of pizza is vast and varied. The chef assures that they are truly Neapolitan. Prominent on the menu is their selection of ham and as you enter the foyer you may very well be greeted by the leg of jamón ibérico. Pizzas are an average of 88 CNY and pastas and spaghettis are at about 68 CNY.

For a restaurant they have an impressive bar that could easily stand on its own. Their wine selection will not leave you disappointed. Their whisky selection is about 50 CNY per glass. Cocktails at around 45 CNY.

The head chef's statement definitely has some credibility. You will have to see for yourself. The food is delicious and the menu will sure make any Mediterranean European feel right at home. Menus have English translations although the staff speak only limited English. Located at the back of a small complex on the intersection of Hebei Lu and Luoyang Dao.



Fresh and Avant-Garde Spring Menu

Say farewell to winter with new culinary creations that celebrate the delicate bounty of the spring season. This mouth-watering menu features the best ingredients of the season: Tomahawk rib eye steak, milk fed lamb, fava beans, asparagus, artichokes, cherry, apricot, New Zealand mussel, rainbow trout, and much more. We use fresh, seasonal produce, combined with our authentic French cooking techniques that let the food speak for itself. Our team is more than happy to design a unique menu of your choice for your upcoming events to creating something more distinct.

Authentic French Brasserie Since 1901
百年历史的巴黎式经典法餐--福楼

Sautéed Snow Beef

It's a Chinese cuisine with Western ingredients. The meat is Australian veal cutlet which is very tender and the meat is without seasoning in order to highlight its original flavors, instead of using western onion its use Chinese green onion to have an unique flavor and the taste of the beef will be more strong. Meanwhile, the garlic and pepper are good for digestive system .

BANYAN TREE
TIANJIN
RIVERSIDE

Sautéed Crystal Shrimp with Long Jing Tea

Greenland Restaurant mainly serves local characteristic delicious food. The dishes taste pure, delicate and tasty, making guests feel at home when dining. And this month, will bring you the Long Jing River Shrimp. It is Hang Zhou local flavor dishes and very unique in Hang Zhou, the white fresh shrimp with fresh Long Jing green tea, has beautiful in colors and delicious.

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Dental Sealants

牙齿是人体十分重要的器官之一，从外表来看牙齿担负着人体整体美观的重要作用，一个美丽的人，一定有口漂亮的牙齿；从实用角度看，没有了牙齿人类根本无法正常进食。俗话说牙疼不是病，疼起来要人命。可见保护好牙齿是多么重要的一件事。饭后刷牙是最有效的保持牙齿健康的方法，然而很多人难以保证按时刷牙。因此牙医建议通过使用密封胶来预防蛀牙是十分可行的。本文作者就针对此方法向广大读者详细介绍了牙齿密封胶原理和用法等方面的内容。

What are dental sealants? Dental sealants are plastic coatings that are usually placed on the chewing (occlusal) surface of the permanent back teeth — the molars and premolars — to help protect them from decay.

Why are dental sealants placed on teeth? The chewing surfaces of the molar and premolar teeth have grooves — fissures — that make them vulnerable to decay. These fissures can be deep, are difficult to clean, and can be narrower than even a single bristle of a toothbrush. Plaque accumulates in these areas, and the acid from bacteria in the plaque attacks the enamel and cavities can develop. Fluoride helps prevent decay and helps protect all the surfaces of the teeth, while dental sealants provide extra protection for the grooved and pitted areas by providing a smooth surface covering over the fissured area.

When are dental sealants placed? The first dental sealant to be placed is usually on the fissure of the first permanent molar tooth, once the chewing surface of the tooth has erupted completely beyond the gum. This tooth grows in behind the baby teeth. If the chewing (occlusal) surfaces of these teeth are sealed, the dental sealant will help protect the tooth. Except for the wisdom teeth, which come through much later, the molars and premolars continue to erupt until eleven-thirteen years of age and the chewing surfaces of these teeth can be sealed after they have erupted beyond the gum.

Are dental sealants only placed on the chewing surface of molar and premolar permanent teeth? Dental sealants are usually placed on the chewing surfaces of these teeth because these are the areas and teeth that typically have deep fissures. Dental sealants are sometimes also used on other permanent teeth if they have grooves or pits, to help protect these surfaces. In some children, the molars in the primary dentition (baby teeth) also have grooves that could benefit from dental sealants and in this situation your dentist or hygienist may recommend dental sealants on the chewing surfaces of these primary teeth.

Can dental sealants be place on the teeth of adults? Yes. While it's less common, dental sealants are sometimes placed in adults at risk for caries, on deep grooves and fissures that do not already have fillings or dental sealants.

What do dental sealants look like? Dental sealants can be clear, white or have a slight tint depending upon the dental sealant used.

How are dental sealants placed? Firstly the tooth surface is thoroughly cleaned with a paste and rotating brush by your dentist or hygienist. Next the tooth is washed with water and dried. Then a solution that is acidic is placed on the fissured area of the tooth's chewing surface for a number of seconds before being rinsed off. This creates small microscopic areas and a fine rougher surface than the surrounding tooth enamel, that can be seen with a microscope. The rough surface and microscopic areas enable the dental sealant to attach to the tooth. After the tooth is dried again, the liquid dental sealant is placed on the tooth and hardened. Dental sealants are hardened by using a light that hardens the dental sealant, or sometimes by using a two-component dental sealant that sets without using a light. Once the dental sealant has hardened it becomes a hard plastic varnish coating, and you can chew on the tooth again.

How long does a dental sealant last? Dental sealants have been used and have been proven to be effective since the 1970s. Many studies have shown that they are effective in helping to prevent decay on chewing (occlusal) surfaces. Dental sealants can last many years. If necessary, it is also possible to place a new dental sealant on the tooth.

Do I still need to use fluoride if I have dental sealants? Yes. Dental sealants only protect the surface area that they are placed on. Fluoride helps protect all the surfaces of the tooth from decay and cavities.

Junior School Maths Week

天津惠灵顿国际学校是一座面向在津居住和工作的外籍人员子女、具有国际一流教育水准的国际化学校。此次学校小学部举办了一场以冬季奥运会为主题的数学周竞赛活动。老师们根据不同年级设计了丰富多彩的活动，包括收集冬奥会运动员历来获奖情况的数据，划分参赛者所属国家的国旗等等。其中最吸引人的要属四年级生的热带雨林广播站了，同学们通过这个活动向大家传达环保思想，意义非凡。

The Junior School held its annual Maths Week on 17 February in the name of The Winter Olympics. All sorts of Maths activities were planned, from collecting data about different medal winners and countries, to hosting their own events and recording results. The Early Years children were investigating shapes and made their own flags. Key Stage 1 held their own mini-Olympics, making toboggans and racing them down the slide, as well as cross-country skiing, shooting and jumping. All the results can be found in the display in the Atrium.

Years 3 and 6 worked together to research people's favourite sports as well as comparing how different countries had done.

Years 4 took the opportunity to go ice-skating. They were seeing how fast they could skate and recorded their results in charts and graphs.

Year 5 held a mix of events over different days. The children performed different sports for their countries and kept a chart of their own medal winners. They ended their events with some figure skating at the local ice rink!

The results of their work will be on display in the Atrium for another week.

Year 4 – Rainforest Radio

The year 4 pupils have been excitable, busy bees this term, putting their all into their topic on rainforests. They are only part way through the topic, but have already followed some very mature lines of inquiry, resulting in some fantastic work.

One piece that Year 4 pupils are particularly proud of is their 'RAINFOREST RADIO SHOW'. After sharing their prior understanding of radio, they realised that there were some significant gaps in our knowledge so they invited radio expert, Mr. Gerrard, into their classroom to answer their burning questions. They then went about planning and scripting their show.

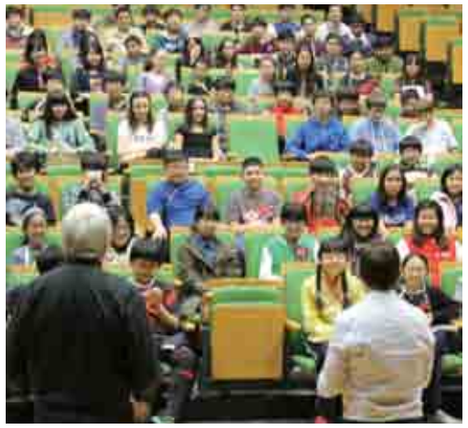
They decided their show would link with their topic, specifically focusing on deforestation'. They included a debate, a news report, a charitable advert, an interview, a play and even a rainforest piece of music (assisted by Mr. Roundell). Once scripted, Mr. Gerrard kindly returned to help us record and edit our show.

It was a long process, but the finished piece is something they will always be proud of. Please take some time to listen to them in action – you won't believe these children are only in year 4!

IST Elementary Student Council

Taking Action After Our Read-a-thon

天津国际学校开展了精彩的“阅读马拉松”活动，活动之后学生会的同学们展开了一系列有意义且富有乐趣的延续活动。其中最鼓舞人心的当属学生会向国际孤儿院捐献的5000元人民币了，同学们积极参加活动并且给予孤儿院孤儿们很大的帮助。与此同时六年级的同学举办了旅游展示会，向大家详细介绍了中国当前的旅游情况。英国作家Steve Skidmore and Steve Barlow的到来更是令同学们雀跃万分。



One of the goals of our recent Read-a-thon in the IST Elementary School was to raise money to help others. That's why we decided that our motto would be . . .

Read 4 Action!

We were certainly not disappointed, as the students at the International school of Tianjin (IST) managed to raise an amazing 10,330 CNY just by reading and collecting sponsorship for the number of pages that they read.

The Elementary Student Council generously donated 5,000 CNY of this total to the International Committee for Chinese Orphans (ICCO), a volunteer organisation dedicated to improving the lives of Tianjin's disabled orphans. Their representative, Mrs. Brenda Tea, came to visit the Elementary Student Council during one of their lunchtime meetings and explained the work of the organisation.

Their work at the orphanage involves fund raising in order to provide medical supplies, nutritional supplements, equipment and additional 'ayi' support for the children. It also includes finding doctors who are willing to volunteer their expertise in treating children and maintaining a steady stream of volunteers who are willing to provide stimulating games and activities, as well as plenty of smiles and hugs for the little ones.

We were very touched by what Mrs. Tea told us and very glad that we were able to offer some help in the form of a donation. It also made us realise how lucky we are to have good health, our families and all that we need.

The Elementary Student Council would like to thank all students and members of the IST community who participated so enthusiastically in Read 4 Action and who made a difference to others.

Grade 6 China Tourism Fair

On Friday 7 March, Grade 6 Humanities students of the International School of Tianjin held a China Tourism Fair. Parents, teachers and students were able to enjoy listening to talks, reading pamphlets and watching digital presentations about different provinces in China.

As a part of their 'China: Then and Now" unit, students worked in pairs to research:

- places of interest for different types of tourists
- different ways to travel and associated costs
- best times of the year to visit
- general facts and points of interest

Students thoroughly enjoyed being the 'experts' of their province and sharing their knowledge. Feedback from parents and staff was overwhelmingly positive. It was a fantastic way to celebrate learning.

The 2 Steves at IST

The International School of Tianjin recently enjoyed a three-day visit by UK authors Steve Skidmore and Steve Barlow; better known as The 2 Steves.

They have performed in the UK and around the world at schools and literary festivals. They came to IST for three days of presentations and workshops, and students responded to them with great enthusiasm.

Combining comedy with "educational nuggets," The 2 Steves shared with IST students and teachers the message that everyone can be a writer. Story ideas can come from everywhere and the best ones are the ones drawn from our own lives.

They entertained and inspired students from nursery to grade 8 with their performances, and we're sure they'll continue to inspire young writers through their books, which can be found in the IST library collection.

Education

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Nutritional Supplements – Do They Work?

I once worked with a doctor who said that vitamin supplements do nothing but make expensive urine, although I've since found that he was actually recycling a quote by a Harvard nutritional scientist from about 20 years ago.

As with many big questions in modern medicine, the answer is complex and impossible to summarise in a short article like this. But let's look at some of the supplements that have been studied and ask whether there is evidence that they work.

Before we do that though, it's impossible not to mention the importance of a balanced diet – one that's rich in a wide variety of vegetables, fruits and grains – to get the vitamins and minerals you need. The fresher and lighter your food is , the better.

In terms of vitamins, probably the biggest consensus is around the need to supplement with vitamin D. While we get a small amount in our diet, the majority of vitamin D is synthesized by our own skin with the help of UV rays in sunlight. Vitamin D is not only vital to bone health, but there is increasing evidence that long-term deficiency is associated with diabetes, heart disease and certain types of cancer.

The reverse is generally true of multivitamin supplements. Three large studies published last year showed conclusively that in people showing no deficiency, multivitamins do nothing to prevent chronic disease or lower death rates, so the expensive urine quote is true in this regard. Taking a multivitamin with a broad range of ingredients at or below 150% of the recommended daily allowance is unlikely to do harm but may well do nothing.

In terms of helping your immune system, there isn't any evidence that taking daily vitamin C will stop you catching a cold in the winter, but there is some evidence that doing so may slightly reduce the duration and severity if you do catch one. The herbal supplement ecchinacea, however, was shown by one study to reduce the frequency of colds in people who took it daily compared to those that didn't by about 30%.

Finally, a word to the wise. Just because what you take is "herbal" or a "food supplement", it doesn't mean it can't have side effects and interact with other medicines. That's not to say you should avoid supplements at all – just that it is sensible to discuss any you are taking with your doctor.

Article contributed by International SOS Tianjin and TEDA Clinics

How to Take Care of Your Feet

By Cathy Perez

很多人不注重足部的保养以致于经常出现足部脱皮，干裂等情况，殊不知足部是我们身体使用最频繁也是最容易被忽视的部分。女性们的足部经常会受到高跟鞋的虐待而男性们更是没有保养足部的意识，所以本月我们的Cathy就整理了一些专门保养足部的秘诀给大家。教大家如何正确清洗足部以及如何使用润肤液对足部进行护理。希望那些深受足部问题困扰的读者可以由此解决足部问题，还自己一双水嫩双足！

Don't overlook the advantages of having well cared for and nice-looking feet! Our feet are often the most abused and neglected part of the body, that's why we get calluses, cracked heels, and worst of all, fungus. Taking care of our feet is actually simple and easy if you make it a habit to wash, moisturise, and pedicure. This habit is not only for women but for men as well. Here are some practical tips:

Wash feet daily. We demand a lot from our feet so it is only fair that we also take care of them on a daily basis. When your feet don't get the attention they need, chronic problems may develop which can actually trouble you in years to come. After some strenuous activities, allow your feet to rest for a few minutes before washing them with soap and water. Wipe the feet gently with a towel afterwards. Aside from being a mark of good hygiene, doing this also ensures that you do not step onto your bed with dirty feet, and thus prevents you from bringing dirt to your place of rest and relaxation. For soft feet, smother them with petroleum jelly and put on socks overnight. Alas, you'll feel your feet are softer the next day!

Home remedies for cracked heels. Lack of attention to foot care, overexposure, too much pressure on the foot pad, and lack of moisturising are some of the reasons why one gets cracked heels. Aside from a daily regime of cleaning and moisturising, one home remedy for cracked heels is soaking the feet in lemon juice for about 10 minutes. Soak your feet in a lemon juice solution and then lightly scrub them with a soft foot brush to gently exfoliate the top layers of dead skin that cause dry cracked heels.

Prevent Calluses. Calluses, also called tylomas, are protective layers of compacted, dead skin cells or patches of skin that thicken, especially in bony areas, to protect the skin from damage or injury. A foot callus can be ugly and embarrassing for some, but it's important to remember that the formation of calluses is part of the body's defence system. To help prevent calluses, always wear proper footwear- including socks and shoes, wear padding or arch supports to help redistribute pressure when walking, standing, or moving, and as always, maintain proper hygiene. If you have a foot deformity, see your doctor and never attempt to remove a callus yourself.

My Style Notes

By Silvina Pardo

The lingerie Rules

Fashion is revisiting all things 1990s during this season; grunge flannel shirts, distressed denims, platform trainers, so its no surprise that the underwear-as-outerwear trend is also back. This time it is less about what you see and more about what you dont. What we're seeing is a breaking down of boundaries between ready-to-wear and intimates. Ultimately, it's a trend that is about bringing the focus back to the woman's body. Lingerie is the maximum expression of a woman's femininity where the point is to accentuate a woman's body qualities instead of covering them.

At the spring/summer 2014 collections shown in Paris in October, Stella McCartney mixed her crisp suiting with sensuous lace-trimmed slip dresses and camisoles. She wasn't the only one to mix inner-wear and outerwear. There were bra-tops at Prada, Isabel Marant and Dolce & Gabbana, an endless parade of see-through lace at Burberry; fishnet body-stockings worn by melancholy Vegas showgirls at Louis Vuitton; big underwear-revealing skirts at Giambattista Valli; and layers upon layers of sheer everywhere from Balenciaga to Calvin Klein Collection.

So now is the time to focus in what is laying underneath;

Antique lace

For the retro look without the uncomfortable past silhouettes, a new wave of vintage-style lace and satins provide that old-fashioned trousseau look if super modern isn't your thing. Choosing subtle tones as nudes, camel and soft pinks you will be working the whole vintage look. A nude lace baby-doll will look sexy and demure at the same time.

Florals

Ready to embrace the change of the season, from watercolors florals to ditzy petals, there is a variety of glorious flower print to pick from this season. Channel the full feminine look in a retro longline bra and big knickers. A bustier floral bra is the must-have for this season coming.

Sexy black

Whether sexy or demure, a classic set of bra, knickers and suspenders should be on every girl's shopping list. You can play to imitate the boudoir dolls of the mid-20th century by concentrating on all the trimmings, feathered mules, slinky dressing gowns and waist-nipping girdles to speak of glamorous times gone by.

Super bold brights

After months of wearing dark cosy coats and black outfits and when your clothes speak only of sombre winter days, these acid neons, juicy jelly brights colors will provide an instant pick me up. The idea is to mix and match color for extra fun.

Buying a bra

A reported 80% of women wear the wrong sized bra and an ill-fitting bra can be incredibly uncomfortable.

When you buy a new bra, there are a few pointers to bear in mind, so you can achieve your dream fit:

- Bras will change in shape and size from brand to brand.

- Different fabrics may affect the fit, for example some women may find lace detailing restrictive.

- Different types of bras suit different body shapes

- Top tip: A new bra should fit perfectly when using the first hooks, as the bra is worn and stretches over time, you can then adjust accordingly.

Winter Olympic Success?

By Ben Hoskins

索契冬奥会伴随着春天的到来而落下了帷幕，无论让你印象深刻的是开幕式上的乌龙五环事件还是美加以收留比伯为赌注的冰球大战，这届的冬奥会无疑是一场精彩绝伦的竞技大会。我国在冬奥会上的表现也越来越好，从盐湖城冬奥会上杨杨获得的第一块金牌到如今3金4银2铜的突破性收获，我国的奥运健儿们五一不向我们展示出了不断追求和永不放弃的精神。本篇文章的作者Ben贴心的为大家记录了我们自参加冬奥会以来的每一个重大历史时刻并客观分析了我国冬奥会实力弱于夏季奥运会的原因。

When Wang Guizhen came down the mountain in Lake Placid in 1980, China's pursuit of Winter Olympic fame had begun. Finishing 18th that year in the alpine skiing women's slalom, Wang's performance was the best individual result at China's first foray into the Winter Olympics. Sending 28 athletes that year to New York, China was embarking on a journey that would see it steadily improve at subsequent Winter Games.

1984 and 1988 saw more Chinese Winter Olympian participants, and at the 1988 Calgary games short-track speed skater, Li Yan, achieved the first bit of significant success for China, winning the women's 1000m, though short-track speed skating was still a demonstration sport at the time.

The 1992 Albertville Games would be a milestone Olympics for China, as Ye Qiaobo would finally obtain China's first ever Winter Olympic medal, a silver in women's 500m speed skating. China's progress was steady, and it seemed like their first gold was within its grasp. It wasn't until ten years later, however, at the 2002 Salt Lake City Games that Yang Yang was able to capture China's first ever Winter Olympic gold medal, by winning the 500m short-track speed skating event.

To some degree, China's Winter Olympic progress has stalled in subsequent years, with only one more total medal at this year's Sochi Games than in those 2002 Salt Lake City Games. And in fact, China sent fewer athletes to Sochi than they did in Vancouver in 2010, and won two fewer golds and two fewer medals overall. China did have some success in Sochi, claiming three gold medals in total- in speed skating and short-track speed skating, but the scope of the country's success is limited. Of China's 53 medals in its Winter Olympics history, 37 of them are in these sports alone, including 10 out of 12 gold medals.

So with all of China's success at the Summer Games, what is keeping their Winter Olympic hopes of progress stuck in gear? As is to be expected, most of China's Winter Olympians hail from the frigid north eastern provinces, in a sense, making their pool of athletes much smaller than for the Summer Games. But that in itself doesn't explain the absence of China's winter success. After all, nearly every country would be in this boat and China's pool of possible Winter Olympians is still greater than Norway or Switzerland, traditional winter powers.

The reality is that just as the Summer Olympics has a much bigger stage around the world than the Winter Games, the same holds true in China. State-sponsored drives to improve many individual sports that could rack up the medal count in the Summer Games, such as weightlifting and diving, led to China topping the gold medal standings in 2008. The prominence of the Summer Games around the world, and the fact that Beijing was hosting in 2008 made it imperative that success was achieved at all costs.

The Winter Olympics don't have the same cachet as its summer counterpart, and so China likely has yet to see a need to invest as much in it. China has seen some success and improvement at the Winter Games since those first days 34 years ago in Lake Placid, as evidenced by its medal tallies in speed skating over the years, along with medalling in freestyle skiing at Sochi this year. But until there's justification for investing heavily in winter sports, China's Winter Olympic success may remain nominal. That justification may come soon enough though, as China is bidding for the 2022 Winter Olympics. So moving forward, when you see curling or biathlon prominently featured on Chinese television, you'll know why.

Lucias J P Banks

Favourite dish you've tasted in Tianjin?

Perhaps not a dish, but everyone's favourite breakfast food in Tianjin, Jianbingguozi 煎饼果子.

Which night do you prefer to go out?

I prefer Saturday nights as I finish work early on Saturday and start late on Sunday.

Favourite place to shop?

I usually head to Joy City, as it's near my apartment and has all the same stores that the other malls have.

Perfect spot in Tianjin?

My favourite spot is Carino Coffee, next to the Church on Binjiang Dao. The setting is lovely and they do a Blueberry latte that will blow your mind!

Perfect place for a date?

It would have to be a place in Italian Style Town; it doesn't have a name, but it's located in the heart of the Italian area, next to the fountain. In the evening it has a fantastic atmosphere, has great cocktails and feels very Parisian. They will even play a movie in a private viewing room for you and your date.

Last movie you watched?

An old classic, Arnie's Total Recall.

Are you following any TV Series at the moment?

Just finished watching Sherlock (BBC). It was immense! Best thing I have seen in a long time; although I still haven't got around to seeing the Breaking Bad finale.

Strangest thing you've seen in Tianjin?

The beggars with the bamboo flutes, pretending to play them, but really it's just a backpack with a speaker inside.

The best thing about Tianjin?

Is that it's HUGE, but also kind of small. It's like a community and everyone knows everyone.

Top three things people should do in Tianjin?

Number one would be check out Ancient Culture Street, lots of knickknacks and stuff everywhere! Number two would need to be a visit to one of the Helen's venues. It's a chain of bar/restaurants which are dirt cheap and wholesome. Finally, I'd recommend going to the Natural History Museum to see some awesome old things.

How to Deal with Tianjin's Air

最近全国各地雾霾天气频发，大雾弥漫，危害了人们的健康，给我们带来了很多担忧和生活上的诸多不便。相信广大读者都被这恐怖浓重的雾霾困扰着。然而改善空气质量需要全社会共同的努力，不是一时能够解决的。那么，面对雾霾天气我们应该如何应对呢？现在小编就和大家分享一些经验和方法，希望大家在雾霾天气里都能健康、顺利。

The poor air quality in major cities like Tianjin and Beijing is not just a big talking point, it is literally a very serious health hazard. Whilst none of us are going to be able to eradicate the root problem, there are a number of measures which can somewhat limit the amount of damage this persistent haze of harmful gases has on our bodies.

•**Wear a protective mask.** It is an alarming truth that protective face masks are becoming an increasingly ubiquitous sight in Tianjin. Although it's a real shame that the city is starting to look like a post biological warzone there is a good reason why people are taking such precautions. Masks are available in all shapes and styles at many of your local convenience stores. It may be a good idea to buy one for when you're out and about as it will block out some the bigger particles which would otherwise get into your lungs.

•**Keep windows closed.** It sounds like a bit of a simplistic remedy and you will of course still be breathing the city's air inside your apartment, but making sure your windows are shut will protect you and your home from the thick layers of soot that form after about 24 hours of direct exposure to the outside air.

•**Stay healthy and drink loads of water.** It's obvious that the healthier our bodies are the better chance our immune system has of protecting us. One of the best ways to limit the damage of smog to your overall respiratory system is to consume a good amount of water every day. This gives the body the fluid it needs to flush out our lungs and throat when they become clogged up.

•**Purchase a humidifier (or two, or three).** Unfortunately Tianjin's air isn't just dirty, it's also remarkably dry- especially during the cold seasons. Buying a humidifier for your apartment will thrust that all-important moisture into your surrounding air.

职场上女性往往处于劣势地位，被上司骚扰的情况也是屡见不鲜。默默忍受老板的行为显然不能被提倡，而奋起反抗又可能会导致丢失工作，这样进退两难的情况十分不幸的被我们的主人公Tian Tian 小姐遇到了。面对着老板越发过分的行为，Tian Tian 小姐焦虑的求助于我们的天使与恶魔，希望可以找到妥善处理窘境的方法，而我们的天使与恶魔也不负众望的给出十分可行的建议。让我们广大职场女性一起来参考一下吧！

"Dear TJ+ Editors, My boss has always been very flirtatious towards me, but now he is making much stronger advances. I don't know how to let him down firmly without creating tension at work and maybe even jeopardising my job. Please help!"

– Tian Tian

Angela says:

Tian Tian, you're in a really awkward situation and it is my hope that you get to defuse the situation as soon as possible, of course, without creating tension or jeopardising your job.

Firstly, you need to be very direct in your words and emphasise that you DON'T like your boss's flirtatiousness. Don't send any mixed signals! If he hits on you, either pretend that you didn't hear anything or prudently say something that disagrees with him.

Don't spend time alone with your boss and try your best to minimize one-to-one meetings and instead go for group gatherings. Remember to be jovial but also keep your distance. A tactful approach is the key to ensuring that this tension doesn't escalate.

Does your company have a sexual harassment policy? Make sure you are aware of it. Ask your Human Resource Department about it and if needed, have a talk with your HR Head to ask for more professional advice. Tian Tian, remember not to lose your self-worth and stand your ground during this predicament. Good luck!

Daemon says:

Oh dear, that's quite a predicament you're in. I've seen this kind of scenario many times- whereby attractive young men and woman are being preyed upon by their opportunistic bosses and managers. In fact, I have also been a victim of this on several occasions.

Unfortunately it seems that good looking people will always be subject to such inappropriate behaviour from our peers and colleagues. It is about time that we confronted these workplace antics and cleansed our society's moral fabric once and for all!

But anyway, going back to your situation, I think the key word that you quite rightly employed in your letter is 'firmly'. These wretched, scheming people of power need to be put in their place before their rampant egotism destroys lives. You should tell your boss, in no uncertain terms, that he needs to back off or there will be serious consequences.

If the worst comes to the worst and you get fired, then what is there to worry about? I mean, from what you've told us it sounds like you'll probably be quite popular in other companies!

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

CHONGQING ROAD 23RD MUSIC BAR

What is the essence of a modern metropolis? Is it towering high-rise buildings? Is it the faces in the steady stream of people? It is the nightlife! It is the time when people return to the joy of freedom from a conformist life and the city fades away from the hustle and bustle of daytime.

The Chongqing Road 23rd Music Bar is a new gathering place for night life.

Located in the heart of Tianjin's cultural centre- WuDa Dao, Heping District, Chongqing Road 23rd. It is a Western-style building with a combination of Chinese and Western elements from the Republican period. It combines theme music, elegant environment and refined service, and you can find the combination of cultural nostalgia, classic Western culture and modern urban culture.

Chongqing Road 23rd Music Bar will provide you with a full range of sensory feasts.

•There is a diverse bar environment. The classic German hardcore, with the mix of lights and dazzling performing arts stage will help you relax. It creates a classic bit of visual sensory.

•A multinational mix and match style of music suits different tastes.

•An exquisite variety of wine drinking. From Martell to Hennessy, then from Manhattan to Gin Tonic, and then to Australian, sugar-free non-alcoholic Patritti.

当怀旧与经典在这里融会贯通

---重庆道23号音乐酒吧

一座现代大都市的精粹是什么？是高耸入云的超高层坐标建筑？是在川流不息的人群中一张张的面孔？是夜生活，是城市褪去白日的浮躁喧嚣，人们从循规蹈矩回归自在欢愉之时。

重庆道23号音乐酒吧津门夜生活最新聚集地，它将用自己的不拘一格和别样的风姿成为津门夜生活的标志点。

重庆道23号音乐酒吧位于天津市核心风景文化聚集区--和平区五大道，重庆道23号。一座民国时期中西合璧的洋楼，融汇了主题音乐，雅致环境和精致服务。怀旧的民国文化，古典的西洋文化，现代的都市文化，在这里聚会生发，成长为别样的风景。

重庆道23号酒吧穿越十里洋场的往日风华将为您提供全方位的感官盛宴。

·风格多样的酒吧环境。经典德式硬派卡座，氤氲的怀旧灯光，炫目的演艺舞台。从细节点滴和多种视觉语言营造经典的视觉感官体验

·跨国混搭音乐分割。哥伦比亚&马来西亚，跨越美洲东南亚，穿越不同文化体系，带来或热烈，或婉转，或怀旧，或沉静的视听盛宴。

·精致多样的酒饮。从Martell到Hennessy，再从Manhattan到Gin Tonic，再到澳洲无糖无醇Patritti，自在无负担的全面满足您的舌尖欲望。

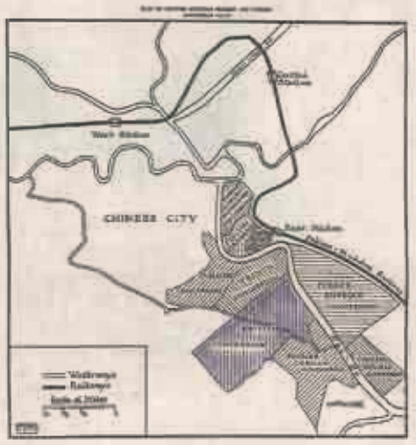
·真醇馥郁的烟草体验。引入来自美国的玉米烟斗，用最原始朴实的烟斗承载馥郁烟草香，享受最单纯，最浓郁的烟草味道，带来最纯粹的休闲体验。

怀旧与经典在这里不期而遇，构建出重庆道23号音乐酒吧独特别样风貌，而这一切都值得您流连忘返。

take this ticket can get one bottle of beer free

The British Concession - An Expanding Area of Influence

By Andrea Klopper



1860年天津被迫开放，英国等列强国家占领天津，尽管这是一段屈辱的历史，但不可否认的是英国对于天津的城市建设，河流疏浚，商业发展起到了绝对的推动作用。从第一条码头的开通到天津成为国内主要的港口城市，英国政府为天津留下了苦乐参半的回忆。本期栏目会在讲述天津早期发展历史的同时，向读者们展示天津与英国之间难以磨灭的特殊关系。

As a result of the Peking Convention of 1860, the British were granted land in Tientsin some two miles south of the Chinese city. It included the village of Zi Zhu Lin (Purple Bamboo Forest) whose inhabitants were moved out. The land was described by the editor of Tientsin's first English newspaper, The Chinese Times, as

"…dreary grounds which contained within their areas junk docks, small vegetable gardens, mud heaps, hovels of fishermen, sailors and others, whose wretched groups of squalid huts were divided from each other by narrow tidal ditches which were bordered by meagre and ill-kept footpaths. The sites … were foul and noxious swamps, around them, on the drier grounds, were the numerous graves of many generations of people" (Michie, Alexander 1888 in Rasmussen 1925: 37).

This hardly seemed very promising and may well have been why the Chinese authorities agreed to lease it to the foreigners! Captain Gordon (later to become famous in the Sudan as general Gordon of Khartoum) was in charge of the Royal Engineers quartered just outside the East gate of the city along with some 3000 British troops. Having gained some fame for his part in suppressing the Taipings around Shanghai, and being highly energetic, he was given the task of establishing the concession of about 77 acres. The lots were sold to the highest bidders in August 1861 with conditions precisely defined in the contract or 99-year 'Crown Lease'. The landowners were not acquiring land from the Chinese but from the Queen of England, who was represented by the Acting British Consul of Chihli (the province in which Tientsin fell), John Gibson. The lessees contributed to the costs of drainage; making, repairing, paving and lighting streets; laying out public spaces such as parks; and establishing services such as police. Annual rental payment was in proportion to the ground rent paid by the British government to the Chinese. Apart from the troops, there were only thirteen foreigners in Tientsin:

It was not long before the number doubled. John Innocent's wife joined him along with other missionary colleague, Rev and Mrs Lees of the London Missionary Society. Mr Twinem, the first Commissioner of Customs, arrived. In the wake of the military came traders and missionaries, taking the opportunity offered for access to markets and people. It was not without its cost. Cholera raged in the Chinese city in the summer of 1861 with about 10000 Chinese dying as well as many of the foreign troops. There were also births. The first British subject born in Tientsin was Annie Edkins Innocent on 22 September 1861. Her father, who had been living and working inside the Chinese city, was among the first to acquire land.

Name	Occupation
Dr Blodget	American Board Mission
J. Mongan	British Vice-Consul
Capt. J Henderson	Lindsay and Co.
J.A.T. Meadows	Meadows and Co.
E. Waller	Phillips & Moore
H.C.Maclean	Jardine Matheson & Co.
T Platt	Un Known
Mr Stamford	Un Known
Mr Richard	Un Known
C. Grant	'colourful local character'
C. Mellor	Un Known
Mr Stamman	Un Known
Mr John Innocent	New Connexion Methodist Mission

Looking down Taku Road (from Candlin 1909: facing168). Note there are street lamps to left.

Due to the danger of flooding, earth was brought from the neighbouring plain and from dredging the river in order to raise the level some eight feet. Gradually wharves were built and the merchants began to put up big godowns or warehouses backing onto the river bund. Small temporary dwellings sprung up. Construction was started on a church on the Taku Road at a cost of £500, largely from subscriptions from local residents and officers of visiting ships. It was to serve the Protestant community until 1898 when a new church was built.

Land Regulations were promulgated in November 1866 noting, "in no case shall a Chinese subject be permitted to [rent land in the British settlement]" nor could any other nationality unless agreeing to obey all regulations and bye-laws made by the British authorities. Chinese got round this by finding a British subject who would agree to be the holder in name only, and subsequent regulations for the extension areas and the 1918 regulations did not contain this exclusive clause. An annual general meeting for land renters was to be held in order to elect a council which would operate as a Municipal government by levying rates and taxes so as to administer the area, and frame Bye-laws ensuring order.

By 1870, Michie was to note:

"…what with the beginning of a piled bund, the smooth road from the old customs building to the east side of the Astor house Hotel; the long and straight Victoria Road, with its smooth surface and double row of elms; and the several houses of good appearance, the settlement began to assume consistence and visible form" (in Rasmussen 1925: 44).

The next decade was to see great changes and by the 1880s, there was a growing sense of community with increased British population and organised efforts to provide for their needs. In 1888, the municipal council had appointed a paid surveyor and secretary. A couple of influential figures came to the fore such as Mr Detring and Mr Bromley. The commercial sector boasted of three stores (all single storey), a Chamber of Commerce, newspaper, railway line and tarmac road. Social developments were evidenced by a public park, town hall (indeed the first of China's treaty ports!), Literary Society, library and lawn tennis facilities. There was an almost constant shortage of houses and two "very mediocre" hotels.

The British Municipal Extension

The British concession was first enlarged in 1897 to extend west of the Taku Road (now Dagu Lu), at the request of some British nationals who had already built houses there. A perpetual lease of 999 years was obtained from the Chinese government for this additional 253.7 acres. In 1899, Land Regulations gave it its own local administration. Residents paying a certain minimal annual rent could vote at an annual general meeting and elect a municipal council.

Both areas were to serve, over time, as advertisements to the benefits of modernization.

The Extra-mural Extension

Following the Boxer Uprising, and in part as restitution for damages, the concession doubled in size in 1903. Ground of the proposed American concession was added.

Land was incorporated that lay beyond a defensive rampart or wall that the Chinese military had built to encircle Tientsin during the earlier Taiping Rebellion (1850-64), hence the name. Filling of this area required moving two hundred million cubic feet of river silt. The area was placed under British control by the Chinese authorities but there was no administration which led to some discontent. In 1917, residents petitioned the British ministers to amalgamate the three areas.

The British Municipal Area

A joint committee chaired by the British Consul-general drafted new regulations that resulted in a single British municipal area of about 940 acres administered by a single municipal council. The initial nine members with at least five being British subjects, was later (1927) changed to ten members of which five should be Chinese and the chairman being British. Land renters and occupiers were entitled to vote, with the number of votes dependent on the amount of tax or rent paid. Changes in these figures in 1928 resulted in many of the smaller renters or occupiers being disenfranchised with more power going to those in larger premises. The British Municipal Council (BMC) developed growing powers and also established many public utilities. In 1920, the Electricity Department took over from a private company and made a large contribution to BMC income. A Health Department opened two hospitals for foreigners and Chinese ratepayers. An Education Department oversaw two schools: Tientsin Grammar school primarily for foreign children (250 students of 29 nationalities in 1938); Tientsin Kung Hsueh solely for Chinese children (some 2000 students in

circa 1898

circa 1900-1909

circa 1901-1911

undated

Assorted postcards of the vicinity of Meadows and Victoria Roads, now Taian Dao and Jiefang Lu. (Courtesy of Leyden 2002)

Notice street lighting and trees alongside the streets suggesting planning and order. European suburbs taking shape!

Top: BMC Public Works Department.

Bottom left: Surfacing of Race Course Road (now Machang Dao) in 1926.

Bottom right: Laying water pipes along London Road (now Chengdu Dao) in 1932.

(Jindai Tianjin Tuzhi 2002: 123).

1938). By the 1940s, there was a police force of 700 men.

So Tientsin became the second largest British controlled/dominated area on the mainland after Shanghai, with the second largest British population in 1938. Half of the land was owned by Chinese but was most likely more as some was registered under British names. This was to conceal the extent of some people's assets in 'foreign territory' for political and private reasons as well as to safeguard property as litigation would have to take place in a foreign court of law. Despite Japanese control over most of Tientsin from 1937, the British Municipal Area had remained a sovereign island. It was temporarily blockaded in what became known as the Tientsin Incident of 1939 and was finally taken over in 1941 after the declaration of war on Japan by the British and Americans following Pearl Harbour. On 11 January 1943, the Treaty for the Relinquishment of Extraterritorial Rights in China was signed in Chongqing and the area was officially handed over to the Chinese Government. The foreign residents, many whom had left or been interned in Japanese prisoner-of-war camps, declined in numbers. Some returned at the end of the war and sought to rebuild their lives despite the ongoing political upheavals as Nationalist and Communist forces sought to establish control. Conditions for businesses became increasingly difficult, if not impossible. Times and ideologies shifted, leaving little but buildings, memories and a bittersweet legacy.

Special Days of April 2014

Special Days

By Tracy Hall

过了烟花三月，春光一泻千里，四月的脚步就迫不及待地来了。这是一个满载生机的季节，而对于北方人来说春天一向是短暂的，四月是春天中的春天。在这个生机勃勃的月份中，带着如春风一般欢快的心情在愚人节这天与朋友开个无伤大雅的玩笑吧。通过小小的恶作剧，收获大大的快乐。虔诚的教徒们不要忘记了复活节，在这一天亲吻你的上帝吧，感谢他为我们带来重生于希望。四月有许多节日，好像要把所有的快乐都倾注在这美丽的人间四月天中。

April Fool's Day (1 April)

The exact origins of this fun-filled day of pranks and gags remain unknown- although some historians claim that the April fooling tradition goes as far back as the Roman era. Anyway, be sure to play a few pranks on those around you and remember: the crazier the better!

Russian Cosmonaut Day (12 April)

Why should Neil Armstrong and all the other American space explorers get all the fame and glory? After all, it was Russian cosmonaut Yuri Gagarin who was the first person to go beyond the confines of our wonderful planet on 12 April 1962. It's nice to know that on this day at least some acknowledgement is being given to Russia's accomplishments during the space race.

Easter Sunday (20 April)

By now most Chinese people will know about the traditions of the Easter festival. Those devilishly addictive chocolate eggs that are synonymous with this time of year now transcend national borders. But aside from all the cute bunnies and egg hunts etc, if you are inclined towards Christian beliefs then it is perhaps the most important day on your calendar as it celebrates the resurrection of Christ.

Hug an Australian Day (26 April)

Yes, that's right, those Australian folk may look strong and stoic, but the truth is that they need love and appreciation just like the rest of us. Make an Australian very happy on this special day by going up and giving them a nice big hug! And if you're a single Australian person living in Tianjin, this could turn out to be the best day of your life!

Babe Ruth Day (27 April)

This is a day which is dedicated to arguably the best and most iconic player ever to grace the sport of baseball. If you like baseball, then this will probably be a special day on your calendar. If you don't like the sport whatsoever, then maybe it's best to just go out for a nice meal instead…

4 Great Ways to Spice up Your Spring in Beijing!

By Grace Batty

春天来啦！小伙伴们快出来
玩吧！经历了浓重雾霾的北京终于晴
空万里，空气新鲜啦。小编Batty为大家提供
了4个玩转春日的特别安排，快来一起享受大好时光
吧。先去王府井等各大逛街胜地更新一下我们的衣橱，再约上姐
妹们来个快乐的下午茶，之后趁四月旅游淡季游客不多之时到北京的
自然名胜体会春光无限，到了晚上去三里屯，后海等酒吧一条街小酌
几杯，彻底放松身心。不要再闷在家里了，快出来透透气吧。

The ongoing situation with regards to smog and pollution in Beijing is putting a big downer on the glorious spring season that is now upon us. Everybody seems to be preoccupied with the air quality instead of planning exciting days out and fun excursions around the city. What a terrible shame this really is! Indeed the smog is unavoidable and potentially damaging to our well-being, but spring is here, regardless of the city's poor air, so let's put on the face masks and start enjoying this wonderful season with these 4 fun remedies!

Retail therapy

The people of Beijing are incredibly fortunate in that there are all kinds of amazing shopping opportunities here. A morning of bargain hunting at the Silk Market or an afternoon of strolling through Wangufjing is guaranteed to give you a pick up. Besides, now is a great time to update your wardrobe before the summer kicks in!

Afternoon coffee

With so many cool cafés opening up all the time in Beijing there are no excuses for failing to enjoy a bit of alone time with a nice hot latte, and perhaps even your very own muffin of choice! Give yourself a bit of time away from the stresses of work, home and air pollution by heading out for a refreshing afternoon coffee with your friends or colleagues.

See some sights while the weather is nice

April is arguably the best month of the year to do a spot of sightseeing in China. The winter weather has passed but the scorching summer heat is not quite here yet. Moreover, there aren't too many tourists clogging up the key locations. Make the most of this spring season by going out and seeing all the things you haven't yet got around to seeing.

Exciting evenings out

A couple of great nights out with your friends are exactly what you need to make you forget the problems and stress factors of your day to day existence. Now that it's warm enough to walk around the bar district of Sanlitun at night you need to organise an evening of painting the town red. If you're not a big drinker then at least get yourself out to try a new restaurant or two over the spring period.

The Westin Tianjin Holds Well-being Open House to Kick Off its Year-long Global Wellness Movement

The Westin Tianjin opened its doors to the public as part of the global launch of the Westin 'Well-being Movement', a campaign designed to enhance the well-being of guests and associates around the world. The year-long initiative and 15 million USD campaign will introduce a string of innovative partnerships and programs across Westin's six brand pillars: Sleep Well, Eat Well, Move Well, Feel Well, Work Well and Play Well. The launch coincides with the International Day of Happiness and Well-being and the Spring Equinox – traditionally recognized as the season of renewal.

From 22 March 2014, The Westin Tianjin welcomed the guests, associates and consumers to experience the brand's signature well-being programs, including their Workout Yoga Classes and Superfoods cooking class for guests. The Westin Tianjin is one of 200 Westin Hotels & Resorts around the world to invite guests and non-guests to experience a world of well-being.

"The Westin Tianjin launched Westin Well-Being Movement a part of our Westin Wellness Experience" said General Manager Mr. Lee Kanbur. "At Westin, everything we do is designed to help you feel at your best. We work with New Balance to help our guests stay fit with our New Balance Gear Lending program, and we also have our Superfoods menu to fuel your body with energy. Every element of your stay is created to leave you feeling better than when you arrived. "

Mindfulness and Meditation Pioneer Checks-In to Westin Hotels

The Westin Well-being Movement launched globally with Headspace, its first new partnership of 2014 aimed at helping guests "feel well." Headspace founder and meditation pioneer Andy Puddicombe led the charge as the authority for the brand's "Feel Well" pillar and is the first appointee to the Westin Well-being Council - a diverse advisory board composed of renowned thought leaders, each of whom aligns with a specific wellness brand pillar. Westin is the first hotel brand to launch a brand-wide mindfulness and meditation program and through its new partnership with Headspace will help guests to "feel well" by providing customised content through a dedicated space on Westin.com including videos and seven custom meditation exercises. Specifically created for Westin guests, the program was designed to address the needs of both leisure and business travellers, pre and post-stay and includes programs to help guests get ready for the journey, sleep, switch off from work, how to use technology mindfully and more. Westin will also introduce Headspace modules that were developed exclusively for its associates around the world to help promote wellness in the workplace.

Celtic Heavy Vibrations with Alliance Française of Tianjin

On the 5th of March, Epsylon French band, from the west coast of France, was invited by Alliance Française de Tianjin for a free concert for "Mars en folie" (Crazy March) festival. Every year in March since 2008 all the fifteen Alliances françaises over China invite one or several music bands from France and other French speaking countries for a tour in China.

This year, Epsylon started its China tour in Tianjin. The band was created 7 years ago in the city of Nantes (France) and has already played in a lot of Celtic rock festivals in Europe. This year was their second tour in China.

For an audience of over 300 people, Epsylon gave an overdose of Celtic magical energy, mixing traditional instruments and heavy electric rock, acoustic and amplified sound. The 13 Club, in Italian Style Town, was overcrowded for welcoming this unusual sound in Tianjin and we are sorry for the people who were not able to go in, staying at the door.

It was the first time Epsylon performed some songs from their next album "Manufacture du temps", so they decided to offer to the Chinese audience all the songs of this album! Check the website of Alliance Française of Tianjin to get the free download link!

The next big alternative-folk-rock concert organized by Alliance Française of Tianjin, your French language and culture center, will be in June. Be ready!

Love Lasts

White Valentine's Wedding Fair Staged at The Sheraton Tianjin Hotel

After successfully holding the wedding fair in 2013, the "Love Lasts" themed White Valentine's Wedding Fair was staged again on 14 March and 15 March at the Sheraton Tianjin Hotel. The exhibition displayed the 2014 new wedding trends.

The Wedding Fair lasted two days on the 2nd floor of the Sheraton Tianjin Hotel. The hotel specially prepared romantic western style dinners for couples so that they could enjoy the bridal show whilst eating dinner. The couples who attended the show all obtained the special value offer of holding their wedding at the Sheraton Tianjin Hotel.

Discover The Love Beyond Time
An Elegant Vintage Wedding Fair
@ Renaissance Tianjin Lakeview Hotel

An elegant vintage wedding fair was held at the Grand Ballroom of Renaissance Tianjin Lakeview Hotel on Saturday 15 March 2014 from 13:30 – 17:00. More than 200 guests attended the event.

10 wedding related exhibitors joined the event, including representatives from hotels, wedding planning companies, media, wedding dress and suit makers, video and photography production companies, jewellery designers, wine vendors, travel agencies, banks, and wedding cake makers. Every guest had a special time there.

The MC kicked things off with a warm greeting to everyone at the event and he wished all the couples eternal love. The hotel also presented the changing wedding styles over time up to the modern wedding styles of today. From the traditional Chinese red veil to the western white wedding dress, wedding styles have dramatically changed in the past few decades. Time changes but love lasts forever. There were also a number of interactive games for guests during the event, and all winners received special gifts from the hotel.

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Bakeries & Desserts

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

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

Hank's
13821611049 / 13920614814 theupperdecktj@yahoo.com
天津市河西区卫津南路中石油立交桥东南侧，万科金奥国际广场6号楼333室。
Vanke Jin Ao International Square, Zhong Shi You Bridge, Wei Jin South Road, He Xi District, Tianjin, China 300221.

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

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

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

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

Italian

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

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

SóU 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 南开区宾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

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

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

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

YY Beer House 粤园泰餐厅
Cozy, genuine and simply delightful are the words to describe this exotic Thai locale. 11:30-02:00 (Behind International Building). **A:** No. 3, Aomen Lu, Heping District 和平区澳门路3号（国际大厦后侧）
T: +86 138 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

Hank's Sports Bar & Grill 汉克斯运动酒吧 Offers traditional American favourites like burgers, steaks and pizzas in a cozy, laid back environment. 11:00-23:00. **A:** No. 56, 1F, bldg. B, Shang Gu Business Center, Tianta Dao, Nankai District 南开区天塔道上谷商业街B座1层56号
T: +86 22 2341 7997

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

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

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

HEBE Restaurant & Lounge Clu 赫柏餐厅酒廊 Integrating a stylish restaurant, a classy lounge club that can compete internationally and a fashion show room into one, is a sophisticated dining and recreation venue. **A:** No. 1, North Gate of Tianjin Olympic Center Stadium, Binshui West Road, Nankai District 南开区宾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)

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河西区宾水道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 河西区宾水道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桐花园底商1-115号(富丽津门湖公交站对面)
T: +86 22 8815 8577

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

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

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

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

Coffee Shops

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

Starbucks Coffee 星巴克咖啡
A haven to listen to the best American songs and enjoy coffee and tasty bites with friends.
1) Sun-Thu 08:00-22:00, Fri-Sat 08:00-23:00 **A:** 1F, Berth C1-2, Buidling No.1, No. 18 by 1, Tai'an Dao 泰安道18号增1号三号院一号楼C1-2铺位首层
T: +86 22 5832 5702
2) 09:00-24:00 **A:** No. 60-62, Ziyou Dao, New Italian Style Town 新意大利风情街自由道60-62号
T: +86 22 2445 3185

Bistro Thonet 庭悦咖啡 As the viewing café in Qing Wang Fu, Bistro Thonet gives you beautiful scenery with flourishing vegetation. It provides various Chinese and Western cuisine, business lunch and afternoon tea in both indoor and outdoor venues.
A: No.55, Chongqing Dao, Heping District 和平区重庆道55号庆王府院内
T: +86 22 8713 5555, +86 22 5835 2555
W: qingwangfu.com

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

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

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

HP **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

Dancing Club

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

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

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

Beauty Salons

HP **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

HX **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 南开区宾水西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 南开区宾水西道
T: +86 22 2338 2008

Catering Solutions

Flo Prestige 福楼外宴策划 HB
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 DL 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 NK 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 HP 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 HP Offering the most complete door-to-door service to move our clients anywhere across the world, within China. **A:** A1701 Vanke World Trade Plaza, 129 Nanjing Road, Heping District; 和平区南京路129号万科世贸广场A座1701室
T: +86 22 2712 7759
E: manager.tianjin@agsfourwinds.com
W: agsfourwinds.com

Relocation

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

Hotels

★★★★★

Hotel Nikko Tianjin 天津日航酒店 HP
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 Distric 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 a landmark hotel located in the heart of the city offering unparalleled and memorable experiences. Only minutes away from the scenic banks of the Haihe River, the distinctive architectural medley of the "Five Avenues" and the shining towers of the city's Central Business District.
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 HX 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

Include your company info in our Listings Index!
Email listings@tianjinplus.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 HB
Located right next to the Haihe River, it is one of the first hotels in Tianjin to bring a resort style service to a city setting. **A:** No. 34, Haihe Dong Lu, Hebei District 河北区海河东路34号
T: +86 22 5883 7848
W: banyantree.com

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

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

Holiday Inn Tianjin Aqua City 天津水游城假日酒店 HQ
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 HD Strategically located in the new financial hub of Hedong District and close to the newly renovated Tianjin train station, which is the ideal choice for the discerning business and leisure traveller looking for a comfortable and memorable stay in Tianjin. **A:** No. 66, Xinkai Lu, Hedong District 河东区新开路66号
T: +86 22 2457 8888

Wanda Vista Tianjin 天津万达文华酒店 Located on the banks of the Hai He River, furnished with rich Oriental ambience, Wanda Vista offers its acclaimed guests an extravagant experience of exclusive services and artistry. **A:** 486 Bahao Road, Da Zhi Gu, Hedong District 河东区大直沽八号路486号
T: +86 22 2462 6888

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

Hyatt Regency Jing Jin City Resort & Spa 京津新城凯悦酒店 BD 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 HP
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 HX
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 河西区宾水道16号
T: +86 22 5822 3322

Antiques & Souvenirs Streets

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

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

Art Galleries

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

Art Districts

HP Western Art Gallery 西洋美术馆 A classic style building which 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.和平区解放北路与赤峰道交口
T: +86 22 2330 3255

HX Western Shore Art Salon 西岸艺术馆 Unique gothic-style building engaged in elegant music performances, art exhibitions, poetry reading. 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 河西区友谊北路与马场道交口3号
T: +86 22 2326 3505

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

Museums

HP China House Museum 瓷房子博物馆 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 和平区赤峰道72号
T: +86 22 2314 6666

The Astor Hotel Tianjin Museum 天津利顺德大饭店博物馆 Politicians, Peking Opera kings, movie stars, emperors and empresses all stayed in the most dynamic place of the British Concession since the late 1800's. CNY: 50. 10:30-21:30. **A:** (Inside The Astor Hotel Tianjin). No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号（天津利顺德大饭店内）
T: +86 22 2331 1688

NK Chinese Shoe Culture Museum 中国鞋文化博物馆 Displaying 56 special themes with over one thousand pairs of shoes. Memory 5,000 years of Chinese shoe-makingy. CNY: 20. Wed, Thu, Sat-Sun 09:30-12:00; 13:30-16:40.
A: Haihe Building, Ancient Culture Street, Nankai District, Tianjin 南开区古文化街海河楼
T: +86 22 2723 3636

Memorial Hall to Zhou Enlai and Deng Yingchao 周恩来邓颖超纪念馆 Dedicated to the memory of premier Zhou En-lai and his wife, Deng Yingchao, it features photos, documents and dioramas of significant events in their lives. Free. 09:00-16:00.
A: Shuishang Gongyuan Bei Lu, Nankai District 南开区水上公园北路
T: +86 22 2359 2257

Tianjin Museum 天津博物馆 For the fluent Chinese speaker, it's a walk through China's most emblematic periods in ceramics. Free. Tue-Sun 09:00-16:30. **A:** Crossing of Pingjiang Dao and Yuexiu Lu, Hexi District 河西区平江道与越秀路交口
T: +86 22 8300 3000
W: tjbwg.com

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

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

Parks

NK Tianjin Water Park 天津水上公园 Tianjin's best preserved park. A year-round attraction for nature lovers with nine islands and three lakes. **A:** No. 33, Shuishang Gongyuan Bei Lu, Nankai District 南开区水上公园北路33号

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

Theatres & Cinemas

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

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

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

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

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: tjicco.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

HX Tianjin International School 天津国际学校 With a philosophy emphasising the holistic development of students, TIS offers a Pre K – 12 education based on a North American curriculum to children ages 3 to 18. Mon-Fri 08:00-17:00. **A:** No. 4-1, Sishui Dao, Hexi District 河西区泗水道4号增1号
T: +86 22 8371 0900
W: tiseagles.com

HQ Wellington College International Tianjin 天津惠灵顿国际学校 In partnership with Wellington College, Crowthorne, UK, the Tianjin college offers a British curriculum. 08:30-17:30.
A: No. 1, Yide Dao, Hongqiao District 红桥区义德道1号
T: +86 22 8758 7199 ext. 8001
M: +86 187 2248 7836
E: admissions@wellington-tianjin.cn
W: wellington-tianjin.cn

XQ Raffles Design Institute, Tianjin 天津莱佛士设计学院 Offers fashion design and marketing, business administration, graphic and media design classes, with full-time and part-time courses taught on and off campus. Mon-Fri 08:30-12:00; 14:00-17:30. **A:** Block H, No. 28, Jinjing Lu, Xiqing District 西青区津静路28号H座
T: +86 22 2378 9535 ext. 502

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

Kindergarten

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

Language Schools

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

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

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

Exhibition Centres

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

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

Libraries

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

Real Estate

Jones Lang LaSalle 仲量联行天津分公司 HP
Real value in a changing world
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

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

Temple of Compassion 大悲禅院 HB
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: tjdabeiyuan.com

Serviced Offices

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

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

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or call +86 159 22 000 555

Bookstores

Hai Guang Si Book City 海光寺书城 NK 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

Tianjin Book Building 天津图书大厦 HX
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

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

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

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

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

Tianjin Aeon Mall 天津永旺购物中心 XQ
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

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

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

Bakeries

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

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

Chinese

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

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

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

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

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

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

Indian & Thai

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

Japanese

Kuinoi 云井日本料理店 Experience a unique dining experience in a luxurious, elegant atmosphere with top-class service. 10:30-00:00 (Next to KFC). **A:** King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰仟佰汇商业广场(肯德基旁)
T: +86 22 6529 8581

Rengaya 炼瓦家 Indulge your taste buds with authentic Japanese cuisine & sushi. Finish it up with sake. 11:00-13:30; 17:00-21:30. **A:** (Next to Friendship Store) No. 19, Huanghai Lu, TEDA 开发区黄海路19号(友谊名都旁)
T: +86 22 2532 4574

Seitaro 清太郎日本料理 Savour a wide selection of specialities including a sushi counter in a traditional Japanese décor setting. 11:30-14:00; 17:30-21:30. **A:** Century Village, 3rd Avenue, TEDA 开发区第三大街世纪新村
T: +86 22 6529 9522

Tokugawa 德川日本料理 Opened in 1998, the restaurant still maintains its beauty and quality. You can try a huge variety of sushi and sashimi. 10:00-14:30, 16:30-22:00. **A:** No. 34, 1st Avenue, TEDA 开发区第一大街34号
T: +86 22 2528 0807

Wu Gu 五穀日本料理 Traditional Japanese food, famous for its blossom stone package, fresh sashimi and steamed items. 11:00-20:30. **A:** 1F, No.29 Shishang Dong Lu, TEDA 开发区时尚东路29号1层
T: +86 22 5985 7141

Baiyi Teppanyaki 百一铁板烧 One of the best choices for Teppanyaki in TEDA. 10:00-22:00. **A:** No. 2-1-6, King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰仟佰汇商业广场2-1-6号
T: +86 22 6629 5488

Western

Brasserie Restaurant 万丽西餐厅
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 滨海新区奥运路滨海时尚天街2-07号(近泰达足球场)
T: +86 22 5985 9988

KTV

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

Spa & Massage

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

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

Hospitals

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

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

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

Drycleaning & Laundries

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

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

Hotels

★★★★★

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 天津自由行户外俱乐部 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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By Sanne Jehoul

错过了北京的书虫文化节？没关系，Sanne这就向热爱文学的你推荐一些极具趣味的网站让你免受书荒之苦。The Asia Reviews 是一个专门针对亚洲读物的网站，可以让你对亚洲的文学有一个全面的了解。而The Anthrill则是一个汇聚了众多中国写作爱好者和短篇小说的文学论坛。相信一定会让你充分享受写作和读书的乐趣的。如果上个月的《极地大冒险2》和《一触即发》还没有让你过足瘾的话，请千万不要错过本月上档的《蜂鸟》和《盟军夺宝队》！爱好大片的你一定会被疯狂吸引的。

READING

For those of you who have missed out on the Bookworm Literary Festival in Beijing, the following links should provide you with some engaging China-related reading material. Maybe it will even motivate you to write something yourself!

www.asianreviewofbooks.com

This is a website which publishes reviews of books from Asian countries or with a link to Asian culture, while also featuring essays by established writers on art, literature and contemporary issues. It presents itself as "the only web resource dedicated to Asian books". Recently Asian Review published, among others, a piece on Asian literature in translation and how it finds its way to foreign readers, and reviews on the non-fiction Chinese politics book *Following the Leader: Ruling China, from Deng Xiaoping* to *Xi Jinping* by David M. Lampton, and *The Siege of Tsingtao* by Jonathan Fenby, about the only World War One battle fought in China.

www.theanthill.org

The Anthill calls itself a "writer's colony" that publishes short fiction and other writings on anything to do with China, by anyone who is interested in sharing their work. Writers can easily join the colony and submit their pieces to founder Alec Ash, but it is advisable and worthwhile to have a browse through the site first. Recently The Anthill has published new poetry, an interview with an American comedian performing in Chinese, and a piece on George Orwell's Why I Write motives applied to the blog medium.

FOREIGN FILMS IN TIANJIN CINEMAS

The Monuments Men

Directed by George Clooney, who previously impressed with *Good Night, and Good Luck* and *Confessions of a Dangerous Mind*, this war film is based on Robert M. Edsel's historical book *The Monuments Men: Allied Heroes, Nazi Thieves and the Greatest Treasure Hunt in History*. With an impressive cast including Matt Damon, Cate Blanchett, Bill Murray, and John Goodman, the film tells the story of an Army unit in World War II assigned to track down valuable art pieces and save them from destruction. The film was shot in Germany and the U.K., but the narrative also leads us to Belgium, France, and Austria. A historical comedy-drama, it sheds light on an interesting and lesser explored aspect of World War II, but also significantly twists and adjusts history for the sake of the narrative.

In cinemas on 28 March.

Hummingbird

Action hero Jason Statham plays Joseph Smith in this thriller by director Steven Knight. The protagonist is an ex-Royal Marine who, after disappearing from his unit in Afghanistan, tumbled down the social ladder to live homeless on the streets of London. Drunk and through questionable means he nonetheless tries to make a better life, befriends a young nun named Cristina (played by Agata Buzek), and uses the money he earns in drug crime for charity and his estranged ex and daughter. However, demons from the past return to his life and he goes on a quest for revenge while also being chased by the military police.

Hummingbird was released in U.S. cinemas under the title Redemption.

In cinemas on 30 March.

Hallyu

韩流

hán liú

A South Korean soap opera called "My Love from the Star" is sweeping across China. It boosted sales of fried chicken amid the bird flu crisis, because the female protagonist said she adored "beer and fried chicken" as her favorite food.

zuì xīn yī gǔ "hán liú " suízhe hán jù <lái zì xīng xīng de nǐ> rè bō xí juǎn quán guó.

最新一股“韩流”随着 韩剧《来自星 星 的你》热播席卷 全 国。

jù zhōng nǚzhǔjué shuō tā zuì xǐ huān chī "zhá jī hé píj iǔ ", zhá jī zài qínliúgǎn shí jié yě dàmài.

剧 中 女主角 说她 最喜欢 吃“炸鸡和啤酒”，炸鸡 在 禽流感 时节也大卖。

The word "hallyu "comes from Weiqi, an old Chinese game, later used to refer to the impact of Korean culture in other regions. Hallyu generally includes Korean costume, dietary, etc.; but is also defined as the regional influence of Korean dramas, movies, music and other entertaining fashion. "Hallyu "was first proposed by the Chinese media, and later South Korean media and academia widely used it to refer to the export of culture.

"hán liú " yī cí yuán yú wéi qí, hòu yòng yǐ zhǐ dài hánguó wénhuà zài qí tā dìqū de yǐng xiǎng lì.

“韩流”一词源于围棋，后 用以指代韩国 文化在其他 地区的影 响力。

guǎng yì de há liú bā kuò hánguó fú shì, yǐn shí děng děng; xiá yì de hán liú zé tōng cháng zhǐ:

广义的韩流包括 韩国服饰，饮食 等 等；狭义的韩流则通 常 指：

hánguó diànshìjù, diànyǐng, yīn yuè děng yú lè shì wù de dì qūxìng yǐng xiǎng.

韩国 电视剧，电影，音 乐 等 娱乐事物的地区性 影 响。

"hán liú " yī cí zuì zǎo yóu zhōng guó méi tǐ tí chū,

“韩流”一词最早 由 中 国 媒体提出，

hòu bèi hán guó méi tǐ jí xué shù jiè guǎng fàn shǐ yòng,

后被韩 国 媒体及学术界 广 泛 使用，

yòng yǐ zhǐ dài wén huà chǎn yè de shū chū.

用 以指代文 化 产 业的输 出。

Korean culture entered China in the 1990s with the TV drama "Jealousy" airing on CCTV in 1993 being the first Korean show to make a landing in the mainland. The 1997 drama "What is love?" further formed Korean culture in China. Finally Korean popularity has continued into the present with the hit drama "You come from the stars". Korean soap operas have been in China 20 years now and with their astonishing and continued popularity have become the object of much discussion.

shàng shì jì jiǔ shí nián dài, hán liú jìn rù zhōng guó.

上 世纪九十 年 代，韩 流进入 中 国。

1993 nián hán guó diàn shì jù < jí dù> zài zhōng yāng diàn shì tái bō chū,

1993 年 韩 国 电视 剧《嫉妒》在 中 央 电 视台播出，

zhè shì hán jù dì yí cì dēng lù nèi dì yíng píng;

这 是韩剧第一次登 陆内地 荧 屏；

1997 nián diàn shì jù < ài qíng shì shén me> zài yāng shì de rè bō dài dòng le hán guó yú lè wén huà

1997 年 电 视剧《爱情 是 什 么》在 央 视的热播带 动了韩 国 娱乐文 化

yǒng rù zhōng guó bìng yǐ cǐ wéi qì jī zhú jiàn xíng chéng hán liú.

涌 入中 国 并以此为契机逐渐 形 成 韩 流。

zuì hòu dào mù qián huǒ bào chí xù de < lái zì xīng xīng de nǐ >,

最 后 到 目 前 火爆 持续的《来自星 星 的你》，

hán jù jìn rù zhōng guó yǐ jīng zhěng zhěng 20 nián,

韩剧进入 中 国已 经 整 整 20 年，

qiě yǐ yī gǔ jīng rén ér chí jiǔ de lì liàng fǎn fù chéng wéi bāo biǎn bù yī de tǎo lùn duì xiàng.

且以一股 惊 人而 持 久的力量 反 复 成 为 褒 贬 不一的讨 论 对 象。

重点词汇 Key Words

韩流	hán liú	Hallyu	媒体	méi tǐ	media
娱乐	yú lè	entertainment	饮食	yǐn shí	dietary
文化	wén huà	culture	产业	chǎn yè	industry
影响力	yǐng xiǎng lì	influnce	电视剧	diàn shì jù	TV series
服饰	fú shì	costume	输出	shū chū	export

China Travel

The Canals of Suzhou

By Max Horberry

苏州，一座恬淡婉转的小城。这里曾被马可波罗誉为“东方的威尼斯”，是一座你来了就不愿离开世外桃源。走在有上百年历史的平江路，参天的古树，斑驳的屋墙，小巧的古井，无一不散发着静谧的气息。再来逛一逛苏州博物馆，雅致的外貌和玲琅满目的展品是人文与景致的完美结合。苏州园林是绝对不容错过的，大大小小错落有致的古典园林一定会让沉醉在别致典雅的景色中无法自拔的。逛累了，来到观前街，吃一盘美味的松鼠鳜鱼和林林总总的各色小吃，还有比这更享受的旅程吗？

One of the oldest towns on the Yangtze Basin, Suzhou (苏州) has long been known as the 'Venice of the East', and Marco Polo famously commented that it was one of the most beautiful cities in China. A lot has changed since Marco's day, but Suzhou still has more than enough charm to warrant a trip if you are visiting nearby Nanjing or Shanghai.

The main mark of Suzhou's personality is its canals. Long beautiful boats slowly drift down these manmade streams alongside the dilapidated charm of the architecture. The best place to see an example of this is also the most well-tread street by visitors: the 800 year-old Pingjiang Lu. Running south along a canal, it is home to a variety of cafés and small shops. Although you can expect prices aimed at tourists, if it's not too crowded this narrow street is well worth the wander. You can enjoy a coffee sitting by the canal or try many of the small (and often confusing) treats available as you sit amused by the old women wringing out their mops in the water.

In addition to Pingjiang Lu there is the 1200 year-old Shangtang Jie to the west. This street, although similar in set up, has a much more rustic and authentic Chinese feel. It is also adorned with a collection of cafés- although at times these seem to hang dangerously close to the edge of the canal!

Suzhou Museum is a refreshingly modern building on Dongbei Jie (No. 204). Free to enter, it has a collection of paintings, calligraphy, ceramics and ancient relics and artefacts. It has a beautiful pond in its outdoor space in the back.

Suzhou is famous for its classical gardens and has 69 preserved gardens within the city limits. The Garden of the Master of the Nets is considered the best preserved. Originating in the 12th century, its labyrinthine courtyards are located off Shiquan Jie. It is around 20-30 CNY for entry, depending on high or low seasons. More centrally located is the Humble Administrator's Garden on 178 Dongbei Jie, with an admission fee of 50-70 CNY .

Off Guanqian Jie is the Taoist Temple of Mystery. Admission is just 10 CNY. The Confucian Temple is free entry and is located at 613 Renmin Lu. Near the Taoist Temple, Guanqian Jie, along with parallel streets, makes up the main shopping area.

Also worth investigating are the Silk Museum (2001 Renmin Lu), which gives you an insight into Suzhou's role in China's great Silk-making trade, and the Kunqu Opera Museum (14 Zhongzhangjia Xiang), which often puts on performances.

The town's quaint charm is a well-prescribed antidote to the city life of Nanjing or the cosmopolitan rush of Shanghai and with its location makes for a perfect overnight or weekend trip on your way to either city.

Getting There

Suzhou Railway Station is positioned centrally and receives trains from both the Nanjing to Shanghai and the Beijing to Shanghai routes. It is 25 minutes to Shanghai on the fastest train.There is also the Suzhou North Railway station.

By air the closest airports are Sunan Shuofang International Airport, Shanghai Hongqiao International Airport and Shanghai Pudong International Airport.

Tips

- Be aware that Suzhou gets crowded. Therefore, it's better to avoid peak tourist times like national holidays if possible.
- Be aware of motorcyclists whilst strolling along the streets which run adjacent to the canals. They are all in a rush and expect the laws of physics to bend for them!

A Perfect Week of Diving, Sightseeing and Cocktails in the Philippines

By Josh Cooper

蓝天，沙滩，椰树，凉亭，这里是苏比克湾。位于菲律宾吕宋岛西南部的苏比克湾，是一个天然良港。它就像一个内敛又安静的姑娘，拥有掩不住的美丽，诱惑着人们。苏比克湾不仅是度假的天堂更是潜水爱好者的乐园，这里的优良设施和美丽的深海景观绝对可以让你在大饱眼福的同时不需要担心安全问题。美美的潜过水后，来一杯精致的鸡尾酒和一顿海鲜大餐一定会让你的身心都彻底地放松下来。

When the cold weather sets in and the Spring Festival rush gets under way there's one place that always serves as the perfect winter get away. The historic town of Subic Bay, conveniently located on the Philippines' main island of Luzon, has a bit of everything for everyone. For those who love the conventional holiday routine of getting up late, chilling on the beach, swimming in the ocean and relaxing with a few afternoon cocktails, Subic is a great place to go. You don't have to spend too much money and time to get there from Tianjin or Beijing either.

Whilst Subic Bay is admittedly not the most picturesque beach town in the Philippines, what really sets it apart is its diving scene. Thousands of avid underwater adventurers visit Subic every year to take advantage of its excellent facilities and deep sea exhibits. Topping the list of must-see shipwrecks is the submerged USS New York, which is now home to a breathtaking array of sea creatures.

For those who are not already certified divers there are dozens of highly professional and very affordable courses you can enrol on. Many of the training programs include a package deal for the course and a tour of the key sites. Whether diving, jet skiing, water gliding or sailing is your thing, Subic Bay is a world class water sport resort that is sure to leave you wanting more at the end your trip.

Beyond the beach and the sea there are still plenty of things to do. This might include, for instance, a trip to the nearby Zubic Safari Park and the Subic Bay Ocean Adventure Park. Travellers who like the outdoors should go for an afternoon of forest trekking on the Pamaulaklakin Trail. The neighbouring Olongapo City is also a great place to visit and offers some great shopping opportunities.

Wining and dining is so good in Subic that you almost don't want to stop. The only obstacle you will encounter when it comes to food is that you will be spoilt for choice! Everything from succulent seafood to stunning steaks is right on your doorstep in whichever part of town you decide to stay. Everybody's favourite evening venue is the Blue Rock beach resort which boasts a 24 hour restaurant that has an enormous menu of international favourites including popular Asian, European and North American dishes. Their mouth-watering meat menu is fantastic and all the steaks are specially imported from Australia.

The Blue Rock Resort is also famous for its unique and highly impressive two-storey floating bar. Located about 300 metres off the shore, patrons have to take a bamboo raft to reach this amazing beverage boat. When you get there it's definitely worth the ride, even if the sea is a bit choppy! Life certainly doesn't get much better on a sunny afternoon than sitting at a bar in the middle of the ocean with a nice cold beer or cocktail in hand.

When venturing further into town on an evening, it has to be said that a night out in the Bario Barreto district is a completely new adventure in itself. You'll find all kinds of bars there- ranging from quiet pubs serving superb IPAs to lively show bars and nightclubs.

On a final note, it has to be said that one of the Philippines' best assets as a holiday hotspot is its people and their openness to foreigners. The local hospitality is truly legendary and you can expect world-class service, in near perfect English, everywhere you go; whether it's a fancy restaurant or a convenience store. When you combine this with stunning beaches, great prices and brilliant sightseeing opportunities- as well as moderately hot weather all year round, it really is impossible to justify missing out on a trip to Subic Bay or the Philippines in general!

Getting there

Manila is one of the closest and cheapest Asian capital cities to fly into from Tianjin or Beijing. Return flights from either are fairly quick and there are plenty of options. Upon arriving in Manila you can reach Subic Bay by car or bus in 2-3 hours, depending on the traffic situation.

Accommodation

One of the great things about staying in the Subic Bay area is that you simply don't need to book into a 5 star resort to experience luxury. Beachside resorts such as the Blue Rock, Arizona, the Wild Orchid and the aptly named By the Sea all have great rooms, excellent service and are extremely cheap compared to most other beachfront hotels elsewhere in Asia.

Tips

- Exercise caution if you go on any diving expeditions. Even some of the most experienced practitioners have died due to complacence and risk taking.
- As in the United States, tipping in bars and restaurants is seen as common courtesy in the Philippines. Be sure to leave a little bit extra if you are satisfied with the service.
- In general you will find the local people to be some of the friendliest on Earth. But as with anywhere in the developing world, be vigilant when it comes to potential scams. Always agree on a price before using the local transportation. A motor trike to anywhere around town shouldn't cost much more than 100 pesos.

HorosCope

Aries (3.21 – 4.19)

It's a great period for opening yourself up to others and for feeling more confident about your own depth and beliefs. April is also especially good for real estate, family support, and efforts for self-improvement.

Taurus (4.20 – 5.20)

This is the best month to close a cycle. Whatever it is that needs to be closed, be it a relationship, a job, or a friendship that's no longer serving you, embrace this change and start accepting the new you.

Gemini (5.21 – 6.20)

Luck is on your side this month so aim towards success when it comes to your career and strike while the iron is hot. This new project you are dealing with now has the power to raise your status so give it all you have.

Cancer (6.21 – 7.22)

Your home will be the prominent subject of your thoughts for most of April. You want to feel the comfort and security of an ideal home so you work your hardest towards it this month. There will be several disappointments but don't let them stop you.

Leo (7.23 – 8:22)

Bills, bills, bills…you seem to see them everywhere. Careful budgeting is needed this month if you are trying to save for an item you want to have. If you can help it, stop spending too much on alcohol during the weekend. By doing that you'll save more.

Virgo (8.23 – 9.22)

Your connections to others, group associations and friendships, will expand and grow. Through these you might seek a sense of belonging and comfort. Family and friends can be interconnected in interesting ways during this period.

Libra (9.23 – 10.22)

Your problem this month falls on your over-emphasis on activities that tends to take you away from your practical responsibilities. It's time to go back to the basics and check your work-life balance and see what you can fix.

Scorpio (10.23 – 11.21)

You are starting to sense that you are not living your life to the fullest. You need a boost, a motivation, or an extra energy to do something worthwhile that would evidently change your life. Take time to think and re-arrange priorities.

Sagittarius (11.22 – 12. 21)

You are just going round in a vicious circle but remember it takes two or more to argue. The best thing to do is to calmly sit down and talk it over without losing your temper. By doing so, you will also gain respect from people around you.

Capricorn (12.22 – 1.19)

Surrender some of your attachments, especially those that are already a burden to you. Surrender them to the unknown and trust that everything will turn out okay. Releasing control is necessary. What's important now is building a stronger faith.

Aquarius (1.20 – 2.18)

Aim for healthy relationships. Soon you'll notice that acquaintances and some close friends or even siblings are blocking your growth in some manner, and these relationships may be strained as a result. A good discussion is needed.

Pisces (2.19 – 3.20)

You have less inhibition this month as you are more confident when it comes to pursuing romance, hobbies, entertainment, and fun. Others might notice in you an even more developed sense of humour, and an eagerness to seek out fun and enjoyment.

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