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2014.05

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16

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TIANJIN PLUS
Your guide to the City

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2014 May Calendar

Include your event email to
editor@tianjinplus.com

03 SAT

Mushroom King
话剧《蘑菇沙皇》
Opera House, Tianjin Grand Theatre
天津大剧院歌剧厅
19:30
¥ 60 - 680
+86 22 8388 2000, 8388 2002, 2332 0068
3 - 5 May

06 TUE

EDITOR'S PICK

The Lower Depths
话剧《在底层》
Opera House, Tianjin Grand Theatre
天津大剧院歌剧厅
19:30
¥ 60 - 680
+86 22 8388 2000, 8388 2002, 2332 0068
6 - 7 May

15 THU

TICC Coffee Morning
Colombian Coffee Tasting
Aulare, Magnetic Plaza, Building A4,
2nd Floor, Binshui Xi Dao, Nankai District
艾伊莎贝西餐厅
南开区宾水西道时代奥城A4座 2楼
10:30-12:00
+86 187 2229 0691
http://tianjin.weebly.com/

17 SAT

EDITOR'S PICK

Castle in the Sky
- Joe Hisaishi & Hayao Miyazaki anime audiovisual concert
天空之城——久石让・宫崎骏动漫作品视听音乐会
Tianjin Grand Hall
天津大礼堂
14:30
¥ 50 - 580
400-818-3333

22 THU

TICC Monthly Lunch
The Westin Tianjin
天津君隆威斯汀酒店
11:30 - 13:00
http://tianjin.weebly.com/

23 FRI

EDITOR'S PICK

Roby Lakatos and His Ensemble
罗比・拉卡托斯和他的乐队音乐会
Opera House, Tianjin Grand Theatre
天津大剧院歌剧厅
19:30
¥ 80 - 580
+86 22 8388 2000, 8388 2002, 2332 0068

24 SAT

TICC Beijing Trip
TICC北京旅行
Waterfront Mansion Guard House
Pizza Hill, Magnetic Capital
¥ 100 (Adults)
50 (Child under 12 years)
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31 SAT

EDITOR'S PICK

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Special Days

1 May	Labour's Day 劳动节
5 May	China's Youth Day 五四青年节
11 May	Mother's Day 母亲节

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Date: 11 May 2014
Time: 11:30am-2:30pm
Venue: Terrace Café
Price: 158 CNY net per person
Mother's Day carnations give away
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日期：2014年05月11日
时间：上午11:30-下午2:30
地点：燕园咖啡厅
价格：净价人民币158元每位
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Venue: Lobby Lounge
Time: 1 May – 31 May, 2014
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Venue: FLAIR
For reservation: 022-5857-8888
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地点：FLAIR
咨询及预定：022-5857-8888

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Gaining, Saving and Losing 'Face'

By Josh Cooper

中国人十分好面子，中国有一句俗话，叫“人活一张脸，树活一张皮”，可见面子对于中国人的重要性。面子是中国人社交中最不可忽视的人情媒介，“给面子”、“留面子”、“栽面儿”等等词汇讲的就是中国人的对面子的重视。中国人的好面子于西方文化不同的，中国人会有“死要面子活受罪”的勇气，初来中国的外国人要好好了解中国的面子文化，以免在生活中发生不必要的尴尬情况。

When expats begin their journey of discovery about Chinese culture, they are inevitably bombarded with all sorts of sociological concepts that are intrinsic to the local way of life. Some of the key phrases that come up a lot are related to the idea of 'face'. Although the pursuit and preservation of face is not unique to the Chinese, it is certainly more apparent and prominent in this part of the world and from a Western lens it leads to some very interesting social dynamics.

Now, when people talk about 'gaining face' in this context, we are not referring to plastic surgery or any other kind of facial transformation in the physical sense. What they actually mean is the cultivating of a positive perception within the social arena. In the Western world, broadly speaking of course, people tend to associate the act of trying to 'save face' with covering up an embarrassing situation or error. Although we all seek to preserve our reputation by shying away from our mistakes and misdemeanors, the concept of face undoubtedly carries much more weight in people's minds here in China, and indeed elsewhere in East Asia.

The term 'face' is usually applied in one of three ways: 'gaining face', 'saving face' and 'losing face'. When it comes to generating or improving one's 'face', it is mostly associated with perceptions of success and prestige. The boom that has taken place in the Chinese luxury products sector in recent years exemplifies the importance that is placed on owning expensive and highly sought-after brands. The difference between many Chinese and North American luxury consumers seems to be that driving fancy cars and wearing expensive clothes is more about looking powerful and wealthy than it is about being cool or fashionable. This is particularly the case with regards to middle class businessmen and the like.

When people have acquired a certain status within Chinese society, it is very important that one saves face. This means seeking to preserve honour and integrity by behaving in a way which conforms to society's perceptions. A high-level manager, for example, is generally expected to conduct one's work in a way which sets a good example and commands respect from his or her co-workers, whilst also demonstrating a philanthropic and compassionate side from time to time. After all, in a society that places a lot of value on developing face, it doesn't make much sense to not then actively preserve it!

Whilst we can enjoy observing the different forms of social interactions that take place as a result of the 'face pursuit', as a foreigner living in Chinese society it is important to be aware of this phenomenon in our own social lives. This includes showing respect to elders, managers and authority figures, as well as avoiding activities which could result in embarrassment for friends and co-workers. The added bonus of saving other people's face is that you are subsequently held in a higher regard yourself!

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The Minyuan Makeover

By Tracy Hall

民园体育场坐落于五大道旅游风景区，初建于1926年，是天津英租界为英国侨民建立的。得名“民园”至今，已有86年历史，曾是全亚洲最先进的体育场，也见证了天津足球的成长与辉煌。这座承载天津人民近百年记忆的体育场，如今经改造后将以商业综合体的全新面貌亮相。将与周边的庆王府、先农商旅区、民园西里文化创意街区共同组成五大道文化旅游区。敬请期待吧！

The Wudadao historical area is home to some of Tianjin's most iconic architecture and is currently undergoing a colossal renovation that will rejuvenate the region as an attractive hub for commerce and tourism. One of the key developments within this culturally significant zone is the Minyuan Plaza, with the focal point being the prolific Minyuan Stadium. This historically rich sporting arena first graced the city in 1920 when it was built under the watchful eye of British Olympic champion, Eric Liddell. Although the stadium has since undergone a number of transformations during its lifetime, it is thought that its original design was influenced by the famous Stanford Bridge football ground in London.

When the current renovations are completed it is estimated that the Minyuan Plaza will encompass a total floor area of 71,236 square metres, including additional underground spaces and a very sizable parking lot. The idea is not only to redevelop the stadium as a sporting venue, but also to establish a highly modern centre for a range of recreational activities which will in turn complement the surrounding Wudadao area.

According to the Mayor of Tianjin, Huang Xingguo, the local government has commissioned the project in order to "protect, develop and utilise the Minyuan area and help it to become a highly desired setting for those seeking an urban living place with excellent architecture and facilities that are very well managed". And it's not just the Minyuan Plaza or the broader Wudadao area that is undergoing development at the moment. All over the city there are signs that the authorities are trying to boost Tianjin's appeal to outside visitors by carrying out renovations on some of the historical buildings, as well as developing the city's transport infrastructure and offering incentives for firms to invest in new developments within the city.

Projects like the Minyuan area will definitely be important in attracting capital investment and tourism revenue in the years to come. This is all happening at a time when the city is becoming ever more prominent as a centre for business and trade, both in China and on the world stage.

About Allergies

While we are all enjoying the warmer weather, some of us are suffering from seasonal allergies, or hay fever, as it is more commonly known. These seasonal allergies occur when a person's immune system reacts to normally harmless substances, such as pollen, dust or pollution in the air.

The immune systems of people who suffer from hay fever treat these particles (called allergens) as invaders and release chemicals, including histamine, into the bloodstream to defend against them. It's the release of these chemicals that causes allergy symptoms. Typical symptoms include sneezing, congestion, runny noses and watery eyes.

Seasonal allergies can start at almost any time, though they usually develop before the age of 10 and reach their peak in the early twenties, with symptoms often disappearing later in adulthood.

These allergies are a result of a reaction to one or more type of allergen, which is why some expats arrive in Tianjin to find that they no longer suffer from hay fever, while others suddenly suffer from hay fever when they never had any symptoms in their home country. This is simply due to what allergens are present in the local air.

For those sufferers of seasonal allergies, here are some tips on how you can manage this in Tianjin:

Reduce Exposure

An effective method to keep your allergies under control is reducing your exposure. Avoid spending too much time outside on windy days – the best time to go outside is after a good rain.

If you use already use HEPA air purifiers at home for pollution, these can also be effective in removing any pollen that has made it indoors. N95 certified pollution masks can also help reduce your exposure to allergens if you do need to go out on a high pollen day.

Over the Counter Treatments

The most common treatments to help ease allergy symptoms include: Oral antihistamines - antihistamines can help relieve sneezing, itching, runny nose and watery eyes eg. Zyrtec and Polaramine.

Decongestants - oral decongestants such as pseudoephedrine can provide temporary relief from nasal stuffiness. Decongestants also come in nasal sprays but can only be used for short-term relief. Long-term use of decongestant nasal sprays can actually worsen symptoms (rebound congestion).

Nasal sprays – including antihistamine nasal sprays like azelastine hydrochloride, and steroid nasal sprays such as Rhinicort and Flexonase, which are usually very effective against runny noses.

See Your Doctor

For many people, avoiding allergens and taking over the counter medications is enough to ease symptoms. But if your seasonal allergies are still bothersome, don't give up. A number of other treatments are available.

If you have bad seasonal allergies, your doctor may recommend that you have skin tests or blood tests to find out exactly what allergens trigger your symptoms. Testing can help to determine what steps you need to take to avoid your specific triggers and identify which treatments are likely to work best for you.

By Dr Xavier Rault, Chief Medical Officer and Family Doctor, International SOS Tianjin and TEDA Clinics.

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Bringing Ancient Tianjin Back To Life

By Max Horberry

天津，这个充满历史风情的城市，总是给外来的游客和本地人浓厚的文化氛围。但那些代表过往的历史建筑，慢慢在岁月的变迁中逐步失去原有的风采，是件令人惋惜的事情。而现在，天津市历史风貌建筑整理有限责任公司经过精心的修缮，最大程度的还原和保留原有的建筑形态和文化底蕴，让我们能够再次踏入古老的建筑，回到过去那个优雅安稳的时代，享受生活带给我们的宁静致远。

The Tianjin Historical Architecture Restoration and Development Company has been breathing new life back into the old Tianjin since 2005. Taking the ruins of a dilapidated building and restoring, reconstructing and reviving them can be crucial to a city's sense of historical identity. It honours the past, educates the young and gives a city the chance to develop in the modern world-while simultaneously existing as a product of the past.

The Tianjin Historical Architecture Restoration and Development Company have been busy at work and here are some of their completed projects that you can visit today.

Jing Yuan
静园

Jing Yuan can be found at 70 Anshan Dao in the Heping District. It was built in 1921. Originally named Qian Yuan, it was once the residence of Lu Zongyu, the chancellor of Beiyang Government's Embassy in Japan. In July of 1929, the emperor Pu Yi made Jing Yuan his home where he stayed until November 1931. The last emperor of the Qing Dynasty, he named it the Garden of Serenity.

It is now a museum honouring Pu Yi's time there. His bedroom, dining areas, and consultation areas have all been restored and arranged as they had been when he had lived there. The desks are adorned with interesting bits and pieces from the time, such as an old camera and a radio. In Pu Yi's office you are able to see how westernised a man he was by the inclusion of his tennis racquets and golf clubs. It gives a unique glimpse into the lives that these people must have led at the time and the garden in front is a beautiful area to sit and have a coffee, secluded from the city.

Qing Wang Fu
庆王府

Qing Wang Fu was once the residence of Zai Zhen, known as the prince in the iron cap of the Qing Dynasty. Built in 1922, it is located in the Wudadao area of Tianjin. Surrounding the main building like a courtyard are a café, restaurant, art gallery, library and more. The main building at the centre is now the Shanyili Villa Hotel. It used to be the Shanyili British building complex but now it has a grand main building and is connected to a series of courtyard-style townhouses that are now used as rooms of the hotel. There are 16 town house suites and 17 apartments.

The main building contains a beautiful array of halls and rooms- all as well preserved as if you were in a museum. On the top of the building is an open air bar that overlooks much of that historical Wudadao area and much of the rest of the city. The bar will be opening at the end of April.

Min Yuan Terrance
民园西里

At 29 to 30 Changde Road in the Heping District you can find the Min Yuan Terrace. Designed by the famous architect Shen Liyuan, it was built in 1939 by the Ji An Company. Now when one turns into it they find themselves in what looks like an ancient alleyway. Beautifully restored, you find that in fact it is a small complex of restaurants and bars- including the Malaysian restaurant, Café Sambul and the adjoining Bed Bar. Every weekend there is a fair where all sorts of handmade crafts and knick-knacks are for sale. It is a wonderful little spot and perfectly balances the old and the new.

Xiannong Block
先农大院

Located in the Wudadao area on the corner of Hebei Lu and Luo Yang Dao, the Xiannong Block is a beautiful and open complex in the city centre. It is one of the oldest buildings in this area, having been built in 1925. The block is now host to restaurants and cafes such as Starbucks, the Spanish restaurant Cholito, the Italian restaurant Kitchen Igosso, The Japanese Treasure Sushi restaurant and In and Out, a Lijiang-themed restaurant.

One is instantly struck by the area. It has lots of open space and feels like a welcome antidote to the crowded areas of the city. It is a fine place to sit in the outside area at, for example, Starbucks, and enjoy the open air, a rare thing in Tianjin's concrete jungle. The stone looks entirely restored and has a fresh brightness that brings more light to the area.

What would have been the fate of these places otherwise? Knocked down? Demolished? Existing in nothing more than a pile of rubble and dust? In a time when buildings are destroyed in the wake of unrelenting modernity, the Tianjin Historical Architecture Restoration and Development Company has revived an ability to bask in the rejuvenated beauty of the past. This is certainly something to be celebrated by the local people of Tianjin and the city's visitors alike.

Hank's Sports Bar & Grill: New Location, Same Old Excellence!

By Josh Cooper

位于上古商业区的Hank's餐吧是一个地道的美式餐厅，在外国人中间十分有名。毫不夸张的说，这里有最正宗的美国风味。无论是美味的开胃菜还是份大量足的沙拉和牛排都可以称得上的至尊享受。这里的超大屏幕还是你看球赛的不二选择，想象一下夏天的夜晚和三五好友聚集于此，来一杯冰啤酒，观看一场紧张刺激的球赛，将会是多么欢快的体验！

When you move to Tianjin it's usually only a matter of days before someone mentions Hank's. This popular expat hub has built its legendary reputation on years of great service, terrific drinks, a friendly atmosphere and some of the finest western food in China. The bar recently moved to a new location, but you'll be pleased to know that the wonderful cooking hasn't changed a bit!

The new Hank's bar is located within the new commercial area of Vanke Jin Ao International Square, a 5 minute taxi ride from Ao Cheng. The venue is much brighter than the old one and has a very authentic pub feel to it. As always, the atmosphere is nice and the big screens around the bar make it the perfect place to watch NBA, NFL, Premier League football games, big boxing matches, and any other sporting events from around the globe. Without a doubt this is going to be the best place in town if you want to catch a World Cup game or two this summer. The bar also has a self-service music system, so customers can have a say over what they listen to.

Hank's has always been known as a great place to unwind with a few well-priced beers and cocktails, but it has to be said that the bar's most renowned and sought after products are the exceptionally tasty dishes that take Tianjin's western dining scene to a whole new level. All of the dishes are designed by Hank himself. This master chef-cum-pub landlord is undoubtedly one of the city's best cooks and he knows exactly how to please hungry bellies.

The Cream Cheese and Potato Soup and the Caeser Salad are both stunning; and that's just for starters! Moving on to the main courses, the offerings are so good that you will literally be spoilt for choice when it's time to order. The pizzas, burgers and other western favourites rival anything else on the market in Tianjin. However, Hank's' signature steak dishes are in a league of their own. Demand for the bar's Prime Rib Eye Steak is so high that customers are advised to get there early before they run out of stock! Hank's dessert menu also has an excellent range of options- all of which guarantee a great deal of sweet tooth satisfaction.

It really is no exaggeration to say that Hank's food is absolutely out of this world; whether it's the scrumptious starters, the meaty mains or the delectable desserts. Those of you who have yet to taste Hank's food would be well advised to stop wasting your time elsewhere and head over there for dinner. What's more, if you get there around 5pm you can also make the most of the happy hours!

Special Dishes

Chef' Special

Kung Pao Shrimp

天津易精品奢华酒店

Shrimp is rich in nutrition and the protein content of shrimp is several times higher than fish, egg and milk. Our Chef Mr. Jack is good at sustaining innovations. He combined this dish with Chinese and Western ingredients faultlessly. The absence of grease becomes the biggest feature of this dish.

Goubuli Steamed Pork Buns

Goubuli is a popular steamed bun served with chili soy and ginger named after a boy (Gouzi) during the Qing who was sent to Tianjin from his poor family in Hebei Province at the age of 14 to cook. His culinary ideas became so popular in Tianjin that he opened his own shop that became where he had to turn customers away, hence the name 'Goubuli', meaning 'Gouzi ignores us'. We welcome you to Hotel Indigo Tianjin Haihe to try this dish.

hotel INDIGO
Tianjin Haihe
天津海河英迪格酒店

Stir-fried Whelk Meat with Chives and Peppers

Sliced whelk meat stir-fried with fried dough sticks gives this dish a soft texture with a crisp "bite". Traditional Chinese pepper is added with a touch of spiciness while the chopped chives gives color and balanced acidity to this wonderful dish.

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A NIGHT OF FLAIR

tianjin

By Sarah Ali

天津丽思卡尔顿酒店全新登场的Flair酒吧餐厅，堪称全城最时尚精致的餐饮场所。独特的木质结构装潢，时尚并且优雅。雪茄吧，香槟吧，威士忌吧错落有致，一定会让你有一个极致的休闲体验。独具特色的东南亚菜品让你在享受美酒的同时也将你的胃呵护周全。精致的鸡尾酒也是这里最大的亮点，帅气的调酒师，让人眼花缭乱的调酒过程，一定会让鸡尾酒爱好者尽兴而归的。

Nightlife

This new concept bar/lounge may well be the latest trend setter in Tianjin's nightlife scene. Suave in its swanky wooden interior, Flair sits comfortably on the Ritz Carlton's ground floor, where it boasts a bar that is the first of its kind in Tianjin. Flair welcomes all from Sunday to Thursdays, 5pm to midnight. However, on Fridays and Saturdays Flair is open until 1pm, offering a later closing time for the real party goers.

With true 'flair', this aptly named bar first opened its doors to hotel guests and Tianjiners alike on September 2013, along with the grand opening of its spectacular hotel. Decorated by Japanese designers, Flair truly lends the imagination a feeling of luxury and a sense of timeless elegance. The lighting is particularly good, helping to highlight the artistic features of the bar. The wooden tables and walls, in addition to the large leather chairs and sofas, create a relaxing atmosphere. The furniture is comfortable and bold in colour. A defining feature of the decoration is the wooden jenga-like design, giving the place a swanky matrix look.

Flair offers exciting flavours from all over South East Asia, all prepared under the careful eye of chef Harry. For a savoury dish the chef at Flair recommends the Curry Laska, which is a Malaysian spicy coconut broth accompanied by vermicelli, bean sprouts, fish cakes and prawns (98 CNY). If you have more of a sweet tooth then Mango pudding, at 68 CNY, is one dish not to be missed. Prices of food range from 58 CNY, where the salads and simple sushi choices start, to the more expensive grilled Canadian lobster (served in a lemongrass barbecued sauce) at 638 CNY to the Beluga Caviar (served with egg whites, egg yolk, shallot, chive and sour cream), priced at 688 CNY. Overall, even though certainly not the cheapest menu in town, it is seen as more affordable than other five star hotels' South East Asian restaurants.

The drinks served at Flair are another affair entirely. Cocktail creators Paul and Frank have a true passion for creating exotic and innovative drinks. With the sole responsibility of producing exciting and alternative cocktails, these two work hard to bring about a new and refreshing experience for guests. The recommended drink here is the China Rose Martini priced at 55 CNY per class and 550 CNY for a bottle. This drink embodies the signature of the Ritz Carlton Tianjin, which is the China rose.

The excitement, however, does not end with the food and cocktails. Flair also prides itself on maintaining a well stocked whiskey bar. Special imported whiskeys such as Chivas J&J, priced at 2200 CNY per bottle, and Springbank (15 years old), priced at 1000 CNY per bottle, are readily available and recommended for those who enjoy fine whiskey.

Upstairs guests can also enjoy the private rooms, which are equipped with sound controls to tune down or up the music being played downstairs. Furthermore, the private room overlooks the bar below, but the glass here has a unique feature which prevents guests below from seeing inside the private rooms.

An additional unique selling point of this bar is its live DJs. Amongst other genres, the bar is known for its house and electro music which are played on Friday and Saturday nights. A studio outside the bar lounge is dedicated especially to producing music for the guests of Flair. Different nights offer a different genre of music, making every night special. The music becomes more upbeat and lively after 8pm, kicking up the tempo for the evening.

An Age-By-Age Guide to Orthodontics

By Arrail Dental

牙齿作为人体十分重要的器官之一，在成长过程中，但偶尔，不经意间的行为可能对牙齿造成伤害甚至损伤。因此，本期我们就邀请了牙科专家来问我们介绍，如何在不同年龄矫正和保护你的牙齿。从幼儿到成人，每个人都可以选择最合适的时期来进行矫正，让洁白整齐的牙齿带给你更加灿烂的笑容。

For most children, an initial visit to the orthodontist at age 7 will be low-key and inexpensive, says Dr. Wang, an orthodontic specialist and member of the World Federation of Orthodontists. Often the strategy, Dr. Wang says, will be a "wait and see" approach.

Here is an age-by-age guide of what to expect from orthodontic evaluation and treatment:

Ages 2 to 3 – In very rare cases, children as young as 2 or 3 with extremely distorted bites may need to begin treatment:

Ages 5 to 7 – This is the ideal time to counsel children to stop bad habits, such as thumb-sucking and tongue-thrusting. Although most malocclusions are hereditary, bad habits can make problems worse if they continue after permanent teeth have come in.

Ages 6 to 8 – This is the time to correct cross bite (when teeth overlap each other, most commonly when the upper teeth bite inside the lower teeth, toward the tongue). This condition makes it difficult for children to bite and chew properly. If the lower jaw is jutting out, the upper jaw will need to be brought forward, and the window of opportunity for doing that is at a young age.

Ages 8 to 10 – This is the target age range for correcting most other jaw problems connected with overbites, protruding upper teeth or open bites (upper and lower front teeth do not touch when back teeth are biting down).

"I usually try to get to the skeletal parts of the problem first, at age 8 to 10, before putting on the brackets, if needed," Dr.Wang says.

Sometimes a child will have headaches because the muscle next to the temple is connected to the lower jaw and gets a kind of "Charlie horse" if the jaw is misaligned, Dr.Wang explains. In those cases, treatment should begin at the younger end of the age range.

The orthodontist will use fixed or movable appliances to widen the jaw or change its alignment. For example, a headgear, the most common of several appliances used to correct jaw-growth problems, is often used to correct an overbite, usually caused by the lower jaw being too short. Usually worn for 10 to 12 hours a day, a headgear slows the growth of the upper jaw by putting backward pressure on the upper teeth, allowing the lower jaw to catch up. Other appliances may advance – or push forward – the lower jaw, opening up the airway and preventing later problems with snoring or sleep apnea.

Ages 10 to 13 (before braces go on) – It is usually best to begin to deal with crowded teeth caused by the dental arch being too small and/or teeth being too big before age 12. If this isn't treated before permanent teeth come in, the bone and gums over the roots of extremely crowded teeth may become thin and recede, and permanent teeth will become impacted. A space maintainer—an orthodontic device with a fixed wire—may be placed between teeth to hold the place after a baby tooth comes out. An expansion appliance can be fixed to the back teeth to widen the upper jaw. Sometimes baby teeth may have to be extracted to make room.

These first-phase treatments may take a few months to a couple of years, depending on the severity of the problem.

Ages 10 to 14 – The most common time to put on braces is after all the permanent teeth have come in. But some children get braces as young as 8, and some aren't ready until their late teens. Orthodontists take multiple X-rays, photographs and plaster models before fitting appliances or braces.

With the examinations the orthodontists will make the treatment plan to tell the parents how the children's teeth will move and what they will look like after treatment.

Braces usually stay on for 12 to 18 months, depending on the orthodontic problems and the patients' cooperation. For a few severe cases, the treatment may take more time.

Adults

It is never too late to improve your smile. Orthodontic treatment isn't just for kids anymore. Adults have been asking for years if they can wear braces too. Yes, most adults can wear braces. What is different is that the condition of the teeth, gum, and bone of the adults is usually different from kids, so the treatment plan is usually accordingly different. It is important to keep in mind that your dentist will need to assess your current oral health to determine whether or not you are an ideal candidate for braces. Besides, there is another great appliance which is named "Invisalign". Invisalign is the nearly invisible way to straighten your teeth without braces. It consists of a series of clear, removable aligners that gradually move your teeth to the desired position. The invisalign system uses no wires or braces. So you can get your orthodontic treatment without anyone knowing.

Further Information

For the latest braces and invisalign news, please kindly visit our Clinic to get free orthodontic consultation.

IST Hold Primary Years Programme Exhibition

天津国际学校五年级的学生们积极参加和分享了小学课程项目，他们通过深入的调查，选择充满乐趣的问题，展开了热烈且全面的讨论，并且他们的论文不仅着眼于本土问题，更是面向全球性的问题。学生们把大量的精力投入到这次展览和论文准备，最终取得了巨大的成功。五年级的学生们，干得漂亮！

The Primary Years Programme (PYP) exhibition is a culminating event for the Programme in International Baccalaureate (IB) schools worldwide. The International School of Tianjin (IST) is the only accredited International Baccalaureate World School within Tianjin. The exhibition takes place in the final grade level prior to the IB Middle Years Programme (MYP) and is considered to be one of the six units of inquiry. Students engage in a collaborative trans-disciplinary inquiry process that involves them investigating and offering solutions to real-life issues or problems in both the local and wider communities. The exhibition also allows the Grade 5 students to share their understanding of what it means to be a PYP student with the international community in Tianjin.

This year's exhibition was under the trans-disciplinary theme "Sharing the Planet". IST's Grade 5 students completed in-depth investigations that focused on locally and globally significant issues that they felt passionate about. The students conducted independent research, integrated technology, expressed themselves through art or music, wrote a formal essay, and took meaningful action on their issue. The students put an enormous amount of effort into their exhibition. The exhibition on Thursday, 27 of March was a great success. Well-done Grade 5!

天津惠灵顿国际学校在不久前举办了“ 法语周 ”活动，众多学生和老师都积极参与这项活动，从时装秀、法国动画短片到各种游戏测试，带给了大家不同的学习氛围也激发了孩子们继续学习法语的热情；同时，学校还组织师生一共进行羽毛球对抗赛，让同学们在比赛中学会团队合作的重要性以及在竞争环境中如何调整自我心态。

Fabulous French Week! "La Francophonie!"

The week of 21 March at Wellington College International Tianjin celebrated all things French as part of Francophone Week, with many pupils and teachers who speak or study French taking part in a performance in the Wellington College's Black Box. This included a fashion show, a screening of a French short animated film, a talk from the head of the Alliance Française in Tianjin and a dance routine to a French hit, choreographed by the pupils with help from Jane Griffiths.

Outside the Black Box, Wellington pupils competed in houses in a number of quizzes and challenges which covered most of the subjects taught in the Senior School; from art and design to economics and history. Most popular, was a food table where pupils named famous French dishes and ingredients and tasted different cheeses.

Pupils from each house were also set a KTV-style challenge of recording two very different songs in French- the French National Anthem and a punk song of the 70's by Plastic Bertrand!

Finally, the winner of the quiz competition was Stanley House, who was treated to a French breakfast.

ISCOT Badminton at Wellington College International Tianjin

Saturday 29 March saw Wellington College host their first ISCOT competition, a senior badminton tournament. Following the junior school tournament earlier in the year, Wellington College organised this for the older students. It will become an annual event.

A total of 64 senior school students participated in this event, all from ISCOT schools.

Following the tournament, Wellington's PE teacher, Alex Lloyd, said "I was very proud of our squad, and for our very first badminton tournament we played exceptionally well. As the partnerships grow and the students get used to playing in this competitive environment we will only get better."

This was a great opportunity for Wellington College to host one of the ISCOT tournaments. Both staff and children are looking forward to more competition in Tianjin in the future.

Keep on Smiling: Tips to Naturally Whiten your Teeth

By Cathy Perez

迷人的微笑不仅要有完美的弧度还要有白皙闪亮的牙齿衬托，这样毫无瑕疵的笑容才会让你看上去更加光彩照人。然而想要有一口美白的牙齿却不是一件容易的事情，普遍存在于生活中习惯都会使你的牙齿变黄，比如茶，咖啡或者吸烟。而且尽管你已经很认真的刷牙了，但微黄的牙齿还是不见变白的起色。还在为美白牙齿苦恼的朋友们不要焦虑啦！小编这次就为大家整理搜集了多种美白牙齿的巧妙方法。期待你光彩夺目的笑容！

In this selfie generation, smiling while your picture is being taken is not only fashionable but also essential. However, research says that almost 20% of people who take selfie photos conceal their teeth when their picture is being taken. The reason? Most of them are insecure with their yellow, brownish, or discoloured teeth, thus making them hide their not-so-pearly whites, so to speak.

To some, no matter how much teeth brushing is being done, there are still some stained teeth because of reasons like drinking coffee, tea, smoking, and having an intake of food ingredients that can trigger discolouring of teeth. But don't worry, pick any of these DIY tips to give yourself sparkling white teeth:

Baking Soda and Hydrogen Peroxide

This combination works great as a natural teeth whitener. All you need to do is use a little toothpaste, mix in one teaspoon of baking soda and one teaspoon of hydrogen peroxide, then add in half a teaspoon of water. Thoroughly mix then brush your teeth for two minutes. Do it once a week until you've reached the results you want. Once your teeth are nice and white, limit yourself to using this whitening treatment once every month or two. Be careful not to swallow this concoction!

Strawberry

Yes, strawberries can whiten your teeth (ask Catherine Zeta-Jones as she is known to use strawberries to whiten her teeth). Strawberries contain Music, a substance that helps whiten the teeth. Make a paste by crushing up a strawberry and add half a teaspoon of baking soda in it. Brush this mixture on your teeth and leave it for 5 minutes. Rinse off with cold water.

Coconut Oil

What a surprise, just when you thought you have heard all the uses of coconut oil, along comes coconut oil as a teeth whitener! Apply coconut oil to your teeth after you brush. Or, you can also do coconut oil pulling. All you need to do is put a spoonful of coconut oil in your mouth and swish it between your teeth for 5 to 20 minutes, or add a few drops to your toothbrush and simply brush it on.

Apple Cider Vinegar

Yes, it has been proven that apple cider vinegar can remove stubborn stains on the teeth, especially stains from coffee and nicotine. Simply rinse your mouth with apple cider vinegar before brushing your teeth with regular toothpaste. Some say that using apple cider vinegar looks like you just got your teeth professionally cleansed. You may also prepare a paste by mixing an equal quantity of apple cider vinegar and baking soda. Use this natural remedy once or twice a day and thoroughly rinse your teeth after applying this solution to remove any sort of acid residue (acid can remove the enamel on your teeth).

Orange or Lemon Peels

Do not throw away lemon or orange peeling as they can be used to remove tar stains from your teeth. Simply rub the peeling all over your teeth to remove those ugly stains. You can also make a fine paste by mixing grounded bay leaves with orange or lemon peelings and use this in your teeth for best results. Of course, rinse off your teeth properly after a few minutes.

My Style Notes

By Silvina Pardo

Spring/Summer Trends

春夏的到来，应该是所有人最开心的吧，不用再裹着厚厚的冬装，可以穿上清凉的春夏装，不在会有厚重感咯！但是你还在延用冬天的深色系吗？不要让你的春夏暗沉度过哦~姐妹们赶快来科普一下今年春夏的流行新趋势。经过本编的仔细考量，大胆的种族和艺术打印,彩色系的亮眼装扮,运动磨损和金属将主宰这个城市夏天的人行道。快去给你的衣柜大换血吧！打扮的美美的度过这个夏天。

The warm weather is here and we are just about ready to ditch our coats, winter blacks and greys and fall in love with the spring 2014 colour trends that will soon be in bloom. Trends come back over and over again, so there is no need to go running to the shops. It's time to recycle our wardrobe, choose the staple pieces, the favourites and the summer essentials.

This is a guide to what we will be seeing this summer. Thankfully, you won't have to go outside of your comfort zone to rock this season's trends: bold ethnic and arty prints, pastel colours, athletic wear, some metallic and some basics will be dominating the sidewalks of your town come summer.

International

Many designers find inspiration on their travels around different places, during journeys around Europe, India or (especially) Africa. It's all about artisan culture that is expressed in a modern, urban lifestyle. Tribal bold prints and ethnic mash-up are complete with crafty accessories. Designers were thinking globally this season and these are their creations. Get inspired!

Dress Shirts

The classic cotton shirt dress got a sexy makeover for this spring. We are not talking about a business casual outfit for work, its more about button-downs. (Altuzarra). On a crisp day wear with a colour block design (Victoria Beckham) and important collars (Alexander Wang) when taking on the trend.

Mini-trend: Contrast collar button-downs

Classic blue and white striped shirts look renewed with contrasting plain white collars, and the crisp, menswear-inspired dress shirt enjoys a makeover with inventively cool, contrasting colours and/or textured collars and cuffs. This elevated wardrobe essential is perfect for sneakily kicking up your work outfit.

Mini-trend: White blouses

The item of the season is the white blouse. They are crisp, classic and they will be on trend forever.

Art Pop

This season, designers gave clothing a fine-art spin with painterly prints and bold brushstrokes. Most traditional brands take on this trend, with even Chanel focusing on pantone-streaked dresses. Elsewhere, Miuccia Prada lifted images from a street muralist, the abstract designs shine at Celine, and Louis Vuitton opened his show with models covered in gratifies.

Metal for daytime

Flashy silk lame, gilt brocade, and slinky chain mail are fabrics typically reserved for nights out, but designers repositioned metallic for daytime this season. From the Lanvin liquid-silver jumpsuit to the foiled dresses at Proenza Schouler, the time to sparkle next spring will be before the sun goes down.

Mini-trend: Iridescence

For a major impact, slip on a holographic dress or skirt. For a more subdued effect, grip an iridescent clutch, instead.

Sports Nights

The sporty layering pieces get edgier for spring with adventurously colourful prints, luxe textures and fabrics, and sporty-cool detailing— like mesh weaving and perforations. The bomber jacket is the top item along this trend. It is ultra versatile to temper the girliness of a dress or complement the athletic chicness of dressy shorts.

Mini-trend: Luxe Sweatshirts

The seasonal sweater is a luxe sweatshirt, an easy-chic piece to pair with tailored pants, flirty skirts, and blousy shorts— or to just throw on over a light dress. Sweatshirts are no longer relegated to the gym. The slouchy silhouette gets a makeover for spring with brighter hues and splashier patterns.

Mini-trend: Athletic striped trousers

The athletic stripe smartens up with tuxedo detailing on these sporty-meets-sophisticated tailored trousers. It's really all in the styling. To keep the look modern but refined, opt for a streamlined silhouette in unexpected white and pair the pants with a casual non-button-down top or with striping that runs along the inseam instead.

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By Ben Hoskins

基督教青年会是全球性基督教青年社会服务团体，已具有160 多年的历史。天津中华基督教青年会是中国第一个城市青年会，而这所教会的创始人Lyon为我们带来的不只是传播爱于善意的青年会，还有篮球这项如今风靡我国的运动项目。天津因此也可以称为中国篮球运动的摇篮。多年后的今天，我国已出现了姚明等国际球星，而天津基督教青年会也有了空前的发展。

When David Willard Lyon stepped off the ship that had just arrived in China, he actually had somewhat of an idea what to expect. Born in China to American missionaries, Lyon was returning back to the home of his childhood after several years in the United States. But even though he was familiar with China, when he eventually made his way to Tianjin he may not have known he would be starting something that would capture the enthusiasm of millions of Chinese people over one hundred years later.

Of course, that was Lyon's goal: to start a movement of sorts, to proclaim a piece of good news that would win hearts, and leave a lasting legacy long after he was gone. As a missionary with the Young Men's Christian Association, it was Lyon's hope that good news would be the good news of Jesus Christ, and he desired to see lives changed and churches take root that would continue to share that Gospel.

While to some degree that has been the case, evidenced by millions of Chinese Christians around the country, it was the sport Lyon brought with him that has made its way to every corner of the country. Basketball is ubiquitous in China, played on school playgrounds and in fancy arenas, both in the city by young and old, as well as in the countryside on makeshift courts.

And the NBA is as popular as ever in China, with games shown nearly every day on multiple channels. Yao Ming may have put China on the basketball map, but today others are just as popular, with Kobe and Lebron jerseys being just as prevalent. People watch basketball, play basketball, talk about basketball, and the popularity goes beyond the court, having generated a whole market tapped into by an array of various sponsors and industries looking to ride on the heels of this popularity and brand.

But did you know that it all started in China when Lyon and the YMCA introduced this new sport to Tianjin in 1895? Invented just a few years earlier by Dr. James Naismith in Springfield, Massachusetts, the YMCA was hoping that basketball could be a bridge to cross the cultural divide, serve to help the Chinese become strong and physically fit, and be a means to share the Gospel.

Basketball was a hit. As both ambassadors for Christ and for sport, the YMCA was initially quite popular with the Chinese, and would eventually open branches in thirty Chinese cities. Perhaps most famously, Zhang Boling, founder of Nankai University, would become a Christian and become quite influential both in Tianjin and in the country as a whole, as he led China's push to become involved in the modern Olympics. And the famous Nankai Five, a team from Nankai University, aided national pride in defeating a team of Americans in the early 20th century.

Eventually the Tianjin YMCA became a fully Chinese organisation, and while the original message and goal of the YMCA was initially carried out, eventually it shed most of its Christian roots and severed any connection to the YMCA in the United States. Recently the organisation has involved itself in a variety of activities, including the arts, such as poetry and singing, as well as coordinating various kinds of volunteer work.

Today the original YMCA building in Tianjin still stands on Dongma Lu in the Nankai District, preserved by the city as a historical landmark. The Tianjin Children's Palace occupies the space and they conduct various activities for the development of children, such as training in culture, arts, and the sciences. And while today the YMCA may not have much basketball going on, basketball is popular as ever in China, a legacy and history that will always be linked to Tianjin and David Willard Lyon.

Mayra Umbarila

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

I am 27 years old, and I come from Cucuta, a city with a population of around one million, located at the Columbian border with Venezuela, in South America. Our main language is Spanish, which is derived from our Latin roots. I also, of course, speak English and am trying to get to grips with Chinese.

When did you arrive in Tianjin? How long have you been in China overall?

I arrived in Tianjin about ten months ago. Before that I had lived in three other cities in China: Shanghai, for almost three months, Dalian, for about nine months, and Beijing, for a little more than three months. In total I've just reached the two year mark in China.

What do you like the most about Tianjin?

Without a doubt it's getting to know people from everywhere and sometimes they are from countries that I have never had any contact with before. It's one of the most amazing aspects of living in this city.

Where do you like to go for a nice dinner?

There are loads of places for dinner in Tianjin. I always look for a more complete venue which consists not only of good food, but also the music, ambience and the people who frequent these places. Aulare– Urban Latin Restaurant is definitely the one I have enjoyed the most!

What have been the main challenges of setting down in Tianjin?

Generally speaking, for me the most challenging factor was the language. Before I came to China I was living in London, England for a little more than two years and I remember arriving there on the very first day with a map in my hands trying to get to a location which I could not find. Nevertheless, it was not frustrating at all in the sense that I could simply ask a local person on the street and get the right directions in a very short time. Meeting Chinese business people and negotiating a best option with them in a different language has definitely been my biggest challenge.

Your favourite places to go shopping?

I normally prefer going to an indoor shopping centre where I can find most things without having to wander around. In that sense I like to go to Joy City. There's also Galaxy International Shopping Centre, which is a modern and nice place- not only shopping but to hang out with friends and look at the fountain show.

Recommended attractions for travellers in Tianjin?

I am a fan of going to museums, art exhibitions and other expositions where I can appreciate the beauty of the city from its background. For me the Tianjin Natural History Museum has very interesting collections and fossils that talk by themselves. Tianjin Tropical Botanical Gardens offers a wide variety of species which are highly appreciated when having an appreciation for nature. Having said all that, the Tianjin Science and Technology Museum is actually the attraction I have liked the most so far in Tianjin. It is in good condition and offers good hands-on stuff to do.

How to Snap Up Great Travel Bargains in China & Elsewhere in Asia

旅行的妙处就在于可以让你更好的感受生命，体验这个世界。然而结束了一段美好的旅程，信用卡的惨状是不是让你觉得一切的游山玩水都瞬间转换成了巨大的压力？或者是对于热爱旅行你，旅行的费用也让你心生无力？本期栏目小编就贴心的为大家解决了这个问题。从经济实惠的酒店，到低折扣的机票，每一个旅行中必不可少的环节都为大家提供了省钱的妙招。相信本篇文章一定会让你保护好你的信用卡的！

For most people, travelling is about having fun and making the most of great experiences. The last thing we want to do is come home after an amazing trip and be confronted by a gaping hole in our bank account!

Here are some great ways that you can travel around China, or elsewhere in Asia, without breaking the bank…

Ctrip

If you haven't consulted Ctrip.com before setting off on your journey, then you really have missed out! The site is very user-friendly nowadays, with an English language version that allows you to conveniently navigate your way through the booking process. Ctrip is a great place to find domestic flights in China, as most of the international search sites don't provide price coverage for some of the smaller Chinese airlines.

The site really shines though when it comes to finding incredibly well-priced package deals on flights and hotels. You will be absolutely amazed at how cheaply you can book a flight to anywhere in China and throw in a few nights at a 4 star hotel as part of the deal!

Qunar

Qunar is another Chinese travel website that's built up a reputation for shaving a few extra yuan off your travel tickets. Admittedly it is much more suited to the Chinese user than Ctrip is, but it generally produces slightly cheaper prices, so it is definitely worth a look.

Look at the lesser known airlines

Did you know that if you look in the right places and at the right times you can fly from Tianjin to Shanghai for 250 CNY (which is cheaper and more convenient than the train!)? You would be amazed by how many astonishingly cheap prices for domestic flights are out there when you start browsing through some of the lesser known carriers' options. Two great examples are Shanghai-based Spring Airlines and Xiamen Airlines.

Connect with the rest of Asia through budget carriers

There are numerous budget airlines servicing Beijing and Tianjin these days. As with some of the domestic carriers, their flights don't always show up on the popular search sites. Scoot, for instance, allows you to make the 6 hour flight from Tianjin to Singapore for around 1000 CNY one way if you book your tickets at the right time.

Air Asia, Cebu Pacific Air and Jetstar, operating out of Beijing, all help you reach the rest of Asia on the cheap.

男女间的情感交往永远是人生的重要课题之一，但有些时候，处在新环境的我们却不知道如何迈出交际的第一步。本期天使和恶魔便会回答读者提出的疑问，告诉大家如果你是刚刚到达天津的“新人”，有哪些地方或者哪些方法可以让你更快的认识女孩子呢？既然春天来了，就让我们都准备好迎接美丽的邂逅吧。

"Hey guys, I'm pretty new to Tianjin so I'm just wondering if you could recommend any great places or cool ways to meet girls here?"

– Joseph

Angela says:

Excellent question, Joseph! Where to meet someone special? It actually depends on what kind of girls you are looking for. There are many girls you can meet at the bars and nightclubs and as always, you'll find that there's a mix of the good ones and, sadly, the not-so-good ones. Tianjin is also home to a diverse pool of open-minded locals and adventurous foreigners. You'll always have plenty of options if you're a good, honest guy.

It may be easy to meet someone in the first place, but finding someone with whom you like to build a lasting relationship involves a dash of good luck and smooth manoeuvring. Here's what I recommend: Don't rush into finding someone!

This piece of advice will save you a lot of trouble and heartache. There are all sorts of girls that you'll meet here and it's better if you take your time to find good friends first, whether they're locals or foreigners. Eventually, your friends can help you find these cool places you are looking for, places that suit your personality and your style.

Daemon says:

Joseph, what a fantastic question! Fortunately for you I'm exactly the right man to consult on these kinds of matters.

When it comes to finding women in Tianjin, it really depends on what you are looking for as to where you should be looking and what kind of approach you need to employ. In this sense I find that it's best to keep your options wide open as there are good girls (and not so good girls…) from everywhere in the world right here on your doorstep.

In terms of where to find women and how to approach them, it completely depends on what kind of man you are and why you haven't been successful up to now. If you haven't got much money, for instance, then that isn't going to help you in any circumstances, so the best thing is to work harder and earn more. If you have got some cash though, then maybe you need to start throwing it around more- especially in the nightclubs. 'Making it rain' is always a sure fire way to impress the ladies of Tianjin!

In terms of pick-up methodology, people tell me that two of the most commonly pursued options here are bombarding girls with Weixin/We Chat greetings or exploring the local massage scene. I haven't tried these methods myself, but I hear the success rates are phenomenal!

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

WHEN NOSTALGIA AND CLASSICS MASTERY HERE

—— Chongqing Road 23rd Music Bar

What is the essence of 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 the conformist life and the city fades away from the hustle and bustle of daytime.

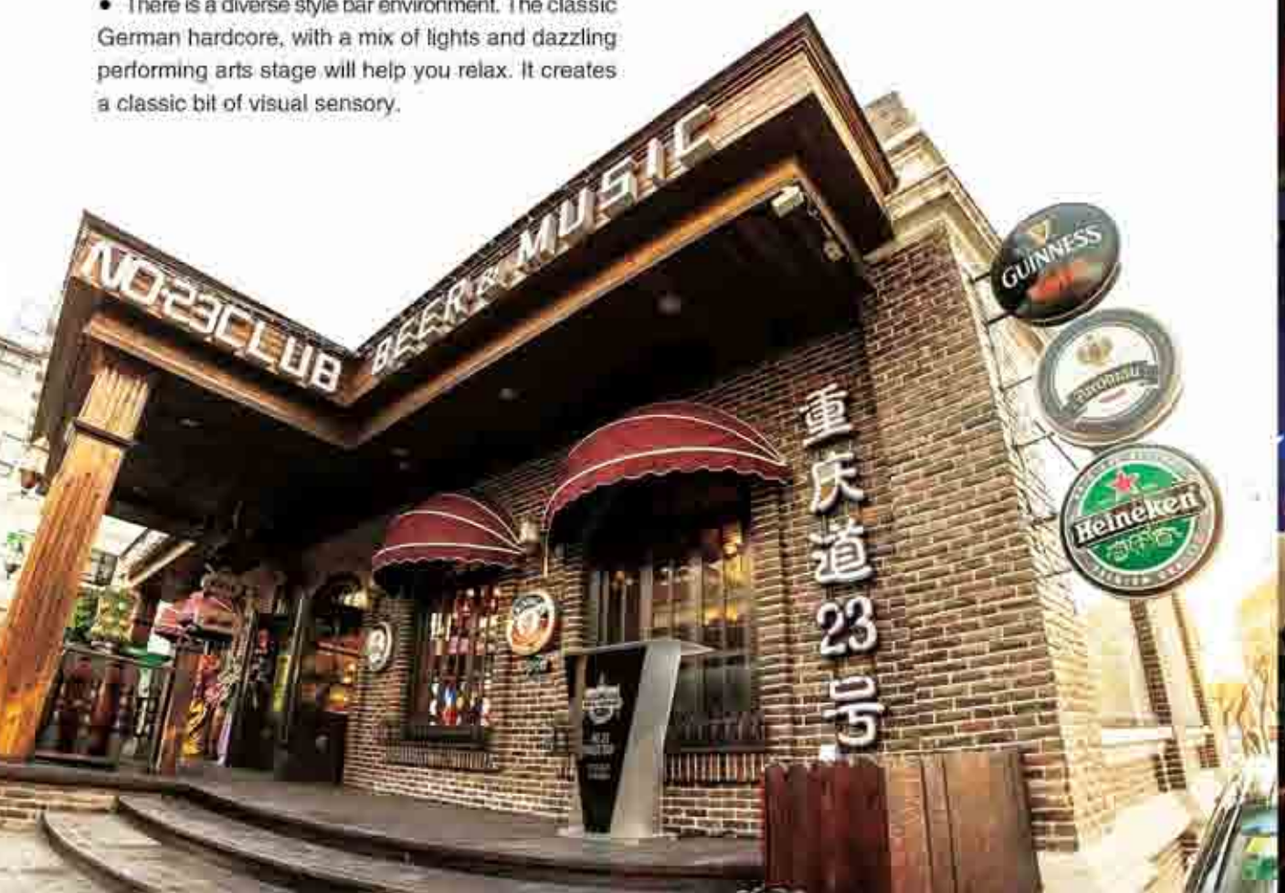
The Chongqing Road 23rd Music Bar is a new gathering place for night life.
located in the heart of Tianjin's cultural centre–WuDa Dao, Heping District, Chongqing Road 23rd. It is a Western-style building with a combination of Chinese and Western elements from the Republican period. It combines theme 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 style bar environment. The classic German hardcore, with a 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. Columbia&Malaysia, across the Americas, across different cultural systems, to bring warm, or mildly, or nostalgia, or a quiet visual feast.

- An exquiste variety of wine drinking. From Martell to Hennessy, then from Manhattan to Gin Tonic, and then to Australia, sugar-free non-alcoholic Patritti, you can fully satisfied your tongue desires without any burden.

- True fragrance of alcohol tobacco experience. The corn pipe was introduced from the United States. It will give you the most pure and rich taste of tobacco with its strong fragrance tobacco musk. You can enjoy the most pure leisure experience.



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。

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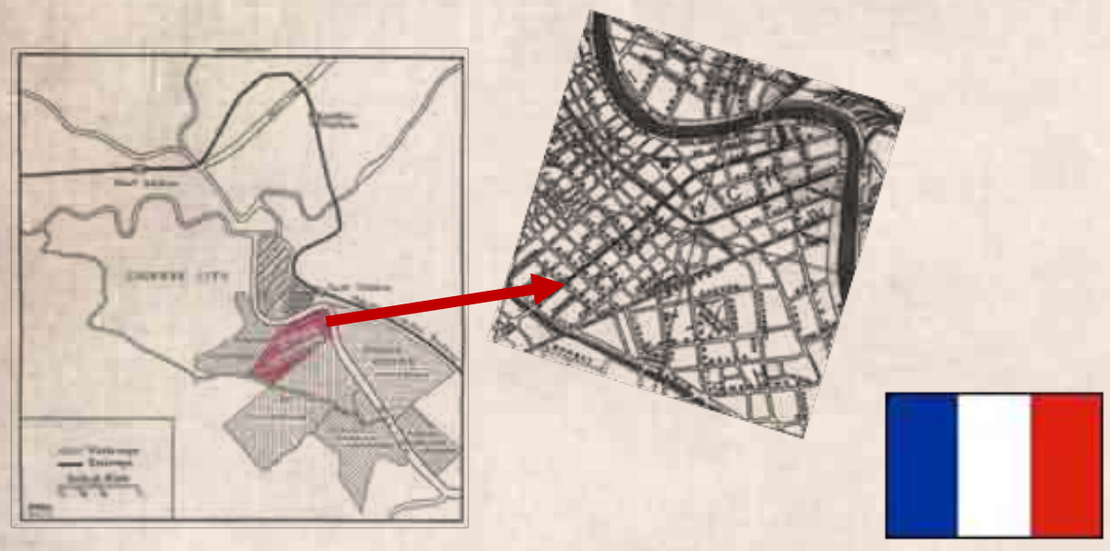
The French Concession – Staking Claims

By Andrea Klopper

自1860年鸦片战争之后，法国也在天津获得了特权并建立了法租界。截止到中日战争结束，八十余年的沉浮在天津近代史上具有重要的一笔。法租界在当时是天津租界中经济相对繁荣的租界之一，在商贸，金融等方面实力雄厚。另外，教会的发展也十分突出，望海楼教堂，西开教堂都是在当时建立的。对于这段历史感兴趣的读者，本期作者将会带您开启时光机，重温这段历史。



Left: Extent of French Concession (from Clifford 1940);
Right: Map showing street names (from 1927 British Consular Services Map).

As with Britain, France gained a concession in Tientsin after the 1860 Opium War. The location was settled by the French minister, Alphonse de Bourboulon. The temporary consul under him, Lieutenant Treves (a naval officer) set out the boundary stones. The size seems to have been a matter of dispute most possibly relating to rivalry with the British. Originally the French concession was predominantly a missionary settlement. The French occupied land that formed the Imperial palace of Hwanghailow. In place of the temple, they erected the Church of Notre Dames des Victoires, a name somewhat insensitively insisted upon by the Catholic priest Pere Claude-Marie Chevrier who did much towards having it built. The French consulate was also located there, perhaps a further lack of cultural appreciation and tact considering its previous imperial nature. The French consulate was Henri Fontanier who was to me memorialized in Rue de Fontanier (now Chi Feng Dao).Then, later, the church and consulate were found together- showing how the promotion of Catholic missions was inextricably linked to political power.

Across the river before the East gate to the Chinese city, was an orphanage run by the Sisters of Mercy or Charity, also known as the Lazaristes or Sisters of St Vincent de Paul. The activities of the Roman Catholics gave rise to many rumours which fuelled the suspicions about the growing foreign presence. As few children were entrusted to the orphanage, the well-meaning but misguided nuns offered a monetary incentive for each child brought to them, many in the last stages of illness and near death. This led to charges of kidnapping and using the children for the 'blood' drunk in Catholic rituals. The matter was taken to various magistrates and

Left: First French Consulate in imperial gardens by today's Wang Hai Lou church.
Right: Subsequent French Consulate on Chengde Lu (photo by E.Boogaard 2010).

raised with the Tientsin Taotai who approached the consul. Misunderstandings accrued and tensions heightened. Crowds began to form, the church and consulate were attacked; French, Chinese and some unfortunate visiting Russians were killed; the buildings were set alight. The nine foreign sisters were gruesomely killed. It spilled out of the French area with four English and American chapels plundered and damaged. It became known as the 1870 Tientsin Massacre sending ripples of concern through missionary communities across China. Locally referred to as the 1870 Tientsin Church Incident, it was evidence of the deep cultural clashes between Chinese and foreigners.

Retribution was demanded by the French Church, negotiated by Pere Favier, and an area of land was given near the British area of Zi Zhu Lin. Here a new residence for the Lazaristes was built as well as a new consulate, both on Rue de Consulat (now Cheng De Dao), and St Louis Church (on Bristow Road now Ying Kou Dao) which served the Roman Catholic community of the concessions. Pere Favier was responsible for the building. He had trained as an architect before entering seminary, becoming a Lazarist/ Vincentian and volunteering to serve as a priest in China. He also designed and supervised construction of the Beitang Catholic Church in Peking which he subsequently bravely defended in the Boxer Siege of 1900 so preserving the lives of thousands of Chinese Catholics. A street (now Xin Hua Lu) was named after him. All three of his buildings remain standing, as does the nearby French barracks.

Much of the surrounding area was cabbage patches, turnip beds and some grapevines. Gradually a narrow mud path became the grandly-named Rue de France (now Jie Feng Bei Lu). Contractors needed numerous wheel barrow loads of mud to fill and raise any site before building could take place.

Between 1870 and 1895, intense

One of the columns to commemorate the death of the Sisters of Charity in 1870 (now in the Tianjin History Museum, You Yi Lu Cultural Centre). The sisters from France, Belgium and Ireland, were depicted in this widely distributed picture from the time.

Top: French barracks in Zi Zhu Lin (now Chifeng Dao), before moving to Eastern Bureau of Tientsin Arsenal in 1900.

Bottom: The barracks today (picture by A.Klopper)

modernization occurred, particularly along the Hai He River with the development of the French bund (an Indian word for 'water bank' borrowed by the British of the Raj).

There were some acrimonious disputes over the boundary with the British Concession in 1881, which was adroitly handled by Monsieur Dillon, the French consul working with Li Hong Zhang, the Viceroy of Chihli (roughly today's Hebei province) in which Tientsin was located. Clarity in the delineations were followed by ponds being filled in. Better roads were constructed with lighting, and named after the consuls, hence Rue Dillon (now Haerbin Lu), Rue de Chaylard (now He Ping Lu). Rows of houses in characteristically French style sprung up. One significant building was the Customs House designed by Mr J Chambers. The total area was about sixty acres.

Then in 1900, there was the Boxer Uprising which once more threw Tientsin into the midst of war. Wang Hai Lou church, having been rebuilt, was again burnt. The Catholics there fled to take shelter in the St Louis Church. The French consulate was repeatedly hit and the French town began to look like "a besieged city in the Middle Ages" (in Rasmussen 1925: 140). Once the Boxers were defeated and order restored, the French and other powers sought to extend their territories to make up for their extensive losses. The French area reached 430.3 acres, much of it swamp that had to be built over. As with elsewhere in the French Empire, a significant building programme was embarked upon with a number of key public buildings – the circular French Park (now Zhong Xin Gong Yuan); the new Cathedral in Xi Kai; the French Club which, until the First World War, was popular with many nationalities. After 1919, the French Municipal Building went up; a statue in remembrance for those who died was placed in the French Park; a number of roads

Building the French Bund.

Left: A postcard of the Goddess of Peace statue in the French Park.

Right: Rue de la Marne.

were named after battle sites such as Rue de Verdun (Cheng De Lu), Rue d'Ypres (Henan Lu), Rue de la Somme, Rue Mesny (Liaoning Lu), Rue de La Marne.

The population in the French concession grew, though the number of other Europeans and Chinese outnumbered the French inhabitants. In 1902, there were 360 Europeans and 4300 Chinese. By 1937 of the 41000 inhabitants: 1000 were non-Chinese (Japanese, Russian), and of those, only 190 were French. The area was administered by the French Consul aided by a Municipal Council consisting of the Consul as chair, four French councillors, four non-French and three Chinese. Many public services for the wider Tientsin area were found in the concession such as the Power Station providing electricity (near present day Isetan car park), the Water Company (on Chi Feng Dao), the Telegraph building. The main shopping thoroughfare was found here, as today, down Rue Marechal Foch (now Bin Jiang Dao). The Roman Catholics maintained a strong presence with their various church schools such as St Louis' (for boys) and St Joseph's (for girls), and development of the Jesuit Technical and Commercial College (now Foreign Studies University). The extent of the concession is shown in a series of photos:

The French Concession in 360 degrees: top left to bottom left - North, East, South, West (from http:tieba.baidu.com)

With the Sino-Japanese War, the French Concession was gradually encircled by the Japanese army although its boundaries were initially respected, until the Allies also declared war on Japan in 1941. Five years later, the concession was formally handed over to the Chinese, leaving many stories behind the shuttered windows which frequently indicate the area's French origins.

Special Days

Special Days of May 2014

By Tracy Hall

五月是一年中最舒适的季节，春夏交接之时，温度宜人。最适合带着轻松愉悦的心情去度过每一个节日。在世界新闻自由日感受新闻自由，言论自由的力量。五月五的狂欢，让我们一起体会墨西哥的自由奔放。美好的生活怎么能少了美食？在5月11日这一天想吃什么吃什么吧，暂时忘记讨厌的卡路里。而享受宜人五月的同时不要忘记向保卫国家的军人们致敬哦！

World Press Freedom Day (3 May)

With all the phone hacking, spying, censorship and general invasions of privacy that goes on in today's media organisations, it is quite laughable to suggest that the modern media is truly free anywhere in the world. However, when you take a historical perspective it's clear that we now have much more access than ever before to relatively unbiased reporting that has at least a semi-factual basis to it; even if it does require the use of a VPN. Thus we should all celebrate the coming of the global information era on 3 May this year.

Cinco de Mayo (5 May)

This ultra popular holiday marks the victory of independence-seeking Mexican troops against the French at the Battle of Puebla on 5 May, 1862. Funnily enough, although this is culturally a very Mexican affair it is actually more widely celebrated and high profile as a public event in the U.S. than it is in Mexico itself. For lovers of all things Mexican this is a great excuse to celebrate.

Eat What You Want Day (11 May)

If you haven't eaten enough naughty foods lately, or you've been painstakingly sticking to a rigorous dietary regime then now is the time to eat yourself to within an inch of your life. Put the herbal teas and salads to one side for a day and let the burger, pizza, ice cream and chocolate cake eating commence!

This special day is primarily celebrated in America, although it is starting to gain traction in other parts of the world. With great holidays like this it's not surprising that Americans are generally happy people, and it's also a less than staggering fact that the U.S. has the second highest rate of obesity on the planet…

Armed Forces Day (17 May)

Whether we agree with military action in principle or not, all of us should spare a thought for the brave men and women who risk their lives for their country. This is true of armed forces personnel everywhere in the world and it is also important to remember these individuals' families who stand by their loved ones whilst they are out on the battlefields or keeping the peace in dangerous places.

Welcome to the Summer Palace!

By Grace Batty

五月的天，正是春末夏初。在这青春四溢的季节里带上你的爱人，家人，或约三两好友来颐和园感受春天吧！颐和园是我国现存规模最大，保存最完整的皇家园林之一，也是享誉世界的旅游胜地之一。你可以在这里，泛舟游湖，观赏两岸迷人风光；还可以欣赏古代园林建筑，游山玩水。园中有景点建筑物百余座，亭台楼榭，错落有致，处处如画，步步有景。烟波浩渺，红花掩映的颐和胜景一定会让你不虚此行的！

By far one of the most remarkable sites in Beijing, and indeed the whole of China, the Summer Palace is absolutely not to be missed; especially now that the weather is comfortably warm! This May is definitely the perfect time to check out this wonderful place if you haven't already.

The palace's architectural and natural beauty give visitors a true sense of pleasure as they stroll around the 3 square kilometres of lakes, gardens and royal buildings. The splendid architecture and stunning gardens of the Summer Palace conform to traditional Chinese styles and they give you a feel for the country's fascinating history and culture.

At the heart of the Summer Palace is Kunming Lake, which stretches across 2.2 square kilometers of the premises. A steady walk around the water is a nice way to spend a summer afternoon, occasionally stopping to admire the surrounding architecture. The site in general is a quiet and very tranquil place in which you can free your mind of the stresses of day to day life.

The gardens are largely what makes this place a UNESCO World Heritage Site, with the organisation describing the Summer Palace as "a masterpiece of Chinese landscape garden design. The natural landscape of hills and open water is combined with artificial features such as pavilions, halls, palaces, temples and bridges to form a harmonious ensemble of outstanding aesthetic value".

To get to the Summer Palace simply hop onto line 4 of the subway and get off at either the Beigongmen (which brings you out at the North gate) or Xiyuan station (East gate). Alternatively you can catch buses numbered 469 and 539 to the site.

Wellington Holds Incredible Musical Performance: Oliver!

Following the two previous successes of the musicals "Joseph and the Amazing Technicolor Dreamcoat" in 2012 and "Bugsy Malone" in November 2013, Wellington College International Tianjin has developed a strong reputation for putting on musical productions of a very high quality.

This year again, with special and exclusive permission from London producers Cameron Mackintosh LTD and the Southbrook Group, Wellington College International Tianjin successfully staged its third major musical production, the ever popular show Oliver! by Lionel Bart.

Based on the fictional story of Oliver Twist by Charles Dickens, this is undoubtedly one of the most well-known and enduring musicals ever written. Featuring hit songs such as "Food Glorious Food", "I'd Do Anything", "Pick a Pocket or Two" and "Reviewing the Situation", the show tells the story of young Oliver Twist who, after much physical and mental abuse, runs away to London to 'seek his fortune'.

With a lavish stage set and numerous originally designed costumes, this year's production involved a cast of over 75 students from both the junior and senior schools, aged from six to eighteen years, as well as a group of staff. Following the opening night, Wellington College's Director of Performing Arts, Steve Griffiths, said "it was quite challenging for the students to work together because such a huge project demanded patience and a strong spirit of team work."

"This is a very beautiful show, very enjoyable to watch," said one parent, who came to watch it with her friends. "The singing and dancing are very nice. I think it is great for a school to have something like this for students to concentrate on outside of just day-to-day academic work." "It was fabulous, the standard of the performance was very high and the dance numbers were amazing," said an English parent, whose daughter was a member of the cast.

As the headmaster, Murray Fowler, said at the end of the show, the professionalism, the huge contribution of the students, staff and parents truly reflect the spirit of the school.

The five nights that Oliver! ran for attracted hundreds of families and friends, and was a huge success. All eyes are now on 2015 and the next ambitious production.

Wanda Vista Tianjin - Earth Hour 2014

Wanda Vista Tianjin mobilised all the hotel staff and united its guests for "An Earth Hour for Blue Sky" Event 2014 on 29 March, in response to calls for environmental conservation. The Blue Sky Project is a climate change awareness-building activity organized around the globe by the World Wide Fund for Nature (WWF).

From 8:30pm to 9:30pm on 29 March, Wanda Vista Tianjin turned off or dimmed exterior and non-essential interior lighting. The hotel team encouraged guests to join them in a variety of energy-saving practices, including turning up the air conditioner one degree higher, abstaining from travelling by car and more.

The hotel also organized a complimentary green themed cocktail party in the lobby lounge to encourage the guests to have a healthy lifestyle. During the green themed cocktail session, the hotel's lobby lounge offered "green" menus designed around responsibly sourced organic ingredients, served fresh or minimally cooked. The hotel's live band "Soul Trio" performed a special low-carbon music concert and invited the guests to enjoy the unplugged performance in candlelight.

"We will continue with all of these environmental conservation activities to promote and support environmental protection. You are all welcome to join us!" said Mr. Maged Louis, the General Manager of Wanda Vista Tianjin.

The Astor Hotel, A Luxury Collection Hotel Celebrates Earth Hour

On 29 March, The Astor Hotel, A Luxury Collection Hotel joined the millions of individuals, organisations, businesses and governments across the globe for Earth Hour 2014. Earth Hour is a global effort to emphasise the threat of global warming and the need to reduce carbon emissions. It has become a powerful symbol that all of our "small steps" can have an impact and make a lasting difference on the health of our planet. In 2013, hundreds of millions of individuals participated in the biggest Earth Hour to date, creating history as the world's largest ever voluntary action. This is the sixth year in which Starwood has participated in Earth Hour. Last year's incredibly successful event included the participation of nearly 600 Starwood hotels globally.

Earth Hour is more than an annual event. In 2014 we're going beyond the hour with Earth Hour Blue - a crowd funding & crowd sourcing platform for the planet.

CapitaLand Group Supports Earth Hour in 20 Countries

CapitaLand Limited to announced that 230 of the Group's properties worldwide participated in the World Wide Fund for Nature's (WWF) Earth Hour 2014 on Saturday, 29 March 2014. The group has reiterated its support for Earth Hour, pledging to go 'beyond the hour' with year-long sustainability initiatives. This is the seventh year that the group is participating in the annual global sustainability movement to show its commitment towards protecting the environment.

This year, CapitaLand Group properties in 20 countries – Australia, Bahrain, Belgium, China, France, Georgia, Germany, India, Indonesia, Japan, Malaysia, Philippines, Qatar, Singapore, South Korea, Spain, Thailand, United Kingdom, United Arab Emirates and Vietnam – played their part in the environmental protection. Participating properties turned off their lights and non-essential lighting for extended hours throughout the night, beginning at 8:30pm (local time) on Saturday, 29 March 2014.

CapitaLand China's township developments in Chengdu, Shenyang and Wuxi also participated in Earth Hour for the first time.

Spring Outing to the Great Wall

Somerset International Building Tianjin & Somerset Youyi Tianjin

It is a great season for an outing. The wind is soft, the sun is shining and the flowers are blooming everywhere. So Somerset International Building & Somerset Youyi Tianjin made a decision to take their residents out to enjoy the spring breeze.

There's an old saying in China, "one who hasn't been to the Great Wall is not a true hero". The Great Wall is a a must go spot for all expatriates, and around 80 residents joined the trip to conquer it. Some of them even reached the top of the mountain. The management team also thoughtfully prepared sports drinks, energy bars, sushi and bread for along the way. Such care was highly welcomed and complimented by all guests.

Brazilian Community Lunch Celebration in Tianjin

Aulare, 13 April 2014

Dating with Spring

On 5– 6 April, the Tianjin Historical Architecture Restoration and Development Co., Ltd. (hereinafter referred to as the "the Architecture Restoration Company) organized an event called “Dating with Spring” at the Agricultural Academy and Minyuan Terrance in Wudadao.

During the event, the Agricultural Academy cooperated with the Tianjin Green Farmers Market, and collected green dishes made from fresh ingredients from more than 20 shops. The organisers brought healthy and natural food to advocate the concept of creating a high quality life for everyone.

Meanwhile, they also had the “Catch Alley” creative market in Minyuan Terrance on 6 April. Many well-known products from famous designers were displayed at the event.

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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

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
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

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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

HP Heping NK Nankai HX Hexi HB Hebei HD Hedong HQ Hongqiao
DG Dagang XQ Xiqing BD Baodi DL Dongli BS Baoshui JH Jinghai

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

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

Decorations

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

Electrical Appliances

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

Laundries

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

Movers

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

Relocation

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

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

Hotels

★★★★★

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

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

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

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

The Westin Tianjin 天津君隆威斯汀酒店 5 star hotel offering luxury, class and comfort featuring charming city views and the latest in technology.
A: No. 101, Nanjing Lu, Heping 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. **A:** No. 167 Dagubei Road, Heping District, 和平区大沽北路167号
T: +86 22 5857 8888

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

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

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

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

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

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

ZAIA Spa & Hotel 索亚风尚酒
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 The resort resembles an ancient, mythical royal palace surrounded by a labyrinth of pathways, archways and waterways; creating a unique oasis that commands and dominates the surrounding skyline.
A: No. 8, Zhujiang Da Dao, Zhouliang Zhuang, Baodi District 宝坻区周良庄珠江大道8号
T: +86 22 5921 1234

Apartments

Astor Apartment 利顺德公寓
Apartment style accommodation close to the CBD. **A:** No. 32, Tai'er Zhuang Lu, Heping District 和平区台儿庄路32号
T: +86 22 2303 2888 ext. 0

Qing Wang Fu Club Suites & Serviced Residences 庆王府公馆
A: No.55, Chongqing Dao, Heping District 和平区重庆道55号
T: +86 22 8713 5555 or 5835 2555
W: qingwangfu.com

Ariva Tianjin No.36 Serviced Apartment 招商・艾丽华36号服务公寓 For the business travelers who spend hours on the road, our spacious and well equipped hotel rooms will help you unwind and relax. **A:** No. 36 Xikang Road, Heping District 和平区西康路36号
T: +86 22 2352 3636

Somerset International Building Tianjin
No. 75, Nanjing Lu, Heping District
Tel: +86 22 2330 6666
天津盛捷国际大厦服务公寓
和平区南京路75号

Somerset Olympic Tower Tianjin
No. 126, Chengdu Dao, Heping District
Tel: +86 22 2335 5888
天津盛捷奥林匹克大厦服务公寓
和平区成都道126号

Somerset Youyi Tianjin
No. 35, Youyi Lu, Hexi District
Tel: +86 22 2810 7888
天津盛捷友谊服务公寓
河西区友谊路35号

Ariva Tianjin Binhai Serviced Apartment 滨海・艾丽华服务公寓
A: No. 35, Zi Jin Shan Road, Hexi District 河西区紫金山路35号
T: +86 22 5856 8000
F: +86 22 5856 8008
W: www.stayariva.com

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

Antiques & Souvenirs Streets

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

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

Art Galleries

Min Yuan Xi Li Culture & Invention District 民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

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

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

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

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

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

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

Parks

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

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

Theatres & Cinemas

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

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

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

Include your company info in our Listings Index
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

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

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

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

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

Kindergarten

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

Language Schools

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

Hanbridge Education 汉桥教育
A: C4-308/309, Magnetic Capital International Office Building, Nankai District 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

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

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

Libraries

Tianjin Library 天津图书馆 Founded in 1908, this century-old library is the biggest reference library in Tianjin. 08:30-18:00. **A:** No. 15, Fukang Lu, Nankai District 南开区复康路15号
T: +86 22 2362 0082
W: 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 NK
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 HP
The Executive Centre - let us help your business succeed.
A: 29F, bldg. 2, The Exchange, No. 189, Nanjing Lu, Heping District 和平区南京路189号津汇广场2座29层
T: +86 22 2318 5111
A: 41F, Tianjin World Financial Centre, No. 2, Dagu Bei Lu, Heping District 和平区大沽北路2号天津环球金融中心41层
T: +86 22 5830 7860
A: Level 17, C1 Tower TEDA MSD, No. 79, First Avenue, TEDA 天津经济技术开发区第一大街79号TEDA MSD C1座17层
T: +86 22 5985 9898
E: tianjin@executivecentre.com
W: executivecentre.com

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

Bookstores

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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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

Un été romantique à Paris!
Romantic summer in Paris!
邂逅巴黎！

Linguistic and cultural trip in July, from the 12th to 27th.

Spend two weeks in Paris, including the French National Day, in a trip mixing language classes, cultural visits and immersion in Paris day and night life. Suitable whatever is your level in French.

Package including air ticket from Beijing, accommodation in Parisians families, classes in Alliance Française of Paris, visiting trips in Paris and around, breakfast and dinner and 10 hours of survival French in Alliance Française of Tianjin before the trip !

For best price and conditions, book before the 30th of May !
Detailed informations and reservations:
Alliance Française of Tianjin

Detailed informations and reservations:
Alliance Française of Tianjin
(天津法语联盟, Tianjin Fayu Lianmeng)
Hexi District,
Wujiayao Dajie, Shifan Daxue,
Balitai Xiao Qu Bei Men
Jiaoyu Zhongxin Dalou Erceng
河西区
吴家窑大街，师范大学八里台校区北门
教育中心大楼二层
天津法语联盟

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Tianjin天津法语联盟
权威法语培训机构
FRANCE
Séjour Linguistique 2014
2014年法国游学之旅
Paris
Eté Romantique à Paris
邂逅巴黎

By Sanne Jehoul

企鹅图书自2005年进入中国，其大胆的商业模式在中国取得了很大的成功。近期企鹅图书又将出版两本精彩的书籍。让我们一起来听Jonathan讲述青岛的历史，并跟随Derek一起感受中国的白酒文化。在这美好的春日，欣赏书籍的同时也不要忘了趁着闲暇到电影院观看本月即将上映的两部大片。相信紧张刺激的超验骇客和充满英雄主义色彩的大力神一定会给你带来前所未有的视觉震撼的！

READING

Penguin Books China started in 2005 as an ambitious new venture from one of the world's leading book publishers, distributing Penguin's imported English language titles in China, publishing its own list of English language books, and working with local partners to publish titles in Chinese. They have recently enriched their catalogue with a few new titles about various aspects of Chinese culture. We've selected two of them to share with you this month.

Baijiu:
The Essential Guide to Chinese Spirits

By Derek Sandhaus

Published: 31 March 2014

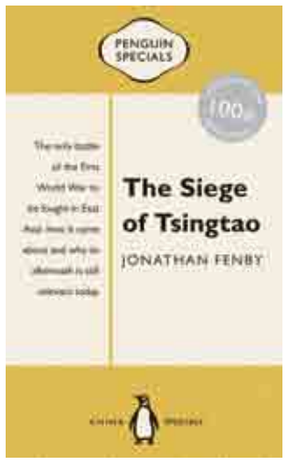
Any expat who's been in China for a while remembers their first taste of baijiu, an experience often met with disgust and cursing. Writer Derek Sandhaus, however, is very much into this traditional Chinese spirit and in his book he takes us through the long history of baijiu; from how it's made to the cultural role it plays. He also elaborates on the quality differences, interviews distillers and other key players in China's alcohol industry, and offers a guide of varieties and brands.

The Siege of Tsingtao

By Jonathan Fenby

Published: 3 March 2014

Historian Jonathan Fenby used to be an editor at the South China Morning Post, was a senior correspondent for The Economist in Europe, and has written several books on Chinese history and on World War II. His interests for China and war history come together in his recent work *The Siege of Tsingtao*, concisely recounting the story of the only World War I battle that was fought entirely in East Asia. Qingdao was a German colony at the time, and on 31 October 1914 Japan, the U.K., and France attacked the coastal city, getting the Germans to surrender after one week of fighting.



FOREIGN FILMS IN TIANJIN CINEMAS

Transcendence

Starring Johnny Depp, Morgan Freeman, and Rebecca Hall, this sci-fi thriller tells the story of Dr. Will Caster (Depp), a famous but controversial Artificial Intelligence researcher who wants to design a sentient machine. He encounters much protest from anti-technology extremists who try to sabotage his project, but they only drive him further towards his goal and his desire for power. Exploring the idea of an individual's mind and emotions uploaded to a computer, *Transcendence* questions the future possibilities and relationships between humans and the virtual world.

Also starring: Paul Bettany, Cillian Murphy, and Kate Mara. Directed by Wally Pfister.

In cinemas from 18 April.

The Legend of Hercules

Set in Ancient Greece in 1200 B.C., *The Legend of Hercules* (3D) is an action-fantasy film tracing the origins of the mythical Hercules, son of Zeus and of the mortal queen Alcmene. For all of his childhood and youth, he doesn't know about his real identity of being a half-god, and he only has eyes for Hebe, a princess of Crete, who unfortunately is set to marry Hercules's brother. He gets exiled and has to fight his way back, acknowledging his destiny and bringing peace and freedom back to his country while making sacrifices along the way. Expect epic battles and gladiator fights to the death.

Starring: Kellan Lutz, Gaia Weiss, Scott Adkins. Directed by RennyHarlin.

In cinemas from 11 April.

Strawberry Generation

cǎo méi zú

草 莓 族

Initially, Taiwanese born in the 1970s were called the "Strawberry Generation".
zuì chū, tái wān de qī nián jí shēng (chū shēng yú 1970 nián hòu de rén), bèi chēng zhī wéi “cǎo méi zú ”.
最 初，台 湾 的七 年级 生 （出 生 于1970 年 后 的 人），被 称 之 为“草 莓 族”。

But now more and more those born in the 1980s are also called the strawberry generation.
dàn shì mù qián yuè lái yuè duō de rén shuō xiàn zài de 80 hòu yě shì cǎo méi yī zú.
但 是目 前 越来 越 多 的 人 说 现 在的80 后 也 是 草 莓 一族。

Although they seem glamorous, they can not handle setbacks,
jǐn guǎn biǎo miàn shàng kàn qǐ lái guāng xiān liàng lì, dàn què chéng shòu bù liǎo cuò zhé,
尽 管 表 面 上 看 起来 光 鲜 亮 丽，但 却 承 受 不 了 挫 折，

They are not good at teamwork, they don't take initiative and they lack the enthusiasm of the previous generation.
bù shàn yú tuán duì hé zuò, zhǔ dòng xìng jí jī jí xìng jūn jiào shàng yī dài chà.
不 善 于 团 队 合 作，主 动 性 及积极性 均 较 上 一 代 差。

They may look chic and sophisticated, but they are soft and get hurt easily.
tā men kàn qǐ lái shí shàng yòu shì gù, tā men ruǎn ruò yě róng yì shòu shāng.
他 们 看 起来 时 尚 又 世 故，他 们 软 弱 也 容 易 受 伤。

They seem unbearably spoiled and can't handle much pressure. They are the so-called "Strawberry Generation".
tā men hǎo xiàng bèi chǒng dé yī tā hú tú, chéng shòu bù liǎo shén me yā lì, tā men jiù shì suǒ wèi de “cǎo méi zú ”.
他 们 好 像 被 宠 得一塌糊涂，承 受 不 了 什 么 压力，他们就 是 所 谓 的“草 莓 族”。

The term was coined by a Taiwanese writer
“cǎo méi zú ”zhè gè shuō fǎ shì yóu yī wèi tái wān zuò jiā,
“草 莓 族”这个 说 法 是 由 一位 台 湾 作 家，

in one of her books about office manners.
zài tā yī běn guān yú bàn gōng shì fǎ zé de shū zhōng chuàng zào chū lái de,
在 她一 本 关 于办 公 室法则的 书 中 创 造 出来的，

It refers to the post-60s generation of office workers
tā zhǐ de shì 60 nián dài hòu chū shēng de bàn gōng shì zhí yuán,
它指的 是60 年 代 后 出 生 的 办 公 室职 员，

who grew up in a protected environment.
tā men xiàng cǎo méi yí yàng shì zài duō fāng bǎo hù de huán jìng zhōng zhǎng dà de,
他 们 像 草 莓一 样 是在多 方 保 护的 环 境 中 长 大的，

They were easily dented - just like strawberries - by life's smallest issues.
shēng huó zhōng qīng wēi de pèng zhuàng jiù néng ràng tā men shòu dào shāng hài.
生 活 中 轻 微的 碰 撞 就 能 让他 们 受 到 伤 害。

This expression is now finding its way into the mainland,
zhè gè shuō fǎ xiàn zài zài zhōng guó dà lù yě hěn liú xíng,
这 个 说 法 现 在在 中 国 大陆也 很 流 行，

and refers to young workers, who are only children and who have been active in the workforce for just a year or two.
zhǐ gāng gāng cān jiā gōng zuò yī liǎng nián de dú shēng zǐ nǚ yī dài,
指 刚 刚 参 加 工 作一 两 年 的独 生 子女一 代。

They are generally well educated but are self-centered,
tā men dà dū shòu guò liáng hǎo de jiào yù, dàn duō yǐ zì wǒ wéi zhōng xīn,
他 们 大 都 受 过 良 好 的 教 育，但 多以自 我 为 中 心，

and give too much importance to appearance and material comforts.
guò fèn zhù zhòng wài biǎo hé wù zhì xiǎng shòu.
过 分 注 重 外 表 和 物 质 享 受。

重点词汇 Key Words

光鲜亮丽	guāng xiān liàng lì	glamorous	挫折	cuò zhé	setback
主动性	zhǔ dòng xìng	initiative	积极性	jī jí xìng	enthusiasm
世故	shì gù	sophisticated	软弱	ruǎn ruò	soft
法则	fǎ zé	rule	碰撞	pèng zhuàng	knock
外表	wài biǎo	appearance	物质	wù zhì	material

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

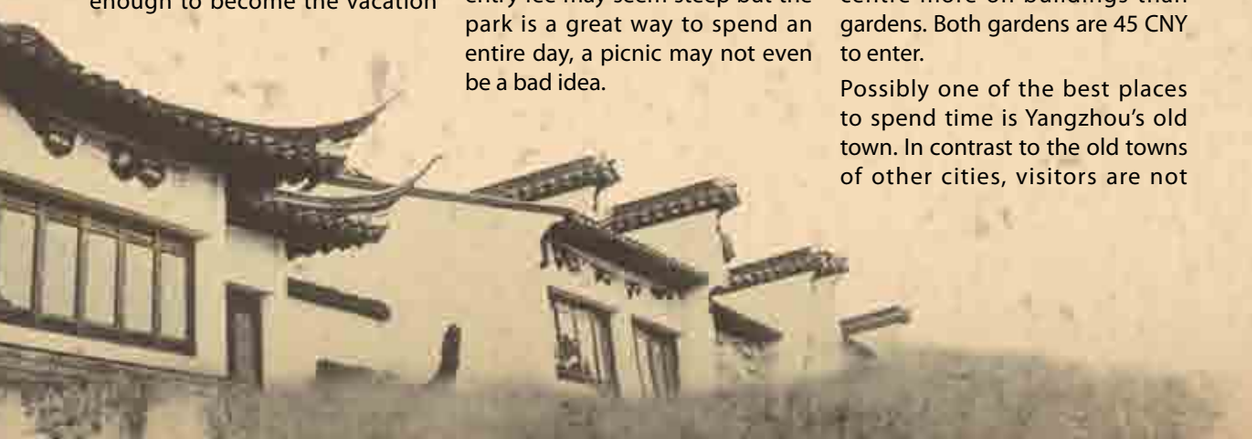
The Ancient Beauty of Yangzhou

By Anna L. Plurabelle

扬州是一座及各种美于一身的城市，拥有古老的历史，建城至今已有2500多年。漫长的历史长河给这座城市留下了秀丽的瘦西湖，雄伟的大运河，风格各异的私家园林和庄严的千年古刹。这座如诗如画的城市千百年来人才辈出，民族英雄更是垂名青史，万古不朽。文人骚客吟咏扬州，名篇佳句流传至今。这座谜一样的城市一定会让你流连忘返的。

Near the crossing of the Grand Canal and the Yangzi River, Yangzhou (**扬州**)was once the economic and cultural centre of the south of China and was central in the salt trade. Now it provides beautiful scenery, gardens and well-preserved ancient architecture.

Although a smaller version of Hangzhou's West Lake, Yangzhou's Slender West Lake was good enough to become the vacation spot of Emperor Qianlong in the eighteenth century. Lining the banks are all sorts of flowers and trees, from willow to peach trees. The park lends itself to being both beautifully moody or brilliantly cheerful depending on the weather and so can in one day be two very different places, each as beautiful as the other. Highlights include the Five Pavilion Bridge that was built in 1757. The 90 CNY entry fee may seem steep but the park is a great way to spend an entire day, a picnic may not even be a bad idea.

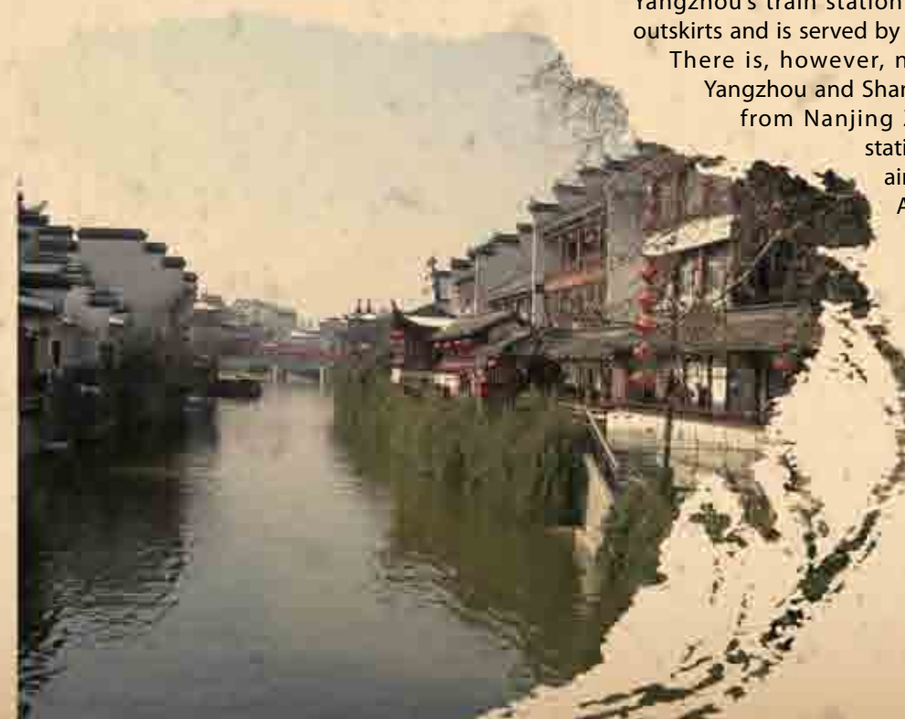


Among the attractions are the gardens. Ge Garden on Yanfu Dong Lu was built in 1883 and its style is typically southern. It was once the home of the painter Shi Tao. It is a truly beautiful garden with classic architecture, plenty of thickets of bamboo, and traditional arching bridges. He Garden on Xuningmen Jie was built in the Qing dynasty by a salt merchant. This garden seems to centre more on buildings than gardens. Both gardens are 45 CNY to enter.

Possibly one of the best places to spend time is Yangzhou's old town. In contrast to the old towns of other cities, visitors are not overwhelmed by people desperate to sell you things. This is much more chilled out and comfortable. Equally, while other ancient buildings in other cities have been restored and have an air of falseness, Yangzhou's old town buildings seem to have hardly been touched up and are very well looked after. The result is that although everything looks very fragile there is an incredible sense of walking through the streets of an ancient civilisation.

Yangzhou Museum is adjoined to the Yangzhou Block Printing Museum, together they are known as Yangzhou Double Museum. Situated near the Bright Moon Lake, the exhibitions include Ancient Chinese Earthenware, Jade, Calligraphy and Painting, Bronze Ware, Cultural Relics, Yangzhou Paper-cut art and Porcelain from the Ming and Qing dynasties. The Block Printing Museum traces the history of the art of block carving that would eventually lead to printing and typography.

Yangzhou is splendidly beautiful and makes for a perfect over-night trip from Nanjing. The old town and Slender West Lake will give you a real taste for ancient China and its limitless beauty.



Getting there:

Yangzhou's train station is situated on the western outskirts and is served by the Nanjing/Qidong Railway. There is, however, no direct service between Yangzhou and Shanghai. There are bus services from Nanjing Zhenjiang that arrive into stations on the city's outskirts. By air, Nanjing Lukou International Airport is 100 km away and Yangzhou Taizhou is shared with Taizhou city in Jiangdu district.

Tips:

Best to visit the Slender West Lake during spring months as the flowers that line the banks will be in full bloom.

The Heart of Cuba is in Santiago de Cuba

By Max Horberry

圣地亚哥是古巴文化的摇篮，这里有热情如火的舞蹈，延绵几世纪的民间音乐和诗歌等艺术和文学。每年的夏天的“火节”，是圣地亚哥的所有人在这个加勒比节日里整整一星期都沉浸在无比的欢乐之中。狂欢的人群涌上街头，欢乐的舞蹈。在马埃斯特拉山的山顶上，在晴朗的夏夜，不仅能看得见城里的辉煌，而且还能远眺牙买加的灯光。古巴的魅力不仅在于美丽的景观和海滩，它真正的魅力是生活在那里的乐观的人。来到这里，相信你一定会感受到心满意足的快乐的。

Santiago de Cuba is blooming with music, dancing, and personality in all walks of life. Havana gets all the attention in Cuba, but being there one gets such an acute sense of being in a city very aware of its image and interested in maintaining it only for the tourists. It therefore has an air of insincerity and falseness. The second capital, Santiago de Cuba, all the way on the other end of the island, is overflowing with an organic and genuine culture and personality. Here is where the heart and soul of Cuba is found.

Every year the streets fill up for the celebrations of the Santiago de Cuba Carnival, the second largest in the world, a celebration of Cuba's multiculturalism, amongst many other things. The main parade runs on the last four or five days along Avenida Victoriano de Garzón. Large and colourful floats with dancers make their way down, along with groups of marching conga dancers, drummers and there is even a celebration of Chinese culture with a giant dragon and players of the trompeta china or Chinese trumpet.

It was on the last night of the carnival in 1953 that Fidel Castro and his army, assumedly making the most of the drunk and distracted guards, made an attempt to siege the Moncada Barracks. It failed and he famously gave his 'History Will Absolve Me' speech at his trial and as a result

Accommodation:

You are much better off staying in one of the many Casas Particulares. They are essentially licensed rooms rented out in the houses of locals. The result is that they are cheap, safe and the food is wonderful. Any guide will have listings. Hotels vary a lot in quality and valuables are liable to be stolen.

Getting there:

The city's airport is called Antonio Maceo Airport. There are also buses and trains connecting to Havana from stations in Santiago de Cuba.

Tips:

• Cuba works on two currencies. The C.U.C. is for visitors, the Peso Nacional for locals. It is 24 Pesos Nacional to a C.U.C. and you can often get things for very cheap in Peso Nacional. When you order food in small places try telling them you only have Peso Nacional and you may get the meal at a fraction of the price but be aware that that may come with a slight drop in quality and a resentful look from the waitress. Also be aware that Cubans will sometimes refer to both currencies as Peso so make sure you're not paying in the wrong currency. They may not correct you if it's in their favour.

• The carnival is a carnival for Cubans. The beer that they sell on the street is almost guaranteed to give foreigners a bit of grief later on. Best to avoid.

• Most importantly, be very wary of con-artists. Rule of thumb: if they speak English or are eager to speak to you they want something from you. This can be frustrating because Cubans are actually kind and generous people but they are happy to keep to themselves so you'll have to seek them out, and the ones that seek you out are often doing so with a particular intention.

Global Travel

the city is considered to be the birthplace of the revolution. Now it is custom for schoolchildren to do a mock-siege at the same time of night on that final evening of the carnival.

One of the things that makes Santiago de Cuba special is its African influence. It is very much an Afro-Cuban city, and that permeates into the religion, music and dance. Rumba is the dance you'll often see and the African influences are hard to miss. Musically, it centres on percussion and vocals. In terms of dancing, it is a battle between the sexes, a showing off of feathers worthy of any nature documentary. It is said that from the Casa de Trova on Calle Heredia, Santiago de Cuba gave birth to the music and dance of Son, one the most popular forms of Latin-American music in the world. Salsa is derived from Son. If you feel like learning to dance anything from Salsa to Rumba, there is a dance school on Calle Heredia that offers one-on-one lessons at a reasonable price.

In addition to all this, the city is close to the sea and the citadel of San Pedro de la Roca known as "the most complete, best-preserved example of Spanish-American military architecture, based on Italian and Renaissance design principles" according to the UNESCO World Heritage List.

The best way to spend your time there is to do as the Cubans do: wander around, chill out, play some chess in Parque Cespedes, relax in the shade of Plaza de Dolores and dance the night away in the company of Cuba Libres and many Mojitos. Santiago has a hustle-bustle, a cheek and a cheer, sass and attitude like no other place. It can be overwhelming, but it is well worth it!

HorosCope

Taurus (4.20 – 5.20)

May is your time to shine, dear Taurus. You seem to be spreading good vibes wherever you go and people around you notice that. However, a couple of changes will happen in your life and they will give you great results in the near future.

Aries (3.21 – 4.19)

Wise decision making is needed from you this month. You need time to contemplate on a major dilemma that you'll soon come across, as this one will affect your future. Always consider looking at everything from different angles.

Gemini (5.21 – 6.20)

Focus on communication this month to make sure you are heard and understood. This could be a difficult task but you are up to the challenge. You may also travel this month, and whether it is for work or leisure, an awesome benefit awaits you.

Cancer (6.21 – 7.22)

Amidst the busyness you'll be facing this month, it is important to keep your calm and not lose the perspective of your goals. You may also need a time on your own so that you can stop and think and regain your composure.

Leo (7.23 – 8:22)

Financial planning should be one of the most important things you put your energy into. Give yourself ample time to decide before committing to any investment or purchase. Don't rush. Also, don't forget to widen your horizons and meet new people.

Virgo (8.23 – 9.22)

Your mind is overrun by creative ideas again. People will notice this and will praise you for it. Also, this month provides you with time to relax while also enjoying your tasks at work. Romance is in the air so keep smiling!

Libra (9.23 – 10.22)

You'll find yourself seeking comfort and security to a greater degree this month. To achieve constancy in your relationship, try to be a better listener and see the life principles in others before you give your opinion or your comments.

Scorpio (10.23 – 11.21)

May makes you feel the fulfilment in your work. You'll accomplish so many things even with many responsibilities handed to you. Don't neglect your home and family though. Spend time with them as often as you can.

Sagittarius (11.22 – 12. 21)

Your hands are full this month with many activities and events to join and you may suddenly find yourself out-of-town. It may be a perfect time for you to mix business with pleasure. A lover or a close friend may need your attention, be there.

Capricorn (12.22 – 1.19)

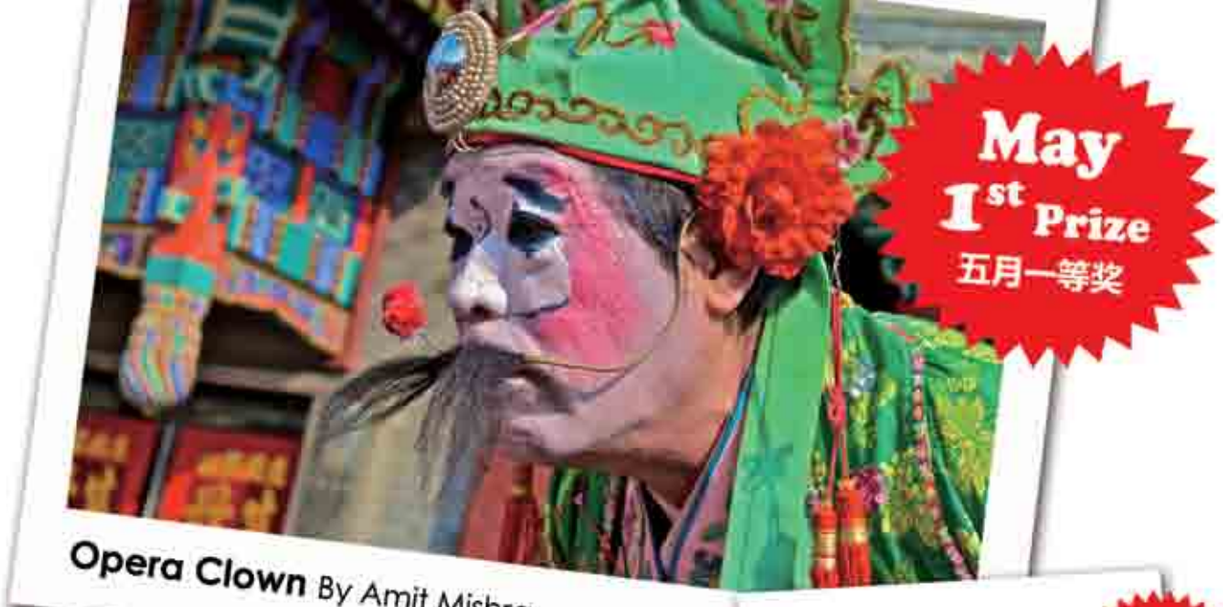
You have long sought freedom, and this month may be the time when this is finally realised. You must travel somewhere and gain a new perspective on life; perhaps there you'll find the freedom you seek. Be positive and don't allow old wounds to revive.

Aquarius (1.20 – 2.18)

Pressure surrounds you this month with so many things to do but too little time. Persevering with the things you've been busy doing will give you good results. However, relaxation should never be taken for granted.

Pisces (2.19 – 3.20)

Your career arena is buzzing with achievement and the things you've wanted in life seem to be given to you with ease. Even romance is in the spring air for you. This is definitely your month!



Opera Clown By Amit Mishra

Cat Ba Island By Iñaki Luengo

Indian Temple
by Mahek Thakwani

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