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Freelance Writers & Editors Needed at Tianjin's Premier Lifestyle Magazine!

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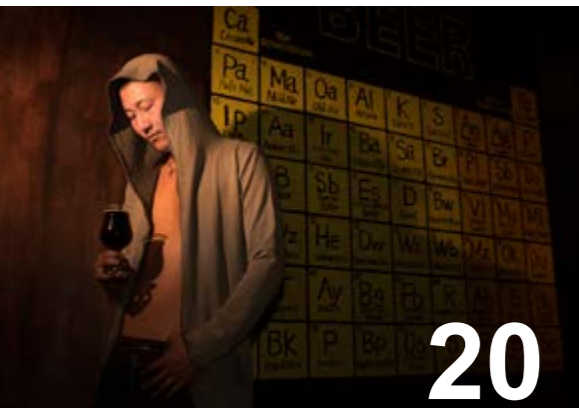
If you are interested in contributing to our magazine, please send your CV and a brief covering letter to

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Wed, 4 May

LMT Connection, Tianjin - China Tour
LMT Connection乐队中国巡回演出天津站

📍 Pai Live, 56 Wan Liu Cun Da Jie,
Hebei District, Tianjin
河北区万柳大街56号纺织机械院内
🕒 20:00
¥ 100
☎ +8613821333363



EDITOR'S PICK

Tue - Wed, 3 - 4 May

Krystian Lupa Latest Drama: Heroes' Square
克里斯蒂安·陆帕最新戏剧作品《英雄广场》
📍 Opera House, Tianjin Grand Theatre
天津大剧院歌剧厅

🕒 19:30
¥ 120 - 680
☎ +86 22 8388 2000



Sat, 7 May

Yellow Rose Jazz Band
绝世—美国摇摆爵士乐音乐会

📍 Western Store Art Salon
西岸艺术馆
🕒 20:00
¥ 100
☎ +86 22 23263505



Fri, 13 May

Dance Theatre: Magic tea mystery
舞蹈剧场《幻茶谜经》

📍 Multifunctional Hall, Tianjin Grand Theatre
天津大剧院多功能厅
🕒 19:30
¥ 30 - 120
☎ +86 22 8388 2000



Sat, 14 May



“War Horse” Chinese Version
舞台剧《战马》中文版
📍 Opera House, Tianjin Grand Theatre
天津大剧院歌剧厅

🕒 14:00
¥ 100
☎ +86 22 8388 2000

Fri, 6 May

Light Gramophone - Classic Movies Music
Theme Concert
光影留声机—经典电影音乐主题音乐会

📍 Western Store Art Salon
西岸艺术馆
🕒 20:00
¥ 100
☎ +86 22 23263505



Fri, 6 May



Physical theater: orphan 2.0
小剧场肢体剧《孤儿2.0》
Multifunctional Hall, Tianjin Grand Theatre

📍 天津大剧院多功能厅
🕒 19:30
¥ 30 - 120
☎ +86 22 8388 2000

7 May, 21 May, 4 June



Beijing Playhouse Kids Summer Theatre
Camps
夏季儿童戏剧营

📍 Harrow International School
北京哈罗英国学校
🕒 10:00
¥ 8,000 (TUITION)
broadway@beijingplayhouse.com

EDITOR'S PICK

Special Days

1st May Labour Day 劳动节
4th May Youth day 五四青年节
31st May No Smoking Day 世界无烟日

8, 20, 22 & 29 May



Children's classic Rapunzel
经典儿童剧《长发公主》

📍 Eagle International Performing Arts Center, Beijing (8 & 29 of May)
International School of Beijing (22 May)
Wellington College International Tianjin (20 May)
🕒 10:00
¥ 80 for children, 150 for adults
childrenstheatre@beijingacademyofperformingarts.com

EDITOR'S PICK

Ladies' Afternoon Tea

@ The St. Regis Tianjin

Nothing is more relaxing than sharing a great time with your best girlfriends. The St. Regis Bar specially provides Ladies' Afternoon Tea for you and your girls featuring girly pink and fashion elements which will definitely create unforgettable experience for your gathering in the best season of the year.



Price: RMB 328*/set, for two persons

Time: 14:30 to 17:00

Venue: The St. Regis Bar, The St. Regis Tianjin Hotel

*The above price is subject to 15% service charge

For more information or reservations, please call +86 22 5830 9958

Mother's & Father's Day Sunday Brunch

@ The Astor Hotel, a Luxury Collection Hotel, Tianjin

Show your appreciation to your parents and thank them with a sumptuous Sunday Brunch. Mothers/Fathers whose birthday's fall on May 8th (Mother) or June 19th (Father) and dine with more than 2 family members can enjoy a complimentary dinner.*

Price: : RMB 368 net/person with free flow of sparkling wine.
RMB 218 net/person (6-12 years)

* Mother/Father should show Identity Card to enjoy the privilege.

Date: May 8th & June 19th

Venue: Café Majestic, Haihe Wing, 1F
33, Taier Zhuang Road, Heping District,
The Astor Hotel, a Luxury Collection Hotel, Tianjin



For more information or reservations, please call +86 22 5852 6888

Only for Mother's Day

@ Sheraton Tianjin Binhai Hotel



Are you ready for your big date with the Queen of your life? Sheraton Tianjin Binhai is ready to present your Mom a big surprise. Extraordinary delicacies including seafood, sushi, sweet treats and the unique DIY cake activities have been prepared for your mother. Let's make this Mother's Day a memorable celebration!

Price: Lunch RMB 198/person, Dinner RMB 258/person

*Suitable for SPG & EDM Member

Date: May 8th

Venue: Feast

For more information or reservations, please call +86 22 6528 8888 transfer 6210

Rice Dumpling

@ Renaissance Tianjin Lakeview Hotel

With Dragon Boat Festival approaching, Renaissance Tianjin Lakeview Hotel is offering a dazzling selection of rice dumplings, featuring both traditional as well as innovative creations. To give you a refreshing taste, there are a total of ten rice dumpling flavors to suit all palates.

Price: Grand Rice Dumpling Box RMB188/box (including 10 pieces of rice dumplings)

Deluxe Rice Dumpling Box RMB358/box

(including 10 pieces of rice dumplings plus selected Chinese tea packages)

Date: May 15th to 9 June 9th

Time: 9:30-20:00

Venue: New Dynasty, Level 2, Renaissance Tianjin Lakeview Hotel

For more information and reservations, please contact:

New Dynasty at +86 22 5822 3110/3111



GODIVA Afternoon Tea

@ The Ritz-Carlton, Tianjin

The Ritz-Carlton, Tianjin will unveil its premium GODIVA Chocolate Afternoon Tea menu starting from May 6, 2016. This classic ritual of afternoon tea is an affair celebrated by The Ritz-Carlton, Tianjin and GODIVA for the 90th birthday of this famous chocolatier with a Belgian heritage.



Price: RMB438 / person

Date: May 6th - August 7th

Time: 14:00 - 17:00

Venue: The Lobby Lounge at The Ritz-Carlton, Tianjin

* The above rate is subject to 15% service charge and prevailing government taxes and fee.

For more information or reservations please call: +86 22 5857 8888

Seasonal Special Cocktail - Starry Night

@ Tangla Hotel Tianjin

Soaring 49 levels above the ground is China Bleu, the pre-eminent address for entertainment and aperitifs. China Bleu features live music, an extensive selection of fine wines, spirits and cocktails, complemented with panoramic views of the city. Ideal for stunning private events. Enjoy a spectacular city view with the sounds of our DJ and special cocktail.

Price: RMB 80 net / glass

Date: Valid until May 31st, 2016

Time: 18:30 - 02:00

Venue: 49F China Bleu, Tangla Hotel Tianjin

For more information or reservations please call: +86 22 2317 5293



**Deluxe Rice Dumpling Gift Box
@ Shangri-La Hotel, Tianjin**

In celebration of the legendary Dragon Boat Festival on 9 June 2016, Shangri-la Hotel, Tianjin presents the Deluxe Rice Dumpling Gift Box with 10 different kinds of Chinese rice dumplings, the perfect gift for your business partners, families and friends!

Price: Each box contains 10 pieces of rice dumplings priced at CNY218 net only (VAT included)

Date: April 15th - June 9th

Venue: Shangri-La Hotel, Tianjin

For more information or reservations, please call: +86 22 8418 8111 or email fbreservation.sltj@shangri.com



**Tuesday Shots
@ Blue Frog Tianjin**



One missed shot, one missed opportunity. Join Blue Frog every Tuesday from 4pm for our “buy one shot get one free” deal. Choose between a wide selection, from our sophisticated 007 to our electrifying Blue Lightning. If that doesn’t convince you, then every Tuesday from 8pm, ladies who buy 10 selected shots receive a free complimentary selected appetizer. Remember, you miss 100% of the shots you don’t take so bring a few friends and come on over to give it a shot!

Time: Every Tuesday 4pm

Venue: Unit 3009, Riverside 66, No.166 Xing’an Road, Heping District, Tianjin
1F-J02, Joy City, No.2 Nanmen Wai Dajie Street, Nankai District

For more information or ticket purchasing, please contact blue frog restaurant staff or email event@bluefrog.com.cn

**Northwest Food Festival
@ Tian Cheng Hotel Tianjin**

Come and enjoy the authentic Northwest-China Food Festival @ China Station. Taste the Northwest cuisine here and get the touch of the historical of Northwest China.

Price: RMB 188 / person

Date: May 4th - June 30th

Time: Daily 11:30-14:00 17:30-22:00

Venue: China Station, Tian Cheng Hotel Tianjin,
66 Xinkai Road, Hedong District, Tianjin

For more information or reservations, please call +86 22 2457 8888 ext. 3260



Wow Wagyu Beef @ Fire House

The extremely juicy, rich textures with plenty of flavor Wagyu is in season! Come to try the fresh creations of Wagyu a la carte menu at Fire House from the 1st of May to the 30th of June 2016. For true epicures, Renaissance Tianjin Lakeview Hotel will delight your desire for top grade grain-fed Wagyu beef from Australian, grilled Wagyu beef filet, rib eye, sirloin, slow braised short ribs, etc.

Different cuts cooked with recipes around the world, which can indulge your inner cravings for cate!



People Mountain People Sea Burger @ Blue Frog



The People Mountain People Sea Burger is inspired by the age-old Chinese idiom used to describe a large crowd of people and is a true bounty of fresh, seasonal ingredients. A fresh whole wheat bun hugs blue frog’s signature char-grilled beef patty which is doused in both a BBQ and fiery Sichuan sauce then topped with classic burger all-stars, like crispy bacon, fresh arugula, grilled mushrooms and deep fried onion rings. This mountain of burger casts an impressive shadow and will challenge even the biggest appetites.



AMO Salad @ AMO Bistro



AMO Salad is unique dish created by AMO chef team, using the freshest mix lettuce, red radicchio, zucchini, sun-dried tomato, pine nuts, almond flakes, black olives, mix berries and seasonal fruits, with our home made dressing, give you a delightful summer touch.

Address: Northwest Gate, Tianjin Stadium at the intersection of Guizhou Road and Yueyang Street, Heping District.





To Conquer the Wall

By Michelle Port

With growing and blooming globalisation, it is no wonder that making sport and reaching athletic heights is no longer limited by city or even country. And the series of significant international marathons held on the Great Wall of China is a living proof of that.

Such sporting events are particularly exciting and unique as they take place on the actual historical province - The Great Wall of China. As a result, for both runners and spectators, it is a wonderful opportunity not

only to become a part of sport popularisation movement, but also explore and "touch" ancient history.

The Great Wall Marathon consists of three parts, or better - three important marathons start from different passes of the Wall: one - on Huangya Pass in Tianjin, and the other two are held along Jinshanling, Beijing.

The marathon in Tianjin (Huangya Pass) has been held since 1999, making it the oldest "brother" of Beijing marathons.

With the exception of 2003 (due to SARS outbreak in China) it has been around for quite a while - over 15 years. Growing in international popularity and interest as well as increasing in the number of participants and spectators, the event has been brought to the top and granted with the acknowledgment of AIMS (Association of International Marathons and Races).

The whole distance of the race is 42 km, and it has been recognised as an international standard field marathon route

(by International Association of Athletics Federations). From early 2000, the main route has been complemented by half-marathons and fun runs. The last was started at the point of 5 km, but after was extended to 8.5km. Huangya Pass Run is traditionally held on the May 21st, and in 2016 it will start at the Yin and Yang Square (closest surroundings).

Beijing annually holds two different marathons. First involves the marathon organised and supported by Luanping County Government and Tourist

Bureau of Hebei Province. It covers all kinds of routes and distances. For those who prefer to see the blooming, not bright green Great Wall surroundings, this marathon would be the right choice - as an alternative to the other it is held on every third Sunday of April.

Another race - the Great Wall of China Marathon - is annually held in Beijing and gained favour over the other two. In 2015, the opportunity to get in touch with Chinese Culture in terms of conquering the Wall attracted over 1000 participants from overseas. And, it's small wonder: Jingshanlin is recognised as being the finest scenery-wise as well as historically abundant. Every year, the event takes place on the 1st May, and offers the full variety of races - from the full-distance marathon to 5 km "shortcut".

With time the collection of the Marathon's winners

grows bigger and more diverse - runners from Spain, Netherlands, USA, UK, Greece, Finland, Italy, New Zealand and China tore the finish ribbon. Winners with the best time include Jorge Maravilla (USA), Dimitris Theodorakakos (Greece) and Jonathan Wyatt (New Zealand) who crossed the finish line together in 3:09:18! As exciting as it sounds, the Great Wall Marathon is still a great challenge. The architecture of the Wall is not adapted for running, and participants will need to pass through the narrow passages, be wary of varying steepness of stone steps and many arduous ascents and descents. But with the right spirit and proper shoes, these details won't be obstacles worth mentioning. And, in the end, regardless of the result, each participant gets a medal - at least for courage!

For registration and additional information, you can visit the Great Wall Marathon website: great-wall-marathon.com



Studying Chinese in Tianjin

By Michelle Port



随着中国综合国力不断提升，文化向心力、文化辐射力日益增强，越来越多的外国学生选择到中国留学。天津作为中国的直辖市，自然也受到了留学生的青睐，本期将详细介绍为什么要选择到天津留学学习中文，哪个学校更加有优势，以及需要注意的问题等等。

So you've moved to China, but you're not familiar with the language. For foreigners in China, picking up Mandarin can be an uphill battle but with some hard work and dedication, it becomes easier to unpick the language. For those seeking to learn the language more intensively, there are a range of options available to you. Luckily, Tianjin has a strong reputation across China for its quality of higher education and for many, is a top pick for a place to study Mandarin. In this month's Feature Story we'll be focusing on how to take your study of the Chinese language to the next level, exploring your options to study it more intensively at a range of universities in Tianjin.

Why choose Tianjin?

If you're wondering whether Tianjin is the right studying environment, you might consider the following points:

• Busy Beijing

It is no secret that Beijing is home to some of the best universities in China, especially for language study. However, many students choose Tianjin over studying in the capital because they prefer the less busy and crowded environment. With a huge expat community in Beijing, it can be tempting to stay amongst the expat community and use English more than your newly acquired Mandarin. Yet, Tianjin offers a good balance between of international community and opportunities to engage with friendly locals to practice speaking with. Lastly, for those seeking an exciting weekend getaway, Beijing is still only a short 30 minute bullet train away.



• Northern Dialect

If you're learning Mandarin for the first time, you might prefer to pick up the more standard Northern dialect as more widely recognized across China. The Northern dialect is considered the "purest form of Mandarin". Although there are some words and phrases spoken with a Tianjin dialect, this city is a great place to learn standard Mandarin speech patterns.

• Cost of Living

Compared to other large cities in China, Tianjin is a relatively affordable city to live in. Typically, renting an apartment or university tuition fees are much less than in Beijing or Shanghai. Added to this, living and getting around in the city is easy and cheap with a well connected subway system and low taxi cost rates.

Courses

A key consideration to make when choosing to study Chinese is the type of course suitable for you. Below is an overview of programs and courses available in Tianjin, highlighting what might be best to suit your needs:

Summer Programs

If you don't have a great deal of time to dedicate to a language program but have some free time in your holidays, you might consider taking on a Summer Program. Typically lasting for 4-8 weeks during the vacation period, summer programs provide a good opportunity to study Chinese through a mix of weekly contact hours and cultural enrichment activities. Such courses are highly suitable for beginner to intermediate levels.

In partnership with INTO China, Nankai University offers a popular Chinese language summer program which focuses on the core modules of: reading, writing, speaking and listen. The course also offers students the opportunity to participate in a range of activities such as writing workshops, paper cutting, cooking classes and other cultural excursions. It's a great balance between cultural immersion and learning.

Short Term Program

If 4-8 weeks doesn't seem long enough to pick up the language, a Short Term Program may be a better choice. Typically lasting up to 3 months, Short Term Program start dates may better suit your schedule if you do not have time to spare over the summer period.

Long Term Program

If you want to show true dedication to language learning, you can spend a semester or a year studying Mandarin on a Long Term Program. Contact hours can vary between 20 to 30 hours per week depending on the institution and course level (elementary, intermediate, advanced). At the end of a Long Term Program, students can expect to have a good grounding in all Mandarin language skills and may even decide to use their new language skills to take their study to the next level with a masters or doctoral program taught in Mandarin.

Where to Study

Tianjin is home to 13 higher education institutions, all offering a range of language study programs for both domestic and international students. Below is a short overview of some of the best universities to study at in Tianjin, along with some details of course offerings and tuition costs.



Tianjin University

Tianjin University is in fact the first higher education institution to ever be established in China, back in 1895. Renowned for being one of the best universities in the country for language courses, Tianjin University established the School of International Education in 2000 which runs Chinese language teaching for international students. The School is equipped with modern facilities such as video-audio labs which utilize multimedia teaching methods. Class sizes are small at approximately 15 students per language class; ensuring students received a good amount of contact hours with the well experienced teaching team. Tuition costs can range between 2,400-8,300 RMB for Summer Programs and semester long Short Term Programs.



Nankai University

One of Tianjin's most reputable universities, Nankai is another top choice for many language learners. Long Term courses can include: intensive reading, modern Chinese conversation, Chinese newspaper reading and translation with the option for elective courses in Chinese medicine, Kung Fu or traditional Chinese painting. Needless to say, the intensive nature of courses offered at Nankai teamed with such variety makes this university a very attractive option. Tuition costs range between 7,000-14,000 RMB, with a choice of different language levels to suit your ability. Although perhaps on the higher end of the tuition fee scale in Tianjin, student course satisfaction always produces consistently high ratings and positive reviews.

Tianjin Foreign Studies University

A specialized university in language and foreign studies, TFSU offers Long Term Chinese Language Learning programs that last between a semester or one academic year. Classes are divided into three levels: elementary, medium and advanced with each level divided into several classes covering intensive reading, Chinese character writing, communication Chinese and more. There is a clear focus on Chinese language and classes are delivered by highly qualified and specialized teaching staff. Tuition fees range between 6,700-13,400 RMB.

Tianjin Normal University

Teaching universities in China as indicated by the 'Normal' university title typically offer higher standards of teaching for Chinese to foreign students. The language program at TJNU has a strong reputation for consistent results and even language students winning the prestigious China Bridge Language Proficiency Competition. During Long Term Language Courses offered by the university, students typically study 20 hours a week, providing a good time balance for learning and establishing the basics as well as free time to practice your newly acquired knowledge. Tuition costs range from 6,400-12,800 RMB.

Tianjin University of Economics and Finance

A lesser considered option, the Tianjin University of Economics and Finance is a good choice for those who seek a truly international experience to complement their language study. Specializing in finance and economics courses across a range of higher education levels, more than



80 per cent of diploma students coming from international backgrounds. As a result, specially designed language courses at the university are offered to international undergraduates to give them a sound basis in Mandarin. Courses focus on practicing sentence patterns as well as intermediate listening and speaking. Class sizes are intimate with an average of 10 students per class and tuition fee costs range between 7,000-14,000RMB for Long Term Programs.

Private Tutoring

If learning Mandarin is something you want to do in a more casual way, you might consider finding your own Mandarin tutor. Whether it's a fully qualified Mandarin teacher or merely a friend who is willing to teach you informally, one of the best ways to find a Mandarin tutor is simply to ask around your networks. Benefits of taking on a private tutor include choosing study times to fit around your own time table and learning at your own pace. Perhaps one-to-one tutoring is the best studying environment for you so that you receive intensive practice.

Finding Scholarships

China Scholarship Council

Every year, the China Scholarship Council (CSC) offer a range of full scholarships aimed at undergraduates, masters and doctoral students, as well as general scholars looking to undertake non-degree language courses. Scholarships are great opportunities to fund part, if not all, of your studies as they provide a non-repayable sum to contribute to tuition fees or living costs. Application processes are clear but require some organization and paperwork to be submitted by annually set deadlines. Luckily, the application is streamlined for ease using an online application system.

For full details of all scholarships offered and their requirements, visit:

http://www.cucas.edu.cn/china_scholarships

Exploring Elsewhere

If you have decided studying in Tianjin isn't for you, it's important to remember that China is vast and that many cities across the country offer similar language programs. If you're looking to explore elsewhere, you might find exploring the China University and College Admission System (CUCAS) website helpful in searching through your options based on location, course, fee cost and many other variables you might consider for your language course options. See: <http://www.cucas.edu.cn>



Creative Craft Beer

WE Brewery Launch in Tianjin

By Annie Ly

细心的读者应该还记得上期我们的夜生活栏目介绍了位于西安道小巷子里的一家专门酿造精酿啤酒的小酒吧WE Brewery，本期我们的封面故事就对WE Brewery的店主Steve进行了一次面对面的采访，看看他是如何爱上精酿啤酒以及他背后的故事。

Walking down the bustling Xian Road where Tianjin locals flitter between local food stalls and restaurants, you might think you've simply made a wrong turn as you head down Yi He Li Road, a discreet alleyway home to Tianjin's newest best-kept secret. A few more curious steps down this narrow route and you'll come across the logo of Tianjin's latest craft beer brew pub – WE Brewery. Located in a three-story block, it has recently launched in Heping District with the founder Steve Wang hoping to share his passion for good craft beer with all of Tianjin.

Steve greets me with a modest smile as he welcomes me through the doors. Although the brewery space stretches over three floors and two open balconies, we choose to sit in the main bar area, with his specially crafted beer menu hanging overhead. The Tianjin-born owner fills me in on how he first got into brewing his own beer, giving me a rundown of his previous pro-soccer career in China and later his move to the US after winning a scholarship to attend university.

“Back in 2006, I was living in America. Getting your hands on alcohol wasn't easy. I lived in Kentucky, which was a 'dry county', meaning if you ever wanted anything to drink you had to drive over an hour to the state borderline to stock up at a gas station. I was first introduced to homebrewed beer by my psychology professor. At that point, I didn't know it was possible to make beer yourself but after that, I started trying out different kinds of craft beers. The following year, my girlfriend (now wife) bought me my own 'Mr Beer' kit as a bit of a joke birthday gift. It was really DIY and amateur. Now I look back on it, the kind of beer I made back then was pretty awful, but I started to take a real interest brewing. I used to visit a lot of local microbreweries and got some experience working in them – learning the ropes and brewing processes.”

After his time in the US gathering four years of brewing experience, Steve moved to Hong Kong to take on a job as Chief Marketing Manager for a major luxury car brand. Although working long-hours for an international company left him with less time to pursue his passion for craft beer, it's clear that Steve has a knack for marketing and a witty way with words. One only needs to look at the menu and the unique names he's given to the craft beers currently on offer to know that his marketing talents have not gone to waste. Each and every beer crafted by Steve has a story to match its unique tastes.

After sampling each of the taps, WE Brewery's selection truly takes you on a delightful journey into the world of craft beer. For those who have never tried craft beer before but want to quench their curiosity, Steve's selection is intriguing enough to entice you to have another sip. For craft beer connoisseurs, the range is quirky enough to keep you on your toes wanting more. First on the menu is a blonde ale, suitably named 'The Blonde'. A light, mellow tasting golden ale with a hint of sweetness, 'The Blonde' is the perfect choice for craft beer newbies as an introduction to subtle craft beer flavour profiles. Next up is the 'V-rye Nice' – a rye-based craft beer with a more complicated flavour profile, notable for its lifting bitter aftertaste. Of the range, perhaps the 'Piglet's Kiss' is one of the most obscure tasting beers. Incorporating smoked beechwood into the brewing process, 'Piglet's Kiss' presents a brooding but distinctive smoky taste, with a hint of bacon that sends the palette into an exciting



confusion. “The Piglet's Kiss has been quite popular with some of our British regulars,” Steve tells me. It's clear that the customers have also come to appreciate the names given to the brews. “Every time they come back to the bar to order another glass, they've named it after another type of pig. 'I'll have two hogs', 'Another swine!', or 'Just one more little piggy!'they always joke”.

Next beer on the menu is the brewery's current best seller – the curiously named 'Broken Compass' Indian Pale Ale (IPA). Steve insists that I take note of the aroma first. “What's the first scent you get?” Inhaling the scent, I'm hit with a fruity tone. A little sip and the 'Broken Compass' is like taking a little trip to a sunny beach. “It's like the compass of the boat has been broken and it's taken a detour to some kind of tropical island”,

Steve muses. Using aromatic hops, balanced out with sweetness from unfermented sugar, this full bodied IPA goes down easily. A few sips and it's not hard to understand why this is a customer favourite.

Last, but not least of WE Brewery's current variety, is the 'Late Breakfast Stout', presenting a quirky mix of oatmeal and milk notes. The clue is in the name – this craft stout is a little heavier than the other beers in the line-up and tastes like just like a wholesome breakfast. Can't imagine what that might taste like? I guess you have no choice but to give it a try for yourself...

If you're looking for a direct recommendation from Steve as to the best craft beer to try, beer lovers might have a hard time getting Steve to pick his

favourite. "You don't have to pick a favourite. There's no best one, it just depends on your mood. There are so many varieties of craft beer. I never have phases of sticking to just one because it's good to change it up depending on how you feel", Steve insists.

His relaxed style and genuine appreciation for the creative process behind craft beer brewing is something that even filters down to the name chosen for the brewery. "I chose 'WE' because 'WE' make the beer. It's ours and it explains the personal touch of the brewing process. At the same time, the letters 'WE' introduces my own background of going from East to West and wanting to bridge the two cultures by bring craft beer back to China. Also, if you translate "WE" into Chinese, it reminds you of Tianjin's history. Years ago, Tianjin was referred to as 'Tianjin Wei', the barricade of Beijing. As a port city, if you could conquer Tianjin, you could take down Beijing, so 'WE' is a reminder of Tianjin itself. I also see it as symbolic of my own goals to defend the special culture behind craft beer. I see it as an art that must be kept alive".

Although only 30 minutes from Beijing, Steve admits that the Tianjin craft beer culture is not quite there yet. There are a handful of craft beer brewers in the city – YY's Beer House is noted as a long-established favourite with the locals. But to match the likes of other Chinese cities like Beijing and Shanghai, Tianjin still needs to make the journey. It's good news then that Steve's dedication to craft beer is nothing but sincere. Although WE Brewery has the potential to be the catalyst that makes Tianjin the



next big city to embrace the craft beer lifestyle, pushing too hard on promotion and commercialisation isn't the main goal for this brewer. It might be easy to hook people in with the latest, hipster trends but Steve believes in leading people to genuinely appreciate and enjoy what a good craft beer tastes like rather seeing craft beer as a money making machine. For all intents and purposes, providing a 'beer education' is the main priority at WE Brewery so that he can share his love of craft beer with city dwellers.

So what else can be expected from WE Brewery? This brewpub is still in its infancy, but although new on the scene, ambitions for expansion are already underway. Steve is currently developing a food menu to accompany the beers he is brewing, hoping to bring something different to customers that they would be hard pressed to find anywhere else in Tianjin. Showcasing his love of homemade American comfort food you can find all American classics like peanut butter and

jelly sandwiches or chili con carne and nachos served with tasty and sharp salsa. The key is to keep it simple but to serve the people something homely and from the heart.

For music and art lovers, WE Brewery could also be your home away from home. Celebration of artistic culture is actively encouraged by the brewery. Whether in the form of mural painting, graffiti or music, you need look no further than the walls of the second floor bar areas brought alive by the vivid artwork of locally commissioned artists to see that WE Brewery is like a blank canvas just waiting for artists of all kinds to come and express themselves among the walls of this creative hub. In the coming months, patrons should keep an eye out for music jam nights, mini art exhibitions and more. There's a lot in store over at WE Brewery.

So, whether you're on the hunt for the next best hipster hangout, a place to chill out after work or simply want to taste something new in Tianjin, WE Brewery is not to be missed. Within the next month, Steve Wang will be using his brewing expertise to develop some new flavours. To find out what quirky and creative craft beers will feature next at the brewery, you'll just have to pay a visit and find out for yourself.

Directions to WE Brewery:

Address : 4 Yi He Li, Xi An Dao, Heping District

By Metro: Get to Ying Kou Dao station, Exit D. Walk on Nan Jing Lu toward the east, turn right on Chang Sha Lu, then turn left on Xi An Dao. Walk past the fire station,



then turn on the next alley on your right (Yi He Li). Walk for 20 meters and the building will be on your right (off white colour).

By Taxi: Mention to the driver that you want to go to Huang Jia Hua Yuan (the name the area was originally called). If you've got a young driver, tell him/her that you want to go to Westin Hotel as it's only a three-minute walk from the Westin to the brew pub. From Westin's main gate on Shan Xi Lu,

walk toward to Xi An Dao, turn right on Xi An Dao and walk for one minute, turn left in the small alley before you arrive at the fire station.





Keeping It Fresh

Element Fresh opens in Tianjin

By Jon Martin

The "Fingers & Heart-shaped ring" artwork, "LI NA 李娜" TM & © 2015 LI NA LICENSING COMPANY, LLC. All Rights Reserved.

Summer is coming to Tianjin, and with it a time to stay fit, fresh, and healthy. There is, however, the age old dilemma of whether to eat healthy food or delicious food that you enjoy. Fortunately for all of us here in Tianjin, we now have a new choice. Element Fresh, where we can eat a wide array of well-prepared and delicious dishes that are also healthy for the body and soul. We went to Tianjin's Joy City to take a look at their menu and discover this fantastic restaurant, new to Tianjin, for ourselves.

Originally founded by two Americans in Shanghai in 2002, Element Fresh quickly became a favorite of expats and locals alike in Shanghai for their healthy, fresh, yet delicious cuisine. It has since expanded to 9 cities and over 30 locations around China.

Finally opening in Tianjin last month, Element Fresh occupies a bright space on the ground floor of Joy City. The decoration and views of the outside environment really helps to give you a feeling of a fresh dining space and will be enjoyed by many as the weather warms up. The overall feeling is a pure and natural dining area that is modern, yet comfortable and unpretentious. There is even a patio space for those of us who enjoy outdoor dining in the warm weather.

Opening the menu, the first thing I notice is the sheer variety of dishes, choices and ingredients. There is



Restaurant

a choice of seven different salads ranging from a hearty Grilled Caribbean Steak Salad to a light and refreshing Shrimp and Papaya Salad. With a focus on fresh and quality ingredients, you can't go wrong with a salad here. Moving on to the main course, we tried the Summer Vegetable Pasta with fresh fava beans, grilled summer vegetables and a bit of olive oil, garlic and pesto. This is absolutely perfect for those warm summer days when you want something light and healthy for lunch. If you're looking for pasta with seafood or meat, they have the option to add grilled salmon, chicken or shrimp for an extra charge.

Already satisfied from the salad and pasta, we moved on to try their sandwiches. There was a delicious Greek Lamb Kabob Sandwich or a "Truck Driver" sandwich with smoked ham, chicken, and gouda for those bringing a hearty appetite, or lighter options such as the Grilled Vegetable and Gouda Sandwich. For vegetarians there is also a Fresh Vegetable Wrap with Tofu. Where to begin? In the end, we chose to try a Warm Italian Sandwich with ham salami, prosciutto and lettuce, tomato and olives. This was one of the best sandwiches I've ever had, let alone best in Tianjin!

Moving down the menu further, I was too stuffed to keep going with main courses, but admired the number of healthy Asian creations they have. Unlike most restaurants in Tianjin there is NO added oil or MSG. The Seafood Laksa and Fiery Fillet of Sole look particularly enticing.

If you come here for dinner, you have the option of ordering a la carte dinners such as the Moroccan Mixed Grill Plate or Slow Roasted Cod Fish, selecting one of their fantastic three course dinners for one, or choosing a dinner set for 2 or for 4 people. There are many choices including starters, salads, pastas, dessert and paired with drinks such as healthy, fresh-squeezed juice and wine.

The dessert menu includes favorites such as Tapioca with Coconut Cream and Fresh Fruit and New York Cheesecake. Make sure to save room! I just had to have a try of the Tropical Banana split. It was everything I had hoped for and more!

Element Fresh has partnered with Chinese tennis world superstar Li Na to create dishes on their 2016 menu that have a focus on "Superfoods", those that add delicious flavor to dishes while giving you the energy and nutrients you need to be an athlete. Some of these dishes such as the Mediterranean Chicken Salad and the Seafood Cobb are must try's if you're looking to boost your health. Be sure to check them out!

Element Fresh is located on the ground floor of Tianjin's Joy City, open daily from 11 AM to 10 PM.



Hi Wassu, can you tell us a little about yourself?

My name is Wassu and I am a fourth-year medical student at Tianjin Medical University. I'm originally from Colombo, Sri Lanka. I've been in China a little more than four years and Tianjin has been a very pleasant city to live in. I came here when I was very young, so it has been an exciting learning curve. I've learned so much about the amazing history and traditions of the Chinese people as well as a new language. Medicine is a tough major to pursue but I make time to travel and explore as there's truly so much to see.

If you could list three of your favorite things in Tianjin, what would they be?

Number one would definitely be the food. I absolutely love it here, including the street food, especially the zhurou dumplings at a little shop near the university. I'm pretty sure most of my allowance is spent there! I also love the late night kebab runs and of course tofu. I could go on. Coming from a country with a very rich cuisine, I truly appreciate good food and China is pretty great when it comes to this. Number two would be the shopping. I love shoes but I rarely find my size here because my shoe size is pretty big by Chinese standards. Number three would be traveling and learning more about Traditional Chinese Medicine - two areas which I would love to explore more given the chance.

Tell us more about your life as a medical student.

It's pretty hectic. We have lectures the whole day. Free time is pretty limited. Plus living on a student budget is not the easiest thing. I spend most of my time in class. The remaining time is spent studying. I've got to know some really great people here. We support each other through everything and my friends are my second family. Especially when you are a foreign student and your family is far away. You rely on your friends a lot. It hasn't been the smoothest time but I feel like I've grown and matured a lot in a very positive way during the past couple of years.

What's the place you visit most in Tianjin?

Easy question! That would definitely be Binjiang Dao!

Thanks for your time Wassu, the Tianjin Plus team wish you all the best with your studies!



Name: Wassu

每个人都希望能够有自己独立的空间，正在热恋的朋友们也不例外，在这期的读者来信中我们就收到了来自David的诉苦，David有一个关系很稳定的女朋友，但是美中不足就是他的女朋友经常查看他的手机和其他隐私，这让David很是困扰。那么看看我们的情感大师是如何解读这个问题的。

Dear Experts,
I've been in a steady relationship with my girlfriend for a year but recently we have been arguing a lot. Lately, she has been quite paranoid and often asks to look through my phone. I don't have anything to hide and even though she is my girlfriend, I feel like it's an invasion of privacy so I never let her look. She argues that I must be doing something wrong, otherwise I would just let her look but I just see it as her lacking trust in our relationship. I don't know where this jealousy has suddenly come from but I'm not sure how to deal with it. What should I do?
--David



Angela says:

If you really don't have anything to hide, I don't see why you don't just let her look through your phone. I can understand that you think it's an invasion of privacy and perhaps shows she lacks trust but the only way to get her to trust you again is to show her. Once she sees for herself that there isn't anything to worry about, you'll stop arguing over it. If you clear the air, then you can address the issue of her unfounded jealousy and really get to the bottom of it. All good relationships are based on trust so you should do whatever it takes to establish it - even if that means giving in to her paranoid request. As they say, give a little, get a lot.



Daemon says:

As Angela says, all good relationships are based on trust. Then again though, why do you have to be the one who sacrifices your personal privacy in order to establish trust? Police officers are required to have a reasonable amount of evidence to search someone's property and there is no reason why relationships shouldn't work the same way. Just because you have had a few petty squabbles doesn't mean that she has a right to go sifting through your phone, WeChat and so on.

Unless there is something you are not telling us, as the old saying goes, you are innocent until proven guilty. Sure you could let her look through your messages but the chances are that if she is genuinely paranoid then that won't do much to deter her from suspecting you of playing around. In fact it will make your life worse because it will indicate that you are willing to put up with invasions of privacy. I say tell her straight that if she doesn't trust you then she needs to find someone else who she does trust.

LOOKING CHIC IN WHITE

By Oshani Silva

如果你问我，什么样的颜色最适合夏天，我会毫不犹豫地回答纯白。糖果色太甜，冰沙色太暗，深色又太过浓稠有一种说不出的沉郁感，整个纷繁复杂的色系图里，最清爽最亮眼也最适合夏天的，还是纯白。但是有了亮眼的颜色，你还要找到适合你身材的搭配，本期小编就给大家介绍了几种白色服装不同身材的搭配技巧。



your regular jeans but will also accommodate the humid, sunny temperatures outside. White jeans can be paired with stripes, sheer tops and lace. The options are numerous. But first you should find a pair that compliments and fits your body. Depending on your body type, you could opt for a sexy pair of skinny jeans or a pair of boyfriend jeans. Here are a few tips to get you started for one of the hottest trends ahead.

Not everyone's body is structurally similar. As women, we come in so many amazing shapes and sizes. Finding a pair that fits you well will accentuate your assets and compliment your figure. If you have a straight figure, find a trim fit to accentuate the curves of your body. Go for jeans with bold embellishments on the back pockets, like contrast stitching, studs, or a flap which creates the illusion of a fuller back.

Do's and Don'ts: Avoid jeans with flares. Pick tops which drape around you to add more shapeliness and volume to your upper body.

If You Have an Hourglass Figure...

Choose a pair with a contoured waistband which is smaller at the waist instead of cut straight across. This allows the jeans to fit the hips without being too baggy around the waist.



Do's and Don'ts: Avoid a straight cut waistband, which will be too loose around the middle. Also avoid the wide-leg styles as it will make the body look boyish.

If You Have a Tummy...

Go for a high rise pair to reduce the chance of muffin top. Choose a pair that is not too tight at the waist and ones that preferably stretch. Anything without a stretch will dig into your stomach and make sitting and bending uncomfortable.

Wear Them With: An empire-waist top that is loose enough to skim the body yet not so billowy that it emphasizes the tummy.

If You Have Full Hips and Thighs...

Look for a pair with a higher rise in the back than in the front and a contoured waistband that will



accommodate your curves. This will prevent the jeans from sliding down and overexposing you. Avoid jeans with very tapered ends that magnify your hips. Style the jeans with long tops which have shirt tail hem lines to help minimize the thighs.

Styling

To prevent transparency issues when shopping for white jeans try out these tips. They will definitely help you with any awkward underwear issues that pop up with wearing white clothes.

1) Hold the jeans up to natural light with a hand behind one layer of fabric to get a real-life sense of how revealing they will be. Make sure you check to see if the pockets show through the denim. If the jeans aren't too sheer elsewhere but the pockets are still visible, you

can have a tailor remove the pocket fabric.

2) Always wear nude, not white underwear.

3) Wearing them the same way can get a little boring. To spice up your outfit and add some glam to your look cuff your jeans. The pegged roll is the easiest way to make slim, straight cuts look extra chic. First grasp a bottom hem and fold it vertically so there's a half-inch tuck in front. Next hold the tuck in place while you roll up the hem by about two inches twice. Repeat with the other leg.

Don't be afraid to flaunt your amazing body in a pair of white jeans this summer. Until next time keep staying classy and fabulous!



2016 CIS University Tour comes to Wellington

On Thursday 24th March, the School was delighted to host the CIS University Tour – a delegation of over 20 distinct and prestigious colleges and universities. Coordinated by the Head of Sixth Form and University Guidance at the School – Mr. Neil Elrick, the CIS Fair provided yet another effective platform from which to approach options in higher education.

In addition to the International University Fair at the School – an annual community event that brings pupils and parents face-to-face with college and university admissions officers and department representatives, the School receives visits from over one hundred global universities and colleges every year. In the selection of options for higher education, pupils are encouraged to not only be proactive in asking practical questions regarding their courses, but more importantly are provided with the platform from which to assess all options available. In cooperating so positively with such a wide range of educational institutions domestically and abroad, senior school pupils at Wellington receive access to a world of options, all within a supported and structured Sixth Form environment which fully involves subject teachers, pastoral supervisors, parents and pupil.



IST Grade 5 PYP Exhibition

The PYP Exhibition is the culminating project for the IB Primary Years Programme, involving an in-depth, collaborative inquiry into a topic that students are passionate about. It is also a demonstration of how students can take action from their learning and is a celebration of their learning.

Over the past several months the Grade 5 students of International School of Tianjin (IST) have been inquiring into the Central Idea of the Exhibition, that “Human actions or inactions impact people, the environment and the world”. At the Exhibition evening, the students proudly showcased their learning for their parents and the broader IST community with a wonderful review of their learning journey. Snippets and examples of the journey from field trips, modes of expression pieces and reflections were shared with the audience. It was evident that students enjoyed this with their impromptu movements, enthusiastic singing and expressive faces.

Students shared, discussed and explained their research, main issues, key reflections, data and expressive work to their parents and other community members. There was such a buzz of excitement as the students knowledgeably and proudly shared all of their learning.

Congratulations to all of the students, teachers and mentors involved in this celebration of learning and taking action to change the world.

IST The Magic School Bus

Regular and frequent student assemblies are one of the wonderful ways that students at the International School of Tianjin (IST) learn about performing in front of an audience, show-off the knowledge that they are acquiring in school and are recognized and applauded for their achievements. It is also a great way for parents to learn about what their child is learning and achieving at school. The Nursery-Grade 2 Assembly hosted by the Kindergarten students of International School of Tianjin (IST) on March 25, 2016 morning was a delight to watch. The Kindergarteners apprised the audience about what they had learned in their Transportation Unit in a very entertaining way, based on the theme of "The Magic School Bus", with a beautiful and bright yellow magic school bus built by the teachers and students as their backdrop. Awards were also given to deserving students from Nursery - Grade 2.



Educating for the Future the Fringe Festival at Wellington College International Tianjin

The first Wellington College International Tianjin Fringe Festival launched on Friday 18th March with a Smart Talk organised by the British Council with the University of Leeds. Speaking on the subject of "Shakespeare in the cinema", this vibrant discussion led by Dr. Martin Butler was appreciated by an audience of over 200 pupils and parents.

This was followed by the opening of the Year 13 IB Visual Arts' Exhibition - Spectrum, which displayed the project portfolios of this year's senior IB Art pupils. The exhibition was quite outstanding both in terms of the diversity and mature quality of the pupil's work, and was a true testament to the expertise and guidance of the teachers in the Art Department.

The final week of term began in style as the first performance of Showtime - a Gala Evening of Song and Dance - took to the stage in front of a packed Seldon Theatre. With some superb performances from not only Junior and Senior School pupils, but also members of our teaching staff, Showtime was performed to a packed house over three nights.

The Wellington Fringe is a celebration of diversity and creativity in education, continuing throughout the summer term with more events, performances, fairs and concerts which are open to all the community here in Tianjin.



WELCOME TO



多乐
Duo Le
China
2016-3-16
Boy



豆豆
Dou Dou
China
2016-3-25
Boy



淘淘
Tao tao
China
2016-3-25
Boy



Nate
China
2016-4-3
Boy



樱桃和小丸子
Ying Tao & Xiao Wanzi
China
2016-3-30
Girls

Vaccination is not the most pleasant thing to see as a mother. Seeing your bundle of joy pricked is painful to watch and added on to this uncomfortable situation is the cries that come afterwards. Immunization at the proper ages is crucial for the baby's health and wellbeing. As moms it's important to know the immunization schedule. The benefits of having these antibodies (needed to fight infections) far outweigh the risks of baby getting vaccinated.

1. Hepatitis B Vaccine (HepB)

It prevents: Hepatitis B, a chronic or acute liver disease that can lead to liver failure and cancer.

2. Rotavirus Vaccine (RV)

It prevents: Rotavirus, the most common cause of diarrhea and vomiting in infants and young children, which can cause severe dehydration in babies. This is taken orally.

3. Diphtheria and Tetanus Toxoids and Acellular Pertussis Vaccine (DTaP)

It prevents: This is a combination vaccine to protect against diphtheria, tetanus and pertussis. Diphtheria used to be a major cause of childhood illness and death. Tetanus is a serious illness that causes painful tightening of the jaw muscles. Pertussis is also known as the whooping cough, a highly contagious respiratory infection.

THE WORLD!



圆圆和乐乐
Yuan Yuan &
Le Le
China
2016-3-14
Girl & Boy



一和
Yi He
China
2016-3-29
Boy



悠悠
You You
China
2016-3-22
Girl



柠檬
Ning Meng
China
2016-3-14
Boy



童童
Tong Tong
China
2016-3-18
Girl

4. Haemophilus Influenzae Type B Conjugate Vaccine (Hib)

It prevents: "Hib" disease. Hib was the leading cause of bacterial meningitis in children before the vaccine was developed. Kids with Hib may suffer permanent brain damage or have serious complications, like pneumonia.

5. Pneumococcal Conjugate Vaccine (PCV13)

It prevents: Streptococcus pneumoniae, an illness that can be serious and even lead to death. It can cause blood infections, ear infections, meningitis and pneumonia in children. The vaccine protects children for three years, when they are most vulnerable to the disease.

6. Inactivated Poliovirus Vaccine (IPV)

It prevents: Polio, once a widespread epidemic.

Want to share your new arrival with our readers?

Email a photo (at least 1Mb in size) of your little one with their full name, nationality, birth date, and Parents' names to editor@tianjinplus.com



“哮喘病”是一种常见病，它表现为反复发作，经久不愈，是一种慢性病。有的哮喘病人从青少年起病，进入老年后仍然经常发作。所以有“内科不治喘”的说法。那么哮喘有哪些症状又应该如何预防，本期我们的编辑就为大家解决这些疑惑。

Asthma is a very common disease worldwide. In China especially with the widespread pollution respiratory diseases are quite common. With 1 in 14 people having asthma in the USA alone, it's far more common than you think! Asthma is very common in children. Those who suffer from asthma have swollen or inflamed airways. This swelling or inflammation makes the airways extremely sensitive to irritation and increases their susceptibility to an allergic reaction. During spring when there is a lot of pollen around it can cause increased irritation in the airways. This results in increased asthma attacks. It's advisable to always wear a mask so that you protect yourself from allergic reactions resulting in asthmatic episodes.

Do you have asthma?

It can be a bit difficult to properly diagnose asthma, especially in children under age 5. Having a doctor check how well your lungs work and check for allergies can help you find out if you have asthma. During a checkup, the doctor will ask if you cough a lot, especially at night, and whether your breathing problems are worse after physical activity or at certain times of year. He or she will also ask you if you have specific symptoms like chest tightness, wheezing, and colds lasting more than 10 days. They will ask if anyone in your family has or has had asthma, allergies, or other breathing problems. The doctor will also ask if breathing difficulties has hindered school or work. By answering these questions properly you and your doctor can

decide on a treatment suitable for your needs if diagnosed.

What causes an asthma attack?

An asthma attack can happen when you are exposed to "asthma triggers". Yours can be very different from those of someone else with asthma. Know your triggers and learn how to avoid them. Watch out for an attack when you can't avoid the triggers. Some of the most common triggers are tobacco smoke, dust mites, outdoor air pollution, cockroach allergen, pets, mold, and smoke from burning wood or grass.



What happens during an asthma attack?

During an asthma attack the muscles around your airways tighten up, which leads to the narrowing of the airway. This in turn results in reduced airflow. The greater the inflammation in the airways, further the narrowing of airway. This results in more mucous being produced in the airway, further blocking the airflow. Asthma attacks can be mild or moderate but if untreated may cause death. An asthma attack does allow enough air to get into the lungs, but it does not let the carbon dioxide leave the lungs at a fast enough rate either. Carbon dioxide which is poisonous if not expelled from the body can build up in the lungs during a prolonged attack, lowering the amount of oxygen getting into your bloodstream.

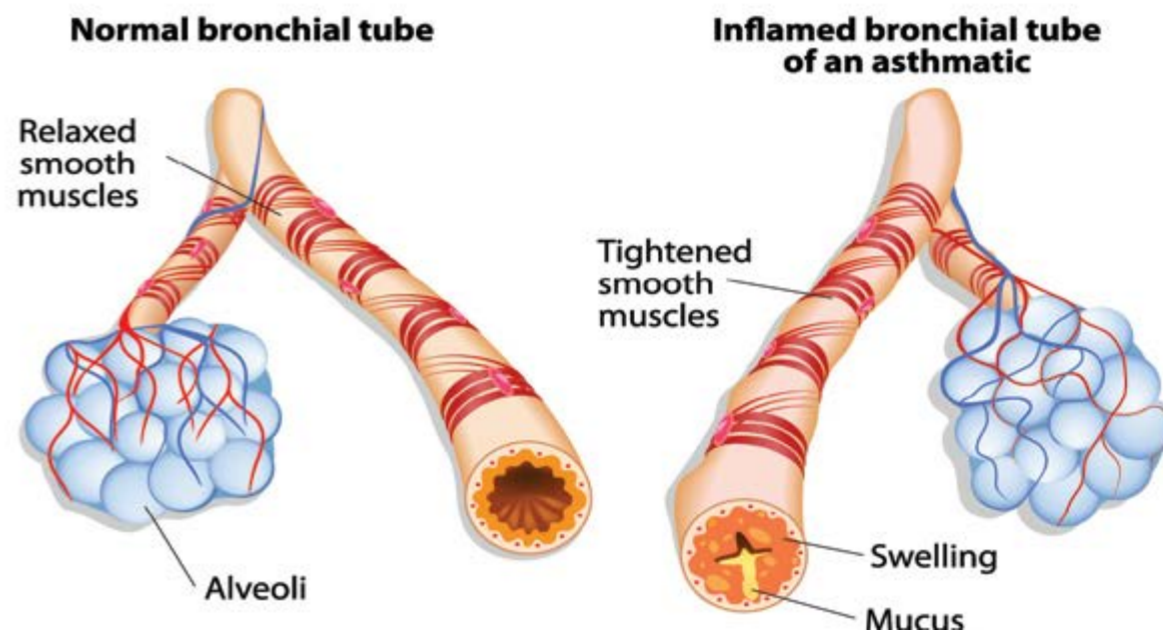
How is asthma treated?

To control your asthma and avoid future attacks make sure you take your medication exactly as your doctor instructs you to and most importantly make sure you identify and stay away from the things that trigger an attack. It's important to know that all everyone with asthma doesn't take the same medicine. Asthma medication comes in the form of an inhaler or a pill. They can be quick relief which is to control the symptoms or for long term control, which help you have fewer and milder attacks. But remember, they don't help you while you are having an asthma attack. Asthma medication can have side effects, but most side effects are mild and soon go away.

If you are asthmatic always remember to carry your inhaler

at all times. This should be carried somewhere easily accessible in case of emergencies. Asthma is a disease which can be easily controlled with proper medication and care. You can control your asthma by knowing the warning signs of an asthma attack, staying away from things that cause an attack, and following your doctor's advice. When you control your asthma you won't have symptoms such as wheezing or coughing, your sleeping patterns will be better. You can carry out your day to day activities like work and school with no interruption. You can restore normalcy to your life and even engage in all the physical activities that you like. All you need to do is to stick to the medication, take them regularly and look after yourself.

BRONCHOCONSTRICTION (ASTHMA)



JOY CITY

By Oshani Silva



One of Tianjin's premier shopping complexes, Joy City is a definite must visit as it houses some of the trendiest fashion lines, a skating rink, an amazing theater complex as well as a good selection of eateries. Joy City is divided into the north and south wings and I'd recommend spending a few hours there if you want to fully explore what they have to offer. With a giant replica of a transformer greeting you at the entrance, B1 is filled with scrumptious cakes and pastries at Bread Talk, amazing food at Cold Stone and to cool you off in the summer heat try out ice creams at Dairy Queen which offers a variety of delicious flavors. If you are all about the sweets, Candy Lab is

the place to go. The best thing about Candy Lab --other than the hundreds of delicious flavors of candy they have on offer-- is that you can request for them to make your own personal candy with whichever flavors you love. This is truly a kid's dream come true! If you're on the hunt for some soothing face masks or exfoliating scrubs, The Face Shop located on B1 carries a wide range of skin care products.

The first floor houses brands like H&M, MANGO, PULL & BEAR, as well as more high end designer brands like GUESS, CALVIN KLEIN and MASSIMO DUTTI. If you are in search of a classy pair of leather shoes with an elegant design,



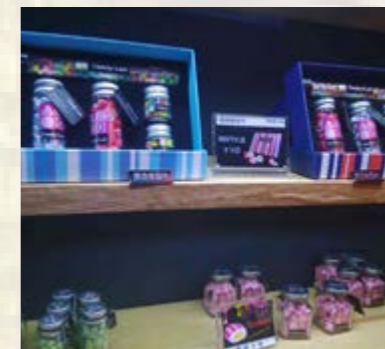
do give Clarks a try. They have a range beautiful leather shoes which exude class and style. If it's bags you are looking for, head over to the CHARLES & KEITH showroom. Be it a clutch, a purse or a handbag, CHARLES & KEITH has it all. Not just limited to bags, they also have quite a selection of gorgeous shoes. Whether it's flats or a pair of killer heels CHARLES & KEITH is definitely worth checking out. If you're a makeup addict Joy City is a must visit. With so many shops to choose from it can be a bit confusing. If you are in a rush and need to get all your products under one roof I'd recommend a personal favorite: SEPHORA.

If you are in search for some rugged attire head over to the second floor. The CAT showroom has a variety of shoes and classic denim cuts designed especially for men. They also have a NIKE and ADIDAS showroom for all your active wear needs. Be it a sports bra for gym or workout wear they have it all designed meticulously with your needs in mind.

Buying genuine products in China can be quite challenging, with all the cheaper counterfeit items that are buzzing about in large quantities in the market. Brands



like APPLE, which are very popular, have a much higher risk of being counterfeit. One of the best things about Joy City is the APPLE showroom in the South wing. Be it for getting a new charger, ear pods or even a new phone, knowing that its original is a big relief.



Joy City is packed with many shops and if you are on a shopping trip or just want a place to hang out, do check it out. Joy City is easily accessible by bus, subway or taxi. It is a place for the whole family, where you can have fun, enjoy a bit of shopping and have a fabulous time. Joy City does truly do justice to its name, as it is a wonderful place to visit in Tianjin.

LMT Connection

in Tianjin

China Tour 2016

By Annie Ly

LMT Connection 乐队始创立于加拿大尼亚加拉瀑布镇，自1989年乐队组建至今，已有超过26年的历史。在他们的职业音乐生涯中，在世界范围内，他们发行过5张独立的乐队专辑，出演过超过5,000场次的现场音乐会及演唱会，并在欧洲进行了12次的乐队独立巡演，在中国进行了2次乐队独立巡演，并在享誉北美音乐界盛名的多伦多Orbit Room音乐俱乐部拥有17年的驻演经历。本月，LMT Connection 乐队2016中国巡回演出将要在抵达天津，希望喜欢音乐的朋友们千万不要错过。



If you haven't heard of LMT Connection yet, you certainly will. It's great news for the people of Tianjin as this jazz and funk band will be hitting the stage at Pai Live House on May 4th, bringing with them sexy soul vibes and funky melodies. Hailing from Niagara Falls, Canada, they have been in the music business for nearly 30 years and have performed more than 5,000 shows worldwide. Inspired by the musical influences of Stevie Wonder, Curtis Mayfield, BB King, James Brown and Snarky Puppy, audiences can expect nothing but electrifying, high energy groove when the band takes to the stage.

The band features the soulful vibes of Leroy Emmanuel, lead vocalist and guitarist who has recorded and performed with the likes of Marvin Gaye, Stevie Wonder and Al Green during the height of the Motown era. On the drums is 'Hard Hittin' Mike Rogers who has been playing since the age of eight. Clearly a gifted drummer, Rogers has made award winning music throughout his career. Completing the band's sound is John Irvine on bass, who has also played professionally from the young age of 12. A master of funky bass rhythms, it won't take long for the talents of this bassist to get your feet moving on the dancefloor.

This won't be the first time the jazz funk band has performed in China. In fact, this year's Asia tour will be the fourth time they have toured in the country. Rogers, also the band's producer, tells us of some of his fondest memories from previous Asia tours. "Playing the Midi Fest in Beijing in front of more than 20,000 young people was amazing! They were so into the music. We've also had some wonderful opportunities to play charity shows for children of migrant workers, blind people and orphans. Playing for people who would never have experienced the kind of music we perform live have been an incredible life experience for us too."

LMT Connection have had many great moments and highlights during their long career. Rogers admits that opening for one of their musical inspirations and Blues legend, BB King on his 80th birthday tour was a real thrill. But when it really comes down to it, the best moments for the band are meeting the fans and getting to know people from all walks of life. "The greatest gift is love, we feel blessed to have the opportunity to come to Tianjin and share our love of music with you," beams Rogers.

The band is especially looking forward to playing shows in China again, not only so they can enjoy the delicious food, but also to meet the "beautiful hearts and souls of people all over China". As part of their pre-show routine, LMT Connection makes every effort to meet and chat to the fans before any show.

On this year's Asia tour, music lovers can look forward to LMT Connection playing tracks from their new album, 'Funk Is The Final Frontier'. But, as always, they'll be bringing the true essence of funk to their shows. Although the funk music scene in China is relatively new, LMT Connection know that their music can be very infectious for people hearing it for the first time. "Chinese audiences are very focused on what the musicians are playing on the stage. When the groove hits them, they love to get into it!" says Rogers.

It's a busy time for the band. They will be playing 18 shows in 13 cities across China through April and May. After the Asia Tour, they will be spreading their funky vibes in England, releasing a new CD in Japan and touring Canada and the USA during the summer. Don't miss out on what is guaranteed to be a soulful night, filled only with sexy funk vibes and intense energy. You can catch the band performing in Tianjin on May 4th at Pai Live. See you on the dancefloor!

Performance Details:

Pre-sale tickets: 80 RMB

Door: 100 RMB

Date: 4th of May, 2016

Time: 20:00

Address: Pai Live, 56 Wan Liu Cun Da Jie,

Hebei District, Tianjin

河北区万柳大街56号纺织机械院内





WAX ON

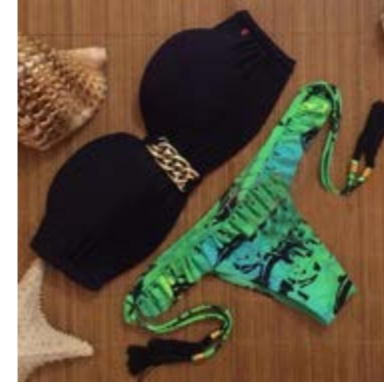
By Samantha Winchester

在暴露较多的夏天，爱美的MM都会选择定期脱毛。究竟怎样脱毛才更安全、更方便呢？虽说市面上有各种除毛的方法和产品，但常见的有以下几种，各具利弊，可以根据自己的情况进行选择。



It's swimsuit season again, time to hit the beach, enjoy the warm sun on your skin and take a dip in the cool ocean. Making sure you are ready to try on all the trendy swimsuits and rule the beach is no easy task. Waxing in preparation for the upcoming summer months has become a popular choice for hair removal despite the unpleasantness. Nobody likes to get a bikini wax. It's painful and uncomfortable; however the smooth end result makes it worthwhile. Shaving with a razor can give rise to pesky ingrown hair as well as faster hair growth but waxing on the other

hand lasts longer and has a clean finish. For the whole process to become more bearable, we've summed up a few tips that will help you face the dreaded day with confidence.



Before you go for a wax appointment make sure you exfoliate the area. It is helpful to rid the skin of dead cells and allows hairs to break through the surface. Use a mild exfoliator so that it will remove the dead skin without causing any irritation. After exfoliating use a cleanser, preferably an antiseptic one, to remove the bacteria and prevent post-wax infection.

The ideal time to get a wax is also very important. If you decide to wax just before your period it will be more painful and uncomfortable. The best time to wax is around two weeks into your cycle. The body's hormones will be balanced and you can avoid the added discomfort. If it's your first time waxing, make an appointment at the end of your day so you can go home and relax afterwards.

Two techniques are commonly used at salons for waxing: hard wax and strip wax. Hard wax, is a good option for the bikini area because it works well on sensitive areas of the body. Strip wax on the other hand is more convenient as it can be taken off more quickly without leaving any residue behind.

After you wax make sure you wear comfortable underwear. Cotton or seamless underwear is always best a day or so after to allow the area to breathe and not be constricted or irritated. Avoid wearing clothes that are too form-fitting, including your gym and workout gear. Do



not wax before any strenuous exercise or activity. This ensures it won't cause any ingrown hairs to develop or cause irritation to the skin. Make sure you wax at least a day prior (two would be ideal) so that any redness or swelling has subsided by the time you step out in your swimsuit.

Avoid irritating ingrown hairs by exfoliating the bikini area no less than 24 hours after a wax. By exfoliating your skin the dry and dead skin cells are removed and the ingrown hairs trapped beneath the skin's surface can break through. Make sure you let your skin breathe, avoid applying fragrances as these may cause unnecessary skin irritation.

Avoid attempts to maintain your wax as soon as you see new hairs forming. A common mistake many women make is not waiting long enough after your appointment before you shave or return to the salon. This can make your next appointment even more painful. When the hair is too short the wax cannot adhere to it. This results in your esthetician having to go over areas repeatedly to try and remove the hair which increases your discomfort. A quarter of an inch is the ideal length for waxing, or what you can pinch with the tips of your fingers. Don't shave 14 days or less prior to your appointment; you're only making your technician's job harder and more uncomfortable for you. Keep these tips in mind, the next time you go for a wax hopefully it will be a better less painful experience!

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How To Use Apps To Learn Chinese

By Michelle Port

Everyone seems to have a smart phone these days. Through apps, it has become very convenient to communicate with your friends and family, play games for fun or even organise your life – all in the palm of your hand! As an expat, it is likely that you'll be very familiar with the multi-functional WeChat app where you can connect with your peers, pay for bills and even keep up to date with the latest news subscriptions. Without a doubt, using apps on your smart phone can make life much easier in China.

Believe it or not, there are also a range of easy-to-use apps that can also help you to tackle the hard task of learning Mandarin. In this month's HOW TO column, we'll be introducing you to some of the most helpful smart phone apps and giving you tips on how to use apps to learn Chinese.

Memrise



The Memrise app uses three key factors to help you learn a new language: science, fun and community. Firstly, the app has been developed by a team of experts who know how the brain works and how to help language learners consolidate memories so that your newly learnt words aren't forgotten. To ensure your learning develops day by day, app

users can set targets and helpful reminders that pop up on your phone to tell you to review your learning.

Secondly, the app uses light-hearted fun to make sure you learn in the most relaxed and enjoyable way possible. With every new language point you learn, a symbolic flower graphic grows from seed to a fully bloomed flower to always remind you that learning a language is a growing experience.

Lastly, Memrise users form a community that help you learn

together. Users can share memory tips and tricks so that learning new Chinese characters is made easier based on the experience of others.

One of the best features about Memrise is that you can download a range of Chinese courses. Whether you're studying from any of the HSK textbooks or other Chinese Reader textbooks, Memrise has a range of downloadable courses to supplement your learning curriculum through audio practice and day-by-day learning.

Anki



Take control of your own language learning by using flashcard app Anki. There's no need to carry bundles of paper flashcards in your pocket because this app allows you to download readymade flashcard sets geared towards particular topics or textbooks to be revised from the palm of your hand. Better yet, you can create your own personalised flashcard sets based on your own understanding of what you need to learn and remember. Add tags to further segment your flashcards, making studying for particular topics or chapters even easier.

Skritter



If you want to focus on character writing, Skritter is the app for you. Learning the stroke order for Chinese hanzi can be hard to remember, but Skritter uses clear step-by-step animations and bright graphics to help remind you of how to write even the most complicated of Chinese characters. Users trace the character strokes on touch screen pads and are even given feedback when they miss the stroke position, ensuring that your Chinese character writing looks exactly how it should. It is said that to make sure you remember Chinese characters, you should write them out repeatedly

at least 20-30 times. Skritter is a great app to get you committing those characters to memory.

Chinese Skill



Following recent trends in the gamification of learning, Chinese Skill is a great app for English-speaking beginners of Chinese. This game-based app makes you play mini-games which test your reading, listening, writing and speaking skills all at once whilst building on what you have previously learnt. As well as learning the basics, you can cover a range of useful topics such as food, numbers, time and greetings. Throughout the process, you'll be forced not only on learning new vocabulary and characters but also practise Chinese grammar points and sentence patterns.

Want to take your game-based learning up a notch? If you get your friends to sign up to this free app, you can all sign up to a league table and play against each other, earning points for each new learning point you complete. What better motivation is there to learn than to compete with your friends and learn together?

WCC Dictionary



with Chinese native speakers

One of the lesser-known apps is the WCC Dictionary. Developed by a group of Chinese learners in collaboration

based in Shenzhen, this dictionary app is designed to make learning efficient, relevant and as user-friendly as possible. Going hand-in-hand with their WrittenChinese.Com website, WCC Dictionary is a useful app to learn Chinese in a casual way.

Everyday, the WCC Dictionary app selects a 'Word of the day', presenting the characters in both traditional and simplified forms. You can then see how the character is used in sentence contexts. The WCC Dictionary app then encourages you to finish 'Today's Homework' task to help you remember. Tasks range from creating your own images to help you remember new words or finding other characters that use similar radicals. You can then post your completed homework online to be checked by a Chinese native-speaker and given feedback.

There are many language-learning apps out there, and this article only touches on a few that might help you on your way to learning Mandarin quicker. But it's also important to supplement your learning with actual communication in real life contexts. Using apps and learning "on the go" is a great start, but there's no better way to learn Chinese than by practising with the natives and making new friends!

越来越多的外国友人受到中国文化的吸引，选择来中国旅游或者工作，通过外国人学中文的APP够快速的学习基础中文，简单的进行交流。本期小编就给大家介绍几个实用的APP，让初学者可以在一个轻松的环境下学习中文。

Get enchanted with Rapunzel

Presented by the Beijing Academy of Performing Arts Children's Theatre in partnership with Beijing Playhouse



Rapunzel is more than just a fairy tale, it's an inspiring rendition of a traditional story. Directed by the talented Chris Verril is Beijing Playhouse's first ever children's show for ages 6-12. This show is unlike any show Beijing Playhouse has done in their ten years of theatre in China.

Cast and crew include Katje Skripco as Rapunzel, Sharon Zhang as her guardian and Tiziano Kirchner as the village boy Rafi. Also starring musician Sam Walusimbi as the Minstrel

and directed by David Peck with April Wang as stage manager and Ailin Du as the production designer. "Rapunzel, Rapunzel, let down your hair, so I may climb the golden stair," says the village boy to Rapunzel up in the high tower. But will Rapunzel be allowed to see him?

Join in the fun on the **8th and 29th of May at 2pm at Eagle International Performing Arts Center in Wanjing** (a 10 minute walk from the Donghuqu subway station) or on the **22nd at 2pm at the International School of**

Beijing (in Shunyi) to find out! Tickets are priced at 80 RMB for children and 100 RMB for adults. For further information email: childrenstheater@beijingacademyofperformingarts.com

You also can join in Tianjin on 20th of May at 6pm at Wellington College International.

Along with entertaining the children in the audience with a classic fairy tale, the play will inspire the little ones to be thoughtful as well. In this show Rapunzel grows up, as all children do. Children will leave the theatre, not just entertained, but contemplating life and growing up.

Performed in English with no subtitles, the show is a definite must watch and is performed in the round with children sitting on the floor and the actors performing in the center. This beautiful play is performed in one act in just one hour. Witnessing this inspiring coming of age story that explores the changing relationship between mother and daughter is not to be missed.



Growing Up in Tientsin

By Andrea Klopper

接下来几期的回顾过去专栏我们将介绍的是一系列过去成长在天津的外国人，他们有些是出生在这里，比如说我们本期要介绍的安妮。还有一些是从孩提时代就来到天津并在这里接受的教育。他们来自不同的国家，有的在天津生活了很短的时间就离开了，但是还有一部分人子子孙孙都成长生活在天津。天津给他们的生活留下了不可磨灭的记忆，本期作者将揭开这段尘封的记忆，带您重温历史。

This is the first in a series of articles that will look at some of the people who grew up in Tianjin in the past. Some of them were born here, as was our first person Annie Innocent. Others came here as small children and many received their schooling here. They came from many different foreign nationalities that were represented in the expatriate community here, especially after 1900. Some lived here for a short time, others were second or third generation (like the Power family) and had all their childhood and teen years here. Many came and left due to political turbulence. Tianjin life left its mark on them all as is evident from the memoirs and questionnaires that form the basis of this series.

Annie Edkins Innocent

Annie Edkins Innocent was the first British subject to be registered at the British Consulate in Tientsin. She was born on 22 September 1861. As there was no hospital in the city, it was presumably a home delivery or attended by a doctor serving some of the foreign troops stationed here. Her mother, Mrs Jane Innocent, and older brother George had recently made the arduous trip from Shanghai to Dagu by ship and then the donkey cart up river to the Chinese city. There her father, the Reverend John Innocent, had gone ahead to find and set up home in a 'native' courtyard house outside the city wall. The family's presence brought the number of foreigners in Tientsin up to twelve. Baby Annie's middle name was given in memory of a short-lived but highly valued friendship that Mrs Innocent had enjoyed with Mrs Edkins of the London Missionary Society. The Innocents were the first couple of missionaries sent out by the small New Methodist Connexion Society which was keen to take advantage of China being opened up following the 1860 Treaty of Tientsin. They established a small church on the edge of the Chinese city of Tientsin on a busy street near the Goddess of Heaven Temple (still there midway along Ancient Culture Street). As a little girl, Annie would have been company for her mother when her father went on tours into the



Photo of Annie Innocent (from Candlin 1909: 214)



Gu Lou Church. Photo taken by A Klopper 2015

outlying countryside. She would also have been a comfort when her mother lost two sons born to her and sent George to school in England as there were no suitable schools in Tientsin at the time.

At the age of 8, Annie first experienced England and met relatives there. They missed the 1870 Tientsin Massacre or Incident, but on their return, experienced extensive flooding that meant their roof leaked and they had to sleep under a large dining room table to keep dry! (Candlin 1909:175). They subsequently moved to a better house and Annie would have been used to the comings and goings of many people passing through and enjoying her family's hospitality. It is highly likely that she learnt to speak and write Mandarin as both her parents were dedicated students of the language. She possibly also provided some help with the handful of children

that her mother taught in a tiny school. These girls were probably her only friends.

In 1875, aged 14, Annie was sent to England for schooling. By the age of 19 (1881), she was attractive, well-educated, and "of pronounced piety" (Candlin 1909: 214). She volunteered to be a lady teacher for the mission, after finishing her education in Germany. England had been for her a foreign country and her heart clung to China, with her writing letters to some of the Chinese aunties she had known in the fledgling Chinese church. Naturally her parents and younger sister Kate were thrilled at the prospect of her return and working alongside them. They then received the awful news that she was discovered to have tuberculosis and had been hastily sent back to family

in England. After 2 months, she died, leaving much grief and disappointment. Her mother was spurred on to raise a fund of over £500 to build dormitories and an attached ladies' house for the Annie Edkins Innocent Memorial School which opened in 1889. Its new head, Miss Waller, managed only 3 years before being invalided home. It became a day school but only for a couple of years before the mission needed to sell the property.

There is nothing left in Tianjin to mark Annie's shortened life but her parents' legacy remains in brick and mortar with the former Methodist church in Gu Lou.

Bibliography:
Candlin, George T. (1909) John Innocent: A Story of Mission Work in North China.



Photo taken by A Klopper 2013



43.3, 27.1, and 15.2, seemingly unrelated digits and decimals are defined and contoured when you add the term “million” behind them.

43.3 million displaced people worldwide peaked as the highest since the mid-1990s, out of which 27.1 million are seeking possible shelters domestically. Within these bodies, there are an astonishing 15.2 million refugees. Apart from the victims whose homes are being destroyed by natural hazards, there are a growing number of non-combatants fleeing from war or civil unrest simply to protect life and limb. Nearly five million Syrian refugees -- or one-third of the total forcibly exiled around the world -- are held at gunpoint by the excruciating twists of fate, and the extreme uncertainties present at what was once their home and haven.

Louder and louder voices arise around this issue, each one trying to pronounce a resolution or closure towards this severe struggle of humanity. Some may even seek refuge away from such a pressing situation, either by refusing to care and recognize the plight of these victims or simply engaging in a more biased and selfish approach against this crisis. Saying no to these naysayers is the first step every one of us needs to take before partaking in the creation of possible solutions. On a global scale, the practice of multilateralism is more crucial than ever. This course of action not only aims to take in refugees for shelter, but also involves reaching out to the victims and get to the root causes of the issue. UNOs and NGOs should collectively initiate a project that erects checkpoints and stations within the regions of clustered refugee populations,

thus decreasing the unexpected magnitude of influx of fleeing populations at once, and the safety issues present when victims travel privately.

The lens of a photographer recently captured a heartbreaking moment of a four-year-old girl Adi Hudea, frozen in fear, with her arms raised and lips-pierced. She “surrendered” to the photographer, having mistaken his camera for a gun. Every single minute passed in our procrastination is an increase in the amount of fear unleashed onto these innocent souls. We don’t live by counting on yesterday, the time to devote is now and only now. We do it for little Adi, little Aylan, their families, the Syrians, the world and the future.

The Plight of Syrian Refugees

By Daniel Dong

His name was Aylan, a three-year old angel who had to endure the suffocating pressure of months of heavy fighting between the Islamic State and Syrian Kurdish forces. Killed following a boat crash in the middle of the journey from Kobani to Greece, Aylan’s lifeless body was washed up onto the shores of Turkey. The photograph of his body was a silent image -- voices of the helpless unheard, and calls from the innocent unanswered. This incident highlighted the plight of millions in desperation of what is known as the gravest refugee crisis since the second world war. Yet, this crisis concerns only a portion of the forcibly displaced people worldwide. This very issue is a true test of our ability as problem-solvers, of how far and deep can we power through till we see the anticipated horizon.



Special Days in May 2016



Labour Day (1 May)

Recognised as an official holiday in over 80 countries all around the world, Labour Day is a celebration of labourers and the working classes. It is also a national holiday in China, meaning students and workers receive a long weekend to celebrate. With an extra Monday off work, many decide to go travelling during the weekend, so as with all national holidays in China, expect busy crowds at popular tourist spots.

Star Wars Day (4 May)

The force is strong with this one. Every sci-fi lover is sure to know the importance of this date to celebrate the global success of the Star Wars franchise over the past 40 years. From the iconic revelation of Darth Vader as Luke Skywalker's father to Princess Leia's famous bikini clad costume, there is much to love about these groundbreaking films. You can celebrate this day in many ways. Get your fellow Star Wars loving friends and have a movie marathon. Find your closest Star Wars convention and get dressed up as your favourite character. Test how much of a true fan you are by taking part in a trivia quiz. Whatever you do, May the fourth be with you!



Friday the 13th

Keep your wits about you, Friday the 13th is seen by many as a day of bad luck. In 2016, May is the only month where the 13th day falls on a Friday. If you're superstitious, avoid walking under ladders, don't break any mirrors and remember that if a black cat crosses your path, change your route. You can try to keep yourself lucky by knocking on wood, finding pennies or making a wish on a wishbone. We've got our fingers crossed for you!

World Baking Day (17 May)

Spread joy by sharing some sweet baked treats with your friends and family. This special day is all about the fun. Enjoy some quality time baking with your loved ones and have an even better time devouring all your hard work. There's no better time to break out that wooden spoon or cookie cutter. Whether it's a biscuit, muffins or a classic cake, World Baking Day is a great excuse to satisfy your sweet tooth and treating yourself for the day.



Amnesty International Day (28 May)



Amnesty International is one of the most famous human rights organizations in the world. Show your support for all the noble work they do by attending a meeting at your local chapter or donating some money to a human rights cause close to your heart. You can also sign a petition and demonstrate your dedication to human rights or better still, try all of the above!

5月份，大家最快想到的就是初夏的五一劳动节了。那么除了五一劳动节外，5月份有什么节日呢？今天小编就给大家带来除了劳动节外的5月份其他奇奇怪怪的节日。

MUSIC

LMT Connection, Tianjin - China Tour

Date & Time: May 4, 20:00
Address: Pai Live, 56 Wan Liu Cun Da Jie, Hebei District, Tianjin
Tel.: 13821333363
Ticket: RMB100

World famous Canadian soul band LMT Connection visiting Tianjin as a part of their Mainland China Music Tour! LMT Connection is making people dance and groove for over 25 years and has held for over 5500 shows all over the world. Band has worked with Al Green, Tower of Power, jazz organist Joey DeFrancesco, and blues legend BB King. Artists - Leroy Emmanuel, Hard Hittin' Mark Rogers and "Big Bad" John Irvine - dedicated their life to music and turned every concert into stadium-size performance regardless of attendance. Concert in Tianjin, as a part of the LMT Connection China Tour, will be held in a old factory building in Hebei District, and will definitely differ from any other "basic" night-out in accustomed facility.

Groovy blend of funk, R&B, jazz and soul is just the finest recipe to follow spring vibes!



DRAMA



The War Horse

Date: 05.14- 05.29
Address: 友谊路30号 天津大剧院售票处
Ticket: 180RMB-680RMB

Sino-British theatrical collaboration created a stage play, reflecting and showing friendship, romance, courage and humanity from the "other" angle. Play was co-produced by National Theatre of China and British National Theatre and adapted from the British writer Michael Morpurgo's novel written in 1982. Initially, "The War Horse" novel was written as a children's book and, as known, most of them are quite insightful - after the book went out in the world, its plot and idea - world through the prism of the horse eyes - became sensation. War Horse story was screened before by Steven Spielberg in 2011 and met its recognition world-wide.

MOVIE

Alice in Wonderland 2: Through the looking glass

Colourful and surreal movie starring Johny Depp and Mia Wasikovska is back on the screens: so both - children and grown-ups - are dying to see adventures of Alice, Mad Hatter and Cheshire Cat once more. "Alice and Wonderland" and "Through the looking glass" - two parts of the triumph sequel of Lewis Carroll - were both used as inspiration for the first Disney movie directed by Tim Burton in 2010. Even if beloved director of bizzare and spectacular films, Tim Burton, didn't take the lead this time, and was replced by James Bobin ("Flight of Conchords"), Disney is not releasing any details, which promise a raging premier!



"Secret Garden" wedding fair @ The Ritz-Carlton, Tianjin

One of China's most elegant and charming hotels, The Ritz-Carlton, Tianjin held the most splendid wedding ceremony on 2nd April 2016, showcasing the latest wedding theme and trend, titled "Secret Garden".

This wedding fair was hailed as a perfect wedding ceremony in style and content. Themed to the concept of a "Secret Garden" and featuring pink, gold and blue as the main colors, it was characterized by the profuse use of flower decoration and aimed to create a mysterious and romantic garden of love. The ceremony aesthetically bewitched guests whilst showing the latest Western wedding trends of 2016.

This year's first grand "Love at The Ritz-Carlton - Secret Garden" wedding ceremony was showcasing elements at the cutting edge of international high-end wedding trends and themed desserts, as well as the luxuriously customized wedding dress and menswear, perfectly fusing elegance, fantasy and fashion.



"BEAUTY AND THE BEAST" A Theme Wedding Show @ Renaissance Tianjin Lakeview Hotel

The BEAUTY AND THE BEAST wedding show was held at the Grand Ballroom of Renaissance Tianjin Lakeview Hotel on Saturday 19th of March 2016 from 10:00am to 12:00pm. There were more than 100 guests who attended the event. The hotel Resident Manager Mr. Doo-Hyun Shim gave a welcome speech to greet all the couples and guests. The hotel were honored to hold this wedding show in the presence of the top companies in the wedding industry of Tianjin, including NICE wedding, JIN Bridal, Modern Republic, VERNA Jewelry, Let's Nail, Honor Man, Q-bibi Cake and CITS.

The wedding show started with a dramatic wedding ceremony in the Grand Ballroom. All the guests witnessed a very special moment. The bride, dressed in satin and lace, tossed her bouquet to the single ladies, sharing her happiness to others. After that, an opening dance themed on "Beauty and The Beast" restored the romantic scene of the movie, and everyone was brought into the love story too.



2016 Spring Wedding Show

@ The Astor Hotel, a Luxury Collection Hotel, Tianjin

The Astor Hotel, a Luxury Collection Hotel, Tianjin joined with first class brands such as Nice Wedding, JIN Bridal, Mercedes-Benz and Liu Haoran Diamonds to present a sweet and dreamlike “Because of Love” Spring Wedding Show on April 10th 2016.

The Director of Sales and Marketing of the Astor Hotel Tianjin, Mr. EY Kim welcomed distinguished guests and couples and introduced the unique features of the wedding venue in this hotel. Under a huge glass dome, The Victorian Lounge was decorated with pink sakura. A bride and bridegroom walked the aisle covered with sakura and took the most beautiful vows. Splendid sakura rain fell from the sky and the petals drifted down along with music, which will be an eternal memory engraved in the minds of the hundreds guests who attended.



Fashion Lifestyle Zone Grand Opening

@ Robbinz B1 Floor

On April 16th, Robbinz Department Store celebrated the grand opening of their Fashion Lifestyle Zone. Situated at the cross section of Nanjing Road and Bin Jiang Dao, has been a favorite shopping location for many. The addition of the Fashion Lifestyle Zone will bring updated restaurants, modern fast food, sweet shops and fashion accessories. It aims to create a compelling one-stop for customers to shop, eat, relax and be entertained!

Owners have worked tirelessly to create an environment that attracts the young and young-minded. Tenants include cool brands such as Nana’s Garden (eatery), Macao Yongle Theater (eatery), Laozhang Beef Noodles, Subway, Baskin Robbins and JINS (eyeglasses). Robbinz believe this will provide a fun place for customers to spend their leisure time.



“Love Story with Shangri-la” Spring Wedding Show

@ Shangri-La Hotel, Tianjin

On the 9th April 2016, Shangri-la Hotel, Tianjin hosted “Love Story with Shangri-la” Spring Wedding Show in the Grand Ballroom. In collaboration with top wedding agencies, the wedding show presented over 150 couples a dream wedding with the most romantic setting and touching atmosphere.

With a gorgeous black and golden theme set-up in the Grand Ballroom, the wedding show opened up with the passionate flash mob and band performance. Mr. Hakan Ozel, General Manager of Shangri-la Hotel, Tianjin, gave a welcome speech for all the guests.



“2 Days 1 Night” Jungle Camping

@ Riverview Place

On April 9th, 10 families gathered in Tianjin Riverview Place, to attend the Tianjin First indoor 5D Jungle Land. The jungle land, spanning nearly 300 square meters, displayed rare plants to build the fantasy of the jungle. Combined with sound, light, electricity, smell and touch for a heavy five dimensional experience created an original land full of mystery and nature. Children and parents took the opportunity to spend 2 days and 1 night together in a reality version of the jungle camping, experiencing a night camping in the western style mall jungle camp. Through games to win exercise energy medals and to develop the childrens' personality cultivation, the whole event ended perfectly.



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

Anna Miller's 安娜美乐
Try their pies and cheesecakes.
A: B1, ISETAN, No. 108, Nanjing Lu, Heping District 地址: 和平区南京路108号伊势丹 B1
T: +86 22 2718 8241

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

HP Mrs. WANG'S Dessert Boutique
王太太私房甜品

Classic and fusion desserts at Mrs. Wang's are worth to try. Collection of English tea and full-day breakfasts are available.
A: Xian Nong Courtyard, 292 He Bei Lu, Heping district
地址: 和平区河北路292号先农大院内
T: +86 22 5835 2895

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

Tian Tai Xuan 天泰轩中餐厅 Elegant interior includes a private elevator serving ten luxurious private dining rooms.

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

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

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

French

HP 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

PH Le Loft 院
Good place to meet friends. French cuisine, wine and great atmosphere.
A: Cross of Nanjin Lu and Jinzhou Dao, Heping district
地址: 和平区南京路与锦州道交口
T: +86 22 2723 9363, +86 18702200612

Maxim's De Paris
One of the world's best French restaurant features classic and modern French dishes.
A: No.2 Changde Dao, Heping District 地址: 和平区常德道2号
T: +86 22 2332 9966

Indian

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

Italian

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

HP 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

HP Pizza Bianca 比安卡意大利餐厅
Great choice of Italian cuisine and pizza.
A: No.83 Chongqing Lu, Min Yuan Stadium, Heping District 地址: 和平区重庆道83号民园体育场内
T: +86 22 8312 2728

Japanese

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

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

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



HX 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

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

Thai

HP **Kudos Thai Restaurant & Lounge Bar** 泰廷泰国餐厅 National cuisine of Thailand, which places emphasis on lightly prepared dishes with strong aromatic components.

A: No. 39, 4F, North Block, No. 2-6, Joy City, Nanmen Wai Da Jie, Heping District 和平区南门外大街2-6号大悦城北区4楼39号(南马路路口)
T: +86 22 8728 8669

Chat Thai Restaurant 泰来时尚泰国餐厅

A: 3rd Floor, Aqua City, No.18 Dafeng Road, Hongqiao District, Tianjin 红桥区大丰路18号水游城购物中心3楼
T: +86 22 58719019

Pattaya Thai Restaurant 天津芭提雅泰国餐厅

A: Italian Style Street, Hebei District, Tianjin 河北区 意式风情街
T: +86 22 24458789

NK **Always Thai Restaurant** 泰香来东南亚主题餐吧

A: Tian Xi 22/23-133, Ao Cheng Plaza, Nankai District, Tianjin. 天津市南开区奥城商业广场天玺22/23-133
T: +86 18602289919

Western

Cholito Spanish Cuisine and Bar 西班牙餐厅&酒吧

One of the best Spanish restaurants in the city. Try lunch and dinner sets.

A: Crossing of Hebei Lu and Luoyang Dao, Heping District 地址: 和平区五大道河北路与洛阳道交口
T: +86 22 5835 2833



HP **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 The Ding Room 1863 至尊西餐厅 Choose one of the traditional menus and enjoy what Puyi or Hoover had when they were guests at the hotel.

18:00-22:00. Mondays Closed
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 58526888

HP **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 0 am.
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

RIVIERA
蔚蓝海

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 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 9962

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

HX **Hank's Sports Bar & Grill 汉克斯运动酒吧** Offers traditional American favourites like burgers, steaks and pizzas in a cozy, laid back environment. 11:00-23:00.

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

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

NK **T.G.I. Friday's 星期五餐厅**
A: No. 7-2 Fukang Lu, Nankai District 地址: 南开区复康路7-2号
T: +86 22 2300 5555

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



HX **Terrace Café 燕园咖啡厅** A great location to have a very relaxed meal, in front of a wonderful garden. 06:00-23:00.

A: 1F, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District 河西区紫金山路天津喜来登大酒店1层
T: +86 22 2731 3388

Mug German Restaurant Beer House 麦谷德餐啤酒坊

The menu offers a collection of four authentic German beers, specially imported from Germany, to provide the ultimate German experience!

A: No. 1-115, Zonglv Garden, Zhujiang Dao, Hexi District (Face to the Fuli Bus Station) 河西区珠江道富力津门湖棕榈花园底商1-115号(富力津门湖公交站对面)
T: +86 22 8815 8577

NK **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)

HB **PAULANER Tianjin 普拉那啤酒坊** Paulaner's only flagship store in Tianjin authorized by the headquarters in Munich, Germany. 10:30-24:00 Sun-Thu: 10:30-02:00; Fri, Sat & Holidays

A: Venice Square, Italian Territory, No. 429-431, Shengli Lu, Hebei District 河北区胜利路429-431号意大利风情区威尼斯广场
T: +86 22 2446 8192

Blue Frog 蓝蛙

A: Unit 3009, Riverside 66, No. 166 Xing'an Road, Heping District, Tianjin 天津市和平区兴安路166号恒隆广场3009室
T: +86 22 23459028

HD **Café Vista 美食汇全日餐厅** Café Vista redefines the standard of all-day dining service at international hotels.

A: 1F, Wanda Vista Tianjin, 486 Bahao Road, Da Zhi Gu, Hedong District 河东区大直沽八号路486号天津万达文华酒店一层
T: +86 22 2462 6888

Brownie Bistro Bar 布朗尼西餐酒吧

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

Vietnamese

HX **Nha Trang Authentic Vietnamese Cuisine** 芽莊越式料理

A: 5F, Star Hall, Galaxy International Shopping Mall, No. 9, Leyuan Dao, Hexi District 河西区乐园道9号银河国际购物中心星光厅5楼
T: +86 22 8388 7555

Mexican

TJ-Mex 墨西哥餐厅

A: 1F, Bldg. A3, Magnetic Plaza, Binshui Xi Dao, Nankai District 南开区宾水道时代奥城商业广场A3座1楼
T: +86 22 5811 3300

Coffee Shops

HP **Perfect Day Café 美天西餐咖啡** A location favoured by many expats to hang out with friends and have a cup of American coffee. They also organise regular cultural activities. 10:30-00:00.

A: 2F, Vanke City Garden, crossing of Xinxing Da Jie and Xikang Lu, Heping District 和平区新兴大街与西康路口万科都市花园二楼马赛公寓2A
T: +86 22 2783 7104

Starbucks Coffee 星巴克咖啡 A haven to listen to the best American songs and enjoy coffee and tasty bites with friends.

1) Sun-Thu 08:00-22:00, Fri-Sat 08:00-23:00
A: 1F, Berth C1-2, Buidling No.1, No. 18 by 1, Tai'an Dao 泰安道18号增1号三号院一号楼C1-2辅位首层
T: +86 22 5832 5702
2) 09:00-24:00
A: No. 60-62, Ziyou Dao, New Italian Style Town 新意意大利风情街自由道60-62号
T: +86 22 2445 3185

Bistro Thonet 庭悦咖啡 As the viewing café in Qing Wang Fu, Bistro Thonet gives you beautiful scenery with flourishing vegetation. It provides various Chinese and Western cuisine, business lunch and afternoon tea in both indoor and outdoor venues.

A: No.55, Chongqing Dao, Heping District 和平区重庆道55号庆王府院内
T: +86 22 8713 5555, +86 22 5835 2555
W: qingwangfu.com

NK **Harvest Book & Coffee 哈维斯特咖啡** They have a great collection of muffins, scones and toasted bagels to go perfectly with their healthy smoothies. 10:00-22:00.

A: 4F, Cafeteria, Tianjin University of Technology, extended line of Hongqi Nan Lu (Huanwai), Nankai District 南开区红旗南路延长线天津理工大学餐饮楼4楼(环外大学城)
T: +86 22 6021 5789

Tea Houses

HP **Yang Lou Tea House 洋楼茶园** 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

No.9 Cafe 9号咖啡

Rich coffee menu and English style high tea.
A: Building 9, No.3 Courtyard, Taian Dao, Heping District
地址: 和平区泰安道22号3号院9号楼
T: +86 22 5835 8998

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**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

WE Brewery

Tianjin's nano craft brewery. The Craft Beer mecca in town.

A: 4 Yi He Li, Xi An Road Heping District, Tianjin
T: +86 18630888114
W: www.webrewery.com

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

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

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

Churchill Wine & Cigar Bar

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

Gal 良果酒吧

Great lounge bar featuring wonderful cocktails and whiskey collection. Try "NanKai Qu" cocktail.

A: Shuishang Bei Lu, right in front of Tianjin Zoo gate, Nankai District 地址: 南开区水上东路动物园对面
T: +86 13041662555

**KTVs****Eastern Pearl 东方明珠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

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

Beauty Salons**CHINA ROAD 重道造型**

A Chic salon adjoins to one of the busiest CBD areas. Fashion is the word that best describes the decorated hairdressers.

A: 16-201, Jinde Block, the junction of Kunming Lu and Lanzhou Dao, Heping District. 和平区昆明路与兰州道交口金德园16-201.
T: +86 138 0308 8908
A: No. 23 Binyou Dao, Hexi District. 河西区滨友道23号
T: +86 2836 9769

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

OPI Nail Salon OPI 美甲

Which girl doesn't like OPI? This salon is a right place to take care of your nails.
A: 3F, Joy city, Nanmen Wai Da Jie, Nankai District
地址: 南开区南门外大街大悦城北区3楼
T: +86 22 5810 0179

Spa & Massage**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号天津天诚酒店4层
T: +86 22 2457 8888 ext. 3910

ThaiFe Spa 泰菲SPA

For RMB350 you can get full-body relaxing massage and many else. Definitely worth trying.
A: No.14, Diantai Dao, Heping District
地址: 南开区电台道14号
T: +86 22 2781 1061

Tattoo Studios

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

Hospitals**Arrail Dental Tianjin International Building Clinic 瑞尔齿科**

A: Rm 302, Tianjin International Building, No. 75 Nanjing Rd, Heping District 和平区南京路75号天津国际大厦302室
T: +86 22 2331 6219/10/67
24Hr Emergency Line: 150 0221 9613
W: arrail-dental.com

**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

**Women's and Children's Specialized Health 美中宜和医疗集团天津美中宜和妇女儿童医院**

A: No. 21, ShuiShangGongYuan East Road, Nankai District
南开区水上公园东路21号
W: amcare.com.cn
T: +86 22 5898 2012
400 10000 16

Golf Clubs

PH **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

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 南开区滨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 南开区滨水西道
T: +86 22 2338 2008

LEO GYM 力奥健身

A: B3 Floor, Olympic Center Stadium Swimming Diving Hall, Binshui Xi Dao, Nankai District 南开区滨水西道奥林匹克游泳跳水馆
T: +86 22 6097 6681

W: leogym.com.cn

Catering Solutions

**HB** **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

DL **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

NK **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

PH **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

HP **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

HP **Hotel Nikko Tianjin** 天津日航酒店

The hotel's modern amenities and luxurious ambience make it an oasis of comfort and well-being in a bustling urban setting.

A: No. 189, Nanjing Lu, Heping District 和平区南京路189号
T: +86 22 8319 8888
W: nikkotianjin.com

**Tangla Hotel Tianjin** 天津唐拉雅秀酒店

The city's tallest "penthouse hotel", sits right in the heart of the business and retail districts atop the Tianjin Centre.

A: No. 219, Nanjing Lu, Heping District 和平区南京路219号
T: +86 22 2321 5888
W: tanglahotels.com

Renaissance Tianjin Hotel 天津滨江万丽酒店

A contemporary landmark building in the CBD of Tianjin for the "young at heart" business traveler.

A: No. 105, Jianshe Lu, Heping District 和平区建设路105号
T: +86 22 2302 6888

**ST REGIS**

天津瑞吉金融街酒店

PH **The St. Regis Tianjin** 天津瑞吉金融街酒店 Most luxurious hotel in Tianjin, located by the river next to the train station.

A: No. 158, Zhang Zizhong Road, Heping District 和平区张自忠路158号(津塔旁, 哈密道正对面)
T: +86 22 5830 9999
W: stregis.com/tianjin

The Westin Tianjin 天津君隆威斯汀酒店 5 star hotel offering luxury, class and comfort featuring charming city views and the latest in technology.

A: No. 101, Nanjing Lu, Heping District 和平区南京路101号
T: +86 22 2389 0088



The Astor Hotel, A Luxury Collection Hotel, Tianjin 天津利顺德大饭店豪华精选酒店 First opened in 1863 and refurbished in 2010, the hotel is a landmark in Tianjin's history. Favoured for its traditional appeal and high-standards.

A: No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号
T: +86 22 5852 6888



The Ritz-Carlton, Tianjin 天津丽思卡尔顿酒店 A landmark hotel located in the heart of the city offering unparalleled and memorable experiences.

A: No. 167 Dagubei Road, Heping District, 和平区大沽北路167号
T: +86 22 5857 8888

HX **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 河西区滨水道16号
T: +86 22 5822 3388

**Sheraton**

天津喜来登大酒店

Sheraton Tianjin Hotel 天津喜来登大酒店 This globally recognised five-star hotel is 8 km from the railway station, and 5 km from the city centre. Hotel facilities include a gymnasium and an indoor swimming pool. It has five restaurants and bars that serve Western, Japanese, and Chinese cuisines.

A: Zi Jin Shan Lu, Hexi District 河西区紫金山路
T: +86 22 2731 3388
W: sheraton.com

Hotel Indigo Tianjin Haihe 天津海河英迪格酒店

It is the only hotel in China that offers villa-style accommodation in a city centre locale.

A: No. 314 Jiefang South Road, Hexi District 河西区解放南路314号
T: +86 22 8832 8888

Banyan Tree Tianjin Riverside 天津海河悦榕庄

HB Located right next to the Haihe River, it is one of the first hotels in Tianjin to bring a resort style service to a city setting.

A: No. 34, Haihe Dong Lu, Hebei District 河北区海河东路34号
T: +86 22 5883 7848
W: banyantree.com



Holiday Inn Tianjin Riverside 天津海河假日酒店 Enjoy a scenic waterfront location at Holiday Inn Tianjin Riverside, just 15 minutes' drive from Tianjin's financial hub Phoenix Shopping Mall.

A: Haihe Dong Lu, Hebei District 河北区海河东路凤凰商贸广场
T: +86 22 2627 8888
W: HolidayInn.com

PAN PACIFIC TIANJIN HOTEL 天津泛太平洋酒店

A: No. 1 Zhang Zi Zhong Road, Hong Qiao District, 300091 Tianjin 中国天津红桥区张自忠路1号300091
T: +86 22 5863 8888
E: infor.pptsn@panpacific.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

**Shangri-La hotel**

TIANJIN

HQ **Shangri-la Hotel, Tianjin**

A: No.328 Haihe East Road, Hedong District Tianjin, 300019 China
T: +86 22 8418 8801
天津香格里拉大酒店河东区海河东路328号

**HD** **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



HYATT REGENCY TIANJIN EAST
天津帝旺凯悦酒店

A: 126 Weiguo Road, Hedong District, Tianjin, 300161, People's Republic of China 天津市河东区卫国道126号
T: +86 22 2457 1234
F: +86 22 2434 5666
W: tianjin.regency.hyatt.com

Hyatt Regency Jing Jin City Resort & Spa 天津新城凯悦酒店

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

Serviced Apartments

HP 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 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



Ascott TEDA MSD Tianjin

A: No.7 Xincheng West Road, Tianjin Economic-Technological Development Area, Tianjin 中国天津市经济技术开发区新城西路7号
T: +86 22 5999 7666



Somerset International Building Tianjin

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

Somerset Olympic Tower Tianjin

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

Somerset Youyi Tianjin

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



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



FRASER PLACE TIANJIN

天津市招商辉盛坊国际公寓
A: No. 34 Xing Cheng Towers Ao Ti Street, West Weijin South Road, Nankai District 南开卫津南路西侧奥体道星城34号楼
T: +86 22 5870 2351 (pre-opening office)
T: +86 22 5892 0888 (From 1st October 2015)
E: sales.tianjin@frasershospitality.com

Antiques & Souvenirs Streets

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

QX 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

Museums

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

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

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-making. CNY: 20. Wed, Thu, Sat-Sun 09:30-12:00; 13:30-16:40.
A: Haihe Building, Ancient Culture Street, Nankai District, Tianjin 南开区古文化街海河楼
T: +86 22 2723 3636

HX Tianjin Museum 天津博物馆 For the fluent Chinese speaker, it's a walk through China's most emblematic periods in ceramics. Free. Tue-Sun 09:00-16:30.
A: Crossing of Pingjiang Dao and Yuexiu Lu, Hexi District 河西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 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 玉佛寺 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

Associations

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

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!
VA: 2505-A CITIC Building, 19 Jianguomenwai Street Beijing 北京市朝阳区建国门外大街19号国际大厦2505-A
T: +86 10 6500 3930
E: Beijing@rhsmith.umd.edu
W: www.rhsmith-umd.cn

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



SmartKidz International Tianjin 天津童慧国际学校
A: 5F, Building C, He Zhong Building, You Yi Bei Lu, Hexi District 河西区友谊北路合众大厦C座5层
T: +86 186 2230 2923(English)
+86 186 2235 9571(Chinese)
+86 186 2230 3926(Chinese)
E: thai.enc_cn@yahoo.com
WeChat: SmartKidz TJ
W: Smartkidz-tj.com
Fax: +86 22 8386 0969

HOPELAND INTERNATIONAL KINDERGARTEN

W: hik.cn
E: hik@hik.cn
华兰国际幼稚园 (梅江园)
Hopeland international kindergarten
Meijiang Campus
解放南路西侧环岛东路7号
A: No. 7 Huandao East Road, West side of Jiefang South Road, Tianjin
T: +86 22 5810 7777
华兰国际幼稚园 (水上园)
Hopeland international kindergarten
Shuishang Campus
卫津南路霞光道46号
A: No. 46, Xiaguang Street, Weijin South Road, Tianjin
T: +86 22 2392 3803
华兰国际幼稚园 (海逸园)
Hopeland international kindergarten Haiyi Campus
梅江湾翠波路5号
A: No. 5 Cuibo Road, Meijiang Bay, Tianjin
T: +86 22 6046 2555



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

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

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

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: tj.tj.cn

Real Estate



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

Bakeries

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

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

Chinese

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

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

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

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

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

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

Indian & Thai

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

Japanese

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

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

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

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

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

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

Western

Brasserie Restaurant 万丽西餐厅 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 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

Elements 元素西餐厅 Enjoy international cuisine at this all-day restaurant with our wide-ranging à la carte menu or sumptuous buffet selection. 06:30-23:00.
A: 1F Hilton Tianjin Eco-City, No. 82 Dong Man Zhong Lu, Sino-Singapore Eco-City, Tianjin 天津市滨海新区中新生态城动漫中路82号天津生态城世茂希尔顿酒店一层
T: +86 22 5999 8888 ext.8133



Tea Houses

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

Coffee Shops

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

Bars & Discos



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

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

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

KTV

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

Spa & Massage

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

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

Hospitals



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

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

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

Drycleaning & Laundries

CAS Laundry 美国CAS 国际干洗店
An American dry-cleaning franchise. 09:00-19:00.
A: (Behind Renaissance Tianjin TEDA Hotel) Fada Jie, TEDA 开发区发达成街
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



HILTON TIANJIN ECO-CITY 天津生态城世茂希尔顿酒店
A: No. 82 Dong Man Zhong Lu, Sino-Singapore Eco-City, Tianjin, P.R. China 300467
T: +86 22 5999 8888

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

Apartments



TEDA, Tianjin - Marriott Executive Apartments 天津泰达万豪行政公寓
A: 29 Second Avenue TEDA, Tianjin 天津经济技术开发区第二大街29号
T: +86 22 6621 8888

Art Galleries

TEDA Contemporary Art Museum 泰达当代艺术博物馆
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
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
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
W: binhaipark.cn

Education

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

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: biccc.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

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

Golf Clubs

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

Eco-City International Country Club 生态城国际乡村俱乐部 Strategically located within the Sino-Singapore Tianjin Eco-City, ECICC is home to an 18-hole championship golf course designed by world-renowned Tripp Davis.
A: No. 5681, Zhongxin Road, South Ying-Cheng Island, Tianjin Eco-City, 300480 China 天津生态城中新大道5681号(营城湖南岛)
T: +86 22 6720 1818

Outdoor Clubs

Tianjin Freetrek Outdoor Sports Club 天津自由户外俱乐部
Offers customised trekking tours, trips to fantastic places in China, and weekend trips to areas surrounding Tianjin. Also offers equipment and clothing for trekking. 09:00-20:00.
A: No. 1038, Jintang Gong Lu, Tanggu District 塘沽区津塘公路1038号
T: +86 22 2582 9366



Huai'an

A Flower of Northern Jiangsu

By Mike Cormack



The southernmost half of Jiangsu province is widely known, due to the fine cities of Wuxi, Nanjing, and Suzhou, as well as its proximity to Shanghai. The northern part is relatively underappreciated: yet the province has the highest per capita GDP in China (outside of the directly governed cities), and retains enormous economic and political influence, with many senior officials hailing from Jiangsu.

Huai'an is one of the main cities in Jiangsu's north. Home to some 1.2 million souls, it is one of the smaller cities worth visiting (for China!), but boasts fine tourism and dining opportunities, and is easily reachable from the Tier 1 cities where expats usually congregate. Huai'an is probably best known as the birthplace of Zhou En Lai, first premier of the

People's Republic. The museum devoted to his memory (at Chuzhou Avenue) is well worth a visit, with photos, relics (including a ping pong table he played on), and historical background on Zhou's life, from his time as a student in Paris to the end of his life. It is set in beautiful gardens with water features and memorial buildings made from polished granite. You may find the historical purview somewhat limited if you have some knowledge of the history of modern China, but the museum is more of an appreciation than a rigorous historical overview. Certainly, from the visitors, you can feel the respect and admiration Zhou still commands.

Elsewhere, Shaohu Park (Ximen Avenue, Chuzhou District)

is Huai'an's largest and is a great visit, typically (for China) combining earth, air and water in a harmonious profusion. There's a man-made hill perhaps fifty feet high and formed into a U-shape, in the centre of which is an enormous 5 metre high brass Taoist statue of a typically crusty, elderly sage figure. One can boat, tandem or golf-kart your way around the park's acres for a splendid afternoon. Entry is free.

Huai'an's universities, naturally, are not well known but can be worth exploring. Huai'an Teacher's University has expanded from a teaching college to a large university teaching 15,000 students. Its older campus (on Jiaotong Lu) is situated near the town centre and has a lovely garden area in the centre, with a bridge traversing a small water feature amidst rich shrubs and flowers. The new campus is around two miles away, several times larger, and has an impressive modern library of over one million books looming a kilometer away as you enter the university gate.

Getting to Huai'an is easy. Internal flights (from Beijing, Chongqing, Guangzhou, Shanghai, Shanghai, Wenzhou, Wuhan, Xiamen, and Xi'an) go to Huai'an Lianshui airport, around 20km from the city centre. Overnight trains from Tianjin or Beijing take around 11 hours – though oddly enough, there's no direct train to Shanghai, despite being considerably closer. (You would have to transfer at Nanjing or Suzhou). You can take a direct bus from Shanghai to central Huai'an, for around RMB150 each way. (Those doing so are strongly advised to take

the first class bus!) A little further away, Hongze Lake is the largest in Jiangsu and the fourth largest freshwater lake in China. A twenty minute cab ride should take you there. Boating is naturally the main attraction, with boats carrying up to twenty people available; these aren't the little paddling boats available at boating lakes but powerful-engine covered boats. If you go in a group prices are very reasonable. There are still the four-, six- and eight-seater boats available but nothing foot powered! Hongze Lake is also set amidst beautiful gardens and well worth exploring.

But let's not forget the charm of the town itself. If you're seeking a place to visit that's cosier than many Chinese metropolises, but still has the amenities and ease of reach of a larger location, then give Huai'an a shot.

淮安市位于江苏省中北部，江淮平原东部，为江淮流域古文化发源地之一。这里是周恩来总理的故乡，历史上与扬州、苏州、杭州并称运河沿线的“四大都市”，有“中国运河之都”的美誉。



Budapest

The Pearl of Central Europe

By Mike Cormack

No city has ever left an impression on me in the way that Budapest has. There might be more beautiful places around the world – whether the gardens of Suzhou, the hills of San Francisco, or the picturesque villages of the Scottish Highlands – but Budapest is surely the most romantic large city of them all. While many people think that Paris is the romance capital of the world (perhaps a remnant of its racy reputation at the turn of the last century), Budapest's glories date from its time as the centre of the world during the Romantic period. There is still a fin-de-siècle, end-of-an-era atmosphere as you stride wonderful boulevards like Andrassy Avenue with their rococo architecture

and ornate streetlamps. In Budapest the time sometimes seem to have stopped in 1913, when the Austro-Hungarian Empire dominated Europe, before the Guns of August changed the world forever.

Having wisely retained its architectural splendours, and with excellent dining, entertainment and activities, Budapest is an excellent city to visit. The first sites to visit should be the across the Chain Bridge which crosses the Danube and connects the Buda and Pest halves of the city (the two were united in 1873). Crossing from the Pest side at Széchenyi István tér, you can take the Funicular, a light rail ascending the steep incline up to

the medieval streets of Castle Hill. This also gives excellent views of the Pest side. Castle Hill alone is worth spending most of the day exploring, with its cobbled streets, Gothic arches and baroque houses.

St. Stephen's Basilica, back on the Pest side (at Szent István tér), can hold its own amongst the finest examples of religious architecture in the world. Its neoclassical design is matched by the beauty of the interior, though the mummified hand of the eponymous St Stephen is a reminder of when Christianity was more corporeal and less wishy-washy. Entry is free, while a small fee is charged for the observation deck (up 364 steps for the fit –

though there are elevators), but remember this is an operating church, not a museum, and schedule accordingly.

Budapest's most notable attractions include the numerous Turkish baths. Hungary is noted for its thermal springs and the culture of the bathhouse is deeply rooted, with some dating from the sixteenth century. Some of the finest include the Széchenyi Baths, Europe's largest public baths boasting fifteen thermal pools, Gellért Baths, perhaps the most attractive with its Art Nouveau style, and the venerable Rudas Baths, dating from the 1560s and with a remarkable domed roof studded with coloured glass, which lets in shafts

of beautiful light. The culture of the bathhouses is similar to Chinese baths; they are mostly unisex and nudity is common. (If only they had the Chinese buffet meals afterwards, they would be the sheerest heaven).

Hungarian dining is similar to German, with plenty of meat and bread. Sir Lancelot Knights' Restaurant, on Podmaniczky Utca, offers enormous platters of meat at very reasonable prices, in an atmosphere like a beerhall. It's unpretentious and enormously satisfying. Those seeking fine dining should check out Costes Restaurant, on Ráday Utca. It's a Michelin-star quality offering fusion cuisine and is highly rated by those in the know. Elsewhere,

Budapest thrives with cafes, bars, and clubs, so you'll be sure to find what you're looking for.

Other activities for the visitor might include a Danube Cruise, visiting the neoclassical beauty of the Hungarian Parliament building, spending the day caving, climbing the water tower's spiral staircase on Margaret Island, for a panoramic view, or, if you're an art buff, visiting the Budapest Opera House or the Museum of Fine Arts. But whatever you do, you'll be astonished by the beauty of Budapest and warmed by its hospitality.

Horoscope



Taurus (4.20 – 5.20)

May will also be focused on intellectual aspects. Unsuccessful situations you consider as personal failure. This month, you will finally learn to accept it as enlightenment. Thanks to this, you will finally overcome difficulties and disagreements in relationships and will enjoy harmonic moments with the opposite gender, as well as peace in their family.



Aries (3.21 – 4.19)

In May, heyday of spring, your needs of interpersonal contact will significantly increase. Single individuals will start to search and long for a soul-mate. Stars show that you will be very successful while making new contacts.



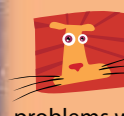
Gemini (5.21 – 6.20)

Every problem can be solved through a peaceful, mature conversation or by compromise. In May, this is crucial for the Gemini. You should realise how you behave in the conflict so you won't regret your acts later.



Cancer (6.21 – 7.22)

From their almost utopian world, the Cancer will inevitably be ripped out, this May. Surrounded by unrealistically euphoric people, you will forget about reality. It might happen that you will almost miss an important situation that will require your immediate attention and urgent solution.



Leo (7.23 – 8.22)

May will be the first of many busy months for you, especially at work. Many urgent problems will come at once and they will need to be solved as soon as possible. Maybe you won't be the cause of your problems, but try to avoid conflicts with your co-workers and employers.



Virgo (8.23 – 9.22)

You will radiate positive energy in May. No wonder Virgos have so many potential partners. Everybody wants to be in your company. You are funny and radiate positive waves all around you.



Libra (9.23 – 10.22)

Small issues that will come in May at work as well as in your personal life can easily be fixed by a considerate gesture. Paying more attention or inviting, for example, somebody to lunch will definitely please.



Scorpio (10.23 – 11.21)

During May, long-term relationships will flourish. If there were some initial problems, in this period they will avoid you. You are on the same page with your partner and understand each other without words. In this period, you shouldn't be afraid of taking the next step, if they plan it.



Sagittarius (11.22 – 12.21)

May won't be your lucky month according to this horoscope. The Sagittarius will meet with a lack of trust in their relationships caused by the fact that you have spent too much time elsewhere lately. Try to understand your partner's feelings and be considerate.



Capricorn (12.22 – 1.19)

You will be on your own. This time don't expect help. Cooperation in a collective is not working anymore and when times get tough, everybody is trying to save themselves no matter what the others do. The Horoscope advises you to talk to your friends in May.



Aquarius (1.20 – 2.18)

This period will start to awake instincts and you will feel the urge to meet your soul mate. Even if you are not really a sociable type; don't be afraid to live a social life in May. Without much effort or exertion you will be really successful in this period due to the stars.



Pisces (2.19 – 3.20)

Your partner can worry about you in May. Maybe these worries are illegitimate, but you shouldn't brush off your darling without an explanation. All you need to do to set things straight is talk to each other. You will forget all of their problems while attending to your romance.



Water writing at Water Park
By Vincent Hymery

May 1st Prize
一等奖



A Lonely Bridge
By Tharaka Fernando

2nd Prize
二等奖



Silence
By Maria Fabro

3rd Prize
三等奖

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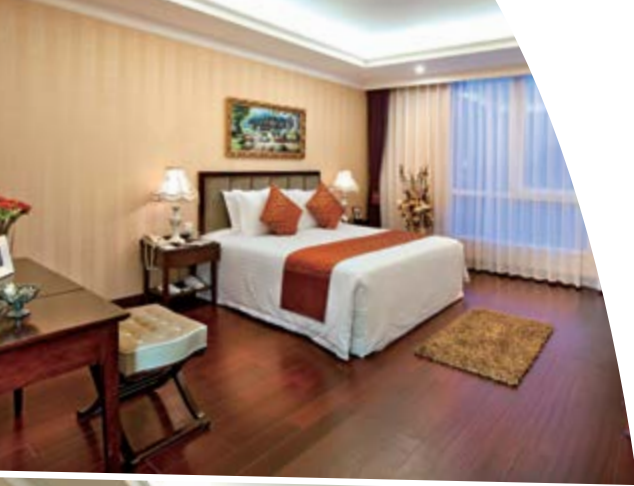
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