

TIANJIN PLUS

津品生活

2016.08

Action Packed Binhai Aircraft Carrier Theme Park 到天津看航母

16





INTERNATIONAL SCHOOL of TIANJIN

Working Learning Acting TOGETHER

Congratulations to the Class of 2016

The **International School of Tianjin** (IST) once again celebrates outstanding student success in the highly demanding **International Baccalaureate** (IB) Diploma, the world's most prestigious and widely accepted university preparatory examinations.

Class of 2016 highlights:

- * Claudia Quek scored a **perfect 45** out of 45 points!
- * Average individual student score of **37 points** against a world average of 30 points!
- * **95% pass rate** with all passing students scoring above the world average of 30 points!
- * Accepted to the world's **leading universities** including: Cambridge, University of British Columbia, Hong Kong University of Science and Technology, New York University, University of Washington, Tokyo University, Seoul National, Yonsei and many more.



TIANJIN PLUS

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Hi friends, another month with you again!

Check out the Aircraft Carrier Theme Park article in our cover story of this month. It is one of the most famous attractions in Tianjin seaside, just beside Teda and Tanggu.

As the country and its citizens plod through the summer heat, we at Tianjin Plus realize more than anyone else how important it is not just to remain cool but also to look equally cool. To this effect, our latest edition offers plenty of tips that would enable you to breeze through the summer heat in terms of apparel, hair care and beauty care.

Courtesy of keeping our eyes and ears open, we managed to catch the latest buzz as regards trending eating joints in the city for both local and international cuisines. If you are an avid shopper, all you need to do is flip through our write-up on Florentia and include it in your agenda and if you are a night creature, suggestions in our 'Nightlife' section will definitely help you to identify a great spot.

Reykjavik with all its icy beauty is our global destination for this month and for all those who have been bitten by wanderlust, this edition carries lot of advice as to how you can organize your trip and derive the most out of it in every way. There is lots of advice for new mothers too as also those who are conscious of their health, are artistically inclined or are interested in discovering their cultural roots in martial arts.

Good luck during this month and don't forget to visit our website www.tianjinplus.com and follow us in our official Wechat account (ID: tianjin_plus) for more lifestyle information.

Best wishes,
Mary Smith.

Managing Editor | Business Tianjin Magazine
managingeditor@tianjinplus.com

Share your Travels with Tianjin Plus

If you're all about a pictorial train, a breathtaking landscape and your I-would-die-if-I-ever-lost-you Moleskine, then welcome a board!

Tianjin Plus is giving the opportunity to travel lovers to send your thoughts and photos. **Your article will have the chance of being published in Tianjin Plus magazine and website.**

What are you waiting for? Start typing, start sharing!

E-mail your photos above 1MB and article with 400-1000 words to travel@tianjinplus.com



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16



22



26

CONTENTS 2016 08

Calendar	06
Partner Promotion	08
Chit Chat	11
Art & Culture	12
Three Jin of Wushu	
Feature Story	14
How to Be and Stay Cool in the Hot Tianjin Summer	
Cover Story	16
Action Packed: Binhai Aircraft Carrier Theme Park	
Beijing Beat	20
The Orchard is amazing	
Restaurant	22
Browns: A Taste of Britain	
Relationship	25
Fashion	26
Summer vibes	
The complete men's wardrobe guide for summer	
Sports	28
Battle of Universities Polo Elite	
Metropolitan Intersarsity Polo Tournament 2016	
Education	31
IST	
Wellington	
Entertainment	32

CONTENTS 2016 08

Health Watch	34
Gastritis	
Shops	36
Florentia Village: A Glimpse of Italy in Tianjin	
Nightlife	38
Sharks: 3 of a Kind and 3 Top Hits	
Beauty	40
Say Yes To Perfect Hair,	
Tips for Gorgeous Hair, Everyday!	
How to	42
How to organise the best trip of your life	
Looking Back	44
The Summer Seaside Resort for Tientsin's foreigners	
Special Days	48
Special Days in August 2016	
Past Events	50
Tianjin Listing Index	52
TEDA Listing Index	63
China Travel	66
Off the beaten track : Yangshuo	
Horoscope	70



28



38



42



66

2016 August Calendar

To include your event, email:
editor@tianjinplus.com



05
FRI

Jin Lu Magic Show: Miracle Night
奇迹之夜—金璐魔法秀

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



05
FRI

Sarah Brightman Solo Concert
莎拉·布莱曼独唱音乐会

📍 Tianjin Grand Theatre, Opera House
天津大剧院歌剧厅
🕒 19:30
¥ 280 - 880
☎ + 86 22 8388 2000

EDITOR'S PICK



14
SUN

Mystery of Maya, Mexican style Percussion Concert
神秘玛雅—托克·马德拉墨西哥风情打击乐团音乐会

📍 Tianjin Grand Theatre, Music Hall
天津大剧院音乐厅
🕒 19:30
¥ 30 - 120
☎ + 86 22 8388 2000

EDITOR'S PICK

Folk Music Concert
古韵悠悠—民乐演奏会
📍 Western Shore Art Salon
西岸艺术馆
🕒 20:00
¥ 100
☎ +86 22 23263505

20
SAT



05
FRI

Drama "My Poor Marat"
小剧场话剧《我可怜的马拉特》

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



05
FRI

Joe Hisaishi Comic Audiovisual Concert
天空之城-久石让·宫崎骏动漫作品视听音乐会

📍 Tianjin Grand Theatre, Music Hall
天津大剧院音乐厅
🕒 19:30
¥ 100 - 220
☎ + 86 22 8388 2000

EDITOR'S PICK



20
SAT

Austria Wilton Boys Choir Concert
最美童声—奥地利威尔顿童声合唱团音乐会

📍 Tianjin Grand Theatre, Music Hall
天津大剧院音乐厅
🕒 19:30
¥ 80 - 380
☎ + 86 22 8388 2000



21
SUN

Children Drama "Copycub"
儿童剧《跟屁熊》

📍 Tianjin Grand Theatre, Multifunctional Hall
天津大剧院多功能厅
🕒 15:00
☎ + 86 22 8388 2000

EDITOR'S PICK



06
SAT

National Youth Choir Concert
夏日青春—英国国家青年合唱团音乐会

📍 Tianjin Grand Theatre, Music Hall
天津大剧院音乐厅
🕒 19:30
¥ 30 - 180
☎ + 86 22 8388 2000

EDITOR'S PICK



12
FRI

Comedy "Typist"
小剧场经典黑色幽默剧《打字员》

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

"Envy" Classical Guitar
Concert
《嫉妒》志伟吉他乐团音乐会

26
FRI

📍 Western Shore Art Salon
西岸艺术馆
🕒 20:00
¥ 30 - 180
☎ +86 22 23263505



31
WED

Italy Ballet "Giselle"
意大利斯卡拉歌剧院芭蕾舞团芭蕾舞剧《吉赛尔》

📍 Tianjin Grand Theatre, Opera House
天津大剧院歌剧厅
🕒 19:30
¥ 180 - 680
☎ + 86 22 8388 2000

Children Drama
"Frieda & Mandarin"
儿童音乐剧《佛利达与曼德琳》

13
SAT

📍 Tianjin Grand Theatre, Opera House
天津大剧院歌剧厅
🕒 20:00
¥ 80 - 280
☎ + 86 22 8388 2000



Animal Protection Theme
Concert: Animal's Life
摇摆的生命
磁JazzBand爵士乐专场

13
SAT

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



Kammerstammtisch Tianjin
Drei Kronen 1308
Brauhaus Tianjin
路德维格1308啤酒坊西餐厅

31
WED

🕒 19:00 - 22:00
¥ Participants will pay individually on
consumption of 'a la carte'
☎ +86 22 8787 9249

EDITOR'S PICK

Special Days

Aug 05 2016 Summer Olympics begin
Aug 07 Friendship Day
Aug 09 Chinese Valentine's Day
Aug 12 International Youth Day

Chinese Valentine's Day @ The St. Regis Tianjin

Spoil your loved one at Riviera on Chinese Valentine's Day! The Executive Chef Kenny will pamper you with two exclusive set menus featuring extravagant delicacies such as Duo of Salmon, Beef Feast, White Chocolate Raspberry Cake with Raspberry Ice Cream and much more to surprise you and your love. The specially prepared gift will make your night sweet and memorable.

Price: CNY 1,999* / 8-course dinner for two persons
CNY 1,314* / 5-course dinner for two persons

Date: August 9th, 2016

Time: 5:30pm to 10:00pm

Venue: Riviera, The St. Regis Tianjin

Sweet Gift: personal tailored sparkling wine with the couples' picture (please make appointment in advance)

*The above prices are subject to 10% service charge and 6% VAT.

For more information or reservations, please call +86 22 58309962



Timeless Jazz Brunch

@ The Astor Hotel, a Luxury Collection Hotel, Tianjin

Sundays are meant to be savoured, from sleeping in to moving at a pace that's unthinkable slow for a weekday. In the spirit of celebrating the restorative nature of Sundays, The Astor Hotel's Café Majestic is hosting a Timeless Jazz Brunch from July, complete with fantastic seafood, free flow of "Nederburg Première Cuvée Brut" sparkling wine and live jazz music presented by Ms. Only. Tuck into a variety of tasty hot dishes and melt-in-your-mouth desserts and our chef's recommendations. Timeless Jazz Brunch at Café Majestic Every Sunday is an outstanding way to spend a great relaxing time, enjoy good food and music with family or friends.



Price: CNY 398/adult
CNY 199/ kid (Age: 5-12 years old)

* The above price and 10% service charge are subject to VAT

Time: 11:30-14:30 every Sunday

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 ext 8910.

Let's Seafood

@ Sheraton Tianjin Binhai Hotel

It is fried, baked, steamed, grilled, sliced, diced and stuffed. Feast offers seafood in a variety of dining experiences that range from cosmopolitan fusions that would impress the most jaded epicurean.

Date: 1st - 31st August

Venue: Feast, first floor,
Sheraton Tianjin Binhai Hotel,
No.50, 2nd Avenue, TEDA, Binhai New Area, Tianjin.

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



Dim Sum @ The Ritz-Carlton, Tianjin

Tian Tai Xuan is renowned for its signature Cantonese cuisine and dim sum is one of its all-time favourites. With over 20 years of dim sum making experience under his belt, Dim Sum Chef Alon Lin will lead his team of Cantonese chefs to create over 30 different types of dim sum, including shrimp dumplings, rice rolls, durian puffs and pork dumplings, made to bite-size perfection.



Price: 50% discount* during lunch time from Monday to Friday.

Date: 1st - 31st, August

Venue: 1st and 2nd Level, Tian Tai Xuan Chinese Restaurant
of The Ritz-Carlton, Tianjin

*The above prices are subject to 10% service charge.

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

Mooncake

@ Renaissance Tianjin Lakeview Hotel

Joining in on the mooncake craze of Renaissance with three premium mooncake sets, they are proud to introduce the mooncake selection in signature and innovative flavors with healthy and delicate recipe

Price: Moonlights: CNY 168 per box (6 pieces for 6 flavors)

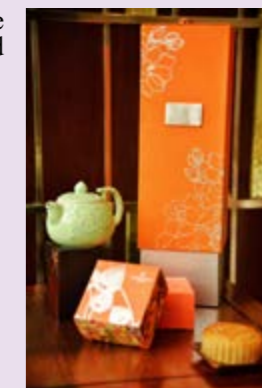
Chasing The Moon : CNY 328 per box (8 pieces for 8 flavors)

Chasing The Moon package is inclusive of one bottle of Chile red wine.

Above rates are net, inclusive of VAT.

Date: 1st August - 15th September

For more information or reservations please call New Dynasty via
+86 22 5822 3110/3111



Afternoon Tea

@ Hyatt Regency Tianjin East

The residential-style lounge of Hyatt Regency Tianjin East offers you and your friends a perfect retreat in which to enjoy your exquisite afternoon tea set. With a selection of classic pastry delicacies and snacks plus a cup of coffee or tea, afternoon tea time at The Lounge can be supremely relaxing and enjoyable. From mini-sandwich, classic scone to pudding and chocolate, the afternoon tea set will definitely delight your taste buds.



Price: CNY 168* for two persons

*Subject to 10% service charge and 6% VAT on the total.

Time: 2:00pm to 5:00pm daily

Date: 1st-31st, August

Venue: Hyatt Regency Tianjin East,
126 Weiguo Road, Hedong District, Tianjin

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

Special Summer Savings of up to 30% off Best Flexible

@ Ascott

Do you fancy strolling along Paris' romantic streets, discovering Xi'an's historic monuments, or exploring the bustling bars of London and Shanghai? There is no better time to have your dream summer vacation! Book now for unbeatable deals during our Summer Special, with 20% off best flexible rate at over 75 Ascott, Citadines and Somerset serviced residences across Europe and China. Sign up and book as an Ascott Online

Advantage member to enjoy an additional 10% off Best Flexible Rates!



Book Period: 16th June - 4th Sep 2016

Stay Period: 11th July - 4th Sep 2016

For more promotion information and reservation, please visit:
www.ascottchina.com

Brand-New In-Flight Menu

@ Aria Restaurant

Aria Restaurant at China World Hotel, Beijing announced its collaboration with Dragonair to offer passengers a brand-new in-flight Western menu. Passengers taking Dragonair flights from Beijing to Hong Kong can enjoy a taste of Aria. Get a chance to win a vacation for two with Peking- Hong Kong business class round trip tickets from Dragonair and a Two-Night stay at Island Shangri-La, Hong Kong.

Want to win this grand prize? Here are the steps:

1. Become a fan of the official wechat accounts of “国泰航空” and “北京中国大饭店”
2. Post photos of “The aviation dish and me” in your own friend wechat circle (The aviation dishes are available at Dragonair flight and ARIA restaurant)
3. Send the screenshot to the wechat accounts of “国泰航空” and “北京中国大饭店”



4. The photo submission is valid until 15th August 2016
5. The only lucky winner will be announced on 22nd August 2016

And more, five lucky winners will be selected biweekly until 15th August 2016! Surprising gifts include amenity kits, monkey toys, classic bookmarks, card holders of mobile phones, cream horns or fruit cakes!

Mid-Autumn Festival Celebration

@ Shangri-La Hotel, Tianjin

In celebration of the Mid-Autumn Festival on 15th September 2016, Shangri-La Hotel, Tianjin presents deluxe moon-cake collections, the perfect gift for your business partners, family and friends! Guests will be charmed with new fragrant creations that will surprise your taste buds. They can also indulge in the traditional combination of glistening salty egg yolks embedded in sweet white lotus paste. Each portion is a guaranteed bite of good-quality egg yolk and a good mix of textures and flavours in your mouth.



- Price:** Fragrance box: CNY228 net (8 pieces of moon-cakes)
Elegance box: CNY 288 net (12 pieces of moon-cakes)
Disney box: CNY 198 net
(4 pieces of moon-cakes and 2 Disney cups)

An early bird discount of 75 percent is available before 8th August 2016.

Venue: Shangri-La Hotel, Tianjin

For enquiries, please call +86 22 8418 8111.

How would you describe yourself in a few words?
Personally I would describe myself using three words: curious, independent and extrovert.

Is there anything you cannot imagine your life without?

I couldn't imagine my life without two things, first among them being my siblings. My siblings have supported me throughout my life and I try my best to do the same for them. The second thing would be travelling. I've been living the expat life with my siblings and parents since I can remember myself.

What is your favorite place in Tianjin and why?

My personal favorite is a little bar called Indie. Mainly I like it because of its little flair; the owner is friendly and you can always meet someone you know no matter what time of the week it is; and of course the weekly bar quizzes and theme days.

What's your favorite dish? Do you know how to cook it? Can you get it anywhere in Tianjin?

It's a German/Austrian dish called Käsespätzle. It's a truly unhealthy yet delicious mixture of stir-fried egg noodles and a lot of cheese. Sadly I have not yet been able to find this dish here in Tianjin, nor am I able to find all the ingredients necessary to cook it.

Name one thing you'll miss most about China.

The thing that affected me the most and that I will miss most back in Germany is the simple gesture that you can go up to nearly anyone in Tianjin (foreigner or Chinese) and you will be greeted with friendliness and curiosity. This helps a lot when you are new in town and need to make some friends.

What would you advise all those who have just come to China?

My advice for someone who is coming or planning to come to China is to be open for everything and don't be afraid to try. Trying to stick to old habits from home is nearly impossible in China, especially in city like Tianjin that is not yet as saturated with foreigners like Beijing or Shanghai.

What's your dream?

My dream? My dream is to be a reconstructive surgeon in a couple of years and be able to help people with my skills, I've still got a long way to go but I am confident about what lies ahead and my experience in China has only helped me for the time to come.



Name: Torben

Three Jin of Wushu

By Nadia N.

武术是一门博大精深的文化，其产生于数万年前的原始社会，经历了几次兴衰，不断完善，不断发展壮大。它是东方文化宝库的瑰宝，是炎黄子孙对人类文化的杰出贡献。天津可以说是名副其实的武术之乡，天津最著名的还是霍元甲，他是中国唯一的世界级武术家，是唯一一个凭借真功夫享誉世界的武术家。很多外国友人也被中国武术的博大精深所吸引。本期小编就来帮助大家了解一下武术文化。

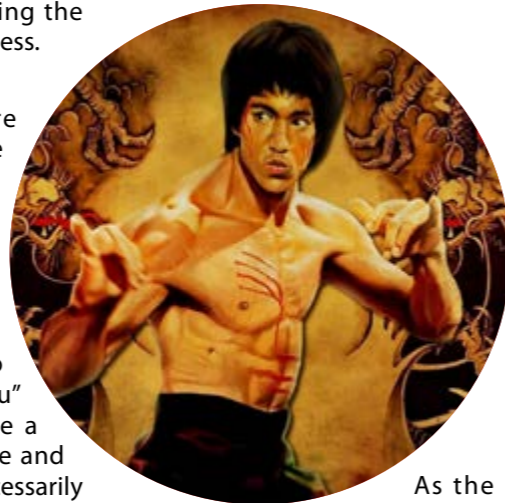
Apart from financial and career benefits, there are some cultural reasons as to why foreigners are attracted to China. Some expats were interested in Chinese language, believing that it is something full of meaning and history, a special world and a fine art at the same time. Others are drawn by architecture - all the solemn palaces and guardian lions, spectacular roofs and bright colours. But there are some foreigners, who believe that every Chinese person has a long sword attached to his belt and in case of any danger, he can swiftly take it out, point to the sky, fly and fight

off the enemy - performing the special style of Wushu, no less.

Chinese martial arts are diverse and invoke hundreds of different styles and practices that vary with location, time period and so on. But surprisingly, the words "Kungfu or Kongfu" have almost nothing to do with it! In China, "Kongfu" is only used to describe a study that needs patience and time to complete, not necessarily referring to martial arts or fighting. The more appropriate term for Chinese martial arts would be "Wushu" - "中国武术", "Chinese art of fighting".

The history of Wushu predictably starts with the establishing of Shaolin - a legendary monastery famous for its fighting training. Shaolin Temple was built in 495 AD on the cliffs of Song Mountain, Henan province. Shaolin became first school of Wushu and put a beginning to a variety of special styles.

Philosophy-wise martial arts in China, as is well-known, are based on the deep understanding of energy balance and physiology.



As the matter of fact, many masters of Wushu say that it doesn't teach violence but on the other hand encourages individuals to attain peace of mind and understand: fighting is not the only solution.

Tianjin is home to many Wushu styles that are renowned all across China such as Baji Quan, Pigua Zhang, Xing Yi Quan, Bagua Zhang, etc. One of the most popular and easily recognized version is XingYiQuan: aggressive, seemingly linear movements and explosive power that is most often applied from a short range. The right balance of energy and power allows the practitioner to strike the opponent with strong shock, simultaneously attacking and defending. Surely, there is

no Wushu (or any other Chinese study for that matter), that doesn't include some kind of "secret" and "meaningful" philosophy and technique.

This style of Wushu includes three stages of cognition. First is Ming Jin ('clear-to-see Jin') wherein a student needs to learn how to pass his force through the movements - the strength must be precise and clear. This level includes the famous slow and wide-stepped walk of Wushu masters while retreating, attacking or practicing called plow/ mud stepping. The next stage is An Jin ('Hidden Jin'), which can only be reached by successfully accomplishing the previous step. After learning how to actually show and apply your power, the student needs to keep and store it within - 'Store up (蓄) but don't emit (发)'.

When the master of Wushu doesn't show his real power to the enemy, the opponent should be frightened, as according to Wushu



practice, he is "treading on thin ice" without knowing when it will break. Finally the last and final stage of XingYiQuan is Hua Jin ('Transforming Jin'). This stage is a master stage where the practitioner moves smoothly, unpredictably and virtuously, following the principal of "my enemy does not know me, I alone know the enemy".

Doubtlessly, Tianjin Wushu is still very popular and there are countless schools all over the city to teach at least the first stage of famous style. As a plus, with a growing number of expats in the country, schools are often open to foreigners and with a decent level of Chinese you can definitely go for it. But you should be ready for

the pace of your learning to be turtle-fast: even if you want to become Jet Li in a week, it would be impossible as Wushu doesn't accept haste. It is about trying to know the world around you through discovering yourself and the power you might possess.

As a student of the most famous modern Wushu master in Tianjin, Lang Rongbiao said: "In most action films, good guys fight bad guys. The action looks great. But my teacher told me what I was seeing was just violence against violence which is about revenge, not Wushu." "I am starting to know the true meaning of Wushu after 10 years of learning it and like my teacher says — stop fighting."



How to Be and Stay Cool in the Hot Tianjin Summer

By Tracy Hall

炎炎夏日，大多数人都是躲在家里开空调吃冰棍，但是如果想去户外走一走，又有哪些好去处呢？请看本期小编带来的不一样的避暑建议。

The summer months present us with so many wonderful opportunities to push our quality of life through the roof. It is a time to be out and about, to be social, to be fashionable, to be upbeat and most importantly, to be the coolest cat in Tianjin!

Making the most of your summer largely boils down to how well you manage your time and control certain urges. Ensuring that you get out of the apartment and make the most of the sunshine is the first priority. A healthy dose of sunlight every day is one of the best ways to keep depression

at bay. It helps to keep our body clocks in check, which in turn makes it easier for us to be happy and healthy.

But of course spending time outdoors when it is 30 plus degrees Celsius and the UV rays are constantly pouring down on us presents a challenge. One of the best ways to get around the heat is to maximise the amount of time you spend outside during the cooler parts of the day. Don't be lazy, set your alarm for 6AM and force yourself to get out for some a run or perhaps just a brisk stroll in the park. After that, treat

yourself to nice healthy breakfast and a dose of caffeine at one of the many good coffee shops around the city.

Obviously late morning and early afternoon period is to be avoided. This is when it is too hot for comfort and all of the cool places are full of people. If you are working then use these hours as your 'productive and creative time'. Push yourself to work hard by intermittently reminding yourself of all the fun that you can have when you clock off. Alternatively, if you are lucky enough to have a day off then head to one of the fancy new shopping malls and find a place where you can relax, enjoy a snack, sip a cold beverage, do some people watching and soak up the free air con. When you do go out at midday make sure you keep some sunblock, a bottle of water and mosquito repellent handy at all times!

In summer it is more important than ever to make sure that you use the time after sunset to your advantage. Exactly how you choose to best utilise this prime time period will depend on whether you are the quiet



Last but not least, however you choose to spend your summer it goes without saying that to raise your coolness through the roof you have to start dressing for the occasion; or in this case the season. Those long sleeved shirts and trousers that you have been throwing on for the last few months regardless of whether you are working or playing

contemplating type or one of the city's party animals. Many locals choose to spend their summer evenings walking along the Hai River. And for good reason too - the temperature becomes much more comfortable for walking in after sunset, the night time view is breath-taking and the atmosphere is very nice. Strolling beside Tianjin's iconic river on an evening alone or with friends is definitely a great way to give your mind and body a boost.

For those of us night owls and socialites who like to have some serious fun in the evening, the summer months in Tianjin are by far the best. The warmer weather means that you, your friends and your colleagues can sit outside one of the many bars, restaurants or even street food stands that offer amazing snacks and cold refreshing beverages. When the drinks start flowing and the summer night time vibe sets in it makes for a superb social environment that you usually wouldn't find during those gloomy autumn and winter months. It is an especially good time for singles as they can benefit from increased approachability that results from their potential targets' heightened moods. Once you have broken the ice you can invite them for a walk

in the park or a picnic, as opposed to just going for a first date at an expensive restaurant or in a smoky bar.

With all that socialising though you definitely need to be on your guard against the unwanted downsides of too much summertime indulgence. It is definitely easier to avoid the urge to engage in social occasions when the sun is shining and the sky is blue. While a few beers or cocktails every few days won't do any damage but do be careful of giving in to too much temptation and letting go completely.

At this time of year, whether we like it or not, maintaining a good body is most important - especially if you want to impress some attractive co-inhabitants of a beach or the local swimming pool. The good news is that summer is probably the best time to lose weight or at least maintain an already fairly healthy physique. Not only are fruits and certain other health foods a bit cheaper during this season, it is much easier to burn calories simply by going for a long walk every morning.



have got to make way for some sexy shorts or skirts and some smart but casual tops. How on earth can you expect to be considered cool if you are dressed for the wrong season?

When it comes to meeting new people over the course of the summer the last thing you want people to think is that you are overly serious. Instead you need to aim for a look that is casual but smart enough to make you look respectable and reasonably prosperous, while at the same time laid back and approachable. Failing to get your fashion sense in order is essentially preparing for failure when it comes to being the coolest guy or gal in town during summer.



Action Packed

Binhai Aircraft Carrier Theme Park

By Richard J. Cook

夏日炎炎，正是人们走出屋门出去游玩的好时候。天津滨海航母主题公园，地处滨海新区旅游区核心区域，为国家 AAAA 级旅游景区，是以“基辅”号航母这一独特旅游资源为载体，集航母观光、武备展示、主题演出、会务会展、拓展训练、国防教育、娱乐休闲、影视拍摄八大板块为一体的大型军事主题公园。事实上，这样的公园在世界上其他地方也绝无仅有。为了使游览内容丰富多彩，天津滨海航母主题公园不断挖掘航母及其衍生旅游资源，打造了一系列精彩绝伦的主题表演。大型好莱坞实景海战表演《航母风暴》将向您展示海军特种部队的反恐行动以及与海盗搏斗的激烈场面。国内首部，目前全球规模最大的好莱坞实景飞车表演《飞车特技》将带您领略车辆飘移等高难度特技的惊险场面。更精彩的是，2016 年，天津滨海航母主题公园策划打造了极限挑战类摩托车表演《极炫飞跃》，来自澳大利亚的四位帅气车手将为大家呈现空中翻转的多种不可思议的惊险动作和震撼表演。如果您想体验异域风情，俄罗斯风情街将是最好的选择，在这里，您可以欣赏到充满激情的俄罗斯歌舞表演，品尝到原汁原味的俄罗斯菜肴。更让您惊喜的是，这里的入园门票竟是一本“旅游护照”，将带您开启一场奇妙的“异国之旅”。本期，就让小编带大家一起走进天津滨海航母主题公园，体验一下这令人震撼的景色！

With summer season upon us, it is time to get out of the house and get exploring and what better way than to have an action packed day at the Tianjin Binhai Aircraft Carrier Theme Park. It is located in the Tianjin Binhai New Area and covers an area of 5.38 square kilometers, not many places can boast of having an aircraft carrier theme park. In fact, nowhere else in the world is there anything quite like it.

To find out more about this treat of Tianjin we spoke to the Binhai Aircraft Carrier Theme Park General Manager, Mr. Liu, who has worked here for over 10 years. Well versed in all aspects of the tourism industry, and rising through the ranks, Mr. Liu became the General Manager last year, so he is not short of any knowledge about the theme park.

As you might be aware, aircraft carriers are the ultimate power projection arsenals, a remarkable feat to military prowess, deployable to almost anywhere in the world and capable of huge feats that other ocean going vessels simply cannot undertake.

Getting a chance to look around one of these colossal machines is a true rarity and experiencing the history and capability of one is a must-do thing. The vessel, Kiev, is a former Soviet warship preserved from the days of the Cold War. On board you can step into the uniform of the captain and sit in the captain's chair, be



the helmsman, operate the flight deck or demote yourself to a seaman and see what life is like below deck.



Mr. Liu Weidong, General Manager, Binhai Aircraft Carrier Theme Park



Along with one of old Soviet Union's main fighting machines is a unique chance to experience Russian culture. "Showcasing China's great relationship with Russia, we have a great culture town here which is filled with traditional authentic Russian cuisine and Russian made products", said Mr. Liu, the General Manager of Binhai Aircraft Carrier Theme Park, "Everything is 100% Russian and to personify this place more, all the 80 staff here are from Russia, who dress in their native traditional clothing and perform many Russian songs and dances". Along with this, you even have the chance to try Russian cuisine outside a miniature and very colorful Kremlin backdrop. If that is not enough, even your entrance ticket is a tourism passport, which gives true Russian feel.

To keep you busy, the Binhai Aircraft Carrier Theme Park also has a range of gripping shows. A large-scale Hollywood sea battle live show The storm of Aircraft carrier displays the intensity of naval special forces' counter terrorism and piracy combat as Hollywood trained actors and stunt men go on a mission right before your eyes. You will feel like you are on a Hollywood set seeing the stunt performance like snorkeling, diving, abseiling rappelling, blasting by the help of the Aircraft carrier its own armed system. In addition to this, there is a Hollywood recreation of a Car Stunts Show, which uses Tianjin's very own WuDaDao as a backdrop to display the dangerous stunts like car drifting, two wheels sliding, car body fracture, rolling of motorcycle, fast pass building and explosions, etc. Furthermore, the Binhai Aircraft Carrier Theme Park will bring the audience a fantastic Extreme Challenge Performance Freestyle Motorcycle Show that shows four young men from Australia perform all sorts of incredible stunts at 11am every day. Speaking to the four lads, "we know how to put on a good show, we are professionals with years of experience, so we're all



Extreme Challenge Performance: Freestyle Motorcycle Show



Large-scale live show: Car Stunts Show



The traditional Russian greeting: Bread and Salt

perfectly safe". Also to keep the kids wowed, you can drop into the prehistoric age and go visit the dinosaurs.

To keep the action packed theme going, there is also a chance for you to take to arms in your very own game of counter strike. This war game involves two opposing teams engage in combat on select courses with laser guns. Besides, this theme park also introduced the most thrilling and exciting Jet Boating from New Zealand which have a high speed of 80 kilometers/hour, and can make 360-degree circle round when it is running at full speed. All a must- try for any of you who are adrenaline junkies.

Asked about the empiricist feel to the theme park Mr. Liu told us, "This is the only aircraft carrier open to people in our country now, so it is a fantastic chance to not only learn about it but also learn about other military

elements." Furthermore, on the educational note, "As a National defense education base, we have many student activities which promote military awareness and give students a chance to experience the tough life of the Navy. Learning through the Counter Strike, students can understand how to cooperate with each other as a group".

That is not all - the Binhai Aircraft Carrier Theme Park also caters for events, whilst also containing its very own luxury hotel on board the Kiev itself. Weddings are frequently held as also birthday parties and other personalized events, all available by booking. To highlight this, a range of international fashion shows have been conducted on the aircraft carrier in recent years. Most notable was the 2011 Pierre Cardin Fashion Show, which grabbed international headlines in the fashion industry. However, the Binhai Aircraft Carrier Theme

Park's apex for fame also stems from it being a being a prime destination for movie, having featured in several Hollywood and Chinese blockbusters, not to mention that this factor frequently pulls in major movie and sports stars.

This truly unique attraction is set apart from the rest and has something for everyone. Already people from all over the country travel far and wide to come here, topping a whopping average 1.5 million visitors per year. However, luckily for you it is right on your doorstep.

Practical information:

Tianjin Binhai Aircraft Carrier Theme Park
天津滨海航母主题公园

Address: Tianjin Binhai New Area Hanbeilu No.269
天津市滨海新区汉北路269号

Tel: +86 22 67288899
Website: www.binhaipark.cn





THE ORCHARD IS AMAZING

By Oshani Silva

When you think of Beijing, the commercial capital of China, things that come to mind are the sky scrapers, highways and overall urbanisation. What if you wanted a little escape from the city? A place to be one with nature? A place to slow down and momentarily leave the hustle and bustle of the bright Beijing city lights?

Nestled away from downtown Beijing at He Ge Zhuang Village is the appropriately titled restaurant 'The Orchard'. The entrance to

The Orchard is through a driving path lined with apple trees. You walk along a trail surrounded by more greenery which leads to the main restaurant. The ambiance and charm of the place makes you want to stay, enjoying the beautiful scenery outside. Serving a decadent array of organic European cuisine, it is open daily for lunch and dinner. If you are looking for a place to visit with your family, I highly recommend their weekend brunch, which is an absolute must have.

The atmosphere at The Orchard is amazing. The lush green environment outside coupled with the tasteful antique furnishings of the restaurant makes dining experience a definite treat for your senses. The menu consists of largely organic food made mostly of fresh produce grown on site. This family friendly restaurant is one that the kids will enjoy as well. The little bridges joining waterways and the lilies blooming at the edge of the pond will be sure to add a little bit of wonder to your little ones' experience. They



"果园" (The Orchard) 地处朝阳区顺白路的何各庄, 是一处能让人身心放松、静心休闲的世外桃源。果园内餐厅提供正宗的美式西餐、精美的茶点咖啡, 是亲朋聚会、商务洽谈、节庆欢聚、情人浪漫的绝佳首选; 果园还可提供梦幻、浪漫、庄重、典雅的婚礼现场, 为佳偶新人留下人生最幸福的时刻记忆和最温馨甜美的回忆; 果园的公司会议服务, 专业、正规、高档、体面, 最适合小型发布会、产品展示会、公司年会和商务接待等活动, 给客户带来不同于酒店场所的特色体验。果园还拥有自己的绿色果品蔬菜种植大棚、独立设计师匠心独特精心设计的手工艺品, 还有木制家具、沙发皮具、个性家什制作工坊。经过十几年的不断完善, 果园已逐步发展成为集高档餐饮、高端会务、经典婚礼、私家园林、手工制作为一体的综合美食休闲娱乐文化体验中心。



Operating since 2002, this beautiful gem in Beijing also has an excellent wine list to choose from along with fresh organic fruit juices and their selection of teas. With seating for about 200 people it is a breath taking place to host your special occasions. It is open daily between 12:00pm-3:00pm, 6:00pm-9:00pm. They have outdoor dining available along with a private room. Make

sure you make a reservation ahead of time as it is a popular place for families, especially on weekends. They have free parking so you don't have to rush your meal. You can take your time, relax and take a breather. You will fall in love with this place and plan

have a healthy organic kids menu which is half the portion and price as compared to that of adults. Some options include sweet potato pancakes with homemade apple sauce and the salmon burger on a bun served with lettuce, tomato and homemade mayonnaise. They also have a separate kid's play area in addition to the wonderful surroundings outside.



your next trip here as you head home, guaranteed. The Orchard is truly an amazing place to visit in Beijing.

Browns

A Taste of Britain

Written by Klopper / Edited by Richard J. Cook



Head chef, Steven Zhou, trained in Sydney, Australia.

Browns 英式酒吧餐厅, 是津城为数不多的纯正英式餐厅。它自然、优雅、含蓄, 有着一种与生俱来的绅士风度和高贵的气质, 餐厅的设计是英国很有名的设计师完成的, 和五大道西式洋房的厚重历史感美妙的融合在一起。如果你想要品尝一下高端的英式西餐, 请千万不要错过这里。

If you want a meal with a difference in Tianjin, go for a taste of Britain in the well-appointed, tastefully-decorated Browns Restaurant. Run by a Tianjin family who decided to make a cooking hobby into a business and found an Australian-trained local chef to help make it happen, Browns offers a blissfully British eating experience. This really is a dining experience that would make Her Britannic Majesty proud.

Positioned on the throne of the People's Park "Min Yuan Guang Chang", Browns is at the apex of the surrounding restaurants. Not only this, Browns gives you the best of British, with a London pubesque feel on the first floor, complete with outdoor area and a classy living room feel on the second floor, providing the perfect backdrop for a cozy private tête-à-tête, business meal, family celebration or afternoon tea. From conventional decanters to elegant biscuit trays, every aesthetic is accounted for.

So let's get down to it, what makes this place a bastion of Britishness? Browns is home to the best British breakfast for hundreds of miles in any direction and there's no holding back either. A mountain of mouthwatering sausage, bacon, hash



browns, mushrooms, tomatoes, toast, baked beans, your choice of eggs and it's done properly, a real top up of body fuel that hits the spot. Served between 10am and 4pm on weekends. If that's not your cup of tea, the look no further than their special eggs benedict with a traditional English muffin topped with bacon, ham and homemade hollandaise sauce.

To experience the staple of British culture, afternoon tea is a must and is one of the main attractions of Browns, or high tea as it is commonly termed in the UK. This distinctive feature is truly special, as you will be presented with the finest cutlery upon which one may be bequeathed with a combination of traditional British biscuits, lemon meringue, jam clotted cream scones and varieties of tea, all imported. However, this is no ordinary afternoon tea, this is Fortnum & Mason afternoon tea. For those unaware, Fortnum & Mason is the most luxurious department store in the world, established in 1707. Furthermore, all Fortnum & Mason afternoon tea is granted Royal Assent by the British Monarch no matter where it may find itself being served in the world, placing it at the apex of fine British appetizers. Here's a little tip so you know it's real too. All the nibbles on a British afternoon tea dish should be edible within two bites, a strange but highly strict criterion within British culture.

On Sunday comes one of the more special sumptuous choices, a traditional Sunday Roast, done to perfection. For any Brit it is enough to make you feel right back in the realm and personifies you with that Sunday feel that we know we all miss. To top it off, you can't really get anymore British than a hand battered cod and chips,





truly a cod that tastes like its jumped right out of the North Sea and onto your plate, fresh and as scrumptious as a cod can come. Aside from the afore mentioned, there is also a great selection of other western foods available to feed anyone's appetite, from vegan to meat lovers or all round food lovers. Some suggestions range from the Australian grain-fed beef done the way you like it, spring in asparagus soup or the creamy mushroom soup, lobster resting in a risotto bed. To round it off, try a miniature apple crumble or strawberry tartlet and flat white coffee.

One visitor to Tianjin who tried Browns commented: "I did not expect in Tianjin to experience such gourmet western food but Browns was a real find. From walking into the beautifully decorated venue, to the attention of the staff and the variety of wonderfully attractive and delicious dishes it is a restaurant that, as a foodie who has travelled the globe, I would recommend to anyone visiting the city." Jane, from South Africa.



The truth is I'm hungry from writing this, see you all in Browns!

God for Harry, Britannia and for Browns!

Browns Bar & Restaurant 勃朗斯英式酒吧餐厅

Address: No. 108-111, 1st Floor

Min Yuan Stadium, Heping District, Tianjin

和平区重庆道83号民园广场西楼一层108-111号

Tel: +86 22 88370588 / 88370688

Email: info@browns-tj.com



每个女孩都有闺蜜，但是当闺蜜有了男朋友时，很有可能就会忽略好朋友的感受，尤其是好朋友觉得这个男人不太适合自己的闺蜜。到底该不该提醒闺蜜？会不会因为这样断送了两人的友谊？请看本期情感大师的建议。

Dear Experts,

My best friend has tunnel vision with her new boyfriend. They've been going out for about 4 months and plan to move in together next month. My friends and I think it's going way too fast. I've been with my boyfriend for a year and we're nowhere near that stage! He's a nice enough guy, but sometimes we think he can be a little controlling. There's nothing to say they shouldn't be together but we don't think that moving in at such an early stage is the right thing to do. What should we do? Do we ignore it and let her make such a big decision or do we confront her, and how?

--Alison



Angela says:

Sounds like a tough situation but every good friend should be honest, even if it means telling someone something they don't want to hear. As they say, truth hurts. Tell her to slow down and think rationally. What's the rush anyway? If they're meant to be, things will run their natural course and they'll get there eventually. But for now, why not enjoy the relationship, get to know each other and have fun? She needs to hear what you really think or it could spell trouble in future.



Daemon says:

It sounds like your friend has already put rational thinking aside in favour of lust. If he is a control freak then his true colours will come through eventually, so don't worry about that. When that happens it is up to your friend to wake up, smell the coffee and trade him in for a better model.



I can see why you are concerned about her moving too quickly with her new fancy man but it's her life and she is free to make her own mistakes. Why would you even consider putting your friendship on the line by interfering in her business? There is nothing for you to gain by doing that. Besides, if her mind is already made up about moving in with some guy after just four months then your efforts to make her see the light would be futile. As the old saying goes, you can't reason someone out of an irrational idea. Leave her to it and be ready to pick up the pieces if and when the proverbial crap hits the fan.

Summer vibes

The complete men's wardrobe guide for summer

By Oshani Silva

衬衣、西裤-商务男的典型装扮。T恤、牛仔-办公男的必备利器。到了夏季，男人的衣柜总是缺少潮流生气。男士穿着，一直被社会认为千篇一律，变化渺小。一身时尚装扮，会引来认同目光，令男人平添底气，在职场上从容驰骋。内外的潮流风范，会引来更多关注，让男人卓尔不群，在生活中自信满满。

Summer is not the easiest season to dress up for. Dressing down to optimize comfort yet maintaining a stylish demure is pretty challenging. Making sure you don't bury yourself in too many layers of clothing is key. The sauna like temperatures outside should be kept in mind when choosing an outfit. To start off you can never go wrong with a simple white V-Neck T-Shirt. The V-Neck is a classic and versatile option - you can get a bit creative and rock a solid color or mix it up with a printed version. Pair it with black jeans and you can either opt for a tucked in or untucked look. Pair it up with a light blazer for a smart casual look.

The Tank

A must-have summer staple for the scorching temperatures outside, it is super casual and comfortable. Pick a neutral colored tank and accessorize. Make sure you wear plenty of sunscreen and show off your toned body with pride.

The Tee

Gone are the days when the Tee was well, just a Tee. From crew necks to long-line, t-shirt is the ultimate symbol of diversity in a man's wardrobe. Plain or printed, the choices are countless. Pair it with a sleek pair of shades and a trendy hat to up your style game this summer.

The Button Down

Be it short sleeved or long sleeved, a button down is a must-have in every man's wardrobe. Opt for a fun bold print for a casual setting. For a formal occasion go for a more refined, simple pattern.



The Polo

This is a classy, a bit less casual option for your summer wanderings. The Polo comes in many patterns and prints. Pair it with shorts or trunks for a more casual vibe or dress it up with chinos or slacks. You don't have to button it all the way though. Keep the top one unbuttoned but remember to avoid popping the collar.

Ripped T-Shirt

Distressed clothes are back in fashion. This is not limited to denim - it's the season of distressed everything. It gives you a very rugged cool appearance. Of course be careful not to overdo it. You don't want to come off as a hooligan. A few well-placed rips gives you a bit of that bad boy attitude as it will help you spice up your wardrobe.

Black Jeans

A pair of black denim jeans should be a staple in your closet. The fact that they pair well with almost any t-shirt you choose makes these jeans very versatile. You can dress them up or down depending on the occasion. Add a blazer and you're date ready. Pair it with an oversized hoodie and effortless street style is accomplished.



Battle of Universities Polo Elite

Metropolitan Intervarsity Polo Tournament 2016

By Michelle Port



环亚大学马球邀请赛2016 - 伦敦杯激烈的比拼达到高潮，决赛中牛津大学马球会击败康奈尔大学马球会夺得桂冠，本届比赛就此落幕。今年是天津环亚国际马球会主办邀请赛的第四年，本届比赛依然邀请到来自美国和英国顶尖大学的马球队前来参赛。究竟战况如何，请看本期小编解说。

Year after year, Tianjiners are lucky enough to play audience to one of the noblest sports in the world right on its doorstep. Polo, which has a history dating as far back as 1 AD, continues to make headway in China with Tianjin being the focal point for this sport in the entire country. Last month The Tianjin Goldin Metropolitan Polo Club played host to the Metropolitan Intervarsity Polo 2016 Tournament, also known as The London Challenge, for the fourth year in a row.

With three standard sized polo fields and stables to accommodate over 260 horses and top quality, all-weather

training facilities, the Tianjin Goldin Metropolitan Polo Club serves as the most luxurious and state of the art site in all of China to represent and promote the elite sport. Inviting only the best polo teams in the UK and US, final matches of this year's tournament saw the teams of Harvard University, Skidmore College, Cornell University, University of London, Oxford University and Cambridge University go head to head for the title of 2016 champions.

It was an exciting play off, with Oxford University shaping up to be favourites to win after consistently strong play. Having knocked out their eternal UK rivals,

Cambridge University, early in the week, the finals boiled down to a heated match between Oxford and Cornell. Play began slowly with neither team managing to score in the first chukka but both teams upped their game in the second chukka. Impressive drives from the likes of Louis Maddison and Charlie Hitchman (later elected MVP of the tournament) of Oxford University gave the team a 3.5-0 lead over their rivals. But Cornell showed tremendous competitive spirit with Dan Shaw and Liam Palacios trying to level the playing field scoring impressive goals, bringing scores to 3.5-2.

Undoubtedly, Hitchman's talent shone ever so brightly in the third chukka. Despite a dramatic hiccup leaving Hitchman cartwheeling from his steed onto the grass after a strong drive from the right flank, the Oxford MVP bravely continued the match and went on to score an incredible goal that shot square between the posts in what was seen as the goal of the week. By the final chukka, Hitchman fittingly sealed the deal with the winning point after some admirable defence work from Cornell's Dan Shaw, giving Oxford a winning score of 7.5-4.

Polo still has a long way to go before it becomes mainstream or more widely recognised sport in the Middle Kingdom but if the pre-tournament friendly exhibition match featuring young Chinese members of the Tianjin Goldin Metropolitan Polo Club is anything to go by, there still lies great potential in the popularity of the sport. Playing against young members of the visiting foreign universities, Kevin Tai, Lawrence Lin, Arthur Lin and Kevin Quan showed admirable efforts, scoring two goals against the opposing team. Although they lost the game, 6-2.5, the young Chinese players displayed impressive steel which reflects a promising future for the sport in China.

The popularity of the sport will continue to grow as The Tianjin Goldin Metropolitan Polo Club continues to expand to include a Central Business District (with the 117 Goldin Finance Tower as the focal point) and luxury residential belt under a mega-development by Hong-Kong listed developers Goldin Properties Holdings Limited. As an area which will espouse pure luxury, class and extravagance, it is the perfect breeding ground to foster greater interest in one of the most royal sports in the world. Until then, Tianjiners can continue to enjoy the elegance of the sport and look forward to future tournaments in winter.

Final positions

1. Oxford
2. Cornell
3. Skidmore
4. Harvard
5. Cambridge
6. London



Champion - Oxford University



2nd Place - Cornell University



3rd Place - Skidmore College





Graduation Ceremony – Class of 2016

@ International School of Tianjin

On June 3rd, 2016, 25 well-groomed and justifiably proud students of the International School of Tianjin's graduating class of 2016 took pride of place on the stage to receive their diplomas and be applauded by their proud teachers, families and friends. As each graduating student was introduced to the audience, they were appreciated with thunderous applause. Amongst the people who addressed the audience were the Valedictorian of the Class of 2016 Claudia Quek and the Salutatorian of the Class of 2016 YuChieh Chiu, who both gave very moving speeches.

One of the most significant events which is held at the end of the school year is the graduation of the Grade 12 class, a ceremony that marks the completion of our senior students' secondary education and their ritual passage into the world of higher education, work and adulthood. This year's 25 graduating students certainly appear to be headed for very bright future with all students having received an acceptance from at least one university of their choice and with a significant number of applications still pending. This year's graduates have so far been accepted at leading universities around the world, including the University of British Columbia, Cambridge, Hong Kong University of Science and Technology, New York University, University of Washington, Purdue, Tokyo and Seoul National. Congratulations to our IST and IB Diploma graduates on a terrific year and on the wonderful opportunities that an IST education has afforded them.



Charity Summer Fair @ Wellington College International Tianjin

Come rain, come shine, once again Wellington College produced a spectacular annual Summer Fair celebration attended by over 3000 Tianjin and NE China residents. Despite the damp conditions, this signature event hosted a huge range of exciting activities with unflagging support from parents and staff at Wellington College. Over 150 outdoor tents offered traditional games from all over the world with tasty home-cooked foods and drinks provided by parents and local vendors.

Performances lasted throughout the day, beginning with traditional Tianjin Stilt Walkers and coming to a close with a Raffle Draw that offered over 180 prizes donated by a range of supporting groups and institutions. The Secret Garden and Great Green Outdoors offered something for all ages, all within the safe environment of Tianjin's most community-focused international school.

The event was held in support of the School's chosen charity China Hearts Foundation (共铸中国心) - a government-endorsed charitable organisation that works to improve healthcare and provide medical treatment for provinces in west China and ethnic minorities. As elected by the Student Council at Wellington College, the Summer Fair was yet another initiative that enabled the community to support this cause with parents, performers and local suppliers all making donations to the foundation.

The Summer Fair marked the conclusion of the inaugural Fringe Festival at Wellington College International Tianjin with Music for a Summer's Evening and 2016 Art Exhibition having been tremendously successful during the previous evening in the Black Box and Seldon Theatre.



MOVIE

Suicide Squad

We have already seen the “good” superheroes, like Batman and Flash: good guys with angelic faces, who by the will of fate got their superpowers and remained good for the sake of the whole world. But what about criminals and bad guys? Don't they deserve to have a superpower or two and to have a sequel named after them? They surely do! Suicide Squad, starring Will Smith, Jared Leto, Margot Robbie, Adewale Akinnuoye-Agbaje and others proved that a good movie can hold on to bad guys. Continuing the tradition of Deadpool, the not-super superhero, creators of the movie give powers to the villains in order to give them a chance to atone, but only because the mission they're assigned for is quite suicidal. Warner Bros. adapted the story from DC Comics and they've never let us down before! In addition, have you ever seen a bad movie starring Will Smith?!



MUSIC

Mystery of Maya, Mexican style Percussion Concert

Address :

Price: RMB120-RMB30



It is summer out there, and Tianjin Grand Theatre has decided to offer something to the theatre-lovers aside from dramas and tragedies. A famous Mexican Band of 9-13 year old musicians will be coming in August to visit Tianjin with a very special programme - ethnic and traditional percussion-based on a Mexican repertoire. The group was founded in 1998 and they have already held plenty of local concerts as well as shows in Canada, Denmark, Norway and Italy. Mixing traditional Aztec and Mayan compositions with modern Latin ones,

infused with the spectacular sound of traditional Mexican Huehuetl (a wooden three-legged drum) and Teponaztle (a dual tone wooden xylophone), the band is promising to hold a great summer concert and thrill listeners with some Latin rhythms.

THEME PARK

Happy Valley

Address: 天津市东丽区东丽湖旅游度假区东丽之光大道

Price : Adults RMB 180, Children FREE

This summer is especially hot (we say it every summer), so why not to take a crazy ride at the Tianjin Dongli District Happy Valley? Even amongst all those fairy tales characters and amusement rides aimed at kids, there's something for everyone - swimming pools and water slides! Well, of course it is not a sandy beach and not even a fully- equipped Aqua park, but in light of absolute absence of outdoor pools in Tianjin (a mystery) and boiling hot weather, a slide or two and a place to refresh and swim might be an oasis! Among all the amusement facilities, the Dream of Caribbean is the one we are looking for. Happy Valley is one of the most popular weekend destinations for Tianjin people, so on these days “all hell breaks loose”! Consequently, if you don't want to be surrounded by hundreds of parents and children both wearing rubber rings and screaming, take a day off work and save yourself from the summer heat!



WELCOME

TO

THE WORLD!



伊伊 Yi Yi
2016-6-16
China
Girl



卷圈儿 Juan Quaner
2016-6-21
China
Boy



United Family Healthcare
和睦家医疗



Chelsee
2016-7-14
China
Girl



小雄 Xiao Xiong
2016-4-5
China
Boy

Introducing Solid Food

Breast Milk

We've all heard that breast is best. But just because baby is ready to move beyond breast milk doesn't mean you should stop nursing. After all, the American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for about six months. But the organisation also recommends that breastfeeding should continue along with solid foods until baby is 12 months old—or longer, if it works for both Mum and baby.
Best Age for Breast Milk: Birth and older

Iron-Fortified Cereal

Baby is born with a natural supply of iron, but it'll be depleted by the time she's around six months old. Rice cereal, oatmeal and barley are good options. Make sure you start with a single-grain formula.
Best Age for Iron-Fortified Cereal: Four to six months

Avocados

Avocados are a great first fruit to offer baby, because they're loaded with monounsaturated fats (that's the good kind!) and have a mild taste and smooth consistency. They're super-easy to prepare too: Simply mash a very ripe avocado with a little breast milk or formula until it reaches a pureed consistency.
Best Age for Avocados: Six months and older



小桃子 Xiao Taozi
2016-7-3
China
Girl



六一 Liu Yi
2016-6-1
China
Girl



陶陶 Tao Tao
2016-6-5
China
Girl



赞赞 Zan Zan
2016-6-16
China
Boy

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

Gastritis

By Oshani Silva

生活中胃炎是及其常见的胃病，你稍微饮食不注意就有可以让你染上胃炎，那么什么是胃炎呢，如何判断胃炎呢？请看本期小编专业的讲解。



Gastritis is an inflammation of the protective lining of the stomach. Acute gastritis involves sudden, severe inflammation. Chronic gastritis involves long-term inflammation that can last for years if it is left untreated. A less common form of the condition, erosive gastritis, typically doesn't cause much inflammation but can lead to bleeding and ulcers in the lining of the stomach.

What Causes Gastritis?

Gastritis can be caused by irritation due to excessive alcohol use, chronic vomiting, stress or the use of certain medications such as aspirin or other anti-inflammatory drugs. A gastrointestinal bacterial infection can also cause gastritis. The most common is infection with *Helicobacter pylori*, a

bacterium that infects the lining of the stomach. It is usually passed from person-to-person, but it can also be transmitted through contaminated food or water.

different symptoms, including black, tarry stool and vomiting of blood or material that looks like coffee ground.

What Are the Symptoms of Gastritis?

Symptoms of gastritis vary among individuals, and in many people there are no symptoms at all. However, the most common symptoms include:

Gnawing, burning ache or pain (indigestion) in your upper abdomen that may become either worse or better with eating, nausea, vomiting and a feeling of fullness in your upper abdomen after eating. If you have erosive gastritis, you might experience

When to see a doctor?

Nearly everyone has had indigestion and stomach irritation. Most cases of indigestion are short-lived and don't require medical care. See your doctor if you have signs and symptoms of gastritis for a week or longer. Tell your doctor if your stomach discomfort occurs after taking prescription or over-the-counter drugs, especially aspirin or other pain relievers. If you are vomiting blood, have blood in your stool or have stools that appear black, see your doctor right away to determine the cause. Before your appointment, avoid drinking alcohol and eating foods that seem to irritate your stomach, such as those that are spicy, acidic, fried or fatty. But talk to your doctor before stopping any prescription medications that you might be taking.

How Is Gastritis Diagnosed?

To diagnose gastritis, your doctor will review your personal and family medical history, perform a thorough physical evaluation, and may recommend any of the following tests:

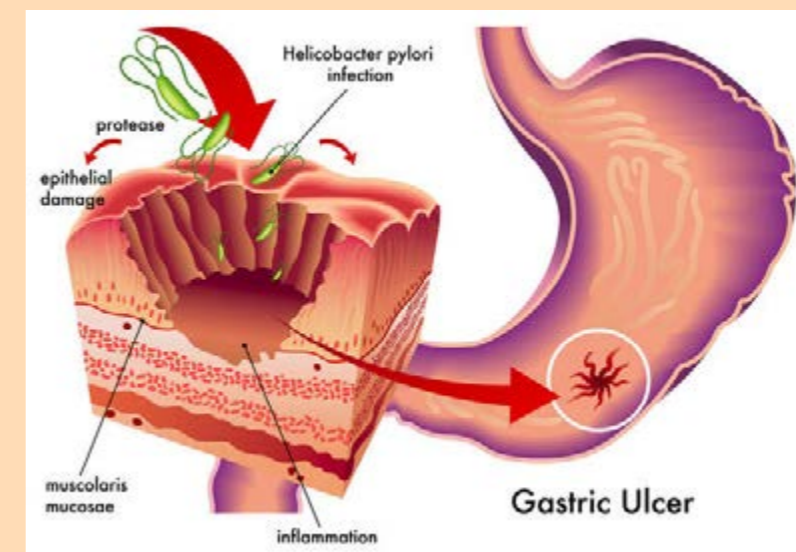
Upper abdomen endoscopy: An endoscope is a thin tube containing a tiny camera. It is inserted through your mouth and down into your stomach to look at the stomach lining.

Blood tests: The doctor may perform various blood tests, such as checking your red blood cell count to determine whether you have anemia, which means that you do not have enough red blood cells. He or she can also screen for *H. pylori* infection.

Stool test: This test checks for the presence of blood in your stool, a possible sign of gastritis.

How Is Gastritis Treated?

Treatment for gastritis depends on the cause of the condition. If you



have gastritis caused by NSAIDs or other drugs, avoiding those drugs may be enough to relieve your symptoms. Gastritis as a result of *H. pylori* is routinely treated with antibiotics that kill the bacteria. In addition to antibiotics, several other types of medication are used to treat gastritis.

Proton Pump Inhibitors

Medicines called proton pump inhibitors work by blocking cells that create stomach acid.

Common proton pump inhibitors include: omeprazole (Prilosec), lansoprazole (Prevacid) and esomeprazole (Nexium).

However, long-term use of these medicines, especially at high doses, can lead to an increased risk of spine, hip and wrist fractures.

Acid Reducing Medications

Medicines that reduce the amount of acid produced by your stomach include ranitidine (Zantac) and famotidine (Pepcid). By lowering the amount of acid that is released into your digestive tract, these medications relieve the pain of gastritis and allow your stomach lining to heal.

Antacids

Your doctor may recommend that you use antacids for rapid relief of gastritis pain. These medicines can neutralize the acid in your stomach. However, some antacids can cause diarrhea or constipation.



FLORENTIA VILLAGE

A Glimpse of Italy in Tianjin



By Oshani Silva

天津佛罗伦萨小镇-京津名品奥特莱斯是中国首座纯意大利风格的大型高端名品折扣中心和休闲文化中心，占地面积18万平方米，建筑面积7万平方米，可租用面积49,000平米。设有奢侈品、国际名品、运动和户外以及休闲四大特色购物主题体验区，京津小镇目前拥有近200家意大利顶级奢侈品牌和国内优质时装品牌，提供给消费者多层次的品牌选择。



Nestled in the North of Qianjin Dao, Wuqing around 100m from Jing Jin High Speed Rail, Tianjin is a perfect replica of an Italian town. Built on a former empty cornfield, it boasts of a Grand Canal, replica of the Colosseum and of course Italian like architecture with Florentine arcades and Venetian bridges joining the streets lined with terracotta buildings, giving the illusion of picturesque grandeur.

Florentia Village is home to some of the most sought-after and high-end fashion brands. The beautiful atmosphere coupled up with tasteful architecture adds up to a truly remarkable and unique shopping experience right here in Tianjin.

Be it for accessories, dresses or shoes, Florentia Village is a wonderful place to shop and go for a little stroll at the same time. As you wander along the stone pathways you pass by all the fashion favourites. If you are like me, a shoe fanatic, your eyes will definitely scout around for the shoe brands available. The JIMMY CHOO outlet is a must visit. Ranging from wedges to flats, they have an extensive collection of amazing shoes and of course the drool worthy pumps that come in many amazing designs. Not only limited to women's footwear, their collection includes casual and dress shoes for men. Other than shoes their collection also



includes accessories such as bags, sunglasses and purses for both men and women.

The PRADA outlet is home to collections of classy bags with meticulous and intricate details. These timeless pieces are a must-have in every fashionista's closet. Available in an array of great designs you are guaranteed to find a piece that you absolutely love. Fabulous shoulder bags with metal detailing to a functional leather tote, the choices are extensive. Why not treat yourself or find a gift for someone you love? These gorgeous bags truly are the epitome of style and fashion. Not limited to bags, PRADA also offers its patrons a range of luxurious shoes. With impeccable style and an eye for details, their designs are simply elegant.

Fashion brands like GUCCI, GIVENCHY and VALENTINO are also available for shoppers at Florentia Village. If you are on the hunt for a well-tailored suit for an important business event or a special occasion, then step in to ARMANI. The world famous Italian fashion house has a collection of smart suits, from dinner suits or two buttoned suits. They also have tailored jackets for men in a variety of materials like flannel, wool-blend, cotton-blend

and much more. ARMANI collections include shirts, overcoats, outerwear, jeans and trousers.

FENDI is another popular Italian fashion house famous for its lively, colourful, out of the box handbag designs and it also has an outlet in Florentia Village. Other than their popular bags FENDI also has a wonderful collection of beautiful shoes. Not only limited to women, FENDI designs cater to the fashion conscious men too. Ranging from bags to shoes the FENDI men's collection is an absolute treat for all the fashion conscious men out there.

BURBERRY, BVLGARY, BOTTEGA VENETA are some of the other popular brands that are available at Florentia Village. COACH, MICHEL KORS, RALPH LAUREN and literally a hundred more are all conveniently available too. The best part is that most of these luxury brands are on sale at amazing discounts as low as 80% off. If you are on the hunt for jewellery, the SWAROVSKI showroom is the place to go.

If you are a sports and fitness enthusiast head over to ADIDAS, NIKE, PUMA OR NEW BALANCE. Trusted for quality sports shoes and sportswear, their customized and specialised range of products will get you fully equipped to achieve your fitness goals and enhance your abilities.

After a hectic day of shopping you can relax and

recuperate in one of the over 10 outdoor cafes and restaurants. I personally recommend Bella Vita if you are in the mood for some authentic flavoursome Italian cuisine. An elegant dining environment coupled with the finest ingredients imported from Italy, they serve traditional, wholesome Italian meals from classic antipasto to pasta. Other than these, Italian staples Bella Vita's menu includes heavenly traditional Italian pizzas, sandwiches, coffee and homemade Italian ice cream.

The next time you have a weekend off and want to spend it somewhere relaxing for a bit of retail therapy, head over to Florentia Village. To get here take the Jing Jin Intercity Railway and exit at Wuqing Station. Direct shuttle buses are available at the station free of charge. It is open in winter from 10:00 AM-8:00 PM (November 1st-March 31st) and in summer: 10:00 AM-9:00 PM (April 1st-October 31st). It opens at 9:00 AM on weekends and public holidays.

Chinese address:
天津佛罗伦萨小镇:天津武清区前进道(翠亨路口)



SHARKS

3 OF A KIND AND 3 TOP HITS

By Richard J. Cook

They always say that three is the magic number, so the saying goes and Sharks is Tianjin's latest business bestowing magic just for you. With three different branches in three different locations, Sharks has catered for every possible environment that you could want for your downtime and all at very reasonable prices. Whether you require the classic business backdrop cocktail in hand, a bite to eat or the bar and grill milieu, it is all here for you, spread across the city. So let us take a look to see what Shark has to offer.

Shark Base

With its all encompassing bar, this is a great place to quench your thirst on that all important imported foreign beer as well as a grand conjuncture of cocktails and other drinks. Furthermore, with its pristine appearance, decorated with a mixture of all things eastern and a touch of western, this Sharks establishment is a great place for 'meeting the right sort', networking as well as fermenting opportunities. Sharks Base is fast establishing itself as 'the go-to place' due to its qualities, to miss



out here would be a big mistake. Additionally, when you visit here make sure to try the epic pizza available, truly mouthwatering and a crowd favorite, also known for a secret ingredient that no one has managed to work out.

Shark Zhufang

Zhufang was the first of the three Shark establishments to open in Tianjin, which is located in Hong Qiao district within the university and college area. Due to its location, Zhufang is a perfect student getaway café. With a good variety of food, be it barbeque, western or special quasi-culture



dishes, this is the perfect place to have a study or work session, ideal for one on one tutoring. Also, a delivery service is available, bringing you the cuisine right to your doorstep.

Shark Old Town Bar

Shark Old Town Bar is at the apex of Tianjin's outdoor bar and grill scene with a keen objective of serving delicious bar food in the downtown area. Located in He Ping district on Rong Ye Da Jie, this bar is perfectly situated to serve the whole city with a grand collection of beers and delicious food. Shark Old Town Bar opens its doors at 11am with a range of beer, cocktails as well as ice cream. At 6pm comes the scrumptious food service, which goes on all through the night till 1am. The atmosphere is perfectly attuned for letting your hair down. Moreover, in the blissful summer weather Sharks Old Town Bar delivers that perfect "lets mingle outside feel". For meat lovers this has certainly got to be a port of call. There's nothing quite like a big juicy steak after a hard days work, or cooked to however you like it.

The owner who also goes by the name Shark is a man of all countless qualities. Having Italian and Egyptian origins whilst being raised in London, Shark has the best of both worlds in terms of his

experiences. Also, this explains why the pizza and other dishes are so succulent at Shark establishments. Moreover, he has had major business spanning several countries across the world before he recently introduced his chain in China. With a rapidly expanding business it won't be long before you get accustomed to seeing sharks in many cities across China.

Already Shark has established itself as a fast developing bar & restaurant brand in Inner Mongolia, Beijing and Tianjin. In addition, one of the prime reasons why Shark has had continued success in Tianjin is due to the fact that Tianjin appreciates good quality food along a top-notch service, something that has seemingly been passed down from its quasi-Italian heritage. Speaking exclusively to Shark we still couldn't figure out what the pizza's special ingredient is, so we'll leave this task to you!



LOCATIONS

Shark Base

Floor 2, Jin Shan Jin Mei Enterprise Club Building, Ling Ao Creative Industry Park, Nan Kai, Tianjin
天津市南开区凌奥创意产业园晋膳晋美企业俱乐部二楼
Opening Hour:
11am - 2pm & 5pm till late

Shark Zhufang

No.28-6, Hong Qiao North Avenue, Hong Qiao District, Tianjin
天津市红桥区红桥北大街28增6号
Opening Hour: 10am - 10pm

Shark Old Town Bar

Intersection of Rong Ye Avenue and Zha Kou Avenue, He Ping District, Tianjin
天津市和平区荣业大街与闸口街交口
Opening Hour: 11am
Restaurant service: 6pm - 1am.

Say Yes To Perfect Hair

Tips for Gorgeous Hair, Everyday!

By Oshani Silva

Hair plays a big part in our appearance, so it is not surprising that most women have their own specialised routine for their hair to keep it tame, sleek and most importantly in place. Not all of us are blessed with naturally set and well-kept hair. Most of us wake up each day to a mass of unruly tangles. Going to a salon to blow-dry your hair is not always the most convenient option. Well, say no more to those awkward, bad hair days when your hair absolutely refuses to cooperate. Here are a few tips to get that picture perfect blowout.

You know how humidity causes frizz? Well, blow-drying your hair in a damp bathroom has the same effect. Move the operation to the bedroom because location matters. Remember to avoid humid environment when styling your hair.

Step One: Wash and condition your hair but do remember not to towel dry it. Achieving the perfect blowout requires clean hair, so the first step is to wash your hair with a good quality shampoo that is suited to your hair type. For example, if you have flat, limp hair opt for a volumising shampoo. If your hair is very dry and quite frizzy, make sure you get a shampoo that has a moisturizing effect and will not further dry out your hair. Rinse out the shampoo, then apply conditioner to the ends and mid-lengths of the hair. Don't apply conditioner to your roots as this can weigh your hair down and leave your blowout looking flat. Rinse out the conditioner with a blast of cold water to lock in extra shine. There are two things you should never do with a towel: rub your hair (it causes frizz) or wrap it on top of your head (it flattens roots).

Step Two: Never let a blow-dryer anywhere near your head without misting on a heat-protecting spray first. Heat protectants contain polymers that form a protective film on the surface of the hair that helps to dissipate the heat. Make sure you pay particular attention to the ends as this is where hair suffers most of the abuse. Root ends are also the most likely to be damaged and the most delicate. When choosing a hair drier you could opt for an ionic dryer. This type of dryer is great because they help hair's cuticle lie flat, eliminating frizz. On the other hand ionic dryers tend to reduce hair volume. If your hair is flat to begin with, skip the ionic setting. If you have curly hair make sure you attach a diffuser to the end of the nozzle. This will help retain the shape and texture of the curls as well as help you add a bit more definition to your curls.

Step Three: Always dry your roots first (unless you have bangs). With your head flipped over, massage your roots while blasting them with warm air. Make sure you get the roots up and off your head as fast as you can.

Step Four: Hold them flat with a brush and blast with hot air for five seconds. Then use the cool-shot button on your blow-dryer to lock them into place.

Step Five: If your hair is all one length, a straight, sleek blowout looks great. If you have lots of layers, do something with more bounce and movement to show them off.

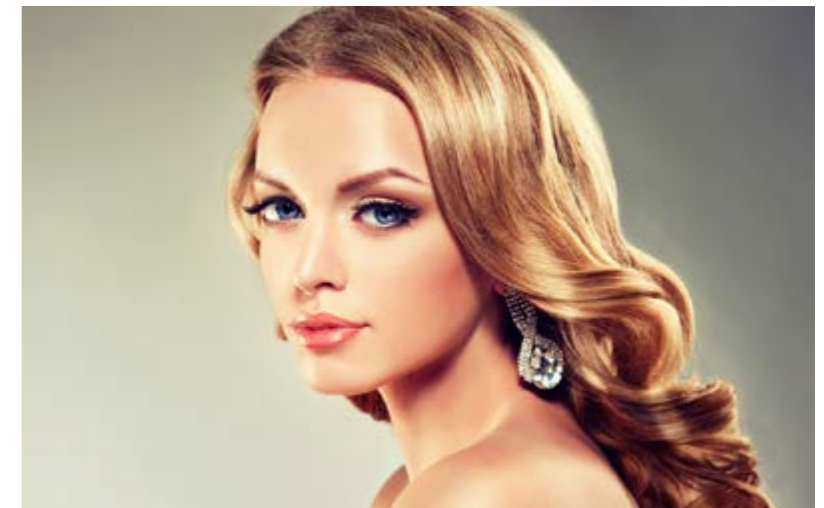
Step Six: Work in two-inch sections, and wrap each one tightly around a brush as you pull it (tightly again) through your hair and follow with the nozzle. This will help your hair become glossy and glassy-looking. This method will also give you that professional salon-like look to your hair.



Step Seven: Be sure the dryer nozzle is always pointing down the hair shaft and that it is at least three inches away from your hair at all times. That way you will smooth the cuticle and add shine without completely cooking your hair. If your hair frizzes, spritz each section with water moments before drying.

And there it is! In a few simple steps you can reinvent yourself. Push back those bad hair memories and save up on some expensive trips to the salon. Gorgeous hair is only a few steps away!

拥有一头闪亮滑润的头发，是每个女人都盼望的事，因为柔亮的头发会给人明朗、健康的感觉。因此人们更注重头发的质量，护发也就随着现行社会所发展的时尚潮流而更受关注。如果你还在头疼如何打理毛躁的头发，不妨听听小编的建议。



How to organise the best trip of your life

By Annie Ly

旅游是一项有计划、有目的的活动，出游之前，只有前期做足了准备，旅行的时候才不会状况百出，旅行时各种各样的小状况是不是总是让你变得特别堵心呢，今天小编就教大家旅行前需要做哪些准备工作。

Every now and then, we all get itchy feet. We attempt to avoid the feeling of wanderlust when we see all the amazing photos our friends post on social media from a recent holiday that they might have taken to some exotic and interesting destination in the world. Well what's stopping you from making your friends jealous too? Its summer so now is the perfect time to organise the best trip of your life, and here's how!

Pick the destination

On a list of hobbies and interests, many people will list 'travel' but in reality, don't really have a set place in mind about where exactly. It is time to pin it down. Making this decision is probably one of the hardest when it comes to planning a big trip. The world is just so big and diverse, where do you even begin? Maybe you'll literally 'pin it down'. Take a pin and a world map, close your eyes and pin somewhere at random. Or perhaps, you've always had your heart set on somewhere in particular. Talk to people, get recommendations! Wherever it is, be brave and follow your heart. It's just the first step in what can be an amazing adventure.

The finer details

Once you have decided where you are going, it is time to research some of the finer, but essential, details. Will you need to apply for a visa? How long does that process take? How much will it cost? What kind of budget are you working on? How long do you intend to travel for? Once you have ironed out the finer details, you can start to make a plan, save up some money and get down to booking that flight to your dream destination.

The itinerary

So you have booked your flights and worked out a rough plan of how



much it might all cost. Now you can look up some activities to do, excursions or day trips to take, what sights you want to see, restaurants you would want to visit or delicacies you would want to try out. Some people prefer trips where your day by day plan is set out, but others prefer to just go with the flow and take things as they come. Whatever your travel style, make sure you make time for the things you definitely want to see and tick them off your list as you go along. It would be a shame to miss the must-see-and-do things due to lack of planning.

Find your travel buddy

It's a no brainer. Any trip is bound to be made tonnes better with a travel companion by your side to share experiences with (and help you to take photos to show of all the fun you're having). Be sure to pick someone who is as free spirited and open minded as you are. These are the best people to have around while travelling

rather than have someone who is reluctant to try new things or change his/her habits to integrate into a new country. For those of you who can't quite pin someone down to join you, you are also likely to meet other travellers on your journeys. Be friendly. Pluck up the courage to speak to others. Who knows, maybe you'll find your perfect travel buddy along the way!

Better to be safe than sorry

It might sound like a boring point, but buying insurance is a must. If you are the adventurous type who wants to try out thrill-seeking sports on holiday, the last thing you want to be left with is a hefty hospital bill in the case of an accident. Likewise, if you have the misfortune to experience theft, loss or damage to any valuables, it is better to shell out on insurance as a backup plan. You never expect it but you will be grateful if you ever find yourself in a situation wherein you need to claim on insurance.

Pack it up

So now you are almost ready and organised to take on the trip of a life time to your dream destination. You have crossed off the dates on your calendar and your departure date is imminent but now comes the boring but difficult task of packing. Begin by making a list of all the things you will need and tick them off as you go along so you don't forget. It is always better to travel light. Only bring the essentials. Consider the weather conditions. Will you need some waterproofs, hiking boots or just your bikini and swimming trunks? Be prepared for all outcomes!

It is also helpful to pack an emergency kit with plasters and medicine just in case. Remember that wherever you go, you can probably find clothes, medicine and the like, but it is always better and more convenient to carry your own in situations of need.

Last but not least, a top tip for space saving is to roll up your clothes, socks and underwear. You will be able to fit more into your suitcase or back pack – and it avoids creases!

Don't forget to take a camera to record all of your amazing adventures and show all your friends and family upon your return. And of course, don't forget your passport! Happy travels!



The Summer Seaside Resort for Tientsin's foreigners

Pei Tai Ho

(Beidaihe)

By Andrea Klopper

Part 2: Activities

In the heat of summer, Peitaiho was the place to go for expats in Tientsin and further afield. It afforded a change from the monotony of town life and the oppressive summer heat. It had a social life of its own that coloured the memories of many. Isabelle Maynard evocatively writes:

“ Every summer we come here for three months, languishing all winter for the miles of velvety white sands, dreaming of the jagged joining of churning water and sand and the white-plumed linking of water and granite” (1996: 57) .

There were hotels, boarding houses, mission and company homes, rented accommodation, personal homes. Among one of the better-known all-year-round residents was Mr Vernon Quelch, a tiny hunch back man known in Chinese as Mr Kui. His 2-storey solid stone house was one of the largest near Tsao Chang Village. He kept an orchard, herd of goats and bees. He was a common sight riding his own donkey through the streets.

Many happy hours were spent on the beach, all of which tended to be fringed by shelters made of grass matting and referred to as ‘peng’.



Left: The Geyling 'peng' on the beach. (Photo courtesy of Helga Geyling). Right: Leonid Tarasov with grandson Igor Ivashkoff, 1938 (Nash page 109)

There would be digging sand for the children, swimming for the men, clambering on the rocks, picnics on the beach or in the hills and even attempting to go under water.



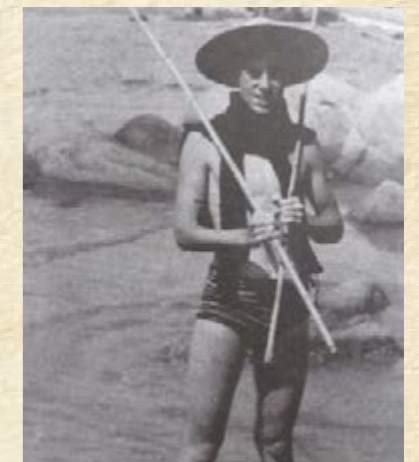
Photos from the Geyling family albums (Courtesy of Helga Geyling).



It wasn't only the families and children that enjoyed picnics – young people (soldiers stationed nearby?) c1940s

David Stewart Burgess of the YMCA recalled:

“Peitaiho was a place of joy for the whole family. The long white beaches were delightful places for swimming and the overhanging giant granite cliffs made fine places for family picnics. Donkeys rather than rickshaws and bicycles were the chief means of conveyance. Birthday parties were weekly occurrences. I will long recall the golden sunsets and the quiet beaches and cliffs in contrast to the noise and confusion of Peking and the small town of Tungchow” (My Life, by David Stewart Burgess, p. 5).



Desmond Power set to go fishing at Tiger Rocks (Power page 56)

Others enjoyed fishing, as did Desmond Power who remembers:

"I clamber over one string of rocks to the next. I stop at the deepest tidal pool. Zebra-striped rockfish, spotted sculpin, and blue crab vanish at my approach. Stay perfectly still and they emerge from underwater caverns concealed in the seaweed jungle. A top-heavy hermit crab begins its tedious trek across a clearing. A stickleback darts out of its private domain. A shoal of minnows flash silver as they scatter. It's a wondrous world within a world" (pages 58-9).



Paddling (Photo courtesy of Helga Geyling).

Desmond also remembered mucking about in boats. The Geyling children did this as well.

Almost all those who spent childhood days at Peitaiho mention the donkey rides, and family albums give testimony too!



John Burrington in 1937 (see <http://travelwithkat.com>)



Age was no limit – Vinton 'Pinkie' Burgess (photo courtesy of Susan Burgess)



Des Power and friends (Power D page 60)



Rolf Geyling and Mausl (Family album with permission)

Actually, the post was also delivered by donkey:

One of the walks or donkey rides many would take was to Lotus Hills, a miniature range reaching 400 feet above sea level. Desmond Powers describes it:

"...we settle into a canter, and pretty soon into a sedate walk; it's a good long way to the ancient Kuan Yin Temple at the base of the hills. An hour later, after we have tethered our faithful steeds beside the temple wall, we are breathing air thick with the resinous scent of pine as we snake our way along the footpath through highland forest, through clearings carpeted with bluebell and yellow-petalled lotus, through stands of wild azalea, until at last we stand triumphantly on the lichen-clad outcroppings of the peak" (page 60)

In the 1920s, a directory (1924) noted there were excellent tennis courts and a cinema, for those who wanted a change.



Postal delivery in Peitaiho (Photo courtesy of Susan Burgess.)

Advertisements show that a pharmacy, dairy and Kodak shop provided for some of the practical aspects of life. Kiesslings had opened up a branch in 1937 to supply the visitors with their baked delights and had a café in their leafy back garden.



Kiessling and Bader store 1937 (Nash page 107).

Numerous 'holiday traditions' had been established such as young debutantes and Beauty Queen.

There were also the local characters. Isabelle Maynard mentions the figurine maker captured by Rolf Geyling:

"Every day the Chinese beach peddler sells dolls made out of flour and water. Molding them in front of us and painting them in bright colours" (page 58).



Left: Young debutantes! PTST 27 June 1937 p8

Right: Nina Ivashkoff, Queen of the Beach, 1938 (Nash :137)



If not returning to their home countries, which required long and tiring journeys, people returned to Peitaiho again and again, for the familiar and the fun. War and Japanese occupation put an end to it. After the war, and civil war that followed, it became known as Beidaihe and the summer retreat of the Chinese Communist Party where many matters were discussed as a different China took shape.

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Special Days of August 2016

八月份有什么节日呢？对于大家都比较熟悉的中国的节日就是建军节和七夕，国际上来讲比较著名的是友谊日和国际青年节。此外，还有8月5日将要开展的2016夏季奥运会等等。



Summer Olympics begin (5th August)

It only comes around once every four years but this year, the Summer Olympics will be hosted in Rio De Janeiro, Brazil. With over 200 nations and 10,500 athletes expected to compete, it's set to be an exciting summer for sport. Last held in London back in 2012, how will Brazil impress and astound the world with their opening and closing ceremonies? Who will top the leaderboard with gold medals? It's all to play for but it's time to get into the Olympic spirit. Get your flags out, support your country and enjoy the sporting madness this summer.

Friendship Day (7th August)

Typically celebrated on the first Sunday of August every year, Friendship Day encourages all to celebrate the bonds of friendship and companionship. Originally only a small celebration, it has now turned into a big festival involving exchange of gifts, flowers, friendship bracelets and cards. Show your friends you appreciate them too by following the same traditions.



Chinese Valentine's Day or QiXi Festival 七夕节 (9th August)

Also referred to as 'Double Seventh Festival', Chinese Valentine's Day dates back some 2000 years ago to the Han Dynasty. The myth tells of a love story between a weaver girl and a cowherd, but their love was forbidden and both were banished to opposite sides of the Silver River. But, once a year on the seventh day of the seventh lunar month, magpies would flock to the skies creating a bridge and allowed the lovers to reunite for just one night. Traditions for this festival include girls showing off their weaving skills with needlecraft and honoring oxen by picking flowers, making garlands and hanging them on the horns of ox. What else could be more romantic?



International Youth Day (12th August)

To recognize the contribution of the world's youth, the United Nations (UN) elected this day to showcase and celebrate young people of the world, as well as raise awareness of all issues that youth of today face and how to tackle them. Many countries around the world hold conferences to discuss important issues like education, employment and health, as well as running fundraising activities to promote and back causes for the benefit of young people.



Warm Welcome to Tianjin Summer Davos @ The Astor Hotel, a Luxury Collection Hotel, Tianjin, The Westin Tianjin and Sheraton Tianjin Hotel

The Tenth Summer Davos Forum or the Annual Meeting of New Champions 2016 successfully closed on 28th June, 2016 in Tianjin with high compliments from attendees for its well-organized meetings and great services. Three Iconic Starwood Hotels - The Astor Hotel, a Luxury Collection Hotel, Tianjin, The Westin Tianjin and Sheraton Tianjin Hotel provided outstanding off-site event services for 2016 Summer Davos Cultural Dinner Party at The Tianjin Cultural Center on 26th June, representing Tianjin in welcoming world leaders.

Three hotels associates worked closely together to prepare this event for almost three months. All kitchen equipment and culinary practices were strictly inspected to assure hygiene and safety up to standards. A polished Chinese and Western buffet dinner was presented to pamper guests from all over the world. Three Starwood Hotels demonstrated a great team work spirit and it was very rewarding for the whole team to put so much effort into this meaningful project and see such fantastic results.



Warm Welcome to Davos @ Hyatt Regency Tianjin East

The tenth Summer Davos Forum or the Annual Meeting of New Champions 2016, successfully closed on June 28th in Tianjin with high compliments from attendees for its well-organised meetings and great services. Once again, as the only officially appointed hotel group, Hyatt Regency Tianjin East provided off-site event services, representing Tianjin in welcoming the world leaders. Hyatt Regency Tianjin East team had worked very closely together to prepare this event since February, 2016. After three months' preparation, more than 100 chefs and 400 event service specialists participated in the event. All kitchen equipment and culinary practices were strictly inspected to assure that hygiene and safety were up to standards. A polished Chinese and Western buffet dinner was presented to pamper guests from all over the world. Hyatt Regency Tianjin East demonstrated great team work spirit and it was very rewarding for the whole team to put so much effort into this meaningful project and see such fantastic results.



"Thai Food Festival" Opening Ceremony @ Renaissance Tianjin Lakeview

Renaissance Tianjin Lakeview Hotel hosted "Thai Food Festival" Opening Ceremony on the 15th of July 2016. The establishment has invited one of the best Thai Chef Muesantat from Renaissance Phuket Resort & Spa to present a really tasty Thai culinary journey to guests. There were more than 160 guests that joined the opening ceremony while enjoying the food and Thai performance.

The opening ceremony began with Thai traditional dance. More surprising than that, XingJian Fight Club presented a fantastic Muay Thai live show to all guests. Many guests also joined on the stage and learned how to fight in Muay Tha and this garnered lots of attraction in the event and encouraged people to know more about Thailand.

At the end of the party, Renaissance Tianjin Lakeview Hotel expressed sincere appreciation to all the guests. The lucky draw winners were given a big surprise wherein the grand prize was the travel package in Thailand for 2 people sponsored by Utour.



The Best Business Look Competition @ The Executive Centre

The Executive Centre, Asia Pacific's leading serviced office provider, celebrates its 22nd anniversary with a series of activities, including a sensational event 'The Best Business Look Competition' which draws over 100 participants from its clients, business partners and the public over three weeks.

In order to promote the company's philosophy 'Work Smart', not only clients from Tianjin Exchange Tower 2, Tianjin World Finance Center and TEDA MSD but also business partners and public are invited to attend the competition by dressing in their most professional business outfits. Professional stylist and photographer who were invited by TEC completed the look and snapped the shots.

Winners were selected by a public voting campaign which was launched by TEC Corporate WeChat and had received over 12,000 votes. Ms. Qi DAI and Mr. Yu CHEN, the female and male winners were each rewarded with an Apple Watch as the final prize. The group winner was rewarded with an YHOUSE gift voucher of RMB 600.



Bakeries & Desserts

H P 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

H P 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



N K Inasia Restaurant 美轩亚萃餐厅 (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

H P 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

Bella Milano Hand Made Gelato
贝拉米兰意式手工冰淇淋 (Hisense Plaza)
A: No.188 Jie Fang Road 3F, Heping District, Tianjin
 天津市和平区解放路188号3层
T: +86 22 23198315
(International Trade Centre)
A: 3F, No.39 Nanjing Road, International Trade Centre, Hexi District, Tianjin
 天津市河西区南京路39号天津国贸购物中心3层
T: +86 22 59907159
(Metropolitan Plaza)
A: 6F - 606, No.183 Nanjing Road, Metropolitan Plaza, Heping District, Tianjin
 天津市和平区南京路183号世纪都会商厦6层606号

Chinese



H P 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

H P 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

H P 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

H P 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

N K Xiangjiang Yupin Seafood Hot Pot 香江御品 Offering healthy Hong Kong-style Seafood Hotpot.
A: (Water Park Branch) 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
Opening Time: 11:00-04:00.

H P 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

H X 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 河西区滨水道16号万丽天津宾馆2层
T: +86 22 5822 3388

H X 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

H X 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 河西区滨水道与紫金山路交口18号
T: +86 22 2813 8138
W: dintaifung.com.cn

N K 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

N K Bazndei Yunnan Food 坝美云南菜
A: Joy City IF Street - B3, Nankai District, Tianjin 天津市南开区南门外大街大悦城IF-3楼
T: +86 22 87897222
Opening time: 10:00-0:00

French

H B La Seine 赛纳河法国餐厅
 A very good French restaurant. Gourmet dishes and a great wine cellar. 11:30-14:30; 17:30-21:30.
A: No.50, Ziyou Dao, Hebei District. (Italian Style Town) 河北区自由道50号(意大利风情街)
T: +86 22 2446 0388
A: Binhai Sky Fashion Boulevard, No.2-02, TEDA Fashion Square, Binhai New District. (Near the Decathlon movement supermarket) 滨海新区泰达时尚广场滨海时尚街2-02(迪卡侬运动超市旁)
T: +86 22 5988 6665



H B 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

H P 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

Indian

H P 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

H P 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

H P 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

H B PASTA FRESCA DA SALVATORE 沙华多意大利餐厅 The most fresh spaghetti and sauce, the best service provides you the most authentic Italian cuisine!
A: No.22, Guangfu Road, Italian Style Town, Hebei District 河北区意大利风情街光复道22号
T: +86 22 2446 3101/ 3201
M: +86 186 2218 3134
E: yuanpeter@163.com

H P 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

H P Kitchen Igosso Italian Restaurant Kitchen Igosso 意大利餐厅
A: Xiannong Area, Intersection of Hebei Road and Luoyang Road, Wu Da Dao, Heping District, Tianjin 和平区河北路与洛阳道交汇西北角先农大院内
T: +86 22 58352860

Japanese

H P 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

N K 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

H X Seitaro 清太郎日本料理
 One of Tianjin's best Japanese Restaurants which features a wide selection of regional specialties for lunch and dinner including a teppan and sushi counter. 11:30-14:30; 17:00-22:30.
A: 2nd Floor, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District 河西区紫金山路喜来登大酒店2楼
T: +86 22 2335 0909

H X 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

H P Bowbow Sushi Japanese Restaurant 宝寿司
A: Xiannong Area, Intersection of Hebei Road and Luoyang Road, Wu Da Dao, Heping District, Tianjin 和平区河北路与洛阳道交汇西北角先农大院内
T: +86 22 58352860

H X 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

H P 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

HQ **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

HB **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

HP **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

HP **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

HP **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

HP **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

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

HP **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

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

NK **T.G.I. Fridays 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

HX **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

HX **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
T: +86 22 8815 8577

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

HD **Café 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

HD **Brownie Bistro Bar**
布朗西餐厅
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

HD **Element Fresh Restaurant, Tianjin 天津新元素餐厅**
A: 1F Joy City, Nanmen Wai Dajie, Heping District 天津市南开区南马路大悦城一楼
T: +86 022 8735 3372

HP **Blue Frog (Riverside 66) 蓝蛙 (恒隆广场店)**
A: Unit 3009, Riverside 66, No. 166 Xing'an Road, Heping District 和平区兴安路166号恒隆广场3009室
T: +86 22 23459028
Blue Frog (Joy City) 蓝蛙(大悦城店)
A: 1F-J02, IF Street, Joy City, Nanmen Wai Dajie, Heping District 南门外大街大悦城如果街1F-J02
T: +86 22 27358751

NK **Trolley Bar & Grille 乔尼西餐厅**
A: Aocheng Plaza, Tianjin 22/23-119, Nankai District, Tianjin 南开区奥城商业广场天玺22, 23号楼底商119
T: +86 15222091582

HP **Browns Bar & Restaurant 勃朗斯 英式酒吧餐厅**
A: No.108-111, 1st Floor Min Yuan Stadium, Heping District, Tianjin 和平区重庆道83号民园广场西楼一层108-111号
T: +86 22 88370588/88370688
Email: info@browns-tj.com

Vietnamese

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

Mexican

NK **TJ-Mex 墨西哥餐厅**
A: 1F, Bldg. A3, Magnetic Plaza, Binshui Xi Dao, Nankai District 南开区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

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

HP **Bistro Thonet 庭悦咖啡**
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

HP 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 和平区泰安道22号3号院9号楼
T: +86 22 5835 8998

HP Zi Xuan Tea House 紫轩茶艺馆
A: Tianjin People Stadium, Yueyang Dao, Heping District (near Guizhou Lu) 和平区岳阳道人民体育馆院内(近贵州路)
T: +86 22 2330 7325

Bars & Discos

HP China Bleu 中国蓝酒吧
The highest bar in Tianjin, on the 50th floor of the Tangla Hotel Tianjin. Great live jazz/funk music every night.
18:30-03:00.
A: 50F, Tangla Hotel Tianjin, No. 219, Nanjing Lu, Heping District 和平区南京路219号天津唐拉雅秀酒店50层
T: +86 22 2321 5888 ext. 5293

HP 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

HP 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

HP 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

HP 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

HP 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

HP 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

HP 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

HP 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

HP 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

HP WE Brewery
Tianjin's nano craft brewery. The Craft Beer mecca in town.
A: 4 Yi He Li, Xi An Road, Heping District, Tianjin 天津市和平区西安道怡和里4号
T: +86 18630888114
W: www.webrewery.com

HX The Lounge 澜庭聚
This is the heart and soul of the hotel with a buzz of activity and professional offering of classic cocktails, wines and foods throughout the day and night.
06:00-01:00.
A: 1F, Renaissance Tianjin Lakeview Hotel, No.16 Binshui Dao, Hexi District, Tianjin 河西区宾水道16号万丽天津宾馆1层
T: +86 22 5822 3388

KN Violet Lounge 紫
A: Building C6-107-108, Magnetic Plaza, Nankai District 南开区时代奥城商业广场C6-107-108;
T: +86 22 2347 7699

HB Mama Mia 妈妈咪呀音乐酒吧
Release yourself with our music. Lead yourself with our culture. Embrace yourself with our style.
A: No. 437, Shengli Lu, Italian Style Town, Hebei District 河北区意大利风情区胜利路437号
T: +86 22 2445 9905

HD Churchill Wine & Cigar Bar 丘吉尔红酒雪茄吧
Tianjin's leading venue for connoisseurs. With its excellent array of wines and cigars, Churchill is the natural choice for an evening of timeless perfection.
A: 1F, Wanda Vista Tianjin, 486 Bahao Road, Da Zhi Gu, Hedong District 河东区大直沽八号路486号天津万达文华酒店一层
T: +86 22 2462 6888

KN 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 南开区水上东路动物园对面
T: +86 13041662555



KTVs

PH 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

HX Holiday KTV 好乐迪 One of the most popular KTVs in Tianjin entertainment that offers the most elegant decoration and conditions. 24 hours.
A: 3F, Shuiying Lanting Building, Pingshan Dao, Hexi District 河西区平山道水映兰庭商业3层
T: +86 22 2355 2888

Beauty Salons

PH CHINA ROAD 重道造型
A Chic salon adjoins to one of the busiest CBD areas. Fashion is the word that best describes the decorated hairdressers.
A: 16-201, Jinde Block, the junction of Kunming Lu and Lanzhou Dao, Heping District. 和平区昆明路与兰州道交口金德园16-201.
T: +86 138 0308 8908
A: No. 23 Binyou Dao, Hexi District. 河西区宾友道23号
T: +86 2836 9769

HX AY Hair Salon The owner Andy, who speaks fluent English, is the best hairdresser in town for foreigners. 09:00-20:00. **A:** 08-01, Wutong apartment, the junction of Zhujiang Dao and Jiulian Shan, Hexi District 河西区珠江道与九连山交口梧桐底商8号楼11门
T: +86 22 2374 1333

NZ 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 南开区南门外大街大悦城北区3楼
T: +86 22 5810 0179

Spa & Massage

HD Dikara Spa 迪卡拉水疗中心
A wonderful place to boost energy with just the right treatment for your needs. 09:30-01:00.
A: 4F, Radisson Plaza Hotel Tianjin, No. 66, Xinkai Lu, Hedong District 河东区新开路66号天津天诚酒店4层
T: +86 22 2457 8888 ext. 3910

KN ThaiFe Spa 泰菲SPA
For RMB350 you can get full-body relaxing massage. Definitely worth trying.
A: No.14, Diantai Dao, Heping District 南开区电台道14号
T: +86 22 2781 1061

KN Thai Massage 泰享阁足道会馆
A: Aocheng Plaza Tianxi 22-23/132, Nankai District, Tianjin 天津市南开区奥城商业广场天玺22-23/132
T: +86 22 81372222

KN Shan Ru SPA 善如美容美体SPA
A: Opposite of No.18 Shiyong Road, Nankai District, Tianjin 天津市南开区宁家房子士英路18号对面
T: +86 13752305090

Tattoo Studios

HP Ink Tattoo 墨颜刺青 Owned by artist Zhang, the store is tiny but inviting and the workroom is fully equipped. 11:00-21:00.
A: No. 111, the junction of Shanxi Lu and Jinzhou Dao, Heping District 和平区山西路与锦州道交口111号
T: +86 22 2730 6615

Hospitals



HP 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: +86 150 0221 9613
W: arrail-dental.com



HX Tianjin United Family Hospital 天津和睦家医院
The first international-standard foreign-funded hospital in Tianjin, offering authentic western-style medical services.
A: No.22 Tianxiao Yuan, Tanjiang Dao, Hexi District 河西区潭江道天潇园22号
T: (Reception) +86 22 5856 8500
24 Hour Emergency: +86 22 5856 8555
W: ufh.com.cn



HX Raffles Medical Tianjin Clinic
A: 1F Apartment Building, Sheraton Tianjin Hotel, Zi Jin Shan Road, He Xi District, Tianjin 300074 天津市河西區紫金山路喜來登大酒店公寓樓一層, 300074
T: +86 22 23520143

HX Tianjin Congramarie Gynecology & Obstetrics Hospital 天津坤如瑪麗婦產醫院
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) 河西區解放南路488號(環渤海汽車城對面)
T: +86 22 5878 5555



KN Women's and Children's Specialized Health 美中宜和醫療集團天津美中宜和婦兒醫院
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 sqm 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

NK 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

NK 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

PH 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

NK 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

HP 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

PH 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



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

HP 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



HP 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



HP 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



HX 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

HX 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

HB Banyan Tree Tianjin Riverside 天津海河悦榕庄 Located right next to the Haihe River, it is one of the first hotels in Tianjin to bring a resort style service to a city setting.
A: No. 34, Haihe Dong Lu, Hebei District 河北区海河东路34号
T: +86 22 5883 7848
W: banyantree.com



HB 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

HQ 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



HB 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



HQ 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



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 Jing Jin City Resort & Spa 京津新城凯悦酒店
The resort resembles an ancient, mythical royal palace surrounded by a labyrinth of pathways, archways and waterways; creating a unique oasis that commands and dominates the surrounding skyline.
A: No. 8, Zhujiang Da Dao, Zhouliang Zhuang, Baodi District 宝坻区周良庄珠江大道8号
T: +86 22 5921 1234



H D **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

Serviced Apartments

H P **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

H P **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



H X **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

Apartment for Renting

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Five Star Hotel apartment (kitchenette, washer, dryer, dining area) at Tianjin Airport Crown Plaza Holiday Inn Hotel for renting short or long term, COMPETITIVE PRICE BY THE CENTER OF TIANJIN AIRPORT ECONOMY AREA CBD.

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国际公寓出租。
电话: **18622562087 / 13512980859**



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



H P **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

H X **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



H X **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



N K **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 5892 0888
E: sales.tianjin@frasershospitality.com

Antiques & Souvenirs Streets

N K **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

Q X **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

H P **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

H P **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

H X **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

H P **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

H P **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

N K **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

H X **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

H X **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

N K **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

X Q **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

H P **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

H P **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

H X **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

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
天津南路霞光道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



H X **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 22303272(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

H P **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



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



NJ **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

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

HP **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

QX **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

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

Exhibition Centres

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

QX **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

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

Real Estate

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



Bakeries

Maky Bakery 米旗
Scrumptious western and Chinese baked products. 08:00-21:30.
A: No. 533, 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

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: xjyppy.com

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

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

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

Indian & Thai

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

Japanese

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

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

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

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

Wu Gu 五谷日本料理
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 盛宴标识餐厅
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



Raffles Medical Tianjin TEDA Clinic
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 Binhai Area, Tianjin 300457 天津经济技术开发区第一大街79号泰达MSD-C区C2座102室, 300457
T: +86 22 65377616

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

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

Drycleaning & Laundries

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

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

Hotels

Holiday Inn Tianjin Binhai 天津滨海假日酒店
Located in the very heart of the business district makes it an ideal choice for modern business travellers.
A: No. 86, 1st Avenue, TEDA 开发区第一大街86号
T: +86 22 6628 3388
W: HolidayInn.com

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A: No. 82 Dong Man Zhong Lu, Sino-Singapore Eco-City, Tianjin, P.R. China 300467
T: +86 22 5999 8888

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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 8372 8888
W: www.metropolitanpoloclub.com

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: binhainpark.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: bicec.com.cn

Department Stores & Shopping Malls

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

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

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

Supermarkets

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

Off the beaten track Yangshuo

By Mike Cormack

说起阳朔，也许比不如九寨沟，长城那么耳熟能详，但是如果你拿出一张20元的人民币，背面那壮丽的风景你肯定不会陌生。有人说，如果到阳朔，一定要到漓江阳朔兴坪段，拍一张20元的背景图。这里的水清澈见底，像无瑕的翡翠。这里的山峦拔地而起，像新生的竹笋。在阳朔，月亮山的山顶石壁如屏，当中一洞穿透，好似明月高挂碧空。如果你想要去体验一下与世无争诗情画意的生活，那么阳朔便是你的首选。



If you have gazed longingly at the gorgeous picture on the back of an RMB20 note – those stunning jagged peaks, rich with bamboo and mystery, rising out of the fog of Li River – then yearn no more. The scene is from Yangshuo County located in the northeast corner of Guangxi province, which has risen to become a popular location for both domestic and foreign tourists. Who could deny the heart-rending beauty of the RMB20 picture? It is like a classical Chinese painting with a poem about gulls sweeping across the silent lake inscribed in rustic characters, and something any serious China visitor or resident should enjoy.

Set like a secret amidst Karst Mountains (carved by the passage of time from limestone), winding rivers and stunning scenery, Yangshuo is a city of just 300,000 residents. The town itself is a backpacker resort location, with hotels, hostels, restaurants, shops and bars densely packed into the city's West Street. But Yangshuo is not just for staying

in: it is the starting point for travel and exploration further afield. The entire area around Yangshuo is justly famous for its karst landscape, with hundreds of limestone hills dotting the countryside. Numerous areas to imbibe the landscape can be reached by river cruises, bamboo-rafts, cycling, and trekking – or, indeed, any combination of these.





The Yangdi-Xingping scenic area is probably the most renowned place to visit. It is the one with the scene from the RMB20 note, taking you along a section of Li River. You can choose your raft experience from either small rafts or big tour boats, depending on the size of your party and the style in which you like to travel. Prices vary (according to your ability to haggle), but might set you back RMB150 per person. You can get a direct river cruise from Yangshuo or get to Yangdi by minibus from Yangshuo bus station, or cycle out there and then take boats or rafts to reach the scenic area.



The Yulong River valley is the equivalent of the Yangdi-Xingping stretch for beauty. The journey passes many farming villages and under numerous stone bridges which cross the river, such as Yulong Qiao and Fuli Qiao. The best way to get there is via minibus from Yangshuo bus terminal to Jinbao, which is adjacent to Yulong village. But please note that the track is complicated so using a local guide to escort you would be the best option. Guides are easily hired around Yangshuo. Ask at any hotel or hostel in which you might be staying.



Moon Hill is another popular scenic spot, this time south of Yangshuo. Essentially it is a hill with a huge moon-shaped hole formed out of limestone near the summit. The climb takes around 40-50 minutes (with steps built into the hill) and provides spectacular views from the top. The climb to the top isn't particularly lengthy, but the heat, humidity and steep incline can take it out of you, so come

with refreshments. To get there, take a minibus from Yangshuo bus terminal, or you can hire a bike and cycle it. It is only eight kilometres south of Yangshuo, on the Wuzhou road.

For those who want to delve rather than climb, Silver Cave is a karst cave around two kilometres long. Numerous crystal stalactites extend from the roof of the cave, glittering and twinkling under coloured lights. Perhaps the best parts to see are the "Flying Waterfall of Snow Mountain", "the Music Stone Screen" and "Wonderland in a Jade Pool Fairyland". At the Flying Waterfall of Snow Mountain, walls are pure

white with stalactites cascading like a silver waterfall. Music Stone Screen is made up of stone pieces of different height and thickness, which when tapped will produce melodic sounds. In Jade Pool Fairyland, the reflection in the lake constantly changes with subtle changes of light. Silver Cave is located near Malin town, 18km from Yangshuo, with shuttle buses leaving from Yangshuo Park.

Yangshuo is easy to get to, whether by bus from Guilin, or by boat cruises up the Liyang River, if you want a more scenic route and stately pace. Guilin itself is a former provincial capital with good transport links, so you can



get there by high speed rail (just 11 hours from Beijing) or flight.

One last thing – remember to have enough space on your phone or camera to take lots of pictures because you will be so captivated by the beauty of the area that you would want to take back as many reminders as possible. It is that kind of place.



Horoscope



Leo (7.23 – 8.22)



August will be in the sign of a high work pace and with it associated inevitable fatigue. In such times it is important for the Leo to relax. Get a massage after work or let off some steam while doing any form of physical activity. You should learn to separate your work and personal life. You will be calmer.

Aries (3.21 – 4.19)



You will see who in your surrounding is a real friend and who is not. The fake ones will be envious of your success or even try to misuse you. Don't let yourself get fooled. On the contrary, you need to solve these situations as soon as possible. In the area of relationships, August will be a positive month for the Aries.

Taurus (4.20 – 5.20)



You have focused too much on your personal life lately and perhaps you missed some essential events at work. In August, harmony, which you will still experience at home or in relationships, will compensate the stressful situations at work. Fortunately, the Taurus can depend on their partner.

Gemini (5.21 – 6.20)



With the last month of summer - August, the stars are getting into a stable position once again and events around the Gemini will calm down. This period will be more intellectual and you will search through your thoughts.

Cancer (6.21 – 7.22)



Cancers will be significantly more mature and balanced in August after overcoming all difficulties. Finally you have time and space to rest. You deserve it. Go on a vacation. According to your horoscope an exotic trip is the perfect type of relaxation for you.

Virgo (8.23 – 9.22)



It seems that work doesn't fulfill you as much as it used to. Tasks that you enjoyed before suddenly seem trivial to you. Yet your horoscope does not suggest changing your workplace this August. Your time will come. For now the Virgo should pay attention to activities that they enjoy.

Libra (9.23 – 10.22)



Try to find something positive in any situation. You won't do too well in relationships this August, but at least you can put your efforts to work which will fulfill you again after overcoming all difficulties. Libras can also expect progress in their career this month.



Scorpio (10.23 – 11.21)

With July you will get tired. You must admit that the pace of your life that you maintained for the past several months was really high. You need some rest. Your Horoscope recommends to the Scorpio to, for example, go for a massage or spend a weekend in nature with your closest ones or your partner. You will recharge the lost energy.



Sagittarius (11.22 – 12.21)

Tough life situation will hit a person close to you in July. Don't think only of yourself and how much work you have but offer help to your friend in need too. The Sagittarius can expect gratitude and one day when you will maybe need help, somebody will return the favour.



Capricorn (12.22 – 1.19)

July will bring to the Capricorn many changes. The breaking point will come especially in the field of your career, where thanks to your restless pace maintained even after overcoming former difficulties you excel above other co-workers.



Aquarius (1.20 – 2.18)

With July you can expect a breaking point in the area of your career. Thanks to your previous success, in your surroundings, envious individuals might appear who will want to rob you of at least a small piece of your achievements. Beware of them.



Pisces (2.19 – 3.20)

New interesting experiences, especially regarding your career await the Pisces in July. Thanks to your previous success, you will get a chance at work to be a part of an important and complex project. Even if this opportunity might initially scare you, this time you will fight through it and show everyone that you are capable of doing it.



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By Pat Andersen



Hope
By Thakwani Mahek (Hansa)

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二等奖



Pine Tree Reflection
By Isabelle Flahault

3rd Prize
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