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18

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@ Renaissance Tianjin Lakeview Hotel

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A la carte Teochew menu at New Dynasty

Teochew Gongfu Tea at Lobby Lounge, RMB 88 net/glass

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TIANJIN PLUS

Managing Editor

Sandy Moore

managingeditor@tianjinplus.com

Advertising Agency

InterMediaChina

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Hi friends, it is yet another energetic month replete with a whole bunch of eclectic activities!

This month we decided to dedicate this edition to the younger generation and that is why you would find several write-ups related to the same. For our Cover Story, we have chosen to highlight the New York Kids Club in Tianjin which is run by husband-wife duo of Loretta Zhang and Eric Fan in an attempt to emulate the learning style followed in New York for children.

Our ode to the younger generation continues by bringing forth highlights of 2016 Rio Olympics wherein the sportsman spirit extended beyond the arena and exposed the humane side of the otherwise fiercely competitive games. Discussion on children further continues through Baby tips for mothers-to-be and the entertainment section wherein a glimpse of latest Hollywood flicks that are must-watch for families is provided.

In a chit-chat with two foreigners who have resettled to Tianjin, we have made an attempt to understand their perspectives of our beloved city so as to retain the cosmopolitan flavor that it is known for. There is plenty on travel too wherein some of the best city hotels in Beijing are discussed as also unique tourist spots in China which are slightly off the beaten track, not to mention some of the best spots to sample roast fish, beer and try out some special dishes.

You can also look forward to plenty of advice, particularly if you are suffering from back pain, need some guidance as to how to use the social media to your advantage or intend to pack your forthcoming days with several events happening around the city. If you are of a more serious disposition, our section on culture that dwells on Confucius would definitely appeal to you.

Among all this, do not forget to read your horoscope for the coming month and check out the past events that marked the one gone by. Good luck and don't forget to visit our website www.tianjinplus.com and follow us in our official Wechat account (ID: [tianjin_plus](https://www.tianjinplus.com)) for more lifestyle information.

Best wishes,

Sandy Moore

Managing Editor | Tianjin Plus 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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01-02 THU-FRI

Italy Ballet "Giselle"
意大利斯卡拉歌剧院《吉赛尔》
Opera House, Tianjin Grand Theatre
天津大剧院歌剧厅
19:30
¥ 180 - 680
+86 22 8388 2000



10 SAT

Eric Franceries Classical Guitar Solo
法国古典吉他演奏家埃瑞克·弗朗塞利独奏音乐会
Western Shore Art Salon
西岸艺术馆
20:00
¥ 100
+86 22 23263505



17 SAT

"Envy" Classical Guitar Concert
《嫉妒》志伟吉他乐团音乐会
Multifunctional Hall, Tianjin Grand Theatre
天津大剧院多功能厅
20:00
¥ 100
+86 22 23263505



01-03 THU-SAT

Teatro alla Scala "Cello Suites"
意大利斯卡拉歌剧院《巴赫无伴奏大提琴组曲》
Opera House, Tianjin Grand Theatre
天津大剧院歌剧厅
19:30
¥ 180 - 680
+86 22 8388 2000



20 SAT

Wang Tianyang Piano Recital
王天阳钢琴独奏音乐会
Music Hall, Tianjin Grand Theatre
天津大剧院音乐厅
19:30
¥ 30 - 180
+86 22 8388 2000



20 TUE

Ballet "Swan Lake"
广州芭蕾舞团芭蕾舞剧《天鹅湖》
Tianjin Grand Theatre, Opera House
天津大剧院歌剧厅
19:30
¥ 50 - 280
+86 22 8388 2000



02 FRI

Rovshan Mamedkuliev Classical Guitar Recital
古典吉他 - 罗浮山·马梅库里耶夫独奏音乐会
Western Shore Art Salon
西岸艺术馆
20:00
¥ 100
+86 22 23263505

08 THU

Seminar - Influence and Risk:
Nationwide completion of
Value Added Tax (VAT) Reform
GCC North China, Tianjin Office
中国德国商会东北及华北地区-天津办事处
15:00 - 17:00
¥ German Chamber Member: 100
Non-Member: 200
+86 22 8787 9249

08 THU



22 THU

German Chamber Interchamber Match
- Making Evening
Paulaner Tianjin 普拉那啤酒坊
18:30 - 20:00
¥ German Chamber Member and Young
Professionals: 100
Non-Member: 150
+86 22 8787 9249



24 SAT

Children's drama "The Little Mermaid"
儿童剧《海的女儿》
Multifunctional Hall, Tianjin Grand Theatre
天津大剧院多功能厅
10:30
+86 22 8388 2000

Drama "I don't want to Sing Alone"
小剧场话剧《请你对我说个谎》
Multifunctional Hall, Tianjin Grand Theatre
天津大剧院多功能厅
19:30
¥ 30 - 120
+86 22 8388 2000

09 FRI



09 FRI

Moreno & Hideaki Jazz Duet Concert
Moreno & Hideaki 爵士二重奏音乐会
Western Shore Art Salon
西岸艺术馆
19:30
¥ 100
+86 22 23263505

Finland Harmonica King Quartet Concert
芬兰“口琴之王”四重奏音乐会
Music Hall, Tianjin Grand Theatre
天津大剧院音乐厅
19:30
¥ 20 - 120
+86 22 8388 2000

25 SUN



Special Days

Sep 16 Mexican Independence Day
Sep 19 International Talk Like A Pirate Day
Sep 27 Oktober Fest begins
Sep 29 Confucius Day

Mid-Autumn Celebrations @ The St. Regis Tianjin

Celebrate Mid-Autumn Festival at St. Regis Tianjin with different signature boxes that have significant designs, which show St. Regis core values. Whether to enjoy with family while moon-gazing, or gifting to friends and business associates, the well-loved favorites will always be a joy to savor.

Price: St. Regis Ji Yue Mooncake: 8 Pieces / CNY268
St. Regis Rui Yue Mooncake: 10 Pieces / CNY398

Early Bird Policy: Purchase 100 mooncake collections and you will get 2 exclusive The St. Regis Ferry Boat tickets. Enjoy your precious moment with your family on September 9th, 2016.

*Booking in September with 20% off.

Venue: The St. Regis Tianjin

For more information or reservations, please call +86 22 5830 9999



The Perfect Match

@ The Astor Hotel, a Luxury Collection Hotel, Tianjin

Enjoy our special selection “Cigar & Whiskey”. Buy any one portion of Single Malt Whiskey can and enjoy 25% off of any kinds of Cigar.



Date: Until September 30th

Venue: O'Hara's Bar, Astor 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

Whether it's fried, baked, steamed, grilled, sliced, diced or stuffed, Feast is preparing a tempting selection of the freshest delicious seafood surprises to delight your taste buds. Let's enjoy seafood today.

Date: 1st - 30th, September

Venue: Feast, 1st 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, Ext: 6210



Ernest Hemingway Night @ The Ritz-Carlton, Tianjin

Daiquiri originated in the late 19th century. This rum-based cocktail is a personal favourite of Ernest Hemingway. In memory of this Nobel Prize winner, FLAIR is organizing a special Hemingway Night featuring daiquiris in original, passionfruit, strawberry, kiwi, peach and other fruity flavours.

Price: RMB100 per glass

Date: 15th – 17th September

Time: 5:00pm – 1:00am

Venue: 1st Level, FLAIR Bar and Restaurant, The Ritz-Carlton, Tianjin

*The above price is subject to 15% service charge

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



The Taste of Teochew

@ Renaissance Tianjin Lakeview Hotel



With its mellow, refined flavours and wholesome preparation methods, Teochew Cuisine requires utmost skill and attention to detail. With a spread of fresh seafood, marinated meats, and enticing desserts, the classic Teochew cuisine is so delicious and melting in your mouth with a delicate sweetness that it is guaranteed to win you over. Presented by Executive Chef Leo Li and guest chef from Teochew, Renaissance Tianjin Lakeview Hotel is going to show you an authentic Teochew Cuisine Festival in this summer!

Date: Until 2nd September 2016

Venue & Price: Teochew Dinner Buffet at BLD, RMB 358/person

Date: Until 19th September 2016

Venue & Price: A la carte Teochew menu at New Dynasty
Teochew Gongfu Tea at Lobby Lounge, RMB 88/glass

For more information or to make a reservation, please call +86 22 5822 3388.

Spanish Sangria

@ blue frog

Escape from the heat and chill out with blue frog's Sangria, featuring a traditional Spanish receipt with Merlot, a blend of juices & a generous bunch of freshly chopped fruit. It's fruity, it's refreshing, it's summertime in a glass!

Price & Time: Every Thursday, 16:00 until late, buy one get one refill
Saturday, Sunday and public holidays, 10:00 – 14:00,
enjoy brunch with complimentary bottomless Sangria.

Date: 1st-30th, September

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

For more information or reservations, please call
+86 22 23459028 (blue frog Riverside 66), +86 22 27358751 (blue frog Joy City)



Flavourful Cantonese Experiences @ Holiday Inn Tianjin Aqua City

Aqua Café is pleased to present guests with a menu of Cantonese cuisine. Featuring dim sum, roast meat, main courses and fresh greens... it is a joyful taste experience that is not to be missed.



Price: Start from RMB 12 / portion

Time: Lunch: 11:30 – 14:00 Dinner: 17:00 – 21:00

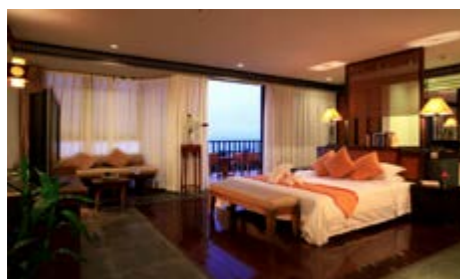
Venue: 2nd of Holiday Inn Tianjin Aqua City, No.6 Jieyuan Road, Hongqiao District, Tianjin (Exit B of XibeiJiao Station, Metro Line 1)

For more information or reservations, please call

+86 22 58776666 ext. 3718

Summer Special Offer @ Tangla Hotel Tianjin

Indulge yourself with a Complementary trip to Sanya. The offer is for Complementary Stay with International Asia-Pacific Convention Center Hotel for 3 Nights.



Hotel guest achieved the following target will get the additional FLY-BY coupon provided by Club Vac (First Come First Served).

- Purchase the BAR RATE of Executive Suite or above for 2 nights continuous stay
- Purchase the BAR RATE of Deluxe room or above for 5 nights accumulative stay
- Purchase the debit card for China Bleu or Tang Place at CNY4000 or above

Above items can be accumulated during the promotion period. Club Vac will take the right of explanation for the use of coupon. The coupon is not included in hotel owned promotional produces.

Date: Valid until 28th September 2016

“HOT” Dinner Buffet @ Hilton Tianjin Eco-City

From 19th August to 18th September, Hilton Tianjin Eco-city presents a unique themed dinner buffet “Sichuan Meets Mexico” at Elements Restaurant. Sichuan cuisine is known for its various ingredients like chili and different cooking techniques as well as Mexican food. The two different area are all well-known for their colorful decoration and variety of spices. What kinds of fantastic dining experience you will get when “Sichuan Meets Mexico”? Let’s find out.

Price: RMB298 net/person.

Follow Hotel Wechat, enjoy: RMB200 net/person. ID: [hilton_tianjin](#)

Date: 19th August - 18th September, every Friday to Sunday

Time: 17:30 - 21:30

Venue: Elements Restaurant, 1F Hilton Tianjin Eco-City
No. 82 Dong Man Zhong Lu, Sino-Singapore Eco-City



Mango Shrimp Salad

Fresh salads make a welcome addition to the menu and we have one that stands out this summer, namely Mango Shrimp Salad. A customer staple marinated chili-seasoned shrimp is tossed with mixed greens, roasted bell peppers, ricotta cheese and drizzled with mango dressing to deliver a sweet and spicy bite.

blue frog 蓝蛙
bar & grill



Red Velvet Cake

A classic that's both traditional and bold: Devil's food cake with a hint of chocolate, a hint of vanilla and the color of the Devil himself. Top it up with a sweet cream cheese frosting and you will be guaranteed to dazzle your guests with this one.



Steamed Seafood Pot, Mantis Shrimp, White Clam and Figuratus Clam

This delectable trio is made with fresh mantis shrimp, delectable white clam and juicy figuratus, freshly caught from Dalian. The seafood is so fresh that it's still alive as they cook this dish right at your table. You have the best steamed seafood pot in town! The shrimp is sweet and juicy while the white clam adds a nice kick to the overall dish.

鱼非鱼
YUFEIYU
鲜味海鲜 品质保证



Fried Sea Green Hand with Small Pepper

Sea Green Hand, kind of porcini, its meat is top quality and delicious, tastes fresh, tender and smooth. It is usually fried with garlic to have a great mixed smell of garlic and mushroom and add some special Yunnan Wrinkled skin pepper or capsicum frutescent to make the dish taste fresh and spicy. To serve it with rice is really the most happy and satisfactory way to have this dish.

In&Out 坐忘



Once in a Blue Moon

By Nadia N.

转眼间，一年一度的中秋节又要到了。中秋节有悠久的历史，古代帝王有春天祭日，秋天祭月的礼制。后来贵族和文人学士也仿效起来，在中秋时节，对着天上又亮又圆一轮皓月，观赏祭拜，寄托情怀，一直到了唐代，中秋节才成为固定的节日。中秋节的传说是非常丰富的，嫦娥奔月，吴刚伐桂，玉兔捣药之类的神话故事流传甚广。本期小编就带你去感受下丰富多彩的中秋文化。

wasn't particularly festive. As the time passed during the Sui and Tang Dynasties commoners started to take part in this celebration, joining the royalty. People of lower classes didn't offer any spectacular gifts to the moon but expressed their thanks more liberally. Later on, a fixed date for the festival appeared on the closest full moon to the Autumnal Equinox - 15th August on the Chinese calendar.

Customs surrounding this festival are countless and vary according to the region, though there are several

were significantly different. Let us take a look at the ancient history of this essential date for Chinese culture.

Looking back to where the festival started, some historians estimate it began during the reign of Zhou Dynasty (1046 - 256 BC). Three autumn days were marked by the sacrificial ceremonies. People of those far away days mentioned the ultimate connection between cycles of moon, its movement with changes of seasons and agriculture phases. So to express their gratitude and "wheel" the moon in order to collect a richer harvest, people belonging to the royal and upper classes offered sacrifices on the autumnal equinox.

It is easy to guess that Mid-Autumn Festival back then

Among Chinese holidays, Mid-Autumn Festival is one of the most important and well loved. Of the "Top 10 Traditional Chinese Celebrations" (if such a list existed) Mid-Autumn festival would probably win second place, following the grand celebration of Chinese New Year or Spring Festival. Due to its long history that began many hundreds of years ago, this celebration plays an important role in traditional Chinese culture and it would now be impossible to imagine life without it.

Mid-Autumn Festival follows the lunar calendar, so every year it is celebrated on a different day. Celebrations for 2016 will fall on October 15th-17th. Originally, this festival wasn't meant to be an occasion to take a day off work or have a dinner party - the attitude and celebration itself

main versions that are followed throughout China. It is a great occasion to have a friends and family get together and perform some traditional customs. Of course, the first thing that comes to mind is mooncake. Upon arrival in China, there is no expat that doesn't know of the colourful variety of Chinese-styled cakes in many local and Western-style restaurants and cafes, having an ancient stamp-like top with the liquid or soft filling. They are never sold separately, but always in a beautiful box of 6 or 8.

Traditionally, mooncakes are made on the Mid-Autumn Festival Eve by members of the family. The round shape of the dessert signifies union and sharing it with your family symbolises its completeness and unity. In modern times to keep up with the cosmopolitan and super-fast pace of life, not every family has the opportunity or time to perform this ceremony, though giving mooncakes to the members of the family (even if not handmade) remains the symbol of family reunion. Along with mooncakes and different delicacies, people try to buy a clay statue of Jade Rabbit - believed to be a companion of



Change - and offer him something he likes, for example soy beans and cockscomb flowers.

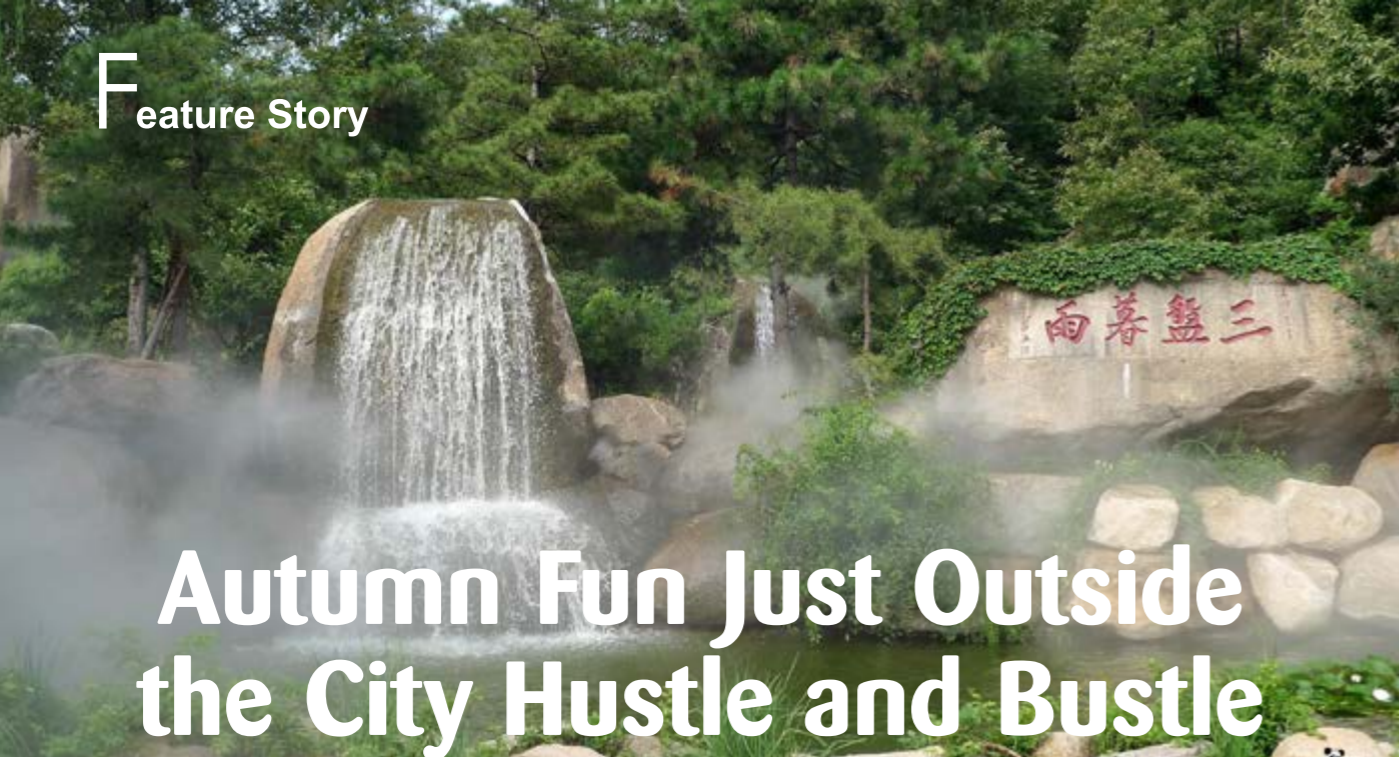
winter warmth, it makes sense that people light them in autumn.

Another hallmark of autumn celebrations is lanterns. It is difficult to track the original purpose and history of the connection between Mid-Autumn festival and the lighting of lanterns, though people practice it widely in China and East Asia. Traditionally lanterns in China symbolise fertility but surprisingly even if Chang'e is a goddess, lanterns have nothing to do with worshipping her. However, as they have always been symbols of hope, new beginnings, sunlight and returning after the long

Yet another interesting and bright tradition during the Mid-Autumn festival is that of the lion or dragon dances. One cannot say that he or she has been to China if he or she has never seen the dance! This activity is especially popular in Southern China, but occasionally performed in major cities like Tianjin.

And the last but by all means not least, Mid-Autumn festival with all the love, family and fertility symbols floating around, has become a perfect time for traditional matchmaking and all kinds of romantic hurly-burly. As the festival is based on a beautiful story about love and sacrifice, Chinese and Asian people feel it is a perfect time to pray for finding their "+1" and fulfilling their matrimonial wishes. Starting from the Tang dynasty, it was very popular to play some special games that could lead young people to finding love and by all means couple up. In modern China, the moon, lanterns, delicious food, days off work and mild autumn weather still makes people think in romantic ways.





Autumn Fun Just Outside the City Hustle and Bustle

一场秋雨一场凉，秋天就这么凉凉嗖嗖的到了，趁着冬天还没到，快去秋个游吧！天津的秋天也很美！塘沽的大沽炮台。武清的佛罗伦萨小镇，蓟县的农家院，盘山和黄崖关长城，都是天津周边适合郊游的好去处！

Staying around the centre of Tianjin during the autumn months certainly has its upsides. It's easy to stay out of the sun and there are tonnes of shops, restaurants and bars. Plus there are fairly few scenic routes to stroll upon when the sky is blue and the sun is shining. Then again we all need a change of scenery every once in a while and there are definitely lots of great and amazing places to visit that are situated just outside the city centre. Here are some of our picks for a perfect day or two of autumn fun just outside Tianjin...

Tanggu & Dongjiang

Tanggu is close enough to be classified as Tianjin proper but it is far enough to make you feel like you are having an adventure. If you are going solo then you can hop on the subway, which takes you pretty close to the centre, or take a bus. If it is you and a couple of friends then it is easier just to chip in for a taxi or Uber driver, which shouldn't set you back more than 130 yuan collectively one-way.

There is a lot more going on in Tanggu these days. Most people who go there for a day trip tend to head towards the famous Dagu Fort. The original site of this historical monument was

constructed in the sixteenth century. It then underwent several upgrades during the Qing Dynasty but has maintained its antiquity in a way that many other such historical sites in big Chinese cities have not. The Seaside Amusement Park on Haifang Lu is another popular place to hang out in the daytime, but there are also plenty of other sights to see, restaurants to eat at and an array of other different places to check out while you are there.

What's more, if you want to find a nice hotel and stay over for a night or two there are plenty of options. You can find a decent range of five star accommodation as well as all the lower end local brands that are ubiquitous in and around

Tianjin. That way you can make the most of the more subdued but still pretty decent nightlife that Tanggu has to offer.

Okay, admittedly the Dongjiang area is a bit of a stretch nowadays, especially with the subway line nine being out of action. That being said, there is still an – albeit manmade – beach there where you can enjoy an afternoon of volleyball, sunbathing, drinking cocktails that you prepared beforehand, or whatever other beach activities tickle your fancy.

Wuqing

Situated smack bang in the middle of China's two major northern metropolises, Beijing and Tianjin,

is the burgeoning suburb and industrial/commercial hub of Wuqing. This far out district of Tianjin municipality isn't very hard to reach. Depending on traffic circumstances you are generally looking at arriving from the city centre within one or two hours – the latter being a bit more on the pessimistic side. It is easier to reach Wuqing by simply jumping on one of the Tianjin to Beijing high speed trains that stops there. If you plan it properly you'll spend about half an hour in the station and ten minutes on the train.

This part of Tianjin outskirts is still developing. Its best days are undoubtedly yet to come. But for now it at least has one of the most magnificent shopping districts in the entire country. That is of course the infamous Florencia Italian Style Village. If you thought Wu Da Dao and the Italian Style Town in the downtown area had a genuine Europe feel to them, wait until you visit this amazing little place! Here you will find a stunning accurate life-sized architectural replica of a classic Italian village, complete with all the designer stores and restaurants one would expect from a project that is based on providing visitors with a sense of authentic European elegance.

Ji County, (Jixian)

The only considerable downside to visiting Ji County is its distance from the downtown area. To get there one either needs to drive for a couple of hours or hop on the train for an hour or so and then take a short taxi ride. It might sound like a hassle,



considering that this area is still classified as Tianjin, but it is definitely well worth it.

Even though it is part of Tianjin's larger municipal jurisdiction, a visit to Ji County – or Jixian as it is referred to in Chinese – will give you a taste of what life is like beyond the skyscrapers and modern conveniences of the inner-city. Sure there are some five star resorts, but if you really want to embrace the experience in all of its glory you need to stay in one of the makeshift farmhouse guesthouses that the vast majority of Chinese tourists opt for.

However you decide to play it, once you've gotten the logistical and accommodation aspects out of the way there are two main attractions in Jixian that are truly unmissable. The most notable is the Great Wall – that is, the Tianjin part of the Great Wall that most people who come to China never hear or read about. There may be a bit of historical debate as to whether the Huangya

Pass that runs through Jixian is a part of The Great Wall of China, but it is historically significant and a sight to behold nevertheless.

The other great place to visit when you are in this neck of the woods is the famous Pan Mountain. Standing at over 850 metres above sea level and surrounded by beautiful forestry, this peak is home to a lot of wildlife and some splendid pieces of antiquated architecture. Missing out on this opportunity to reconnect with your 'wild side', especially after being trapped in the city for a while, is a chance you just can't afford to miss out on!



NEW YORK KIDS CLUB

Children Are Meant To Explore

By Nadia N.

纽约国际儿童俱乐部 (NEW YORK KIDS CLUB), 起源于美国纽约, 是经过美国权威幼儿教育机构美国儿童早期教育协会 (NAEYC) 认证的儿童早期教育品牌, 致力于为全球 0-12 岁儿童提供高品质的早期教育核心课程和早期教育服务, 拥有 16 年的品牌历史, 2012 年登陆中国, 是国内为数不多具有“儿童俱乐部”概念的高品质早期教育机构。本期, 我们就采访了位于天津河西区的纽约国际儿童俱乐部的投资人范先生和他的家庭, 听听他们对于儿童教育的理念以及纽约国际儿童俱乐部是如何激发孩子们探索精神的。

New York Kids Club is an educational centre in Tianjin, a branch of the original centre in New York, USA, and one of the most elite children facilities in the country. Situated in downtown Tianjin, New York Kids Club is where children learn by playing, joining different courses and interacting with professional teachers and coaches. Spending a while in the USA and starting a family of their own, Loretta Zhang and Eric Fan decided to establish and lead Tianjin New York Kids Club which is located in Hexi District. Their son, Felix, an adorable and outgoing little man of 2 years old, inspired them to think about the unique needs of each child and ways of helping them grow, develop and explore.

Among the big variety of children training centres in Tianjin, what makes New York Kids Club different from others?

First of all, we are not willing to call New York Kids Club a teaching facility, where children are usually sat down and taught regardless of their interests. We are focused on providing children a friendly and diverse environment where they can explore different areas and find their areas of interest. Those areas include hip-hop, ballet, music, cooking, drama, yoga, and many others. Also, we present all of these courses in both Chinese and English. English, infused in different activities can be studied faster and easier as children learn to comprehend and communicate using English while focused on something very interesting and exciting. What we trying to avoid is the “traditional” way of teaching with teacher-centred classes, where children need to sit down, listen and memorise. Our main goal is to provide children with a comfortable environment, where they are offered the opportunity to try many courses, find themselves and, as a result, develop their skills and learn.

What is the leading philosophy and methodology of New York Kids Club?

Originally, New York Kids Club comes from the USA, New York City which was established in 2001. The main branch has an expert team building up the methodology and philosophy. All the branches that have been opened in China since 2012 - in Beijing, Shanghai, Tianjin and other cities - are following the course of New York’s schools. Our philosophy is to provide children from 0-7 years old with high-quality standard care, so that our students’ academic, physical, social and emotional needs will be fulfilled and satisfied. We ensure and promise to our parents, that our teaching, courses, facilities, and technology will be cutting edge and up to the minute.

What kind of special courses and facilities New York Kids Club have to offer to their students and parents?

Just as in the New York schools we are licensed by NAEYC (The National Association for the Education of Young Children) and provide a wide variety of courses to fit the unique needs of our young club members. We have different courses which include ballet, karate, music, gymnastics, cooking, art, hip hop and musical theatre. Each course can be presented in two main





languages -- Chinese and English. As we are not willing to limit our students, we occasionally offer a French and Russian corner or story time. In addition, we introduce different cultures to our learners.

Besides, we are proud of our site design: we use only top materials and construction as safety is our priority. Also the air quality of our site such as formaldehyde, Tvoc standard has passed the detection of CMA (China Metrology Accreditation).

We made our club not only bright and colourful (which is a must for a first class children centre), but also drew from a great deal of artistic influence. The wall of the art classroom repeats Claude Monet style painting.

As every child has different interests, talents and pace of learning, teachers should pay close attention to each and every one of them. How do they provide feedback and advise parents about their child's progress and tendencies?

We have both advisors and instructors providing parents with all the necessary information about their child. Firstly, our advisors introduce facilities and courses to the parents upon joining the New York Kids Club. As they attend courses and spend time in the centre, they provide them feedback after every class. Also, as we are convinced that communication with parents is essential for the children's learning process, every several months we hand out progress reports and have a parents meeting.

Have any students of New York Kids Club found new passions and hobbies or made some academic achievements?

We pay great deal of attention to our students' interests and certainly make parents aware of them. All children are welcome to join any class they want. So, if a student who was passing by the kitchen saw interesting ongoing cooking classes and shows an interest in it, we welcome him or her to join the course immediately so he can try and follow the course afterwards. We've mentioned that parents are more than willing to support children with their choices and decisions and we have plenty of girls interested in hip hop and karate as well as gymnastics and art, when boys often find it fun to join cooking or ballet classes.

What kind of special qualifications should a person have to become coach, trainer or teacher in New York Kids Club?

The most essential "qualification" is to have real love for children. As society dictates, every person should like children and enjoy

being in their company. But does one have a real love for children without having patience, understanding and willingness to wait and give? Our coaches and teachers all share the same aim - make children happy. We don't have sports or music teachers coming from outside of the club to give classes, because one of the main requirements for teachers is to be talented in some area. Teachers should be very fluent in English, as it is one of our main teaching languages, but knowing several languages is a plus as well.

With the upgrading and toughening of laws within the English teaching sphere in China, has New York Kids Club experienced any changes or gone through any rearrangements? How did it affect the quality of education?

We do realise, that every teacher should hold proper

documentation to become a teacher in China and the situation with education certainly has changed. But all of our teachers are professionals who all have the required credentials to become a coach in our centre. From our side, we try to provide them with the job security, visa and working permit.

In the future, will there be any changes or upgradings in the Club?

Absolutely, we have already reached a great level and we are not planning to stop it. With the increasing influence of technology in our lives, we are planning to bring it to our club - iPads, interactive boards and so on. It doesn't mean that our classes are going to be totally digitalised, but children are going to use technology to their benefit. So, with the right balance of using technology in the courses without

abusing it, we can achieve better results and show more to our children. The world is not standing still in the same place so we aim to offer our young club members a chance to develop with it. We offer our parents and children the very best we can.

LOCATION

NEW YORK KIDS CLUB
纽约国际儿童俱乐部



Address: 2nd Floor, Happy City Center, Hexi District, Tianjin
天津市河西区乐园道9号彩悦城阳光乐园二层

Telephone: +86 22 8827 5200
+86 22 8827 0200

Hotline: 400 666 0522

Website: www.nykidsclub.com
www.nykidsclub.com.cn

Wechat:
纽约国际儿童俱乐部天津文化中心



BEST CITY HOTELS IN BEIJING

By Annie Ly

当你在北京迷人的景点游玩了一整天，最后一件你应该关注的事情就是住在哪里比较好？本期，我们就总结了几家经过1200余名外籍人士调查投票后推荐的酒店，它们也许不是最奢华的，但却很方便舒适，最适合正在北京游玩的你。

In a place steeped with culture and some of the most fascinating tourist attractions in the world, the last thing you want to worry about when you visit China's capital is where to rest your weary head after a long day checking out all the sights. Well look no further as this month, we present to you some of the best city hotels in Beijing. The following selection summarises some favourites as voted for by our survey of over 1200 expats living in China. They may not represent the most luxurious or expensive amongst hotel options, but they do represent the most convenient and comfortable across five star hotels in Beijing, making them most preferable and suitable hotels for foreigners visiting Beijing.

China World Summit Wing 国贸大酒店

Located at one of the most prestigious addresses and landmark buildings in Beijing, the China World Summit Wing is part of the China World Trade Centre complex in the heart of the Central Business District (CBD). Boasting of 278 spacious guestrooms and suites, four designer restaurants and two swanky bars, guests can enjoy their stay in the nation's capital in true style. If you're looking for stunning views over Beijing, you're in the right place. With an observation deck 81 floors high, watch the lights pop up over the city whilst you dine in one of the exclusive private dining spaces or sip on cocktails at Atmosphere Bar. For a real treat, why not take a dip in the 25-metre infinity pool on the 78th floor as you overlook all the city views underneath the vast sky? Shangri-la's Summit Wing hotel simply oozes class as well as comfort. The views afforded by your stay cannot be beaten, making it a real gem of a hotel in the heart of the city.

Address: No.1 Jianguomenwai Avenue, Beijing



Kerry Hotel Beijing 北京嘉里大酒店

If the former doesn't take your fancy, the nearby Kerry Centre Hotel might have just the thing. Equipped with all the modern day comforts you could need making for a seamless experience for visitors, Kerry Centre Hotel is also fitted with stylish contemporary interiors making your stay a great one, guaranteed. Some of the hotel's signature services include paperless check-in and check-out, complimentary mini bar as well as top quality staff there to meet your every need. Wine and dine facilities on site mean you need to step no further for the best in authentic Asian cuisine, stylish bars and entertainment. Centro, Kerry Centre's award winning bar and lounge is there to give you a dose of classy cool. Pay a visit to sit amongst the seductive atmosphere whilst you sample fine wines or fancy cocktails and listen to a live jazz band. Want to taste China? You can sample Cantonese, Beijing, Sichuanese dishes at Kerry's Kitchen and The Horizon. Outstanding quality for an outstanding stay.

Address: 1 Guanghua Road, Chaoyang District, Beijing.



Park Hyatt Beijing 北京柏悦酒店

There's no other hotel which nails it on lifestyle quite like Park Hyatt Beijing. Situated atop some of the best luxury shopping in the city, this hotel combines all the elements of personalised service, comfort along with entertainment and culinary offerings that other hotels should envy. Take a trip up to the 63rd floor to check in and then take advantage of spacious bathtubs and soothing views. Its central location means the famous architecture of the CCTV Tower, the cultural landmarks of the Forbidden City and Tiananmen Square are just a stone's throw away from your quarters. If seeing the sights isn't your thing, peruse all that Yintai Centre and Park Life have to offer in terms of shopping and entertainment and find yourself amongst all the top designer brands. If you've shopped 'til you've dropped, you can experience a relaxing spa treatment at the exclusive Park Hyatt Beijing Tian Spa. Whatever you need, Park Hyatt Beijing has it covered.

Address: 2 Jianguomenwai Street, Chaoyang District



The St Regis Beijing 北京瑞吉酒店

If you've ever stayed at any St Regis hotel, you know that this line of luxury hotels stands for elegance and second-to-none service. The St Regis Beijing is no different and it is a firm favourite for a range of travellers. Whether on a business trip or a cultural holiday, this hotel has been highly rated consistently amongst guests who return time and time again. But why? Maybe it's because of the spacious marble bathrooms, impressive signature beds, gorgeous city views or the offer of spa and swimming facilities when you seek respite from the hot and humid city. The St Regis Beijing is an award winning hotel location for a reason, the St Regis Butler service certainly being one of them. Available 24 hours to tend to your every need, the service can be arranged to give you a personal wake up call, unpack and pack for you or even iron your clothes. What more could you ask for?

Address: 21 Jianguomenwai Dajie Beijing





Culinary Treats Tianjin

YU FEI YU Roast Fish

By Aurora Smith

鱼非鱼，沪上首家“海洋主题餐厅”，将独创脆皮爆汁烤鱼、石锅烤海鲜、吊缸烤串完美结合，开创中国餐饮界最新商业模式典范。以拥有健康料理的文化理念，源于自然的食材，浪漫甜美海洋风的用餐环境，创意非凡“金三角”美味组合，领衔中国餐饮界耳目一新的全新商业模式典范。品牌创始人刘峰先生独辟蹊径，将东南亚风味运用于烤鱼之上，痛快淋漓的济州岛辣白菜风味、营养鲜度双双犯规的南美洋番茄风味，更有椰香十足的泰式红咖喱和清新文艺的青柠香，让人仿佛置身于水清沙幼，椰林树影。鱼非鱼的环境设计亦将海洋风进行到底。模拟海面涟漪的屋顶设计，沙滩餐桌让你如临海风，性感豹纹斑马纹泳衣地板，无处不在的大鱼小鱼，蓝色梦幻灯光照明.....必须让你吃得美，拍照更美！

This gem of a restaurant was founded by Mr. Liu Feng who has been working as chef for the last 12 years. Born to a family of renowned photographers, Mr. Liu devoted himself to perfecting the Guangzhou cuisine as well as mastering the art of creating ravishing seafood dishes. He then took up work as a photographer, excelling in that field as well. His forte included theme photography and capturing some of China's most popular celebrities through his lens. He then tried his hand as a compere for a cooking TV program.

Mr. Liu is truly a man of many talents. He is really the most uncommon photographer among chefs and the most extraordinary chef among photographers. He channeled his passion for seafood and cooking and founded the YU FEI YU Roast Fish restaurant, opening the first restaurant in Shanghai in 2014. He now has 15 branches in Shanghai and Hangzhou.



Mr. Liu Feng, Founder of Yu Fei Yu Roast Fish

YU FEI YU Roast Fish was the first "Ocean Theme Restaurant" at Shanghai. He combined original crisp fish skin sauce, roasted fish, stone bowl roasted seafood and BBQ Skewers perfectly. YU FEI YU insists on a healthy diet culture, adopts natural food materials, provides a romantic ocean style dining environment and comes with a creative "Golden Triangle" flavor. This has led to the creation of an excellent and brand new business model in China.

Mr. Liu created a new process that infuses Southeast Asian flavour to perfectly roasted fish. The fresh seafood coupled with the Cheju spicy cabbage tickles your taste buds and takes you on a wonderful culinary journey, leaving you wanting more. Not to mention the tantalizing South American tomato flavour adds just the right amount of sweetness to the dishes. Their decadent and characteristically Southeast Asian dishes that combine freshly caught fish with red curry and green lemon flavour makes you feel like you are dining on your own private sandy beach, surrounded by pristine waters under the shade of a coconut tree.

The dishes at YU FEI YU Roast Fish are simply amazing. Rich in flavor and freshness, it is a treat to your senses. Each dish is created with its own unique twist and combines the best ingredients. It is a must on your bucket list of restaurants to visit in Tianjin.

YU FEI YU Restaurant's environmental design draws on the concept of "ocean style". The waved roof simulates the waves of the ocean, beach style tables with adorable starfish and sunbathing miniature figurines make you forget the hustle and bustle of the city. The décor of the restaurant is reminiscent of a breathtaking sandy beach, surrounded by the wonderful salty sea breeze. The funky zebra floor adds a unique touch. You can see beautiful fish everywhere along with dream-like blue lights creating a beautiful relaxed environment to dine in.

Located on the 3rd floor of Joy City, YU FEI YU is a highly recommended restaurant as they pride themselves on serving a delicious, mouthwatering array of seafood and other dishes. A main dish will set you back between 50-100 RMB depending on what you chose. Of course if you opt for sides and drinks along with a dessert, the total will be more. The portions at YU FEI YU Roast Fish are large and the food is delicious so it's worth every penny. Next time you are craving for all things seafood, do make a reservation here. You will want to come back for more!

YU FEI YU Roast Fish 鱼非鱼 (天津大悦城店)

Address: No. 59, 3F, North Area, Joy City, No.2 Nan Men Wai Street, Nankai District

天津市南开区南门外大街2号大悦城北3层59号

Tel: 022 86665282

电话: 022 86665282

Roasted Fish, Thai-Style Red Curry

The wonderful smell hits you as soon as the dish is served on your table. It combines the perfectly mixed red curry with an underlying slight soiciness with freshly caught fish making the dish absolutely divine. With every mouthful, there is the rich taste of coconut milk which makes the fish taste even fresher.



Champion Roasted Squid

The large squid especially imported from Argentina looks really appetising. They are all of standard size and of the highest quality. You can't resist the tempting blend of their signature sweet and slightly spicy coating on the scrumptiously roasted squid which will definitely give you a brand new taste experience. The texture of the squid is wonderful and cooked to perfection with just the right amount of chew. Each part of the squid is infused well with herbs and gives your palette a burst of flavour.

Sweet Peach Gum

"The peach tree is slender and sturdy, flaming red are its blossoms". Picked from the peach garden in spring, the peach gum is like amber and is as clear as crystal. A mild peach flower flavour combined with the jelly texture gives you a sweet taste, invigorating your taste buds.



不论你和前任在一起是半年、4年还是更久，分手都会让你的大脑回到刚恋爱时的状态。刚刚分手就又要去约会会不会太快了些？是应该稳重一些还是应该抓住这个机会尽快走出分手的阴影？亲看本期小编给出的情感建议。

Dear Angela and Daemon,
I've just broken up with my long term boyfriend of 5 years and it's the first time I've been single for a very long time. I think I'm ready to get back into the dating game but could it be too soon? Beyond that, I just don't think I know how to date any more. Sometimes I think I know how to date any more. Sometimes I think I know how to date any more. Sometimes I think I know how to date any more. Sometimes I think I know how to date any more. Should I really be getting back out there at this point and if so, do you have any advice about the do's and don'ts of dating?

--Francesca



Angela says:

Dating has definitely changed in recent times. We live in a world where you're more likely to find your other half at the swipe of your finger rather than the fairy tale story where your eyes meet across the room with a love at first sight deal. Depending on whether you're an open minded woman of today or an old fashioned romantic will probably determine how well you deal with getting back on the dating scene. Either way, it's important that you remember you're dating for all the right reasons. There's nothing wrong with being single. It's been a long time. Maybe you need some 'me' time before you launch into another relationship just because you feel a little lonely. Don't force yourself to date. Whoever you end up with will probably just be a rebound, which we all know will end in tears.



Daemon says:

It is true that getting over an ex is a long and painful process that requires a lot of patience, and rebound relationships do come with a range of potential problems. However, that doesn't mean you should adopt a hermit lifestyle just because people tell you it's the right thing to do. For the sake of your own sanity you absolutely must get yourself back out on the dating scene as soon as possible! By that though, I don't mean in the traditional sense of the word 'dating'. There is a world of difference, both in terms of emotional consequences and practicalities, between a few casual encounters and another full on relationship. After going through a break up the last thing you want to be doing is diving straight back in with someone else full time. Instead it's time to let loose and start playing the field. By doing that you can take full advantage of all the wonderful opportunities that single life has to offer and you will also gain control over your life again, which in turn will make you a stronger and more independent woman.



WORKING OUT IN STYLE

ATHLEISURE

By Aurora Smith

在如今这个快节奏的社会里，运动与休闲是人们更加倡导的健康生活理念，服饰是你生活态度的一种表象体现，所以服饰亦然如此，很多大品牌也在追求者休闲运动的风格，可见休闲运动风很受欢迎哦。本期的就跟着小编来看看作为一个潮人如何玩转运动休闲风吧！



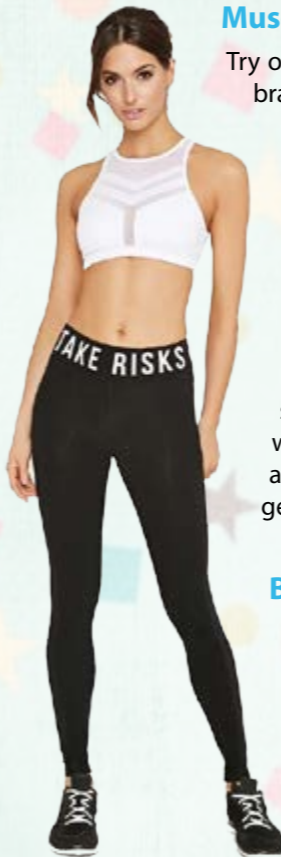
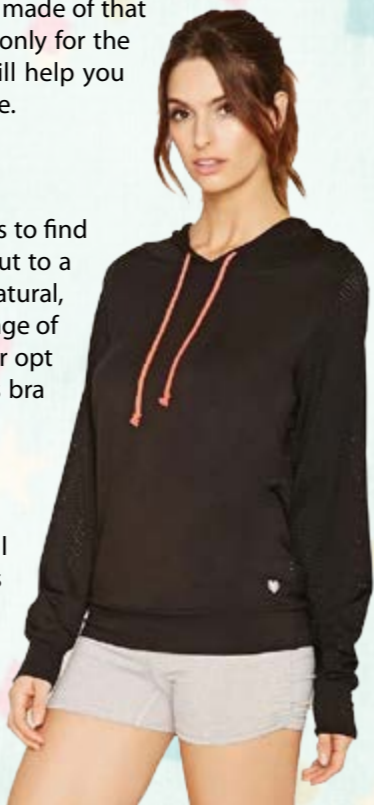
This edition on fashion is all about looking good while working out. The Athleisure trend shows no sign of dying out. From 70's inspired cropped sweatshirts to bodysuits that bridge the gap between underwear and outerwear, the athleisure movement is here to stay. If you are already aboard the Athleisure trend you already have space in your closet for your favourite pair of yoga pants. However, if you have only just started looking for the gym—even when you aren't going to spin class you've been bitten by this hot new trend of active wear. The trend has evolved past its original leggings-and-tee combo to its current stage: chic sweatpants that are not made of that high-performance, just-do-it technology meant only for the gym. For all the newbies out there these tips will help you build up a sleek and functional athleisure wardrobe.

Draped T-Shirts:

You can buy a t-shirt anywhere, but what we want is to find the one holy grail t-shirt that can go from a workout to a nice brunch out with friends. Look for t-shirts in natural, breathable fabrics that drape beautifully over a range of body types. You could go for a low cut neck line or opt for a plain and simple tee. Pair it up with a sports bra and you're good to go.

Sweatshirts and Hoodies:

Sweatshirts and hoodies now come in literally all fabrics, sizes and cuts! Many of them work well as fashionable outerwear tops as well as for athletic pursuits or as loungewear. When picking which pieces make sure you get one that compliments your body. Make sure it's not too big as it would be prone to drooping. You can choose a classy monochrome, sleek black and white or one with a pastel hue and feminine silhouettes.



Muscle Tees and Workout Tanks:

Try out a cool muscle tee the next time you go for a jog or go to the gym. Pair it with a bralette or a sports bra. Workout tanks and muscle tees come in a variety of designs and prints. If you want your outfit to pop go for a bold color. If you want a more demure look choose a neutral or darker color.

Pants and Shorts:

Be it yoga pants, running shorts or jogger pants, the choices are extensive. Jogger pants are a compromise between the loose fit of sweatpants and the frequently awkward fit of capris. Jogger pants are slim cut sweatpants that tend to flatter the body rather than hiding it. They also aren't skintight like yoga pants or jeggings, so they make for a great layering piece. Or you could opt for the classic yoga pants which highlight your wonderful curves. Active wear also offers a range of shorts and skirts for all your sportswear needs. You could opt for a funky pattern, complex geometric design or just a plain colour.

Bralettes and Sports Bras:

Gone are the days of wearing uncomfortable underwire to the gym. Sports bras and bralettes are the new "IT" items in terms of fashion, mainly because of their more practical and comfortable nature, not to mention the many gorgeous designs to choose from. Underwire is out! Bralettes have become wildly popular for their easy fit and great layering potential. A bralette makes a great base layer, but can also add serious style to an outfit with elaborate straps or pretty patterned laces.



Rio 2016

Olympic Highlights

By Michelle Port

It only comes around once every four years and with it comes a whole host of exciting sporting activity and you absolutely cannot miss moments as the whole world bears witness to the crème-de-la-crème of top class athletes battle it out for that coveted spot on the medals podium. That's right, 2016's Rio Olympics did not let viewers down this year as Team USA showed they have some of the best Olympians in the world, taking top spot on the overall medals table with an impressive 46 gold, 37 silver and 38 bronze (a stonking 121 in total!) medals. Although not all sports in the Olympics may suit everyone's tastes, one thing's for certain – there were some absolute stand-out moments which will go down in sporting history and set the bar for the next team of athletes in Tokyo in 2020. Did you miss out this year? Fear not because here we bring to you some of the best highlights of Rio 2016.

1. Opening Ceremony

It's always an exciting time for all viewers to see just how a country will open the Olympics and Rio did not disappoint. A historical journey through time, Rio put its own spin on things, demonstrating the trails of Brazilian slaves as well as the fast development of Brazilian megacities. With free runners climbing from ledges, impressive floor projections and talented dancers, the opening ceremony was filled with colour and flare. Of course, no representation of Brazil could be complete without the sound of samba

and the carnivalesque dancers. But without a doubt, what really got the party started in Rio was the cameo from top model, Gisele Bundchen, strutting her stuff in a flowing silver dress. More Gisele in future Olympics, please!

2. Diving Into The Deep Green

The inexplicable transformation from crystal blue pool waters to a cloudy green overnight perplexed divers, swimmers and polo players. The magical colour changing pool waters raised alarms about the safety and preparation of Rio in time for the Olympics but officials insisted that the waters were of no harm to competitors. Some athletes even commented that the green water made it easier to dive in. Not to

worry though, measures were taken to alleviate fears as officials drained the pool of its swampy looking waters and replaced it with brand new water allowing athletes to continue to wow crowds with their incredible swimming lengths and synchronized dives.

3. Winning the hearts of China

If there's one Olympian who has won over the hearts of everyone in China, if not the world, it's the



stealing He Zi's limelight, the whole proposal was caught on camera and shows the tender moment when she said yes and he pulls in a victory fist to celebrate. We wish the happy diving couple all the best!

5. Michael Phelps Cupping

adorable Fu Yuanhui. The bronze medalist became a firm favourite with viewers due to her modest reaction to the news of her 58.95 second time during the women's 100m backstroke semi-final, winning her third place. Her shocked expressions during and after swim interview made her a viral sensation. "What?! I came in third? I didn't know", she exclaimed. Number three in the heat maybe, but number one in our hearts!

4. Love Is In The Air

As if our love for Fu Yuanhui wasn't enough, it seems that love was also in the air at Rio as Olympic couples made things official with proposals coming in everywhere. The first proposal came within the first week with rugby sevens worker Marjorie Enya asking Brazilian player Isadora Cerullo to marry her, showing that love wins. Perhaps the most noteworthy down-on-one-knee act came from Chinese diver Qin Kai's proposal to long term girlfriend He Zi during the medals ceremony where He Zi was awarded silver for the women's three-metre springboard. Despite the proposal being considered controversial where some accused Qin Kai of

Forget the medal tally of the most decorated Olympian in history, it was the mysterious purple dots on US swimmer Michael Phelps' back that caused quite a stir. Giving the ancient Chinese remedy it's time in the spotlight. The curing process is said to draw blood to affected areas to increase the overall speed of recovery for overworked muscles. Although the practice leaves unsightly round bruises, it was revealed that Phelps had been undergoing treatment for the last two years. Whether the treatment has true benefits, some things definitely worked as Phelps added to his pile of Olympic medals with an impressive five more golds and a silver.

6. A New Generation

Speaking of Michael Phelps, it seems that his crown is being challenged by the next generation of great swimmers. A great achievement not only for first time Olympic competitor Joseph Schooling to have won Singapore's first ever Olympic gold medal, but Schooling also pipped his childhood hero Phelps to the post in an exhilarating final for the men's 100 metre butterfly. Later, a photo of the Singaporean swimmer during his younger

years posing beside Phelps went viral as Schooling paid thanks to his swimming hero for some kind words of inspiration during a training camp in 2008. It just goes to show that with some hard work, you can really achieve your sporting dreams!

7. Closing Ceremony

Just as vibrant, energetic and colourful as it began, the Rio 2016 Olympic Closing Ceremony battled through the rain to show that it is indeed Brazilians who are some of the best party-throwers in the world. With a great deal of dancing and an incredible fireworks display it was time to wave goodbye to one of the world's greatest shows, uniting countries and cultures through love and appreciation of sport. As the torch was passed on to Japan who will be hosting the next Olympics in 2020, it was perhaps Japan's Prime Minister Shinzo Abe who arrived dressed like the iconic video game character, Mario, who stole the show. If that's the kind of humour and fun we can look forward to, bring on Tokyo 2020!



Pupils Hit Top Marks in IB and IGCSE Results @ Wellington College International Tianjin

Following the announcement of the Cambridge IGCSE Results, the College is delighted to congratulate senior pupils for achieving some truly exceptional results. Special mention should go to Celia of Stanley House who achieved A* Grades for all subjects. As the world's most popular international qualification for 14-16 year olds, pupils in Years 10 & 11 at Wellington College are well positioned to continue developing a tradition of excellence in academic achievement as they move into the Sixth Form.



Outstanding IB Diploma Results were greeted with delight by pupils and parents; two pupils gained over 40 points and a third of all candidates averaged 38 points or above. Achieving 42 points overall, a special congratulations should be extended to Paul who will attend his first choice university, University College London (UCL). Wellington College pupils will attend some of the world's most prestigious universities, including Ivy League institutions UC Berkeley and Cornell, highlighting the strength of the IB Diploma programme at Tianjin's most community-focused international school. The A Level stream also produced some exceptional results, with a raft of current pupils achieving 67% A-C grade, an average that is comparable to some of the best schools in the UK.

Wellington College China Meets the Duke of Wellington



Wellington College China schools draw strength from the very close partnership that they enjoy with Wellington College. This partnership runs deep with significant sharing of ideas and practices across the group and numerous exchanges of pupils and staff. The commitment to China schools by the leaders and governors at Wellington College has seen visits by Julian Thomas, the Master, and Peter Mallinson, Vice President and Chair of the Wellington College Board of Governors in recent months.

The partnership was further strengthened when representatives from Wellington College China were invited to meet with the Duke of Wellington on 14th July 2016. The Duke of Wellington received guests from China and Wellington College at Stratfield Saye, his country estate, with the intention of learning more about the success of Wellington College China in establishing international schools in Tianjin and Shanghai along with the launch of bilingual early years setting. His Grace conveyed his full commitment to Wellington College China and displayed great interest in learning about each of the schools, their development and how they serve communities in Tianjin and Shanghai. Discussions focused on ensuring all Wellington Colleges continue to provide the highest standard of education that upholds the Wellington values and identity. The Duke of Wellington will continue his interest and support for schools in China through his work as a governor of Wellington College.

Joy Qiao, Chair of the Board of Governors for Wellington College China was accompanied by fellow board member Helen Kavanagh, International Business Director with Wellington, along with Peter Mallinson, Chair of the Board of Governors for Wellington College and Ahmed Hussain, Director of Schools for Wellington College China.



First day of the school year 2016-2017 @ International School of Tianjin

August 9th, 2016 morning was a morning of smiles, cheers, hugs and laughs as students returned to start their new school year at IST along with new students commencing on their wonderful "learning at IST" journey. Teachers, parents and students were all in a jovial, friendly and enthusiastic mood and there were many high-fives and squeals of delight all around. Happiness, the hallmark of IST, was the all-pervading mood!

What a great start to the new school year 2016-2017!

Remarkable Upgraded Learning Spaces @ International School of Tianjin

Always aiming for enhancement of the learning experience for students, International School of Tianjin (IST) has once again undergone a series of major facility improvements over the summer to augment their learning spaces for students, both indoors and outdoors.

Amongst the many upgrades, a new 3,120 square meter soccer/football field with FIFA quality turf is now ready for the students, in addition to the already existing grass soccer/football field. There has been an upgrade to the indoor play area for Kindergarten-Grade 2 where amongst other things, a specially ordered hand-made boat made by artisans of the China Arts and Crafts Masters in Jiangsu Province has been installed along with a "tipi or tepee" (native American tent) for the children to explore and play in. There is also a new Grade 3-5 playroom/lounge for the older Elementary students for times when they want to indulge in indoor activities.

There has also been new landscaping of the interior gardens in IST, including installation of new Kompan play equipment and Playmatta mats. Other renovations include a new elementary kitchen and science classroom; a new ceramics studio and kiln; a new elementary Chinese language learning area with traditional Chinese woodwork and interior decoration, which makes it look like a beautiful Chinese courtyard.

Coming up soon is the exciting completion of a new state-of-the-art NPK-G12 Science and Technology Design Centre with surrounding landscaped gardens which will be inaugurated in September. Watch this space for details of this exciting cutting edge upgrade to IST's Information and Design Technology teaching and learning!



MOVIE

Ice Age: Collision Course



Everyone loves and remembers the adorable and exciting cartoon originally featuring two simultaneously developing story lines - the main adventurous one and the troublesome vicissitudes of squirrel and the acorn! Well, it has been many years since the first episode was launched and found great success all over the globe. Now it is time for Ice Age's new episode to prove its worth - a hard mission for any movie. But producers don't seem to want to let go due to its popularity and profitability. This time all main heroes (even the acorn) will be conquering outer space, far away from the glaciers and fjords of the earth. As Scat the squirrel has been catapulted to outer space and he does what he does best - setting off a series of epic events, but now they are cosmic-sized. Suffering from the consequences, Sid, Diego and Manny need to find a way to overcome the difficulties and travel to exotic new lands. The talented producers have still managed to offer a great movie to watch with kids and all the family.

BALLET

Teatro alla Scala "Giselle" and "Cello Suites"

Date: 1st - 2nd September: Giselle
1st - 3rd September: Cello Suites
Price: 680RMB, 580 RMB, 380 RMB, 280 RMB, 180 RMB



A tremendous event for the stage at the Tianjin Grand Theatre! La Scala, one of the most famous theatre houses in the world, comes all the way from Milan to China to indulge viewers with a gulp of the real immortal art of ballet. The history of theatre begins in the 18th century with the great premier of Antonio Salieri's Europa riconosciuta. Nowadays due to its popularity and privilege, it is rare that a person can boast for attending the classical play or ballet performance in this theatre. La Scala brings two masterpieces to show audience in Tianjin - classical 'Giselle' and modern ballet performance 'Cello Suits'. The first one is as renowned and as traditional for international ballet as 'Swan Lake' or 'Sleeping Beauty'. It features the music of Adolphe Adam, gorgeous classical costumes and decoration with Nicoletta Manni dancing the part of Giselle. The other, 'Cello Suits', features the music of Austrian classic Jahann Sebastian Bach's 'Uncompleted Cello Suites'. Bach's music is easily recognised by its deep and baroque-like sound. The ballet promises to be an exciting performance!

WELCOME

TO

THE WORLD!



帅帅 Shuai Shuai
2016-7-26
China
Boy



堂堂 Tang Tang
2016-6-1
China
Boy



成成 Cheng Cheng
2016-7-29
China
Boy



晨晨 Chen Chen
2016-7-25
China
Boy

Ways to Make Labour Easier

Labour truly does live up to its name. However keeping in mind the following facts can help you make it a more bearable experience:

There is no exercise proven to make labour easier, but The American Congress of Obstetricians and Gynecologists says staying fit can help you better handle any pain. It may also increase your stamina so consider working in a practice that focuses on breathing, like yoga.

Make sure the people you plan to have around are ones you can count on to make you feel better. If you are a social butterfly, you might want a whole team of your nearest and dearest with you. But if you feel more comfortable when you are one-on-one with your partner, make him your only guest in the delivery room.

You will probably spend much of the first part of labour in your home. While you're there, relax as much as you can, try not to go to hospital exhausted. Try taking a soothing shower, or ask your partner for a tender massage.

It is also a good idea to have some snacks (something light and appetizing) and plenty of water, since once you're at the hospital, you may not be able to eat and you'll need your energy.



圣圣 Sheng Sheng
2016-7-30
China
Boy



小菠萝 Xiao Boluo
2016-7-20
China
Girl



王小趴 Wang Xiaopa
2016-7-17
China
Boy



琪琪 Qi Qi
2016-8-02
China
Girl

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



Back Pain

By Oshani Silva

一项调查发现，现代人遭遇背痛的几率大大增加，与10年前相比，背疼人数翻了三番。尤其是久坐的白领女性，或是经常背着沉甸甸的挎包的上班族等等，都会容易造成背疼难忍。那么，如何快速缓解背痛呢？小编推荐给您以下几大建议。

Back pain includes lower, middle and upper back pain or low back pain with sciatica. Nerve and muscular problems, degenerative disc disease, and arthritis can also result in back pain. Back pain symptoms may be relieved with pain medication or pain killers.

What Are the Symptoms of Back Pain?

Most people have experienced back pain sometime in their lives. Causes of back pain are numerous; some are self-inflicted due to a lifetime of bad habits. Other back pain causes include accidents, muscle strains and sports injuries. Although the causes may be different, most often they share the same symptoms that can include:

- Persistent aching or stiffness anywhere along your spine, from the base of the neck to the tail

bone. Sharp, localized pain in the neck, upper back, or lower back -- especially after lifting heavy objects or engaging in other strenuous activity; (pain in the upper back can also be a sign of a heart attack or other life-threatening conditions.)

- Chronic ache in the middle or lower back, especially after sitting or standing for extended periods
- Back pain that radiates from the low back to the buttock, down the back of the thigh, and into the calf and toes
- Inability to stand straight without

having pain or muscle spasms in the lower back.

Prior to starting any type of treatment, it is always advisable to first see an appropriately trained spine specialist to develop a suitable treatment program for your specific condition and medical history.

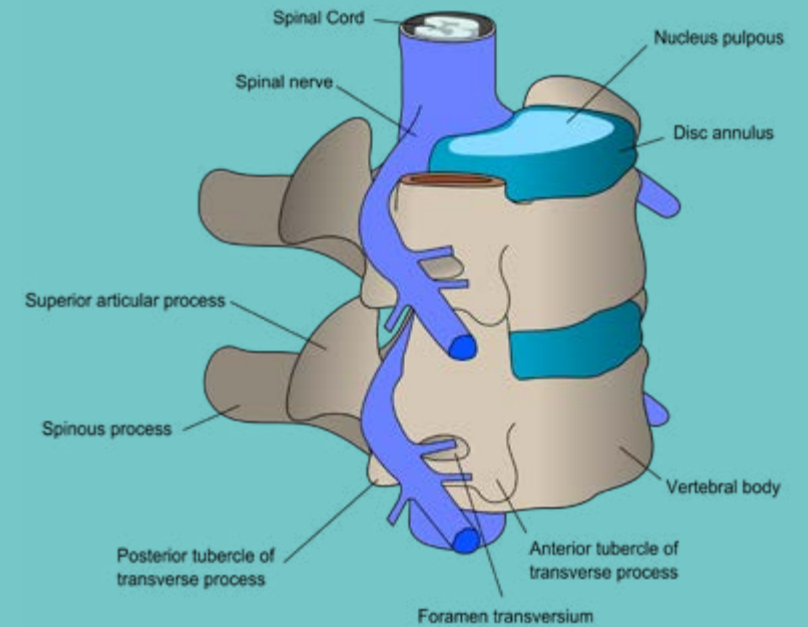
The main goals for managing back pain in the lumbar spine (lower back) usually include:

- Providing enough pain relief to be able to actively participate with physical therapy and rehabilitation

- Preventing further injury or stress to the spine through improved ergonomics and posture.

- Maintaining an ability to function enough at home and at work.

Not all people with back pain need surgery or chronic pain therapy. In fact, many people will find relief through non-surgical treatments. Before even considering other treatment options like surgery or chronic pain therapies, your doctor will likely recommend non-surgical treatments—options that may include specialized exercises, physiotherapy, chiropractic care, and/or medication. Another option that may be available to you is epidural spinal injections.



Non-Surgical Back Pain Treatments

There are a wide variety of non-surgical options for back pain treatments of the lumbar spine. More common treatment approaches include:

Pain Medication

Typical pain medications used to treat lower back pain include acetaminophen, NSAIDs (Non-

Steroidal Anti Inflammatory drugs), oral steroids, narcotic drugs, muscle relaxants, and anti-depressants. Each type of medication has strengths, limitations, and risks, and the patient's particular problem in the lower back and overall health will determine which pain reliever, if any, is indicated.

Heat or Ice

Application of a cold pack or heating pad can help relieve low

back pain. Some people find that alternating between the two works best.

Manual Manipulation

This treatment may be applied by a chiropractor, osteopathic doctor, or other qualified health professional. It is believed to help relieve lower back pain by reducing pressure on sensitive structures, increasing flexibility, improving blood flow and reducing muscle tension.

Therapeutic massage

Massage therapy is thought to improve blood flow, reducing muscle stiffness, and decrease stiffness of the back.

Exercise

A program of back exercises and physical therapy will usually include a combination of strengthening, stretching, and low-impact aerobic exercises.





海马体照相馆创立于2014年，是杭州漫图摄影旗下轻快简品牌。凭借“焕颜新生证件照”、“岁月静好文艺照”、“永结同心结婚登记照”受到年轻人广泛喜爱，致力打造城市photo-mall的概念已深入人心，目前已经在全国开设了30家门店，2017年计划在更多城市开设专门店。

Click In Style HMA Photography at Metropolitan Plaza

By Oshani Silva

A picture tells a thousand words. It captures subtle moments on the wide spectrum of human emotions. HMA Studio located in the newly opened, trendy Metropolitan Plaza situated along Nanjing Road was a wonderful find. HMA is a sub brand of Mantu Photography. From the intense passion for photography and the desire to start his own business, HMA Studio was born.

The founder, a college student in Guangzhou at the time, got the idea to start his own business while experiencing technological developments of the city. Turning the dream of Internet based photography approach into reality, Mantu Photography was established in 2011 and its sub brand HMA Studio was formally founded in November 2014. In less than two years, HMA Studio grew to a business owning 28 branches and it also paired up with 400 partners. HMA focuses on speedy, professional service while maintaining the high quality of pictures for their customers.



They cover a range customer needs such as ID photos, monochrome photos, artistic photos, family photos and much more. At HMA Studio customer satisfaction is the priority as they firmly believe their ideas are in line with the preferences of younger and more technologically savvy customers. Their aim is to revolutionize the way people view photography to change



the now existing photography industry of this city by adding their own unique flair. The HMA Studio initiated a light, fast and fashion concept. Compared to a traditional studio, which offers a rather heavy and slow service, they aim to provide the customer with a one stop shop where the customer is able to get his hair and make-up done, choose an outfit, get his picture taken by a professional photographer, do the editing or retouching if needed and also pick the photos up on the same day. Their aim is to combine customer experience with efficiency and style. What's more, HMA Studio is based on innovation and technology and is open to the ever-changing and expanding new aspects of photography. They are always on the hunt for new trends and latest products. They regularly introduce new concepts and products for their customers.

HMA studio is elegantly styled with minimalist features. Its design is sophisticated and simple. The staff is warm and helpful and ready to listen to all your needs. The atmosphere is very friendly and makes you feel at ease. There are so many options available and if you are undecided, the staff will

be happy to walk you through each option and give you suggestions. You can either take the pictures solo or with loved ones, choosing pops of color or opt for basic yet classy black and white image.

The staff at HMA studio is professionally trained, experienced and immensely talented. The make-up artists are trained by another sub-brand of HMA, Wu Yuqi Studio and the photographers are trained at the headquarters. The staff is ready to cater to your every need with their professional attitude and warm smile. The rates range from RMB 99 for a passport size image to RMB 199 for marriage announcement images. They also have an option for animal lovers out there. You can take an adorable snapshot with your pet. Depending on the option you choose, the prices vary. Although it may seem slightly more on the expensive side, the warm, friendly and quick service makes it worthwhile.

To make a reservation you can either call them on their hotline

or place a reservation online. The official website, official WeChat account, or Weibo account are also available for appointments.

Be it your graduation day, your first anniversary together with your other half or simply one with your best friend - pictures last a lifetime. Photography after all is an art form of observation - it is about finding something interesting in an ordinary place. It has little to do with the things you see and everything to do with how you see them because every picture tell its own special story.



HMA Photography 海马体照相馆

Add: No.322 Metropolitan Plaza No.181 Nanjing Road, Heping District, Tianjin
天津市南京路181号世纪都会322商铺
WeChat Account: haimati2014
Website: www.haimati.cn
Open Hours: Last booking at 7.00pm



HE Beer House

A Hidden Little Gem

By Richard J. Cook

Tucked away behind WeiJin Lu is a little gem of a bar that is certainly worth a visit. Full to the brim of all sorts of imported craft beers, HE Beer House has everything you need to quench your thirst. Not only that, beers here are of the special sort. With over 200 different types of beer to choose from, HE Beer House offers special tastes of countless different countries. Everything from the casual pint to a heavy-duty special brew is at your disposal and all set at very reasonable prices.

The vibe is easygoing with extremely outgoing barmaids who are a barrel of fun. Additionally, the scene is perfect for you to meet up with a group of friends and is already fairly popular with the international community in Tianjin. Not only this, sports viewings are available by request via the big screen projector and at half time why not take to the virtual world with some PS4 Fifa or NBA to keep you in the sporting mood? A valued virtual addition is a blast from the past with the bar's very own SEGA Mega Drive 1, complete with the legendary classics, Super Mario, Sonic the Hedgehog, Mortal Combat, Street Fighter and dozens more. It's a pixel paradise!

When you see it you won't be able to resist having a go, and I warn you it is freakishly addictive having a go at some of the classics we grew up with. Furthermore, to keep you cat lovers tamed, there are little, furry bundles of fun on guard for your affection.

A Taste of Home Sweet Home

The best character trait of this place is the beer variety. You could spin around and abruptly stop and cast your eyes on a different country's most splendid brew. Everything brew-wise from Laos to the UK, stateside to down under is at your fingertips. Timely classics such as Chang to Newcastle Brown Ale, Samuel Smiths to Samuel Adams offer you the taste of home. For beer packing a punch there's Brew Dog or Rogue and countless more. It's like your own little beer festival at your immediate disposal. Between you and me, Samuel Smiths Imperial Stout is a cracking choice.

If beer isn't your thing there's always the imported cocktails, wines and champagne, which are numerous in selection too. From

your French and Italian wine to specialty mixes with cider and so on, you'll be spoilt for choice.

Snack till your Heart's Content

Bar food is bar food at the end of the day but there comes an unusual problem of finding real sausages in China. You can search high and low and still end up with that unfamiliar tasting piece of meat that generally disappoints. However, HE Beer House hit the jackpot and you can too, because they have the real thing freshly imported along with their beer which is a godsend to those that love a good bite-to-eat washed down with your home favourite beer. The feeling is a godsend for those who might be a bit homesick or for those who generally love a decent snack with their nectar. And don't worry, if this isn't your thing there are plenty of other standard snacks to keep you on your toes, all as good as the latter mentioned.

HE Beer House has established itself within the international community as a favourite, moreover it is a local favourite for those Tianjiners who want a taste of some special foreign brews. Not only that, HE Beer House has

also begun expanding its brand across China, recently opening up a branch in Guangzhou. HE Beer House's recent success means you might be seeing more and more of these little gems pop up all over China.

Back here in Tianjin, its 4pm opening time makes it the perfect post-work shift destination. HE Beer House is also available for those who want a private party or special function at request. So next time you want to treat yourself, drop by and give your body a taste of home. Trust me, you won't regret it!

LOCATION

He Beer

和喝精酿啤酒吧

Address: Weihua Li, Tong An Road, Heping District, walk 20m after you turn right from old Alibaba.

天津市和平区同安道卫华里小区内底商见云霄餐厅右转20米

Telephone: 15522186426

电话 : 15522186426

Opening Hours: From 4pm till late.



Minimalist Beauty Hacks

By Aurora Smith

生命短暂犹如露珠消散，人们在奔波中渐渐老去，衰老是不可避免的自然过程，而那些化妆品只能掩盖脸部皱纹，一旦卸妆，反而加快了衰老的进程。那么，有哪些不伤害皮肤又最自然的方式可以延缓衰老呢？本期爱美的小编就给大家带来几个生活中简单的可以延缓衰老的小妙方。

Whatever you are looking for, whether finding the perfect foundation, highlighters or that special color amongst the unlimited shades of eye shadow, the options for makeup are pretty extensive. Yes makeup can help you look and feel younger but can we actually slow aging? Rather than resorting to artificial methods like Botox treatment, we delved into the more natural ways to obtain that elixir from the ever elusive fountain of youth.

Limit your sugar intake

Sugar is one of the absolute worst foods for your skin. This is one of the most well documented but conveniently ignored facts. Sweet though it may be all it does is give your healthy skin a sour effect. Sugar increases skin acne and inflammation. It can also speed up the signs of aging on your skin.



Dab some Vaseline on your pulse points

Not the most appealing product on the shelf but Vaseline has been a household staple for years. Maybe you used it for that occasional cracked skin or to smooth out a rash. Vaseline can also be used as a perfume maximizer. Before you spray your favourite perfume, apply a small amount of Vaseline or petroleum jelly to your pulse points and neck and then spritz the perfume on top. The scent will last for a longer time so that you can smell your favorite perfume longer.



Apply a vitamin A cream before bed

Vitamin A is the original source of retinol. Retinol is very popular amongst beauty enthusiasts and this powerhouse ingredient is raved about for its wrinkle fighting ability. Other derivatives of vitamin A include retinoic acid, which is stronger than retinol and most often requires a prescription to get.

Baby power



Baby oil mainly contains two ingredients: mineral oil and fragrance. It can be used as a cleanser for your makeup brushes too. All you have to do is dab a little in the palm of your hand, massage the brush into the oil and rinse after.

Baby powder is also very useful and has a multitude of uses. You can try it out as a dry shampoo. If you have hair in a darker shade this might be mistaken as dandruff so make sure you brush it out after application. And those trainers you keep forgetting to wash after your jog, sprinkle a bit of powder in them to ward off foul odors. Applied to skin, it can help soften and soothe, so try it post shower.

Aloe Vera

You probably know of aloe vera as the treatment to soothe that painful sunburn you get when you don't put enough sunscreen. Aloe vera in addition to this can double as a skin toner and primer for your skin. The gel calms inflamed skin, reduces acne, evens out your complexion, and helps in the fight against ageing.



Jen: I've heard exfoliation is good for skin, how often should I do it?

Editor: Yes Jen, exfoliation sloughs off dead, dull cells. In addition to making your complexion glow, it stimulates collagen production making your skin more firm and youthful. I'd recommend doing it two to three times a week.



How to Use Social Media Properly

By Annie Ly

Social media today is practically inescapable. Millions of people around the world use it on a daily basis, for hours on end every day. Being 'social' in this day and age does paradoxically mean you probably spend less time having face to face conversations and more time channelling your messages through a phone screen. It's something that has become the norm -- it's no bad thing. But how can you be sure you're using social media properly and getting the most out of it? Read on for more.

Which platform?

There are so many social media apps out there now, so how do you know which platform to use to connect with people? You might already have your favourites amongst WeChat, Instagram, Snapchat, LinkedIn, Facebook, Twitter, Weibo or QQ. However, what is important to remember is that each social media platform lends itself to certain social uses more than others. For example, if you want

to keep in touch with your friends and followers by sharing photos of yourself and what you get up to, Instagram is definitely your best bet if you're looking to share moments in a visual way. If you're looking for the best way to keep in touch with your friends and family, maybe QQ or Facebook are best to share more personal, intimate memories. Or how about Snapchat, the social media app that combines being visual yet personal when you communicate, with the fun twist of adding

quirky filters and stickers and only being temporarily viewable to your audience.

Perhaps you've embraced the Swiss knife of social media, WeChat, as your firm favourite. Combining many of the functions of several social media apps into one, WeChat pretty much does it all in one app. However you like to connect with people, remember some platforms are more useful than others depending on how you like to communicate with



people – but then again, there's no reason you can't try them all and use them simultaneously to connect with different people and audience.

Findability

If you do have more than one account across several different social media platforms, it's always a good idea to keep your account names and handles uniform so you can be found easily. Keep it simple and relevant. Avoid millions of numbers at the end of your tag. The easier you are to find, the more likely you'll have more followers. Of course, if you're not looking for followers or new contacts, play around with your privacy settings to control what information or posts get displayed.

Power of the picture

There's nothing better to peak someone's interest like an intriguing looking picture to go with whatever words you want to post. Pictures alone speak a thousand words and studies show that posting a picture along with your text increases the likelihood that someone will click through and engage with your social media content. It could be a stunning landscape you've visited, a tempting flat lay of your dinner or simply a shot of you and

your pals having fun – share your snapshots!

Master the #hashtag

Hashtags, when used right, also increase the findability of your content but the tough job is to find the balance between using the right hashtags and not over hashtagging. Don't hashtag so much that it overwhelms whatever you're sharing. It looks messy and shows you're probably trying too hard but definitely use them where relevant. If you've attended an event that has already created a hashtag, use it to show support and help promotion efforts. Likewise, use them to find out more about particular topics and subjects. You never know what you'll stumble across on a hashtag thread. In fact, it's difficult not to get sucked into scrolling for hours but when there are so many people using social media, there's so much content to discover – just remember to engage with it and give others the opportunity to engage with you.

Be yourself

The clue is in the name – being on social media means you're there to be social with others but always remember to be yourself. Don't create an alter ego or online persona that isn't like who you are in real life. Chances are the people who know what you're really like

will be puzzled as to why you seem so different on the World Wide Web. The best use of social media is by those who are using it to connect with others in a genuine way rather than a phony, forced or contrived way. Keep it real and followers and likes will flock to you.

Engage

Whatever you're using social media for, whether it's to keep in contact with close friends and family, to find out about the latest news and trends, build up a following or to even start a business – remember to engage with people and take part in conversations. There's no point in using social media if you're not going to talk to people and voice your opinions and thoughts. Click on hashtags. Comment on things. Give posts a thumbs-up like. Get involved – only then can you make the most of social media!



Growing Up in Tientsin

Gary Nash (Igor Ivashkoff)

By Andrea Klopper



As the Russian Revolution and resultant Civil War broke out, many families became dislocated, especially if they were military families like the Tarasovs. In November 1922, Leonid (a Colonel in the White Russian Army) and his wife Aida with 5 children arrived in Harbin after an epic two years of separation. They started a new life. For most of the family, the centre of that life became Tientsin.

Leonid first worked in Tsinanfu (Jinan) and then as a bodyguard in Shanghai. The family rented a large room in an apartment owned by an ex-general of the White Army in the British Concession. It was rather a squeeze with four of them and they took turns, two at a time, on the single bed while the other two slept on the floor. Here they could continue to live among fellow Russians, easing life. The younger girls went to St Joseph's College, an English-speaking Catholic school run by French nuns.



Left: Leonid and Aida in Tientsin 1927. Note that Leonid is in his Chinese commander's uniform, as part of Chang Tso-Lin's army. (© Nash page 65)
Right: Aida and the girls Jenia, Nadia and Nina (left to right - © Nash page 67)



Nina and Boris Ivashkoff, Igor's parents, on their wedding day in 1931 (© Nash page 82).

18-year old Nina found a job in a little confectionary shop and had three months of English lessons so she could speak to customers. She then found work at the prestigious Kiessling and Bader bakery, her salary contributing to the family's survival along with Aida's sewing. Nina progressed to head up the ladies working at Kiesslings. In early 1929, she met Boris Ivashkoff who was in the fur trade, travelling to buy pelts. He had a reasonable salary and won Nina's heart. On 16 February 1931, they were married in the Russian Orthodox Church. There was snow and tables groaned with food.

They moved into their own rented accommodation belonging to the Abalmazovs who became good friends. By September, Nina was pregnant and Boris took up a position as sales clerk and office manager for a big dairy shop on Dickenson Road. On 13 June 1932, a healthy boy was born at the German hospital. At six weeks, he was christened Igor after a twelfth century Russian prince. Nina had to return to work so a Chinese nanny 'Amah' took care of him from 7a.m. to 5 p.m. six days a week.

In March 1934, Boris suffered a heart attack. He was persuaded to go to Tsingdao (Qingdao) to be thoroughly checked. Once there, he refused further tests. He died of a massive stroke in his sleep four months later. The kindly landlords helped Nina and Igor move to a small second floor apartment in Tsi Nan Li but they subsequently moved in with Aida who now ran a boarding house in 18 Yang Ho Li. This helped with childcare. Igor became affectionately know as 'Goolinka' by Grandma Aida but grew to hate the pet name!

Nina, meanwhile, was appointed to run the newly-opened summer branch of Kiesslings in Peitaiho. From late May to early September, Igor and Nina lived in quarters behind the shop with its large verandah and garden that formed the outdoor café. Young Igor developed a great relationship with one of the Chinese staff, Murzilka (named after a Russian children's storybook character) who served as outdoor waiter and gardener. No doubt as he churned the ice-cream by hand and carried coal for the bread-baking ovens, he had a little boy shadow! Igor remembered the time as 'heaven'. Occasionally various family members would come to visit, and Nadia even got a job alongside her sister from 1937-1939.



Igor at his father's grave, Tientsin 1937. Note the Russian-style cross. (© Nash page 101)



Left: Nina and Murzilka in the simple Kiesslings store in Peitaiho, summer 1936, Right: Murzilka with Ogor. (© Nash pages 107, 108)



In 1938, Grandfather Leonid came and decided to give Igor daily Russian lessons. This was not met with delight especially as discipline involved being whacked on the forehead with a metal spoon. More enjoyable were swimming lessons, long walks on the beach, and stories about his military adventures. In summer 1939, they returned to Tientsin as the last of the filth was being cleared from the big flood that had put much of the city under several metres of smelly water.



Russian lessons from Grandpa, 1938. (© Nash page 109)



Igor proudly saluting in his Russian school uniform with Aunt Jenia, Tientsin 1937 (©Nash page 122)

Meanwhile, in 1937, Igor had started his schooling. He went to the combined primary-secondary Russian school. Classes were in Russian and the boys wore 'soldier' uniforms. Aida made Igor's to save money – all except for the military cap. Igor wore it proudly, saluting whenever a photo was taken. Igor also started piano lessons with middle-aged Madam Hohlachkin. Despite his love of music and desire to learn, these lessons were an ordeal. Igor began skipping lessons.

After a year, Aunt Lena Howell (father's sister) suggested Igor would be better off learning English and so should go to the Tientsin Grammar School, with the Howells helping to pay the fees. Nina was working long hours six days a week so Igor was mostly being brought up by his grandmother and whichever of his aunts was living with her. As a result, he was not getting consistent parenting. At the age of 8, Igor became the youngest boarder at St Louis College for Boys run by the Catholic Marist brothers. While English was used for teaching, the staff and students were a mixture of nationalities representing Tientsin of the day. The school day went from 6.30 a.m. to 9.30 p.m. with classes from 9a.m. to 4 p.m Monday to Saturday. All classes began with reciting several Hail Marys and there was compulsory chapel morning and evening. Afternoon sports included handball using worn tennis balls in an open-sided shed. Igor loved soccer and played goalkeeper on the dirt field. Marbles was another game played by the boys resulting in chafed knuckles. Nina visited weekly, often bringing various cakes from Kiesslings which helped Igor become quite popular!



Igor (far right) with St Louis' Class 5 soccer team, 1942. (© Nash page 126). He is wearing his soccer boots, though he usually spared them being scuffed during practices.

Igor also continued with piano, his mother having found a new teacher, the highly respected Nikolai Sajin (a pupil of Alexander Scriabin). His stories about the music pieces stayed with Igor as he became a proficient pianist who performed publicly in Australia years later. Igor was also able to practice more as his aunt Lena had a full-sized German Ibach concert grand piano in their Victoria Park Mansions apartment, a short walk from Sajin's studio. Igor had a key to their home, and was even allowed to keep it after one embarrassing incident when he walked in on her and her husband in bed – naked! After Wednesday lessons, Igor would visit his grandmother Aida who'd give him a few coins to go and buy fresh bread and garlicky Russian sausage (chainaya kolbasa) at a delicatessen on Dickenson Road (now Xuzhou Dao). He'd enjoy this over tea with lots of Carnation milk, chatting happily with Aida and her partner Uncle George Chelpanov (Leonid had faded off the scene).

A favourite weekend activity for Igor was fishing with Uncle George in the many lakes around Tientsin. Boarders could go home on Sunday morning and sometimes he even got Saturday night off so they could set out early on Sunday to catch the carp around dawn. They'd picnic on slabs of cooked meat, tomatoes, a few garlic cloves, a thermos flask of tea – and a small flask of essential vodka for Uncle George, who maintained that his drinking saved him from certain death on several occasions when his intestines burst. Uncle George also gave Igor a small modern short-wave radio that gave him much pleasure.

While being part of an extended Russian family ensured Igor spoke Russian, at the age of 11, Nina decided he needed to learn it more formally in order to read and write Cyrillic script. A tutor was found for him and succeeded in sparking his interest in Russian literature. Neither the school nor the wider expatriate society advocated learning Chinese beyond the limited phrases needed for riding rickshaws or buying in Chinese shops.



All this life came to an abrupt end when, in 1943, the Japanese who had effectively taken control of the city back in 1937, decided to move 'enemy nationals' to internment camps. While the Ivashkoffs were able to remain, the Howells were sent away to Weihsien (Weifang). Their possessions (including the grand piano!) were only saved from confiscation by Nina coming up with a ruse using their shared surname. However, Igor could not continue as a boarder. He lived at home, an apartment in the Italian Concession, which belonged to his new stepfather, Vasia Artemieff. Nina had quietly married on 18 November 1943 (see photo to left © Nash page 148) with neither Aida nor Igor approving.

The American forces were warmly welcomed when they arrived in late 1945. They were invited into homes for meals, bringing with them treats of soap, chocolates and nylons. The end of the war also saw Kiesslings being expropriated by the Chinese government and its German owners repatriated. The business continued though with many of the same staff remaining. Nina and family moved back to Aida in Yang Ho Li. Igor had his own small room for the first time. It was on the third floor with a window onto the lane. His good friend Andrew would blow their secret three-note whistle and Igor would throw down the front door keys. They'd talk, usually about dreams for the future, girls, music. They'd have mock sword fights with bamboo sticks. They'd buy vinyl records from the second hand bazaar in the French concession. They'd go to the movies (Captain Blood, The Sea Hawk, Zorro) in one of the three cinemas (Empire, Majestic, Grand) that provided a major escape. The choice of films during the war was limited though, as no Hollywood films were allowed by the Japanese.

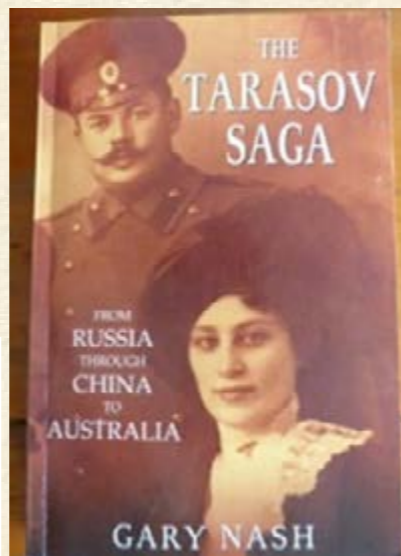
Receiving a new bicycle for his fourteenth birthday in 1946 allowed new freedom, except that amending some marks on his report card meant he was punished by not being allowed to use it all summer! He made up for it afterwards, quickly wearing out the brakes. He rode fast, often without hands on the handlebars, sometimes with a friend on the back, and once got caught for careless cycling in a police blitz on Victoria Road!



Igor with his precious bike, 1946 (© Nash page 188)

In his teens, Igor developed more of a social life. An interest in girls kicked in and parties became the best way of meeting. Some parents opened up their homes for dancing with music from a wind-up gramophone and daring games like spin the bottle and 'monks', both providing some excitement! Sharing a double rickshaw with a girl for a ride to the movies and sitting in the back row together was another opportunity for romance, but all of a limited kind. Igor also took summer jobs –an apprentice for a repairman; greaser and oil changer at a motor repair business. He graduated from St Louis in 1947 and also passed the Cambridge University matriculation exams by correspondence as his mother astutely saw they were unlikely to remain in China forever.

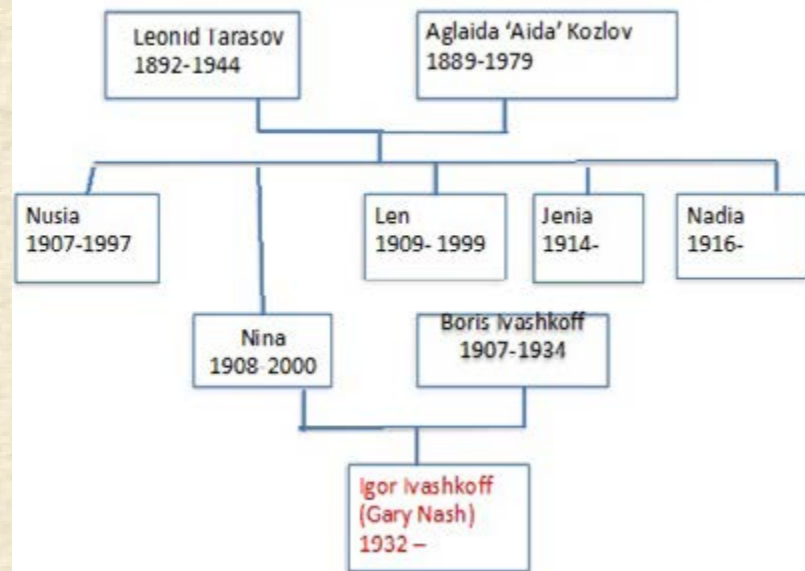
Igor had grown up in Tientsin. It had been his home. This was all to change when Communist forces advanced on the city from the north. In December 1948, along with many Russian families one more fleeing, the family boarded the American Landing Craft that would take former White Russians with no recognizable travel documents to various asylum countries. Possessions were sorted and most sold off for a fraction of their value as the market was flooded. Painful goodbyes were said with friends choosing to return to Russia or remain. A different life was to begin.



Postscript

After a year in a refugee camp on the Phillipino island of Tubabao, Igor with his mother, stepfather and step-grandmother, were granted asylum in Australia. The rest of the clan also finally made it and all set about rebuilding their lives once more. In Igor's case, it meant a new name – Gary Nash. His book (2002) and kind agreement that I could use his material, is the basis for this article. All photos are copyright

Tarasov Family Tree



Name: Jacques

How would you describe yourself in a few words?
I'm an open-minded man who has had the chance to live in different countries.

Is there anything you cannot imagine your life without?
I can't imagine my life without discoveries. My life wouldn't have any sense if I could not discover what makes the particularity of a given culture, places and food.

What is your favorite place in Tianjin and why?
I don't have one favorite place in Tianjin. It depends on the situation and also on my mood. It can be my favorite spa when I want to relax, the park with my friends, a restaurant I go to frequently, the streets during summer nights, a good concert.....

What is your favorite dish? Do you know how to cook it? Can you get it anywhere in Tianjin?
Again I don't have one favorite dish but several of them. I can cook most of them, apart from the Chinese ones. When I feel like having a European dish, I try to find it in restaurants, or to cook it even if sometimes you need to make a compromise because you can't find one particular ingredient.

Name one thing you will miss most about China.
One of the several things I will miss about China is the ability to eat anything at any time! If I had to describe a material thing that I would miss, it would be the Muslim pastries that you can find at markets. I love it because it's not too sweet, it's cheap and very colorful! I discovered it at the beginning of my stay in China and since then I eat them regularly.

What would you advise to all those who have just come to China?
I would advise them to be curious, to go and talk to people, to keep in mind that you are a foreigner and that your culture may be different from Chinese and to learn the language in the street! That's the best way to enjoy China!

What's your dream?
My dream would be to open a 100 % green hotel somewhere in Yunnan in a marvelous place and welcome people from all over the world.

Special Days of September 2016

每个月都有它独特的气息，9月份也有不一样的节日等着我们去庆祝。有著名的墨西哥独立日，尽情享受有啤酒的啤酒节开幕日，纪念有史以来最有名的中国哲学家的孔子日...下面让我们来简单了解一下吧！

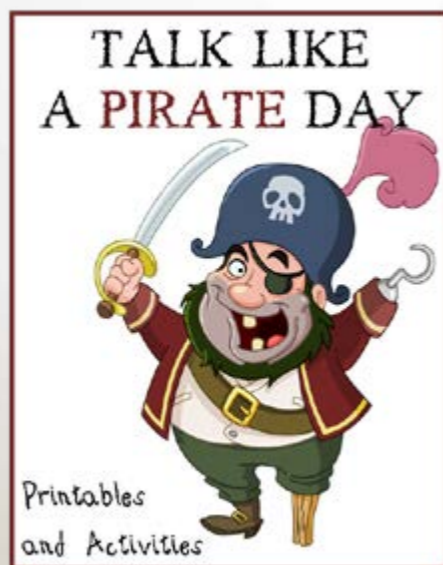
Mexican Independence Day 16th September



Celebrating the independence of Mexico from Spain since 1810, the story of Mexican independence began when Father Miguel Hidalgo of Dolores rang his church bell at 11pm calling upon all parishioners to fight off Spanish rule. To mark this special day, people in Mexico carry on the tradition of bell ringing at 11pm, as well as plan colourful parades, festivals and fiestas. Make sure you pay your respects by carrying out your favourite Mexican activity. It could be heading to your closest Mexican restaurant for some tasty food or delicious cocktails, or planning your own fiesta with your friends!

International 'Talk Like A Pirate Day' 19th September

What shall we do with a drunken sailor? Have some fun on this day by talking like a pirate. Get your arrrr's, ahoy's and aye aye captain's in order. It might be confusing to your friends and family, but then there's no better excuse to get them involved too. Who will you elect captain to sail the seven seas with you? Shiver me timbers capt'n, it's about to get a whole lot of fun! If you're not talking the talk, it's probably time to walk the plank – get involved!

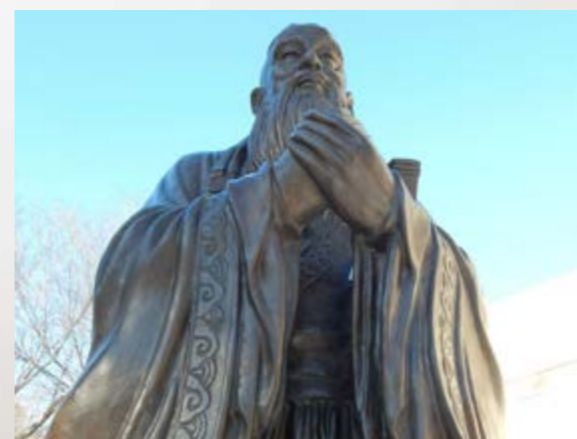


Oktober Fest begins 27th September

This famous two-week festival means it's time to eat, drink and get merry – German style! Not just confined to Germany, this beer based festival is celebrated worldwide, promoting Bavarian culture since 1810. Main features include steins, sausages and song. Fill up a stein with the best German beer you can get your hands on. If you're feeling adventurous, wear some leather lederhosen to dress up for the occasion. You must also sample traditional delicacies like Frankfurter sausages, sauerkraut and potato salad. And of course, sing the night away to some traditional German drinking songs! Truly fun for everyone involved, and the best of all – you can celebrate in this way for two whole weeks!



Confucius Day 29th September



In honour of one of the greatest philosophers in the world and one of China's greatest teachers in history, Confucius Day falls on the day that is believed to be his birthday. The influence of Confucius in China is undeniable and many of his teachings and analects have pervaded beyond the borders of the Middle Kingdom, providing many people around the world with pearls of wisdom and teachings to live by. If you're lucky to find yourself close by to a Confucius Temple on the day, you might have the opportunity to bear witness to a Confucian ceremony involving highly choreographed processions, food offerings and dancing. Be sure to hunt down some 'wisdom cake' if you're a student. It is said to bring you good luck with your studies and better academic performance with a mere bite!

2nd Anniversary @ Shangri-La Hotel, Tianjin

Shangri-La Hotel, Tianjin celebrated its 2nd anniversary on 6th August 2016. Shangri-La Hotels and Resorts opened its 85th hotel in China's largest northern port city in August 2014. In the past two years, the hotel has always encapsulated the serenity and service of delighting each guest every time with warm and caring hospitality, straight from the heart.

Since its opening last year, Shangri-La Hotel, Tianjin has received the trust and support from guests and business partners. It has been regarded as one of the finest hotels in the city by winning many awards and honours, including 2016 CHA Best Luxury Hotel by LifeStyle, 2016 Certificate of Excellence by TripAdvisor and 2016 Award of Excellence by Booking.com.

In celebration of its 2nd Anniversary, Shangri-La Hotel, Tianjin presented a series of activities with exclusive privileges for our guests.



Slide the Summer @ Riverview

A super water slide was set up at the front square of Riverview Place for a crazy water party that is supposed to last from August 13th to September 4th. The slide is 110m long and about two floors high and the sliding speed could reach 65km/h. On the opening party, Shangri-La Hotel Tianjin, BLT supermarket and Watson served amazing food and some local craft beer brands also brought their signature beers. Cao Yang, a star soccer player from Tianjin Teda Football Team also joined in the happy weekend mini party.

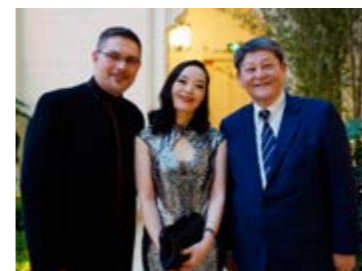


ED&M Members Summer Appreciation Party @ Victorian Lounge

The Astor Hotel, a Luxury Collection Hotel, Tianjin and The Westin Tianjin held Eat Drink & More Members Summer Appreciation Party successfully at the landmark Victorian Lounge on July 22nd. Nearly 80 ED&M members and Tianjin key media attended the party and enjoyed a visual and tasty feast.

Before the party, the hotel organized a series of activities for members, Luxury Collection Cocktail Class, Cooking Class, Museum Tour and Herbert Hoover Suite and Sun Yat-Sen Suite Tour. At 6PM, the appreciation party began with Jazz singer Ms. Only's live performance. Nice Wedding decorated the Victorian Lounge in black and gold and the luxury style blended seamlessly with the Astor Hotel.

Managing Director of The Astor Hotel Tianjin, The Westin Tianjin and Sheraton Tianjin Hotel, Mr. Ugur Talayhan presented welcome speech and appreciated ED&M members' great support to the two hotels. Senior Vice President of Greater China, Loyalty Division of GMS Group, Mr. Paul Harrison introduced ED&M project and said that the project will provide more and more magnificent service to the ED&M members.



Dinner in the deep blue @ Sheraton Tianjin Binhai Hotel

Sheraton Tianjin Binhai Hotel hosted the live broadcasting show "Dinner in the Deep Blue" in Tianjin Haichang Polar Ocean World on Aug 18th 2016 together with Tianjin Haichang Polar Ocean World and Visual China broadcast company.

This online show was broadcast through YY Live Channel. The anchors showed the fantasy undersea world and presented the romantic deep blue dinner, giving us a new dining experience.

The Executive Chef of Sheraton Tianjin Binhai Hotel Mr. Jia Jackson provided 4 course set dinner and we arranged a cooking match session between 4 anchors with the winner enjoying the meal.

More than 200,000 audiences watched this show, the followers posted online reviews and interacted with the anchors and it was really a great audio-visual experience.



Bakeries & Desserts

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

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



NK 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场馆A-Hotel四楼
T: +86 22 2382 1666/2233
(Somerset Store)
A: 5F, Somerest Youyi, Pingjiang Dao, Hexi District 天津市河西区平江道盛捷服务公寓5层
T: +86 22 2810 7992

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

Bella Milano Hand Made Gelato 贝拉米兰意式手工冰激凌 (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



HP Qing Wang Fu 庆王府
 Qing Wang Fu was founded to provide a sophisticated venue where business people can meet, dine and relax in privacy and comfort.
A: QWF, No. 55, Chongqing Road, Heping District
 和平区重庆道55号庆王府
T: +86 22 8713 5555

HP Qing Palace 青天桥
 Offers distinctive Sichuan & modern Cantonese cuisine in a refined ambience. From home-style dishes to royal cuisine.
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

HP 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.
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

HP Tian Tai Xuan 天泰轩中餐厅
 Elegant interior includes a private elevator serving ten luxurious private dining rooms.
A: 1 - 2F, 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和二楼
T: +86 22 5809 5098

NK 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 Hours: 11:00-04:00.

NK YU FEI YU Roast Fish 鱼非鱼 (天津大悦城店)
A: No. 59, 3F, North Area, Joy City, No.2 Nan Men Wai Street, Nankai District
 南开区南门外大街2号大悦城北区3层59号
T: +86 22 86665282
Opening Hours: 11:30 - 21:30
Price: 80 - 100
Wechat: haoshuihaoyu
weibo: 鱼非鱼官方微博

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

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

HX 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.
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

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

NK Bazndei Yunnan Food 坝美云南菜
A: Joy City IF Street - B3, Nankai District, 南开区南门外大街大悦城if如果街IF-B3
T: +86 22 87897222
Opening time: 10:00-0:00

NK Fu Quan Pavilion 赛象中餐厅 福泉阁 Fu Quan Pavilion offers cozy dining atmosphere, and characterised by Hangzhou dishes, consumption per person is about CNY 300.
A: Saixiang Hotel, No. 8, Meiyuan Lu, Huayuan High-tech Industrial Park, Nankai District
 南开区高新技术产业园区华苑产业区梅苑路8号赛象酒店内
T: +86 22 2376 8888

French

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



HB 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

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

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

Indian

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

Italian

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

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

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

HP Kitchen Igosso Italian Restaurant 意大利餐厅
A: Xiannong Area, Intersection of Hebei Road and Luoyang Road, Wu Da Dao, Heping District
 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

HP S6U 思创
 Features contemporary Japanese and European cuisine and offers a spectacular view of the city skyline, creating an exquisite ambience for romantic dinners. 17:30-22:00.
A: 49F, Tangla Hotel Tianjin, No.219 Nanjing Road Heping District
 和平区南京路219号天津唐拉雅秀酒店49楼
T: +86 22 2321 5888 ext. 5109

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

HX Seitaro 清太郎日本料理
 One of Tianjin's best Japanese Restaurants which features a wide selection of regional specialties for lunch and dinner including a teppan and sushi counter. 11:30-14:30; 17:00-22:30.
A: 2 F, 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

HX 福の家 Japanese Restaurant 福之家日本料理店
 The restaurant specialises in all the finest delicacies from Japan.
A: 2F, Mimi Park, Dadao Area, Youyi Nan Lu, Hexi District (Opposite to Meijiang Convention Centre)
 河西区友谊南路大岛商业广场2楼(梅江会展中心对面)
T: +86 22 5889 7478

HP 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

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(南马路口)
T: +86 22 8728 8669

HP **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 5871 9019

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

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

blue frog 蓝蛙 bar & grill 蓝蛙

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 南开区滨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, Ziyu Dao, New Italian Style Town 新意大利风情街自由道60-62号
T: +86 22 2445 3185

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

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

Tea Houses

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

HP No.9 Cafe 9号咖啡
Rich coffee menu and English style high tea.
A: Building 9, No.3 County, 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

HP He Beer 和喝精酿啤酒吧
A: Weihua Li, Tong An Road, Heping District, walk 20m after you turn right from old Alibaba. 和平区同安道卫华里小区内底商见云雷餐厅右转20米
T: 15522186426
O: From 4pm till late.

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

KN 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



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

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

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



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

Apartment for Renting

Hurry up!
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.

Call **18622562087** English/Chinese
Email: **a13512980859@qq.com**

天津空港经济区CBD中心大道
圣光皇冠假日酒店五星级
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



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

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

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



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



FRASER PLACE TIANJIN
天津市招商辉盛坊国际公寓
A: No. 34 Xing Cheng Towers Ao Ti Street, West Weijin South Road, Nankai District 南开卫津南路西侧奥体道星城34号楼
T: +86 22 5892 0888
E: sales.tianjin@frasershospitality.com

Antiques & Souvenirs Streets

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

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

Art Galleries

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

Art Districts

Western Art Gallery 西洋美术馆
A classic style building which is the first Gallery centres of International Art in Tianjin. CNY: 10. 09:30-16:30.
A: The junction of Jiefang Bei Lu and Chifeng Dao, Heping District 和平区解放北路与赤峰道交口
T: +86 22 2330 3255

Western Shore Art Salon 西岸艺术馆 Unique gothic-style building engaged in elegant music performances, art exhibitions, poetry reading. Tue-Thu, Sun 09:00-18:00; Fri-Sat 09:00-17:30.
A: No. 3, the junction of Machang Dao and Youyi Bei Lu, Hexi District 河西区友谊北路与马场道交口3号
T: +86 22 2326 3505

Museums

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

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

Chinese Shoe Culture Museum 中国鞋文化博物馆 Displaying 56 special themes with over one thousand pairs of shoes. Memory 5,000 years of Chinese shoe-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

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

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

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

Parks

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

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

Theatres & Cinemas

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

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

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

Associations

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



NEW YORK KIDS CLUB
纽约国际儿童俱乐部
A: 2nd Floor, Happy City Center, Hexi District, Tianjin 河西区乐园道9号彩悦城阳光乐园二层
T: +86 22 8827 5200
+86 22 8827 0200
Hotline: 400 666 0522
W: www.nykidsclub.com
www.nykidsclub.com.cn
Wechat: 纽约国际儿童俱乐部天津文化中心
纽约国际儿童俱乐部天津文化中心

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 Huanda East Road, West side of Jiefang South Road, Tianjin
T: +86 22 5810 7777
华兰国际幼稚园 (水上园)
Hopeland international kindergarten Shuishang Campus
卫津南路霞光道46号
A: No. 46, Xiaguang Street, Weijin South Road, Tianjin
T: +86 22 2392 3803
华兰国际幼稚园 (海逸园)
Hopeland international kindergarten Haiyi Campus
梅江湾翠波路5号
A: No. 5 Cuibo Road, Meijiang Bay, Tianjin
T: +86 22 6046 2555

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

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



QH 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

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

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 南开区鞍山道平湖路5号
T: +86 22 2737 9758
E: jenny_tj@126.com

Exhibition Centres

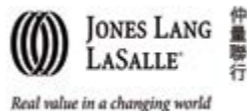
HX Tianjin International Exhibition Centre 天津国际会展中心
Located near Tianjin museum, this two-storey building is suitable for holding large-scale international and domestic exhibitions. 09:00-17:00.
A: No. 32, Youyi Lu, Hexi District 河西区友谊路32号
T: +86 22 2801 2988

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

Libraries

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

Real Estate



HP Jones Lang LaSalle 仲量联行天津分公司
A: Unit 3509, The Exchange Mall Tower 1, No.189 Nanjing Road, Heping District. 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

IT



NK NNIT (Tianjin) Technology 天津恩恩科技有限公司
A: 20 F, Building A, JinWan Mansion, No.358 Nanjing Road, 300100 Tianjin 南开区南京路358号,今晚大厦A座20层
T: +86 22 58856666
W: www.nnit.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 芭萨泰国餐厅
Offering more than 100 different dishes, all served to perfection. Enjoy the Thai-style surroundings. 11:00-14:00; 17:30-22:00.
A: No. 30, 1st Floor Fortune Plaza, No. 21 3rd Avenue (Behind Happy Soho) 天津市经济技术开发区第三大街21号财富星座底商30号(华夏银行后面)
T: +86 22 6620 2982 English Available

Japanese

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

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

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

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

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

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

Western

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



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



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

Salsa Churrasco 巴西烧烤餐厅
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

Renaissance Tianjin TEDA Convention Centre Hotel 天津万丽泰达酒店及会议中心
Has earned a reputation among conference delegates and business travellers for its distinctive level of luxury and artful blend of Eastern and Western hospitality.
A: No. 29, 2nd Avenue, TEDA 开发区第二大街29号
T: +86 22 6621 8888

Sheraton Tianjin Binhai Hotel 天津滨海喜来登酒店
Ideally located in the heart of Binhai New Area. Featuring 325 guestrooms and suites offering a range of comprehensive facilities and exemplary service, comfort and convenience for busy travelers.
A: No. 50, 2nd Avenue, TEDA 开发区第二大街50号
T: +86 22 6528 8888
W: sheraton.com/tianjinbinhai

HILTON TIANJIN ECO-CITY 天津生态城世茂希尔顿酒店
A: No. 82 Dong Man Zhong Lu, Sino-Singapore Eco-City, Tianjin, P.R. China 300467
T: +86 22 5999 8888
滨海新区中新生态城动漫中路82号

Tianjin Goldin Metropolitan Polo Club 天津环亚国际马球会
A luxury resort destination hotel with a prestigious members-only polo club, two international standard polo fields, a column-free Grand Ballroom and 10 restaurants and bars.
A: No.16, Hai Tai Hua Ke Jiu Lu, Bin Hai Gao Xin Qu, Tianjin 天津滨海高新区海泰华科九路16号
T: +86 22 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

Office Space



TEDA MSD 泰达MSD
A: 6F, TEDA MSD-C1, No.79, First Avenue, TEDA, Tianjin, China.
T: 400-668-1066
天津经济技术开发区第一大街79号泰达MSD-C1座6层

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: Tianjin Binhai New Area, Hanbeilu No. 269 天津市滨海新区汉北路269号
T: +86 22 67288899
W: www.binhaipark.cn

Education

Tianjin TEDA Maple Leaf International School 天津泰达枫叶国际学校 A Chinese firm that currently operates 20 schools in China enrolling more than 6,750 students, which provides quality educational programs by blending the best of East and West educational practices. **A:** No. 71, 3rd Avenue, TEDA 开发区第三大街71号
T: +86 22 6622 6088
W: tianjin.mapleleaf.net.cn



TEDA International School 泰达国际学校 Established in 1995 by the governing body of Tianjin Economic Development Area to provide world-class education for children residing in the Binhai/ TEDA region.
A: No. 72, 3rd Avenue, TEDA 开发区第三大街72号
T: +86 22 6622 6158

Exhibition Centres

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

Reykjavik

Warm Welcome in a Northern Wilderness

By Mike Cormack

冰岛首都雷克雅未克位于冰岛西部法赫萨湾东南角、塞尔蒂亚纳半岛北侧，是冰岛最大的港口城市。雷克雅未克城市道路发达，环境极为整洁，是一座现代化的城市，同时又是冰岛政治、文化、教育和贸易中心。整个城市很少使用煤。因空气清新、无煤烟困扰，由此该市得到一个美称“无烟城市”。雷克雅未克城市布局匀称和谐，无摩天大楼，居民住房小巧玲珑，大多是两层小楼，风格各异，色彩也不雷同。除了怡人的新旧市区、冰岛大学等人文景观外，还有黄金瀑布、间歇泉、托宁湖等美景。

Iceland's heroics in Euro 2016 football tournament have turned the world's attention again to the northernmost outlier of European civilisation. With a population of just 330,000 people, and being the world's eighteenth largest island, Iceland is a small and homogenous nation with a proud history of collective welfare and impressively high human development statistics (13th in the world, ahead of South Korea). Yet it isn't inward-looking – a population descended from Celtic and Viking expeditions seems to have retained a thirst to make an impression on the world.

With a populace less than a medium British city like Nottingham or Bath (never mind a Chinese one), and a geography of lava fields, mountains and glaciers, Iceland has had to make the most of every asset it has. But as visitors will see, the country has

succeeded in this exceptionally well, making itself a nation that is well worth visiting, both for its stunning natural beauty and the warm hospitality of its people.

The first port of call for any visitor will be the capital, Reykjavik, which over half of Icelandic people call home. Located in the south-west flank of the island, Reykjavik faces Greenland and is the home of all of Iceland's important stuff. In fact, the next two largest cities, Kópavogur and Hafnarfjörður, have around 30,000 people each and are located immediately adjacent to the capital. Akureyri is the largest settlement outside Reykjavik's orbit, a town in the north-east with just 17,915 people. So Reykjavik and the area are definitely where it's at, if you're seeking to enjoy Iceland's urban experience. Fortunately it doesn't disappoint: Reykjavik's reputation as a party town is actually well

known, a beer setting you back around US\$8. (Cigarettes, for those disposed to the demon nicotine, go for US\$10). So if you intend to party, come well-heeled.

But there's a lot more to Reykjavik than revelry. For those interested in the nation's rich cultural heritage, the Icelandic Sagas are legends of struggles of the original Icelandic settlers, written in the thirteenth and fourteenth centuries, after being passed down orally. (They were one of Tolkien's inspirations for Lord of the Rings). The best place to learn more on them is the Saga Museum, where seventeen different exhibits inform visitors about Snorri Sturluson working on his Snorra Edda, the founding of the Althingi (the world's oldest parliamentary still operative), the execution of Iceland's last Catholic bishop, the burning at the stake of Iceland's first heretic, and the





bloody battle at Örlygsstaðir. It's open every day from 10am-6pm, and is at Grandagardi 2, 101 Reykjavik.

The city also has a surprisingly thriving music scene – though perhaps that should not be too unexpected from the nation which gave the world Bjork and Sigur Ros. The main national venue is the Harpa Reykjavik Concert Hall, which is a beautiful modern building with clear and coloured glass panes creating glittering walls of light. It's at Austurbakki 2, Reykjavik 101, excellently located by the harbour front. Most of the artists performing are Icelandic rather than international touring bands, so it's the finest way to enjoy the culture. Those who prefer something more intimate should try Hurra, a hip care/bar with live bands and playlists featuring jazz (of course) and hip hop. Some might call it a bit of a dive bar, others might see it as basic and unpretentious – either way, it's where local bands ply their trade, so if that takes your interest, take a trip to Tryggvagata 22, Reykjavik 101.

The moderate size of the city prevents it from having a wide-ranging dining scene, but the best of what is there stands up with most capital cities. Resto is perhaps the most highly rated and it is a small cozy place that specializes in seafood and excels in ambience. It's at Raudararstigur 27-29, Reykjavik 105. Meatlovers can eat their fill at Grillmarkadurinn, whose modern rustic look is achingly trendy. Find them at Laekjargata 2A, Reykjavik 101. Those seeking something different could try the Nepalese Kitchen at Laugavegur 60A, Reykjavik 101.

Iceland of course has a landscape of wilderness and wildness of Tundra, rugged mountains, geysers, and hot springs. There are many tours available to take visitors to some of the stunning sights. Geolceland offers tours around the geothermal highlights, while 'Inside the Volcano' takes visitors into a dormant volcano, Thrihnukagigur, lowering them down on an open elevator. It's also worth just putting on a backpack and hitting the hills, and drinking in Iceland's wild isolation. Just remember to have a sturdy pair of boots and waterproofs, as the weather can be unforgiving. But you don't go to Iceland for the sun and relaxation: you go to be invigorated. That's its warm welcome in its northern wilderness.



Horoscope



Virgo (8.23 – 9.22)

Virgos shouldn't forget about their job in a rush of all the events that are about to come. Nothing special should happen this month with your career, but on the other hand it is also a really bad idea to drop behind the others. You should also pay attention to your health.



Aries (3.21 – 4.19)

In career, you will experience a stable period. Aries will enjoy late summer the most if you are a couple. After minor disagreements, you will experience harmony in a relationship again. September is the ideal time for love, however you should pay attention to other interpersonal relationships too.

Taurus (4.20 – 5.20)

This autumn will be very successful for the Taurus, especially during September when you will feel a lot of positive energy in your career. Whether it will be a compliment from a supervisor or a cash reward, either way you will be quite satisfied with yourself and that's the essence.



Gemini (5.21 – 6.20)

September will be harmonious for you. You will be lucky. Gemini can take advantage of this fact, for example, when planning for the future or in the case of a long-term investment. Now is the right time. Finally, you will also enjoy a well-deserved rest.



Cancer (6.21 – 7.22)

In September, you will have the last chance to make a significant change in your career. You recharged your energy during your vacation and now you need to concentrate fully again. This way Cancer will continue to thrive both professionally and personally.



Leo (7.23 – 8.22)

After a crisis period in September, you will enjoy the new harmony once again. After overcoming a difficult time, you may need to rethink some of your priorities. Leo can begin to pay more attention to people around.



Libra (9.23 – 10.22)

Libras won't rest even with the approach of September. The horoscope says this month you will have to cope up with other difficulties. You'll need to re-evaluate your priorities quickly. In a career now it pays off to be a team player, so don't be selfish and help a person in need.



Scorpio (10.23 – 11.21)

Due to previous difficulties Scorpio now has a much more balanced personality. You will seem secure and experienced in your familiar surroundings in September which can be useful especially in your career. You should devote more time to your career this month. Work will help you chase the dark thoughts away.



Sagittarius (11.22 – 12.21)

Sagittarius in September shouldn't neglect their family members. This period will be somewhat calmer but you still may have problem to efficiently organize your free time. The horoscope advises you one excellent way as to how you can please all of your loved ones at once and it calls for organizing a party at your home, for example.



Capricorn (12.22 – 1.19)

September will bring temporary problems when it comes to your health. But you don't have to worry about any serious issues. Fortunately, people in your surroundings will understand. The stars begin to emit positive energy towards Capricorn in this period.



Aquarius (1.20 – 2.18)

September will be a peaceful and stable period for Aquarius. Your career will take a turn for the better and you will excel. If you deploy a high pace of work and persevere it, the reward will soon be yours. You might have a subordinate arrange your schedule to work for a time but it will be worth it.



Pisces (2.19 – 3.20)

Although you will initially panic that you are spending so much time working, remember that this situation is only temporary. Investments in the form of your free time and energy to work will certainly pay off. You shouldn't forget about your comfort. After a challenging job, Pisces will in September enjoy some well-deserved relaxation in the form of a holiday.



Way back from Liugong
By Peter Lener

September
1st Prize
一等奖



Lotus Pond
By Sandy Denton

3rd Prize
三等奖



A Wide View
By Frank Grigg

2nd Prize
二等奖

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ARIVA

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