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INTERVIEW WITH
VINCENT PIMONT

*General Manager
Peninsula Beijing*



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ST REGIS

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The St. Regis Exquisite Kids Room

成长需要仪式感。天津瑞吉金融街酒店 | “瑞吉精致亲子房”礼遇，见证每一位瑞吉小小鉴赏家的成长。记录珍贵的美好时光，瑞吉管家精心将客房打造成“游乐王国”。旨在让瑞吉小小鉴赏家们在童趣的空间里尽情释放天真烂漫，享受专属于他们的珍贵回忆。瑞吉小小鉴赏家们可化身小小探险师，解锁“游乐王国”里的儿童娱乐设施。

露营帐篷，让孩子可以独享自己的一片小天地；摇摇木马，想象自己是儒雅气质的马术选手；玩具积木、国际象棋、造型玩偶，满足不同年龄段孩子的不同需要。为了让瑞吉小小鉴赏家走入一个趣意的世界，酒店还准备了儿童洗漱用品。洗漱套组包含牙膏、牙刷及牙线；可爱的橡皮水鸭和小黄鸭，适合儿童身高的洗手台凳凳和儿童坐便器等。

少时的优雅从读书开始，书籍是小小鉴赏家们旅途中不能缺少的一部分，它激发着孩子们无限的惊喜与想象。瑞吉品牌顺应中国早教趋势，推出全新“瑞吉家庭礼遇·同行童年”儿童定制书单，为各年龄段瑞吉小宾客提供了超过70本高质量精选童书选择，还针对性地加入了一系列制作精美，更能与2至5岁幼儿产生共鸣的绘本。

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Dinner / 晚餐时间: 17:30 - 23:00 (22:00 L.O.)

TIANJIN PLUS

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Hi Friends,

The Peninsula Beijing is the city's leading luxury hotel and one of the few select hotels worldwide that is a part of the cultural fabric of its home city, such as The Ritz in Paris and The Plaza Hotel in New York. It is offering a blend of traditional Chinese elegance and contemporary international style in the heart of the capital. The hotel is located near Wangfujing within walking distance of Tiananmen Square and the Forbidden City.

The Peninsula Arcade presents boutiques by some of the world's finest luxury brands. Yun Summer Lounge is a seasonal rooftop lounge serving Mediterranean small plates, modern cocktails and magnificent views. The Peninsula Art Gallery on the third floor shows original works by exciting Chinese artists, enabling guests to enjoy the best of Beijing's arts scene without leaving the hotel.

Following its recent landmark renovation, the hotel's original 525 rooms have been reconfigured to 230 suites, creating Beijing's only all-suite hotel and the city's most spacious standard rooms. We spoke with the General Manager, Mr. Vincent Pimont, to better understand the hotel's unique positioning.

Gurmehar or Gurm has been living in China since 1999, and mostly in Tianjin. Art was her solace, art was her passion and for her art was her dream. She is an extraordinary young artist that creates and sells her art creations under the banner "Gurm's Art" that provides all kinds of artistic services, whether they are unique gifts for special occasions, or art pieces in her inimitable style incorporating zodiac signs, cultural symbols, or company logos etc. Her paintings and drawings are all for sale and come in a range of sizes, from very small to very large. You can enjoy in this edition some of her sample artworks and read her life story.

She hopes that people see her art as a discovery of themselves and their place in the universe. She wants them to experience the same feeling that she has, while creating the artworks - freedom, satisfaction, living in the moment, and an inward journey.

Don't forget to visit our website www.tianjinplus.com and follow us on our official Wechat account (ID: [tianjin_plus](https://www.tianjinplus.com)) for more articles and information.

Best wishes,
Sandy Moore
Managing Editor | Tianjin Plus Magazine

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津品生活

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02-04 Fri-Sun

JAPANESE MUSICALS: ONMYOJI

音乐剧《阴阳师》
大江山之章天津站

Date: Fri-Sun, Aug 2-4th
Time: 19:30
Price: 180,380,580,780,980,1280
Venue: Opera House,
Tianjin Grand Theatre
天津大剧院歌剧厅



A musical adapted from the mobile video game, Onmyoji, is touring China, creating waves both online and offline among loyal players and proving profitable at the box office and the merchandise stand. Developed by Chinese IT company, NetEase, in 2016, the role-playing game takes place in Japan. It is set 1,000 years ago during Japan's Heian period and is based on the Japanese classic "The Tale of Genji", telling the story of a mythical war between human magicians and evil spirits. The word Onmyoji means "master of yin and yang" in Japanese.

Adapted from part of the game's script, the current show is a sequel to the first edition of the musical, which debuted in Tokyo in 2018 and received good reviews.

This second edition has a young Japanese cast, under the stewardship of director Nobuhiro Mouri, composer Sahashi Toshihiko and choreographer Shinnosuke Yamamoto.

03 Sat

WORLD FAMOUS MUSIC AUDIO-VISUAL INTERACTIVE CONCERT

世界名曲动漫视听欢乐互动音乐会

Date: Sat, Aug 3rd
Time: 19:30
Price: 120,180,280,380,480,680,
480(280x2), 600(380x2), 600(280x3),
800(380x3)
Venue: Jinwan Grand Theatre
天津津湾大剧院



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09 Fri

THE BRITISH CHORAL GROUP VOCES8 CONCERT

英伦天籁八人组合—VOCES8

Date: Fri, Aug 9th
Time: 19:30
Price: 80/120/150/180
Venue: Concert Hall,
Tianjin Grand Theatre
天津大剧院音乐厅



Formed by former Westminster Abbey choristers, the British octet performs works ranging from Renaissance polyphony to modern jazz and pop arrangements.

Touring extensively throughout Europe, North America and Asia, VOCES8 has performed at prominent venues, such as London's Wigmore Hall, St. Petersburg's Mariinsky Theatre Concert Hall, Tel Aviv Opera House, and Shanghai Concert Hall. The ensemble has also appeared with the Philharmonia and London Philharmonic orchestras.

Formed in 2005, VOCES8 has a diverse repertoire ranging from early English and European Renaissance choral works to their own arrangements. They came up with the name en route to a competition.

Paul Smith (one of the founding members) said, "We needed a name to go on stage and there were eight of us and we were in Italy. We wanted something that feels like voices, but had that Latin vibe to it, so we went with voces."

10-11 Sat-Sun

2019 INTERNATIONAL CLOWN CARNIVAL

"2019国际滑稽大师疯狂小丑嘉年华" 全新升级版-天津

Date: Sat, Sun, Aug 10-11th
Time: 19:30; 10:30
Price: 80,120,180,280,380,200(120x2),
300(120x3),300(180x2),450(180x3),400
(280x2),600(280x3),600(380x2),900(380x3)
Venue: Jinwan Grand Theatre
天津津湾大剧院



August SPECIAL DAYS



07

CHINESE VALENTINE'S DAY OR QIXI FESTIVAL

12

INTERNATIONAL YOUTH DAY

26

WOMEN'S EQUALITY DAY

13 Tue

ASIAN YOUTH ORCHESTRA CONCERT

亚洲青年管弦乐团音乐会

Date: Tue, Aug 13th
Time: 19:30
Price: 80/120/150/180
Venue: Concert Hall,
Tianjin Grand Theatre
天津大剧院音乐厅



The 110 members of the Asian Youth Orchestra (AYO) are among the finest young musicians in China, Indonesia, Japan, Korea, Malaysia, the Philippines, Singapore, Thailand and Vietnam. Chosen through highly competitive auditions held throughout the region, they are together for six weeks each summer, initially for a three-week Rehearsal Camp in Hong Kong, then for a three-week international concert tour with celebrated conductors and solo artists.

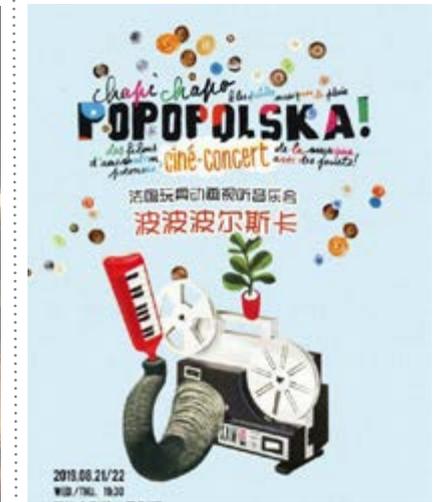
Since its inaugural performances in 1990, the award-winning Orchestra has played some 395 concerts in Asia, Europe, the U.S. and Australia to more than one million concertgoers. Millions more have seen and heard the orchestra around the world on CNN, CNBC, NHK and Radio and Television Hong Kong.

21-22 Wed-Thu

POPOPOLSKA! TOY MUSIC MULTIMEDIA CONCERT

波波波尔斯卡
法国玩具动画视听音乐会

Date: Wed-Thu, Aug 21-22th
Time: 19:30
Price: 80/120/150/180
Venue: Opera House,
Tianjin Grand Theatre
天津大剧院 歌剧厅



Four "Toy Music" artists edit four short Polish animations, and impromptu perform the melancholy, lively and illusive animation soundtrack through the visual imaginations. In addition to the traditional toy piano, xylophone, vibraphone and flute, unexpected cute musical instruments and effectors, such as accordion, old gramophone, small electric guitar, ukulele are also added. In these animations, the roles include a striped elephant with his friends, a dreaming boy, a multi-lingual puppy... The artists make the best of the soundtrack to let these lifelike roles make dialogue with the audiences.

A striped elephant tries to get along well with his friends, but his friends dislike his difference—the stripes. In face of the rejection from friends, the elephant tries to hide the stripes on his body. Eventually he is discovered and expelled from the circle of friends...

Calendar

2019 Aug-Sept

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

24 Sat

MANNHEIMER PHILHARMONIKER ORCHESTRAL CONCERT

德国曼海姆爱乐交响管乐团音乐会

Date: Sat, Aug 24th
Time: 19:30
Price: 80/120/150/180
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅



05-06 Thu-Fri

ANNA KARENINA BY EIFMAN BALLET OF ST. PETERSBURG

俄罗斯圣彼得堡艾夫曼芭蕾舞团·芭蕾舞剧《安娜·卡列尼娜》

Date: Thu-Fri, Sep 5-6th
Time: 19:30
Price: 180,280,480,580,680,880
1060.8(680x2),1320(880x2)
Venue: Opera House, Tianjin Grand Theatre
天津大剧院歌剧厅



The Eifman Ballet of St. Petersburg was established by Boris Eifman in 1977, who himself has created more than forty ballet performances and obtained honorary titles, such as the People's Artist of Russia, the Laureate of the State Prize of the Russian Federation and many others. Boris Eifman's ballet are performing Anna Karenina in Tianjin on September 5th and 6th. By setting aside all secondary storylines in Leo Tolstoy's novel, the choreographer focused on the love triangle "Anna - Karenin - Vronsky".

10 Tue

ALEXEY SOKOLOV PIANO RECITAL

俄罗斯钢琴大师索科洛夫携优秀青年钢琴家们专场音乐会

Date: Tue, Sep 10th
Time: 19:30
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅



Alexey Sokolov is the 1 prize and Grand Prix Winner of the Yamaha Grand Prize International Piano Competition in Italy, Honorary Professor of Tianjin Conservatory, the bearer of a special diploma and UNICEF prize as the best teacher of UNICEF International Piano Competition, the winner of "Haihe Friendship" Tianjin City Award established by the city of Tianjin and "Award of Merit" of the Government of China for a major contribution to cultural achievements.

Professor Alexey Sokolov graduated from the oldest music University of Russia - St. Petersburg Conservatory. Alexey Sokolov has been a professor of State Herzen Pedagogical University in St.

Calendar

2019 September

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

11 Wed

ST. PETERSBURG SYMPHONY ORCHESTRA, RUSSIA CONCERT

指挥尼古拉·阿列克谢耶夫与俄罗斯圣彼得堡交响乐团音乐会

Date: Wed, Sep 11th
Time: 19:30
Price: 180,280,380,500,620,780
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅



The St Petersburg Symphony Orchestra traces its history back to 1931. For more than two decades, the orchestra's activity was linked with the Leningrad Radio - at first a concert orchestra, and soon as a large Symphony Orchestra.

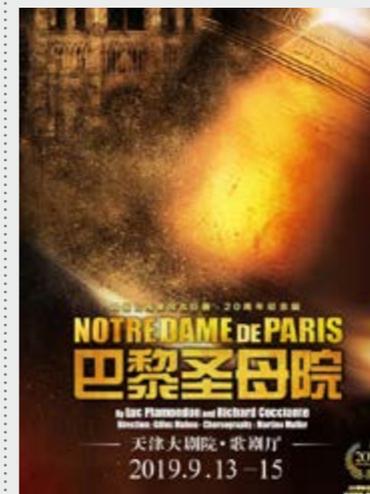
During the war, the Leningrad Radio Symphony was the only orchestra that remained in the besieged city. Despite the fact that in the first winter of the war the orchestra actually ceased to exist, nonetheless, after heroic efforts, in August 1942, headed by K. Eliasberg it performed the Leningrad premiere of Shostakovich's Seventh Symphony. Currently, critics argue that "the performance by the St Petersburg Symphony Orchestra can be called highly authentic: there is a feeling that the musicians have inherited from the older generation the tradition of orchestral performance of the 'Leningrad' Symphony". (Tianjin Daily, 2015). Altogether, the orchestra performed more than 300 times during the blockade, and some concerts - including the premiere of the "Leningrad" symphony - were held in the Grand Philharmonic Hall.

13-15 Fri-Sun

FRENCH MUSICAL 'NOTRE DAME DE PARIS'

法国音乐剧《巴黎圣母院》

Date: Fri-Sun, Sep 13-15th
Time: 19:30; 14:00
Price: 180, 280, 480, 680, 880, 1080
Venue: Opera House, Tianjin Grand Theatre
天津大剧院歌剧厅



The smash-hit French musical "Notre Dame de Paris," based on the eponymous novel by Victor Hugo, will be staged at Opera House, Tianjin Grand Theatre.

Set against the backdrop of Paris in 1482, the musical tells a love tragedy between a young and beautiful gypsy girl named Esmeralda and Quasimodo, the hunchback bell-ringer of Notre Dame.

The production directed by Gilles Amado features unforgettable music composed by Riccardo Cocciante with lyrics by Luc Plamondon. Since its premiere in Paris in 1998, the musical has enjoyed worldwide success.

31 Sat

TIANJIN RIVER FUN RUN 2019 @ SHANGRI-LA HOTEL, TIANJIN

天津香格里拉大酒店第四届天津海河慈善趣味跑活动

Date: Sat, Aug 31
Registration Deadline: Aug 16
Time: 8:30-10:30
Price: Individual Challenge: 200RMB/person
Team Challenge: 2000RMB/team
Venue: Shangri-La Hotel, Tianjin
天津香格里拉大酒店



On 31 August 2019, Shangri-La Hotel, Tianjin will host the fourth annual Tianjin River Fun Run. Join us for a Saturday morning 5km run along the picturesque banks of Haihe River, concluding with a sumptuous buffet breakfast. Participants can have fun, win prizes, and support the Healing Young Hearts charity. The idea behind the fun run is to bring community together with activities and events to promote a healthy 'lifestyle' in Tianjin.

September

SPECIAL DAYS

10 TEACHERS DAY

13 MID-AUTUMN FESTIVAL

17 INTERNATIONAL COUNTRY MUSIC DAY

CONFUCIUS DAY

29

SHANGRI-LA HOTEL, TIANJIN

Singapore Hawker Story

As often dubbed the food heaven, the Merlion city attracts millions of people each year to experience its culinary treasure. You can find countless hawker food stalls located inside the shops, eating areas and food courts all over the city with interesting food. The variety of food is actually amazing. From 8th to 10th of August, 2019, during lunch and dinner, Café Yun welcomes Chefs from Lion City Delicacies Restaurant and KK Delicacies Restaurant in Singapore, to present authentic Singaporean dishes, including Prawn Noodles, BakKut The, Laksa and Chicken Rice.



Date: From 8th to 10th of August, 2019

Time: During lunch and dinner time

Venue: Café Yun, Shangri-La Hotel, Tianjin

For more information or reservations please call +86 22 8418 8416.

FOUR SEASONS HOTEL TIANJIN

Seasonal Summer Delicacies at Jin House Chinese Restaurant

Summer in Tianjin is always very long. It is a great idea to look for a quiet and secluded place, to enjoy seasonal and refreshing delicacies to beat the heat. As the only Cantonese and hotel restaurant in Tianjin received 2019 Dianping Black Pearl award, Jin House Chinese Restaurant of Four Seasons Hotel Tianjin is well-known for its extraordinary Chinese fine-dining experience to guests. Recently, Jin House introduces the seasonal summer menu. The menu was creatively designed by the famous consulting Chef Tony Lu and Jin House Head Chef, Danny Cai. It features amazing delicacies, including Steamed Seafood Goldfish Dumpling with Egg Custard, Chilled Alaskan King Crab Meat Jelly with Yuzu, Double-boiled Whole Mini White Gourd Filled with Sea Whelk and Lotus Seeds, Chilled Mung Bean Syrup with Lily Bulb and Mint Sorbet and more.



A la carte menu is available for lunch and dinner from July 1st to August 31st, 2019.

To find out details of the above news, you can contact Four Seasons Hotel Tianjin at +86 22 2716-6262/6688.

HYATT REGENCY TIANJIN EAST

Discover Anhui Cuisine at Wok in the Garden

As the summer season approaches, it's time to refresh the taste buds with our executive chef Jimmy Chang's interpretation of Anhui favourites. Fragrant smoked chicken, Mandarin fish and wok-fried prawns with tea are just a few of the healthy and delicious dishes to revive your palate and give you a taste of Anhui culture at Wok in the Garden.

MUST-TRY DISHES
Mandarin fish
Wok-fried prawns with tea
Rice fragrance smoked chicken

Date: Valid until 31st of August, 2019

For more information or reservations please call +86 22 2466 7252.



THE ST. REGIS TIANJIN

Enjoy the exclusive Sunday Brunch at Riviera

Weekends are always luxury, but fleeting. How would you start your perfect weekend? Spend it "lazily", but "elegant". Enjoy the French Brunch to start a wonderful time at Riviera.

Riviera specially prepared 3 French brunch packages for you, including the selected smoked-salmon with Benedict's eggs and Iberian ham; Egg cakes are cooked in a classic way. Accompanied by potatoes, basil, onions, bacon and pickled cucumbers with tomato and buffalo cheese salad; cold chicken salad with fresh mixed lettuce, calamata olives and avocados.

Pleasure yourself. To be led up to the meaningful afterthoughts.

Price: RMB228 per set

Time: 11:30 - 14:30

Date: Valid until September 30th

Venue: Riviera of the St. Regis Tianjin



For more details, please call +86 22 5830 9962.

RENAISSANCE TIANJIN LAKEVIEW HOTEL

Bright Moonlight Festival

"As the bright moon shines over the sea, from far away you share this moment with me."

As the Mid-Autumn Festival is coming, Renaissance Tianjin Lakeview Hotel presents you with three types of mooncake gift box for your family reunion, and also the best gifts for the elderly, friends and relatives. Renaissance Tianjin Lakeview Hotel wishes you a happy Mid-Autumn Day!

Celebrity Mooncake Gift Box
Partnering this box with celebrity chef Jereme Leung's endorsement. Each mooncake just likes an elegant bud, which implies good luck.
Price: RMB 238/box, 8 pieces.

Marriott International Regional Mooncake Gift Box
The creative gift box infuses modern technology. You can enjoy a highly interactive video game through Alipay AR scan.
Price: RMB 258/box, 8 pieces.

Renaissance Custard Mooncake Gift Box
Bringing in lunar delights from cream yellow mooncake!
Price: RMB 288/box, 8 pieces and 1 bottle of wine.



Venue: 16 Binshui Road, Hexi District, Tianjin, Renaissance Tianjin Lakeview Hotel

For more details, please call +86 22 5822 3110/3111.

WANDA VISTA TIANJIN

Mooncake Gift Boxes

Celebrate the Mid-Autumn Festival with us at Wanda Vista Tianjin. In this traditional season of reunion, Wanda Vista Tianjin presents you with five stylish mooncake gift box selections with different flavours for you to choose from and deliver to your dearest friends or business partners to create a joyful memory.

Venue: Wanda Vista Tianjin
486 Bahao Road, Da Zhi Gu, Hedong District, Tianjin

Purchase hotline: +86 22 2462 6888 ext. 6022.



中国传统的 庆祝生日的方式

中国人对生日的庆祝有一些与众不同的方面，其主要的庆祝时段为婴儿出生第一年及老年时期。以下是中国人庆祝生日的一些传统方式：

与众不同的年龄表示
在中国，出生时就意味着进入了一岁，年龄随着每年的农历新年而增长一岁。因此，中国人常说的年龄，通常会比其真实年龄大一到两岁。

长寿面与生日蛋糕一样重要
中国人的生日宴会上通常要有长寿面，这是一种中国传统，在生日宴会上吃掉一整根面条，通常意味着会得到更长的寿命。

赠送生日礼物要小心谨慎
在中国的生日宴会上，礼物的选择至关重要。不合时宜的生日礼物包括手表，因为手表提醒过生日的人生命短暂，死亡无可避免。最受欢迎和安全的生日礼物则是水果篮。

生日宴会由主人请客
中国人在过生日时通常会请朋友在餐馆吃饭，并由自己来支付账单。

不要耽误生日祝福
在中国，如果错过了好友的生日，迟到的祝福、礼物和庆典通常意味着坏运气，而不被朋友所接受。中国人通常在30岁生日时不接受朋友们的祝福。60岁被认为是中国人生命中非常重要的时刻，从此每隔10年会举行重要生日庆典，直至过世。

Traditional Chinese Ways to Celebrate BIRTHDAYS

By Rose Salas

Have you ever wondered how traditional Chinese birthdays were celebrated? Chinese people don't celebrate their birthdays in grand every year. They usually spend time celebrating it with family and a few friends. The main celebration happens during the first year of the baby and in their later year in life.

CHINESE AGE IS DIFFERENT FROM OTHERS

Most people's age at birth is estimated at zero, as for Chinese, being born means your age is determined to be as one-year-old. Commonly, another year is added to their age on their first Lunar New Year's Day. So, a Chinese person can be anywhere from one to two years older than his actual age.

For example, if a Chinese friend said that he is 25 years old, more or less, that person is only 23 or 24 in real life.

There are three definitions of "age" in Chinese:

- One that refers to the traditional system
- One that is called the modern age, which starts at zero, but skips the new year's addition
- The last one is called the solid age, which counts a person's age in years from birth.

BIRTHDAY NOODLES ARE AS FAMOUS AS BIRTHDAY CAKES

In a banquet table, a celebration is not complete without the hard-boiled eggs that are dyed in red and dumplings as a symbol of happiness and fortune. Aside from birthday cakes, a birthday noodles or longevity noodles are also served to a Chinese birthday celebrant. These noodles are made with wheat flour, egg, and soda water, giving them a spongy texture. It is a tradition to Chinese people, since it is expected to offer or give a longer life to the celebrant, especially if he slurped them whole. It is also known that if you only bite off a part of the noodles, you are at risk of cutting your own life shorter.

BE CAREFUL WITH YOUR GIFT

Giving a gift to a birthday celebrant is always welcome, but make sure to think carefully of what kind of gift you are giving to a Chinese celebrant. For instance, never give a watch as a gift as it reminds them that life is short, and death is inevitable. Chinese people don't like being warned of their fatality, and giving a watch is radically saying, "Cheers on making it one year closer to death."

What is the safest gift you can give to your Chinese friend? Believe it or not, it's a fruit basket.

BIRTHDAY FEAST? IT'S THEIR TREAT!

Chinese people tend to celebrate their birthdays at a restaurant, and if you are one of the guests, well, you're in luck. If your friend is a traditional Chinese, he will be treating you to dinner. It may feel weird to accept it, but it is entirely reasonable for a Chinese person to pay the bill on their birthday.

So, enjoy the celebration, but expect to reciprocate on your birthday.



DO NOT DELAY BIRTHDAY WISHES

If you miss your friend's birthday, do not send them belated wishes, gifts, and celebrations. It signifies bad luck to have a party after the exact birthday. It is also likely that your friend won't accept your birthday wishes at all.

You are not also allowed to greet them on their 30th birthday, especially Chinese women, they will remain 29 years old for an extra year to eliminate bad luck. If she is turning 33, she needs to buy a piece of meat and chop it to 33 pieces to counteract bad luck and cast-off evil spirits.

Traditionally, Chinese people do not tend to have birthdays, not until they reach the age of 60 years old. The 60th birthday is considered a very significant point in their lives, so it is expected to have a more substantial celebration. After that, they celebrate birthdays every ten years after the grand celebration. For example, on the 70th, 80th, 90th, etc. or up until the person's death.

Usually, the older the person is, the bigger the celebration of the occasion is. But, as China welcomes global influences, it is becoming more popular to discard the old tradition and give in to the fun of celebrating their birthdays now and then.



BEIJING'S BEST

Spas & Wellness Centers

By Jordan Snyder

If you are curious to know where to go for the best massage and spa treatment in Beijing, then read on. Locals in Beijing use the massage centres for the health preserving qualities gained through the different techniques used in massage, as well as treatments that derived from this branch of Chinese medicine and its treatments.

本文介绍一些在北京当地人中备受赞誉的按摩和水疗中心。

宝格丽水疗中心

宝格丽水疗中心是北京最好的温泉疗养中心之一，将现代治疗与中国传统医疗技术相结合。宝格丽水疗中心拥有和谐的氛围，员工对服务细节的把握非常出色。

BODHI 菩提

BODHI 菩提提供非常专业的按摩。这里的亮点是60分钟内，两个按摩师负责的从头到脚的按摩。这里的水疗中心美丽而干净，价格与其他水疗中心相比也颇具竞争力。

良子健身（丽苑公寓）

良子健身水疗中心非常干净而专业，提供具有价值的头部、颈部和足部按摩。该水疗中心地理位置优越，非常容易找到，并且具有高质量设施，以及相对合理的价格。

悠庭保健会所(北京嘉里中心店)

悠庭保健会所宽敞的水疗中心包括VIP套房、私人客房和时尚的美甲沙龙，可以在美丽的环境中享受高水平的按摩。该中心的优势在于员工具备较高的英语水平，可以轻松进行交流。

8号温泉

8号温泉被认为是来访北京的第一站，因为该中心24小时开放，可以有效消除任何的时差反应。这里具有传统温泉的布置风格，装饰华丽。

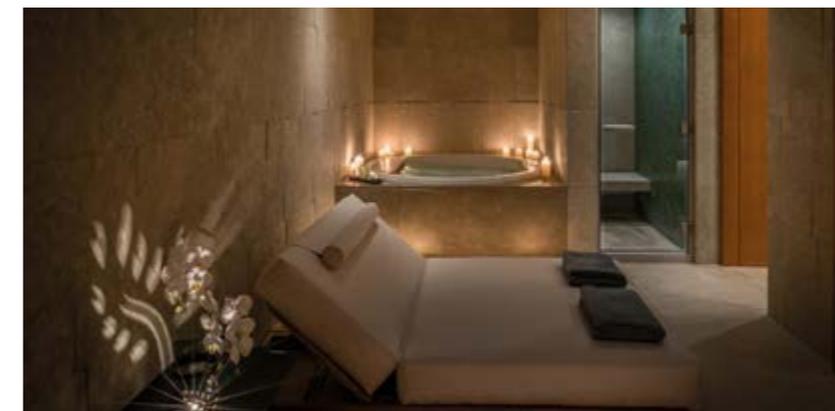
Kocoon香薰理疗(泰悦豪庭店)

Kocoon香薰理疗是一家法国和日本联合精品水疗中心，可以享受面部护理、按摩、身体护理和脱毛服务。另外，这里还举办讲习班，通过健康的生活方式激发人们的幸福感。



The Bvlgari Spa

The Bvlgari Spa located at the Hotel of the same name on Xinyuan South Road in Chaoyang District is reputed to be among the best spas and wellness centres in Beijing. It is open daily from 10am until midnight, and occupies a space of 1,500 square metres across two floors. The centre uses modern treatments blended with traditional Chinese techniques. The Bvlgari's Spa has a harmonious atmosphere featuring a technogym and Kinesis equipment. The attention to detail from the staff is excellent, if you have a celebration, such as a birthday/anniversary, they will go the extra mile to ensure you have a memorable experience.



On your arrival there is a very large changing room, a pool area that has a Roman Baths inspiration about it and a sauna. Onwards and into the palatial treatment room that has been exquisitely

decorated throughout and includes your own private mini-sauna. One of the highlights about the wellness experience is cold sticks that are used to apply the La Mer products during the facial, leaving each guest feeling they have had a special experience. The expected time for a visit here is about 1-2 hours.



Bodhi Sense Spa

The Bodhi Sense Spa is located at 17 Gongtibeilu in Beijing. It can be a little difficult to find this spa as the entrance is at the back of the building. At the front is a restaurant with the Bodhi sign, use the side street to locate the spa entrance on the 2nd floor. They offer fantastic massages with a menu written in English. The 60-minute head to toe massage comes highly recommended and features two masseuses working simultaneously, one on your head and shoulders, the other on your feet. If you go on a weeknight before 5pm they offer discounts. However, even without the discounts, the prices are much more competitive than those charged in western hotels across Beijing.

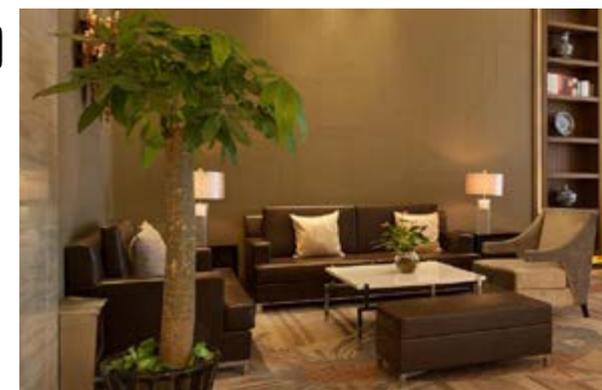


The spa is a beautiful and clean venue and their vitality treatments include a salt scrub massage, aromatherapy baths and an aromatherapy massage for a little more than 600RMB. One word of warning if you are not used to attending

a Chinese spa, the massage technique includes massaging female breasts and male buttocks. If you are not comfortable with this, discuss it beforehand. You are issued with disposable underwear to be worn during the massage, if you feel uncomfortable wearing these items they will listen to your request to not wear these odd looking garments.

Liangzi (Lee Garden Service)

This spa is located in Wangfujing on the 2nd floor of Lee Garden Service Apartments, Jinyu Hutong. The spa is clean and very professional with the foot, head and neck massage being great value. It is a little more expensive than some Chinese massage centres, but it is very clean and still cheaper than the services offered at hotels. It is easy to find, as it is across from the Waldorf Hotel and next to the Peninsula. It remains open each evening until midnight. A 60-minute oil and body massage costs about 600RMB, which is a very good price for such a quality establishment in the heart of Beijing. Drinks are provided as are clothes to be worn during the massage.



Dragonfly Therapeutic Retreat (Beijing - Kerry Centre)

The Dragonfly Therapeutic Retreat is located beneath the Kerry Hotel on Guanghua Road in Chaoyang district of Beijing. It opens daily from 10am until 11pm. The spacious spa includes a VIP suite, private rooms and a very stylish nail salon. The beautiful setting includes dim lights, where you can expect to receive a very good level of massage. You are given tea on arrival and clothes to wear during the massage itself. A good advantage of this spa is the level of English spoken among the staff, making your experience a lot easier if you are unable to communicate in Chinese. It is a must visit place to relax after a stressful day in Beijing.



No. 8 Hot Springs Club

The Hot Springs Club located at number 8 Chaoyang Gongyuan West Road has been described as being the best place to make your first stop in Beijing, as it is a great cure for any jet lag you may be suffering from. This spa is open round the clock, so if you are unable to sleep why not head here. One little tip, take your passport, as they require ID before allowing anyone onto the premises.

It is laid out in the style of a traditional spa at a hot spring, gorgeously furnished as you go from hot to cold. A word of warning, do not stay in the hot tub too long, as it is very hot. All the tubs are positioned into the floor and all are very clean with no smell of chemicals or other odours present in the water. You are given an electronic wristband, which acts as your locker key and accounts for the services you have paid for. There is very little English spoken here and communication tends to be by hand signals and gesturing.



Kocoon spa (Taiyue Suites)

Located on the east side of building 16 on Sanlitun South Road in Beijing the Kocoon Spa opens every day, except Monday, from 10.30am until 8.30pm with an extra hour on Thursdays until 9.30pm. The Kocoon is a joint French and Japanese boutique spa that has been in existence since 2008. Here you can enjoy facials, massages, body care and waxing services. They have a mission to help you enjoy your balanced lifestyle around good health and well-being. In addition to the treatments and rituals, they run workshops to inspire well-being through healthy lifestyles. Each treatment is applied with love and care, attention to detail within a peaceful, clean and friendly environment.



THE POT CALLING THE KETTLE BLACK

By May Clay

It's that time of the year again - the annual recognition of the best employees in the company. Receiving an award is everyone's dream. Accomplishments are acknowledged and employees are appreciated. Aside from offering great incentives, the management also makes up fun award titles each year.

Jimmy wonders whether it would finally be his turn to get recognized. "Maybe, the Rising Star Award? Oh! How about the Ace of Initiative Award? I remember that from three years ago. I have always wanted that title."

"It's your fifth year with the company. Dream on, Jimmy!" Mark interrupts his happy thoughts. Jimmy meets the performance standards of his manager Dominic. He completes all projects, prepares presentations, does everything expected of him - except with an average performance.

"Perhaps, since I will be accepting the Star Performer Award, I would be more than glad to consider nominating you for the All-Time Mediocre Performer Award," Mark mocks.

Finally, Dominic breaks his silence. "Well, talk about the pot calling the kettle black. If I were ever obliged to give you an award, it would most likely be the Eternally Late Award. Now, would you both please get back to work and prove your worth?"

The expression "the pot calling the kettle black" is used to refer to someone who criticizes another for a fault that he himself is guilty of. In Chinese, we say **五十步笑百步** Wǔshí bù xiào bǎi bù, literally translated as fifty steps laughing at a hundred steps. This proverb originated from an interesting story about two soldiers during a battle. One soldier fled 50 steps and mocks the other who ran away for 100 steps. But, in fact, both are cowards for retreating from the war, and hence, have no right to criticize one another. The two soldiers are alike, as the kettle and the pot are also the same. We should examine ourselves before judging others!

“水壶嫌弃罐子黑”

在公司一年一度的优秀员工年度表彰中，管理层每年会编造有趣的奖项头衔鼓励员工。

已在公司五年的吉米在幻想自己得到“新星奖”、“创意奖”等头衔，但他的在公司的表现一直平平。而马克在幻想自己拿到“明星表演奖”，同时嘲讽吉米只能获得“平庸表演奖”。经理多米尼克道出真相，两均不具备获得任何奖项的可能，只能回去工作证明自己的价值。

The pot call the kettle black用来指犯了错误的人还在批评别人的错误，类似中文谚语“五十步笑百步”。谚语起源是战场上的两个逃兵，逃跑50步的士兵在嘲笑逃跑100步的士兵。实际两人均是懦夫，没有权利互相批评。因此，在评判别人之前，应该先审视自己！



The Peninsula Beijing is the city's leading luxury hotel offering a blend of traditional Chinese elegance and contemporary international style in the heart of the capital. Following its recent landmark renovation, the hotel's original 525 rooms have been reconfigured to 230 suites, creating Beijing's only all-suite hotel and the city's most spacious standard rooms.

The hotel is located near Wangfujing in central Beijing within walking distance of major attractions, such as Tiananmen Square and the Forbidden City, and surrounded by shops and affordable Chinese and international dining options.

The Peninsula Beijing combines spacious suite-style rooms and art-inspired interiors with a large indoor swimming pool and a world-class spa. Three exciting restaurants, Jing, Huang Ting and The Lobby, have earned the hotel an award-winning culinary pedigree, and The Peninsula Arcade presents boutiques by some of the world's finest luxury brands. Yun Summer Lounge is a seasonal rooftop lounge serving Mediterranean small plates, modern cocktails and magnificent views. The Peninsula Art Gallery on the third floor shows original works by exciting Chinese artists, enabling guests to enjoy the best of Beijing's arts scene without leaving the hotel.

The Peninsula Beijing is one of the few select hotels worldwide that is a part of the cultural fabric of its home city, such as The Ritz in Paris and The Plaza Hotel in New York. We spoke with the General Manager, Mr. Vincent Pimont, to better understand the hotel's unique positioning.



CREATING EMOTIONAL CONNECTIONS

The Peninsula Beijing opened its doors in 1989 as the first international luxury hotel in Beijing. How does it feel to manage such a legendary property?

I arrived here in 2007, and have stayed ever since apart from a three-year period when I opened The Peninsula Paris in the French capital. I feel extremely proud to be the General Manager of this wonderful hotel. As you said, we opened in 1989, so the hotel occupies a special place in Beijing's modern history. In fact, many people still use its original Chinese name Wángfǔ Bāndǎo Jiǔdiàn, or The Palace Hotel.

As one of the first international hotels in China, our luxury shopping arcade is home to some of the world's most prestigious brands, such as Louis Vuitton, Chanel, Hermes, Harry Winston, Ralph Lauren, Bvlgari and Giorgio Armani – many of whom opened their first China stores at The Peninsula Arcade.

It is undeniable that The Peninsula Beijing is a unique establishment in China. What steps do you take to uphold the hotel's reputation as a place for prestigious events and exclusive services?

The Peninsula brand has a long tradition of hospitality excellence, and always sets new standards in design, luxury and comfort for guests. For 30 years, guests from around the world have enjoyed unparalleled service at The Peninsula Beijing, and we always strive to improve the experience.

It's extremely important to personalise the experience for each guest. As an all-suites hotel, we extend an exceptional level of service before, during and after the stay. We collect our guests by luxury limousine from the airport or train station, and our Peninsula Pageboys are waiting at the hotel entrance to greet arriving guests, before a staff member escorts them to their suite. We don't have reception desk, so we can make the arrival experience smoother and more personal.



INTERVIEW WITH
VINCENT PIMONT
General Manager
PENINSULA BEIJING



We have worked incredibly hard over the past three years and spent US\$125 million dollars to completely redesign the entire hotel to reflect the combination of modern and historic art and architecture that makes Beijing such a special city. We are proud to have created a truly great product, and are positioning the hotel at the forefront of China's exciting contemporary arts scene. We have opened an art gallery on the third floor enabling guests and local residents to gain free access to specially commissioned art works and exhibitions.

We also have an Artist in Residence programme, where emerging artists live and work at the hotel and have a platform to showcase their new work for guests to enjoy. We are not focusing on making money, but instead on supporting the next generation of young, local artists.

In your opinion, what has The Peninsula Beijing done to achieve the prestigious Forbes Travel Guide Five-Star distinction in both 2018 and 2019?

As I mentioned, we have very good hardware, but the Forbes' inspectors look beyond the actual hotel and assess the quality and consistency of our services. I think the real secret is that our service is totally genuine. We spend a lot of time on training all our new staff and giving them the opportunity to work at our sister Peninsula hotels around the world. This enables them to gain international experience and exposes them to different cultures and customer expectations. Investing our people inspires a real passion to create personal connections with our guests, and that is why we have earned prestigious awards from travel experts and magazines.

Your work experience speaks of how you truly are a global business leader. What has inspired you to this path? What continues to drive your success?

I try to avoid any comfort zone, and I challenge myself all the time. I like to travel, and it's important for me to seek new inspirations during my trips, and to see what our competitors are doing. There is always room to improve, and sometimes it's important to take a step back and assess where others are doing things better in certain aspects.

At the same time, I need to ensure that the hotel is successful financially, so we must always be prepared to learn and educate ourselves, and to seek the ideas of our younger staff who often provide fresh and innovative perspectives on the challenges we face.

Most of guests who stay in our hotel expect the very best service, best swimming pool, best spa and the best restaurants with the best chefs. But we try to exceed expectations by making our service more intuitive and personalised, and this creates emotional connections with our guests.

For example, we have regular guests from southern China who stay with us twice a week. To make each stay more convenient, we keep their luggage at the hotel and every time they arrive their clothes are clean and ready to wear in the wardrobe.

After moving to Paris in 2013 to open the Peninsula Paris, I knew that I would return. When I came back to manage The Peninsula Beijing's exciting renovation, I saw some of our long-time clients, who told me that they still return to The Peninsula Beijing because each stay feels like coming home.

I think one of the reasons we have always been able to improve the service for guests is because many of our hotel team members have stayed with us for many years. They are extremely passionate and dedicated to our guests. When I first arrived in Beijing in 2007, hotel driver Steven picked me up at the airport. Returning from Paris almost 10 years later, Steven was again waiting for me, and I met the same Peninsula Page as I arrived at the hotel. This strong sense of community among our team enables us to emotionally connect with our guests.

The Peninsula Beijing is a microcosm of modern China because of its traditional Chinese influenced design, availability of luxury shopping, traditional spa treatments and variety of cuisines and beverages. What will be your emphasis in the future to attract more guests?



OPENING TO CHINA

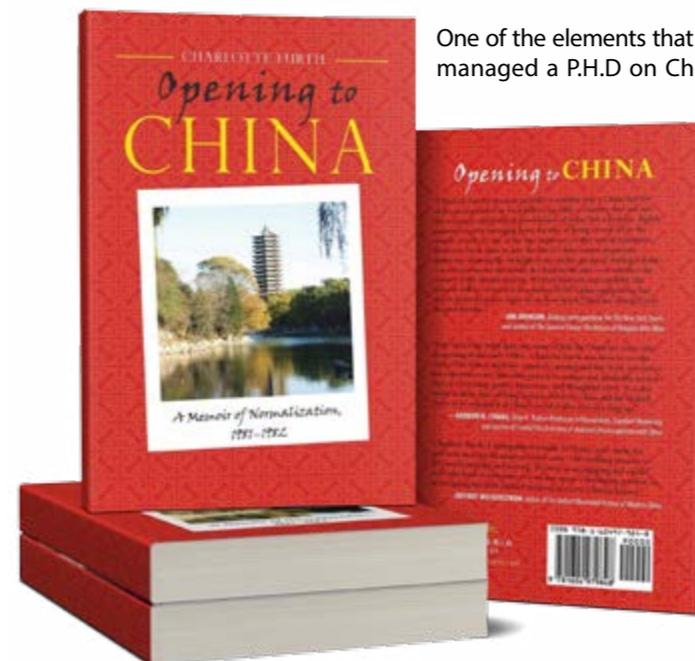
A MEMOIR OF NORMALIZATION, 1981-1982

By Charlotte Furth, 2017

Charlotte Furth as a traveller was looking to travel Beijing with the intention of spreading the American influence to the locals and through the book the memories and experiences are well captured. The book clearly outlines all the activities Furth is able to engage in and the individuals encountered in the process, including those unexpected networks and misunderstandings, as well as the civil interactions. One of the interesting lifestyle changes captured in the narrative is the deep entrenched Mao culture and how the citizens were embracing other dressing styles that strayed from this tradition. On a different scale, the book highlights the thirst of the Chinese in learning western influences and the English language, which pushed them to attend the classes Furth put together.



The understanding of the locals by the author allowed her to impact the groups and she could tell through their actions whether they were understanding the content of the class or they were struggling. A different lifestyle issue that affected the Chinese according to the book is the Maoism revolution that pushed the peasants to the rural areas for learning and, hence, the return of some of the persons to Beijing town meant more significant interventions in teaching the English language. However, the inability to capture the needs of the students at first also limited the efforts and, therefore, Furth had to interact with groups to comprehend the expectations of the audience and formulate a new tactic. The book revolves around the flexibility and openness impacted on the author through the exploration of Chinese scholars and bourgeois intellectuals who she managed to form interactions.



One of the elements that adds to the credibility of the book is the idea that Furth managed a P.H.D on Chinese history while living in the U.S. and despite the restrictions and challenges in moving to China, she still pushed to relocate and accomplish her mission. The book is an enlightenment to teachers and other western influencers to first comprehend the needs of the audience before taking up a strategy to impact knowledge. On the contrary, the contents are a good research source to allow scholars to comprehend the slow spread of western influences in the Chinese environment, despite the presence of many groups teaching English and other cultures.



建立情感纽带

北京王府半岛酒店总经理文斯腾专访

北京王府半岛酒店是北京第一家西式豪华酒店，拥有全套房和最宽敞的标准间，将北京传统文化与现代风格无缝结合。酒店总经理文斯腾(Vincent Pimont)已经经营半岛酒店12年，在接受采访时表示，他对半岛酒店的发展感到非常自豪。半岛酒店是北京悠久历史的一部分，与世界诸多奢侈品牌有着合作关系。

文斯腾表示，半岛酒店提供着最好的地理位置和最好的服务，在尊重的基础上，与客人建立了情感纽带。半岛酒店的建筑非常现代化，但独具中国特色，不断进行翻新以彰显艺术气息。除此以外，酒店成功的秘诀在于不断完善“软件”要素，即对员工进行投资，使员工拥有国际管理经验，并熟悉不同的文化。

文斯腾还表示，他在不断对自身提出挑战，并习惯通过旅行获得灵感和创造源泉。他给年轻人的建议是，认识到自己的所长，不断挖掘自身成为领导者的素质，并在刚开始工作时保持耐心。

What top three competencies or skill sets do you think are necessary that global managers should have? Could you please give some advice to aspiring young professionals who want to follow in your footsteps?

A lot of people graduate from college and realize that what they have studied is not what they really want to do in life. Sometimes it takes patience to follow our true career paths. I always encourage people to find a career that excites them, that makes them feel passionate, and which they are good at. Finding your own inner qualities and skills is a very important step towards becoming a successful leader.

Thanks Mr Pimont for accepting our interview. It has been incredible illustrative and we feel so honoured to be with you and this remarkable hotel that has got so many distinctions. I wish you all the best, even to be the best is normal for you.





Gurm's Art

Young artist's unique art style set to create ripples in art world

By Rose Salas



Art was her solace, art was her passion and for her art was her dream. However, the practical rational of getting an education that would help in having a comfortable future life interfered. The commonly held image of a "struggling artist" did not help either. But what was to be was to be. And here she is, after her journeys and travails – Gurmehar or Gurm as she is affectionately known has come into her own as an artist, and we have great pleasure to introduce this young talent (who lives right here in Tianjin at the moment) to our readers.

Gurm has been living in China since 1999 when she was 5 and moved here with her family. She finished her elementary, middle and high school at IST (International School of Tianjin – 11 years) and BCIS (Beijing City International School – 2 years). During those years, Gurmehar developed her love for art, when

she was in middle school and high school. She took to drawing patterns in sketchbooks whenever she got a free moment or two, and over time the drawing evolved into eye-catching artworks that consisted of a myriad of lines and bright colours. Encouraged by all the positive responses and comments that she got admiring her creations, in the IB Diploma Programme (Grade 11 & 12), Gurm chose Art as one of her High Level subjects.

After graduating from high school with the IB Diploma, Gurm studied at the Beijing campus of the University of Colorado, Denver for her Bachelors degree, majoring in Communications. During that time as well she kept up her passion for her art and filled sketchbook after sketchbook with her creations in her free time.

After she finished her Bachelors, she took a gap year to make her

passion for art as a career and started a small artistic venture, "G's Patterns" in 2016. It was an insightful and immensely valuable learning experience for her. During this time, she used her art patterns to design and sell various small products while gaining experience of the business world and tested the waters of life as an artist entrepreneur. The products that she designed (coffee mugs, coasters, wrapping papers, greeting cards, gift bags, t-shirts etc) all were positively received.





However, she felt the need to deepen her academic knowledge of visual art to get a firm foundation as an artist. So, she enlisted for a Masters degree course in Visual Arts at the prestigious Hong Kong Baptist University. This course gave her a deeper understanding of the art world and increased her knowledge of and passion for contemporary art. Through this course, she was able to experiment with different mediums including those from her heritage and personal life. This period in Hong Kong gave her many experiences to widen her horizons and hone her skills. She was able to visit various museums, art galleries, and attend talks of and interact with experienced artists. She was also able to intern at Osage Gallery in Hong Kong, which helped her gain some insights into and get hands-on experience of the operations of an art gallery.

In every experience she encountered, her love for art seemed to deepen further, and she became sure that visual art was the career path she wanted to pursue in her life. Gurm says that she feels her life is a beautiful tapestry, just like the beautiful intricate patterns she creates, with elements from her homeland India, her adopted home China and all kinds of international elements from her friends from all over the world and from her travels with her family and friends. She always thinks that she did not find art, but rather, art has found her. For her, art is not only a way to express herself, but also a therapy and a path for self-discovery. She is thankful that she grew up in an international environment, immersed throughout in a multi-cultural atmosphere which has made her what she is and her art what it is. She's always been fascinated by the unique cultural elements and stories from various parts of the world. She is thankful to grow up as a Third Culture Kid (TCK).

She hopes that people see her art as a discovery of themselves and their place in the universe. She wants them to experience the same feeling that she has, while creating the artworks – freedom, satisfaction, living in the moment, and an inward journey.

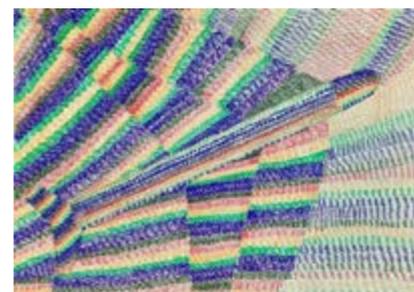
This extraordinary young artist now creates and sells her art creations under the banner "Gurm's Art" that provides all kinds of artistic services, whether they are unique gifts (hand drawn/hand painted) for special occasions, or art pieces in her inimitable style incorporating zodiac signs, cultural symbols, or company logos etc. Her paintings and drawings are all for sale and come in a range of sizes, from very small to very large (name your size).

Gurm的艺术之旅

Gurmehar或"Gurm"是一位冉冉升起的新星艺术家, 勤奋与动力, 以及永不放弃的态度, 使得她收获了创作的丰硕果实。

Gurm出生于印度, 成长在中国, 在天津和北京进行学习, 同时以一种激情的方式对艺术进行着探索。大学毕业后, 开始以艺术作为职业, 进行小型的艺术创业。作为艺术家和企业家, 她不断收获着技能、理解和信心。在香港攻读硕士深化了她对艺术的学术知识, 奠定了作为艺术家的坚实基础。一直以来, Gurm的艺术学习旅程充满起伏却令人兴奋, 体现着成长和不断丰富的经验。

在Gurm的这一段经历中, 她对艺术的热爱都在不断加深。她发现艺术不仅是自我表达的方式, 也是治疗和自我发现的途径。Gurm成长在国际化环境中, 沉浸在多元文化氛围中。她现在拥有名为Gurm'Art的小型工作间, 提供手工绘制的定制艺术服务。她希望人们在体验到她的艺术创作时感受到自由和满足, 以及对心灵的探索。



Do not limit your options and settle for something ordinary; she can transform your simple idea into an extraordinary masterpiece. So, don't hesitate to buy a special artwork: drawing, painting or other product from her! You can contact her at +8618222107402 or email her at gurm3993@gmail.com and experience a new piece of art that is customized only for you.



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UNIQUE DINING EXPERIENCES

By Mary Lewis

Whether it is a themed restaurant meant to evoke sentimentality or curiosity over its diners or an underrated café offering memorable mouth-watering selections, you could find it all in China. As a country known for its eight major regional cuisines, dishes and cooking styles differ based on geography, climate and people's traditions. Of course, with the influences of nearby countries and other nation's cuisines, a dish can be a delightful fusion of many international and local cuisines. If you have enough time to explore its millions of food establishments, then it would take you long before you can actually stop.

Luckily for you, we rounded up a list of China's culinary attractions, which are praised for being authentic, unique and inventive.

独一无二的就餐体验

1. 上海紫外线餐厅

上海紫外线餐厅不同于您曾经拥有的任何其他餐厅体验。这不仅仅是一顿饭 - 它是一种带有灯光, 气味, 音乐和图像的多感官体验。厨师保罗·佩雷特的紫外线目标是“提供大胆而独特的用餐体验, 吸引所有人的感受, 创造出极致奢华: 情感。”

2. 北京UnTour Food Tours 美食之旅

从街边小吃摊到隐蔽的胡同小吃店, 真实的景观和香味可以让您在享受美食和文化的同时体验北京。

3. 香港唐宫小聚

唐宫小聚社交广场是间新颖的粤菜点心菜馆, 比起一般传统的粤菜餐厅, 「唐宫小聚」装潢风潮时尚, 舒适沙发座椅, 餐点创新有特色, 挥别了一般粤菜餐厅的中式印象, 在小吃, 小点, 小炒等料理更令人惊艳。

4. 阿那亚槐树林餐饮会所

这家餐厅位于森林边缘, 有玻璃幕墙的餐厅, 用餐者可以感受到沉浸在自然环境中的感觉。

5. 天津京东X未来餐厅

这里由机器人和人工智能的组合接受订单、准备食物和提供餐饮。还为客人提供虚拟现实互动游戏和身临其境的就餐体验区域。

6. 上海Neobio儿童餐厅

Neobio儿童餐厅是一个大型家庭公园综合体的一部分, 深受儿童的欢迎和家长们的喜爱。

7. 西安华山茶馆

位于海拔约7000英尺的地方, 爬上陡峭险恶的天堂楼梯才能登上这座山, 品尝到用纯净的雪山制成的茶。

8. 上海蜚七人间

这一个宽敞低调的休息室和餐厅, 以安装视觉技巧来吸引客人而闻名。



1. Ultraviolet by Paul Pairet in Shanghai

For an immersive dining adventure, this 3-Michelin star offers a multi-sensory dining experience, complete with carefully on-cue lighting, music, scent temperature and even service, which just amplifies the appreciation for each phenomenal dish. Only a party of ten persons per night gets to enjoy this theatre-like experience over a 22-course dish, and guests has to pre-register and book months in advance. Dinner starts at ¥4,000 per head.



2. Beijing UnTour Food Tours

Experience Beijing by feasting on its food and culture at the same time. With actual sights and aromas from street food stalls to hidden hutong eateries, you get to eat like a Beijinger, who intimately knows where to find and how to best enjoy the local gustatory fanfare. As your guide expertly tugs you along the winding alleys and hidden gems, all you need is to work on your appetite towards many incredible dishes, appetizers, sweets and refreshments.



3. Social Place Hong Kong

For the Instagrammable foodie, you may find it tough to ravish their food of art. This photo-worthy dimsum place features several items in their menu, which are made to look like something other than they are. Try their steamed charcoal custard buns, which are made using jet-black charcoal infused dough and gold food colouring. How about their signature beef stew, which is served inside an actual pineapple and “burned” in order to enhance the flavour?



6. Neobio Kids Restaurant in Shanghai

For weary parents, the best dining experience is one which could keep their kids occupied before and after they have finished their meals. Neobio Kids Restaurant is part of a large family park complex offering many other kid-friendly and adult-appreciative activities. The hot-air balloon inspired restaurant, meanwhile, offers various play pits and transparent tunnels for parents to be able to follow their kid’s movements from a distance.



4. Plat Asia's Forest Dining Club in Hebei

The restaurant is located on the edge of a forest and with its glass-walled dining rooms, diners get to feel immersed in their natural surroundings. Meanwhile, guests are encouraged to walk barefoot as the floors are covered with Japanese tatami mats to allow for less noise within the whole space. This unique dining experience, however, is only open to its exclusive members.



7. Huashan Teahouse in Xi'an

If something unique for you means taking your tea at approximately 7,000 feet above sea level, then here's an experience you won't ever forget. To get there, you'll have to take a two-hour trek and ascend the steep and treacherous Heavenly Stairs to get up the mountain. After surviving the climb, you finally get to taste some refreshments and tea made from pristine water – from melted sea caps and snow.

5. X Cafe Robot Restaurant in Tianjin

Imagine being served by robotic hosts, servers and even cooks. This JD.com dining concept seats up to 100 customers at a time and a combination of robots and artificial intelligence takes orders, prepares the food, does the plating and serves the meals. The restaurant also features virtual reality interactive games and immersive dining experience areas for its guests.



8. People 7 in Shanghai

Known as one of Shanghai's hippest and unusual spots, People 7 is a spacious low-key lounge and restaurant known for installing visual tricks to intrigue its guests. Even getting inside the venue through a door without any handle is already a puzzle in itself, so best to call them to reserve ahead so you will know the code. Try any of their eccentric, yet tasteful variety of cocktails and Chinese fusion food.



TIPS TO ACHIEVE

Fuller Lips Naturally

By Barbara Ross

By Barbara Ross

Beauty standards have changed a lot over the years. Thanks to a good number of sensible beauty influencers, we are moving towards a more inclusive and healthier beauty community now. But, of course, we still have a long way to go.

One of the biggest recent trends that literally broke the internet when it came out was popularized by none other than Kylie Jenner. You all know what we're talking about right now; big and pouty, full looking lips. Ever since then, the likes of high profile beauty brands, including Kylie's own brand and Kat Von D beauty, have been coming out with products that help enhance our facial features.

So let's face it, we all want full lips. And for a majority of us, going under the knife like Kylie is not exactly a feasible option for a number of reasons. So what can we do about it?

Thankfully, there are lots of lazy-girl-hacks to achieving fuller lips in just a few minutes. You can get the same level of pout, if you take a few simple steps at home, with the help of a few easily available products.

So here are some sure shot ways to achieve fuller lips, naturally.

使嘴唇丰满的天然技巧

对于想要拥有丰满嘴唇的人们，除了接受手术，还可以在家里通过一些简单的步骤，以自然的方式获得令人满意的丰满嘴唇。

去角质

最有效且最重要的步骤之一就是去除嘴唇的角质，可以通过涂抹高质量的唇膏，并用牙刷轻轻涂抹嘴唇，以去除薄片状的死细胞。这样促进了嘴唇血液循环，增添了漂亮的颜色。

薄荷油

薄荷油作为一种循环促进剂，可以为嘴唇带来更多的丰满和色彩，同时，对嘴唇也有舒缓作用。

丰润唇膏

许多化妆品品牌推出了具有丰满效果的唇膏，它们含有强力的成分，明显促进嘴唇的水合作用。

基底

可以使用遮瑕膏或中等遮粉底来使嘴唇平整，在之后化妆时帮助口红顺利涂抹，并使口红颜色鲜艳生动。

将唇线画长

这是一个古老的诀窍。在画唇线时，可以画稍微超出你的自然唇线来使得嘴唇看上去更加丰满。

高光

可以通过耀眼的高光来反射光线，使得嘴唇看起来更加丰满。

Exfoliation

A sunscreen would perhaps be the most obvious and the most important essential to have in your bag at all times. You, of course, need to apply sunscreen before you step out, but most people are done with that. It is always forgotten that sunscreen needs to be reapplied every 2 to 3 hours in order for it to be effective. There are many brands that have come up with very handy and easy-to-carry packages of sunscreens, such as in the form of sticks. You can easily carry one of these in your bag and quickly reapply every now and then to keep the harmful rays of the sun at bay.

Peppermint oil

Peppermint oil is a well-known circulation enhancer by itself. Hence, it will bring more fullness and colour to your lips. It is also known to have a soothing effect on your lips. You may use the essential oil directly on your lips, or you may use any lip balm that contains a good amount of peppermint oil. When using the oil directly, be sure to use a light hand.



Plumping lip balms

There are a number of cosmetic brands that have come out with lip balms with plumping properties. They contain potent ingredients that give a noticeable boost of hydration to the lips. When stepping out, or when staying in, you can always have these lip balms on. They are also good for your lips as such.



Overdraw your lip line

This is, perhaps, the age old trick of achieving bigger lips. Apparently, Kylie Jenner used this method before she surgically enhanced her lips. When using a lip liner, you can draw slightly beyond your natural lip lines to fake bigger lips. Afterwards, you can fill in with a lipstick or a lip pencil, and you're good to go.

Highlighter

Now let's not forget the power of a good highlighter. As famous beauty influencer, Patrick Starr, does it, you can use a blinding highlighter on your cupid's bow to reflect light and give the appearance of much bigger lips.



Laying the base

After exfoliating and hydrating your lips, you can now start with a little makeup. You can use a concealer or a medium coverage foundation to even out your lips. Not only would it help your lipstick apply smoothly, but it would also make the colour of the lipstick pop, since the base is even. When applying the base, be sure to go slightly beyond the lip lines, in order to make the illusion of a bigger canvas.



TOP 5 SELF-CARE TIPS TO HELP YOU DE-STRESS ON WEEKENDS!

By Anastasia Chapman

Self-care is a necessity and not a privilege, as some of us may think of it as a fancy ritual limited only to the rich and elitists! Loving yourself should be included in everything that you do in your daily lives. It's a tough world! We all have our struggles to fight and dreams to fulfil that often leads us to complain about our brains working way too much, juggling and shuttling between complex tasks to meet ends.

While it's great to portray oneself as the 'tough nut', one needs to take some time out to de-stress, from time to time. This is where self-care steps in that help to calm, restore and relax our minds and bodies. And, what better time than the weekend to pamper oneself, when you can use the daylight hours away from your desk to your advantage.

五大自我护理技巧，帮助你周末减压

现代人们需要不时抽出时间进行减压，这是自我护理的步骤，帮助人们保持平静、恢复和放松思想和身体。在周末来放松自己是行之有效的自我护理方式。

享受一个令人兴奋的水疗日

想在周末进行放松，水疗是一种简单而让身体迅速恢复活力的完美方式。可以在家里设立水疗中心，通过温暖和长时间的沐浴，让心灵、身体和精神达到平静效果。

尝试新的锻炼方法

锻炼是改善心理健康的最好方法，对抑郁、焦虑等状态有深刻的积极影响。可以在周末尝试全新的锻炼计划，力量训练，有氧健身操，空中瑜伽等，收获快乐的荷尔蒙。

家庭芳香疗法

在周末时间尝试简单而节俭的芳香疗法，用薰衣草、桉树或柑橘的清香来填充房间，营造出终极放松的氛围，将烦恼瞬间蒸发掉。

全身按摩

做全身按摩对心率和血压又非常积极的影响，并能放松肌肉，释放内啡肽，产生良好的感觉。

品尝草浸剂

在周末用草浸剂来替换掉咖啡、茶等饮品，通过草药溶液来保持平静和放松，进一步缓解压力。

From trying out a new workout plan to indulging in some sinful treats, to soaking in relaxing spa therapy, these self-care practices will help you unwind and rejuvenate, filling you with energy to take on the upcoming challenges of life.

HAVE A REJUVENATING SPA DAY

Spa days are not an all-the-time kind of ritual for most of us, but it's an obvious one and a great indulgence if you want to have a relaxing time on the weekends. Nothing can be more comforting than a revitalising spa therapy, if you have been feeling a bit under the weather lately. A spa day is just the perfect way to pamper your senses if your mental state has not been awesome, and you have been looking for some extra TLC (Tender Loving Care, we mean)! Frugal beauty enthusiasts, fret not, you too can set up your very own spa session at home to get that spa glow at home (and for half the price). Invest in a nice, warm and long bath to achieve a calming effect on your mind, body and spirit! Light a candle, soak in some salts, get yourself some fragrant bath bombs, maybe even pour a glass of wine for that ultimate relaxing experience. We can guarantee spa days will soon become your definite bath-time repertoire,

and you will love it!

TRY A NEW WORKOUT

We have to agree unanimously about the many benefits of exercise. Nothing can beat the effectiveness of a solid workout! Research says that exercise is one of the best ways to improve mental health. Regular exercise has a profoundly positive impact on depression, anxiety, and more. So if you are already into fitness,



why not try a new workout plan every weekend! These days there are so many physical activities to choose from - strength training, aerobics, aerial yoga, kick boxing, just to name a few. Brace yourself and say hello to those happy hormones!

AROMATHERAPY AT HOME

Set up the ultimate relaxing ambience by filling your room with essential oils and scented candles. Take advantage of the extra hours by trying this thrifty aromatherapy at home. Unwind by grabbing your favourite scented candles, perfume your house with relaxing lavender, soothing eucalyptus or energising citrus and see how all your worries vaporise instantly.

GO FOR A FULL-BODY MASSAGE

Whether you get an inexpensive express massage or opt for a swanky spa, taking care of your muscles is great for your health and well-being, especially if you have been slogging for months now! In fact, research shows that an hour-long massage session has a positive impact on heart rate and blood pressure. Besides, it relaxes the muscles and increases the production of endorphins, which is your body's natural "feel good" chemical.

SIP ON SOME HERBAL INFUSIONS

Slow down this weekend and ditch your good old cuppa coffee for some herbal infusions. Try adding herbs like lemon balm, basil and turmeric to your tea and drink your way to calmness and relaxation. You can also try herbal concoctions like peppermint, chamomile, passion flower, green and rose teas, for further stress relief.



TOP DECORATING IDEAS FOR YOUR

NEXT HOUSE PARTY!

By Anastasia Chapman



Who doesn't love a well-organised party, but throwing a fun bash can be stressful! Especially, if it's a house party where you're required to manage everything singlehandedly - right from decorating the house to inviting guests, to arranging food. Plus, the chances of exceeding a set budget are also likely in a house party, if you don't pay attention to the cost of entertainment options being included in the event.

Here, planning goes a long way in transforming your home into a party-ready space and also in saving those extra bucks. Fret not, party freaks! There are numerous elements that can be easily incorporated in your interiors to make it look great

and welcoming for your guests. Check out these cool party decor ideas for a fabulous shindig that you can host without breaking the bank!

Just ensure that the house is clean and tidy with enough space for your guests to move around, before decking it up for the bash. No matter what you're celebrating, a birthday dinner or a cocktail gathering, add these interior design ideas to your home for a rocking party! Even if you're in a pinch, these cheap and fun DIY party decoration ideas are surprisingly easy to arrange and stage. Go ahead, have a look!

PAPER DECORATIVE ITEMS TO JAZZ UP YOUR PARTY

Let's talk about creating inexpensive decorations out of paper. Yes, crafty much! Paper decorations are the simplest and the cheapest way to add magic to any party. Think DIY paper flower bouquet in bright colours, paper lanterns and fairy-bulb garlands, sparkly streamers, festive tassels, fancy paper fans - there's a ton of creative decorations that you can do with paper cuttings. They are versatile to fit any celebration. Use these decorative items to jazz up the walls or doorway, frame a mantel or dress up the dining table. There are endless ways to incorporate paper decorations into your next fun party décor.



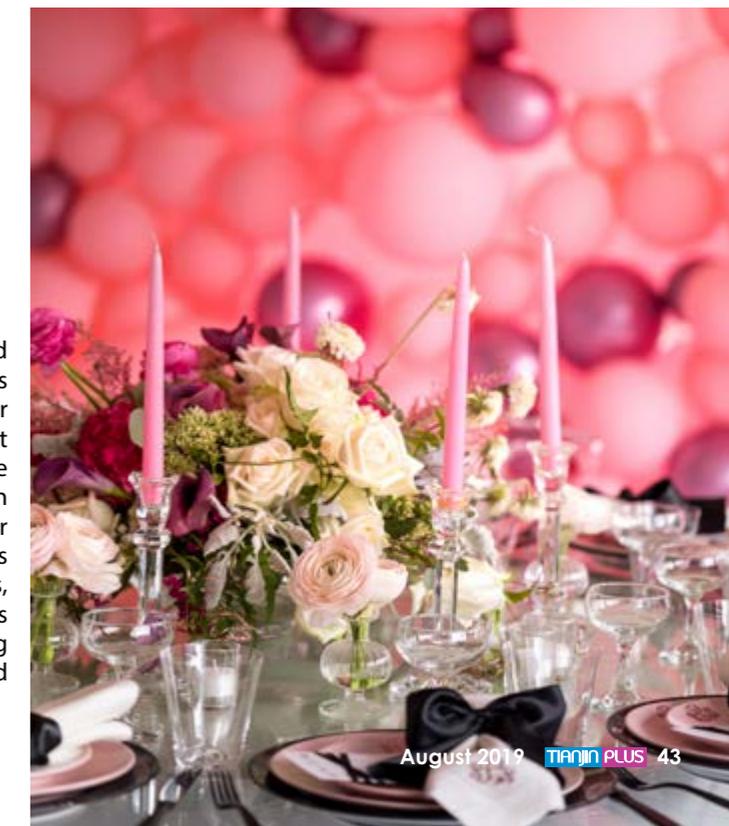
PLAY WITH GLASS AND STRING LIGHTS TO CREATE A DREAMLIKE AMBIANCE

Twinkling and sparkling lights can make anyone think 'Party!' Particularly crafts made from string lights filled wine bottles or mason jars always look exclusively aesthetic. The best part is these gorgeous home accents can be assembled in just a few minutes without spending a fortune. Get all the empty glass containers lying in your storeroom, fill them up with fairy bulb strings and there you have them, refurbished into beautiful home décor lights for your next party night. No drilling or cutting of the glass involved! You can further decorate the glass containers with fancy stickers or spray paint with different glitter or acrylic colours to let them dazzle into brilliant hues.



SET A MAGICAL TONE WITH CANDLES ON THOSE UNPLANNED DINNER PARTIES

Friends coming over for dinner in two hours and your house is in a mess? In such situations, there's barely any way you can think of overhauling your home space from drab to fab. No worries, we got your back here! Trust on the smart and soft candle lighting to create that instant intimate and fun party vibe. Candles are great decorative options for randomly planned dinner parties. Plus, it also hides the messy interiors and the lack of other decorations, if there's any. Scatter candle decorations of various sizes and heights throughout the interiors, using more lighting around the dining table and food areas.



BUILD A MAKESHIFT PHOTO BOOTH

Want to fancy up a regular party? Then a photo booth is a perfect addition to your parties. From office parties, celebrity events to baby showers and wedding receptions, photo booths are all the rage now. So, why not include it in your next bash? It is justified to have one for pretty much every occasion, coz hello, no party is complete without epic photos. Photo booths are not only a fun addition to any shindig, but they are also a great way to capture memories. Plus, they create the most meaningful party favours in the world. Hold on, don't think we are advising you to rent an old-timey photo booth splurging all your savings on it. Simply create an insta-worthy wall in your home by using colourful, festive paper decorations, string lights, balloons or other fun DIY background of your choice. This is cheap, fast and it will last the whole party. Then sit back and watch all your guests snap 'candid' and selfies for their 'grams'.



OUT IN THE OPEN

Summer's around the corner and how we love to have some outdoor fun! Parties arranged in the house's garden, terrace or rooftop are definitely a welcome change where nature plays as the perfect backdrop. The beauty of such parties is that natural beauty is decorative already, so you would not need many decorations to make the party pop. All you need is some seating and a place for guests to set up a mini bar and the food corner. Depending on the outdoor space, any additional party decor is up to you. Like you can play around with lighting if there isn't ample light in the party area. String up lanterns and fairy bulbs around to add an ethereal effect to the garden party. The soft glow will create a lingering atmosphere, inviting guests to stay outside in the night-time summer air. Hang smaller string lights on the edge of the seating area, and line a few off tree branches for a touch of ambience.



家庭派对的顶级装饰创意

这里的创意会对将您的家改造成一个聚会空间，同时节省额外费用方面有很大的帮助。将很多元素轻松融入您的家庭，为客人准备一场很棒的派对。

纸质装饰为派对增添动感

纸质装饰是给派对增添魔力的最简单和最便宜的方式。用纸质装饰装点墙壁、大门或餐桌，有无数种方法可以将创意融入有趣的派对当中。

用玻璃灯和串灯创造梦幻氛围

闪耀的灯串是独一无二的美观，而且这些简单的制品可以在短时间内组装且无需多花费。还可以在里面增添贴纸或喷漆，让灯串闪耀成灿烂的色调。

蜡烛设置神奇的基调

蜡烛是晚餐聚会很好的装饰选择，灵巧柔和的烛光可以带来亲密而有趣的派对氛围。烛光还隐藏了房间的凌乱或缺乏装饰。

设立临时的照相亭

建议租用一个旧式的照相亭，使用彩色喜庆的纸装饰、灯串、气球或其他有趣的DIY背景。

户外

夏季的聚会可以安排在房子的花园、露台或屋顶，以自然为背景。您只需设置迷你酒吧和美食角，以及适当装饰室外空间。



Omato Antunes
Tianjin Eye

August 1st
Prize
一等奖



Bryan Lee
Shanghai Tea House

2nd Prize
二等奖



Ma Jing
Pigeons

3rd Prize
三等奖

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BEST WAYS TO KEEP KIDS ENGAGED WHILE STUDYING



By Nina Mitchell

The start has to be on point

Getting started with a positive and a good mind is very important. A little mind warm-up helps to have a good base for learning or studying for the rest of the day. There are a lot of activities you can do for mind warm-up.

In schools, teachers can write a small classwork on board (about 5 questions) and ask the kids to do it in a limited time frame. One can also keep little rewards for the kids, who finish the work first. This motivates them to do well and have a good kick start to their day.

At home, parents can play mental games with the kids for 5-10 minutes in the morning. This can involve counting backwards, or

solving a few sums mentally or even reciting a poem or tables, as well.

Take help of some physical activities to get the kids to focus

There are chances that due to the back to back classes, kids may get a little low and lose focus on what they are studying. Well, there are some great ways to get them on their toes again. You may ask them to sit and stand and then couple it with some other fun physical activity, like clapping. Remember to have this physical activity thing in an organized fashion. This helps their mind to wake up again and gain focus.

This also gets their blood flowing. A good blood flow in the body

and mind ensures better, as well as effective learning experience.

Give them exciting projects to work on

Learning new things with the help of a project work proves to be advantageous for kids. They not only learn about various topics/subjects in a more practical, as well as innovative way, but they also learn to work in a team. They get to learn that team collaboration is important and it stands above competition.

Once they finish their project work, you can ask their feedback about other kids in the group on the basis of their work in the team activity. Constructive criticism can help the kids to learn about themselves a lot.

Make sure every kid is involved in the process of learning and thinking

It is very important to make every kid comfortable and free from the fear of failure, while they are learning or studying. The fear of failure or being wrong/put down often keeps them from speaking, asking questions and actively participating in the classroom. They need to have a supportive environment in the classroom, as well as at home.

At school, teachers can try an activity to involve everyone and help them to think innovatively. For this, you can make slips of names of all the students present in a classroom and keep it in a bowl or a box. At the end of a chapter or a topic, you can randomly pick one slip, and then ask the respective student a question related to the topic. Do this with at least 10-15 kids in a day. Make sure the questions are such that the kids are able to answer. This boosts their confidence, all the students get involved and above all, they get rid of the fear of being put down.

让孩子们在学习保持专注的最佳方式

孩子们在学习时有可能分心或丧失兴趣，因此，适时的鼓励以及通过各种方式保持孩子们的专注力是非常重要的。

开始很重要

每天学习开始时要保持积极和良好的心态，采用有趣的方式对头脑进行热身，可以为当天剩余时间的学习打下很好的基础。

进行体育活动

在繁重学习的间歇，可以通过一些有组织且有趣的身体活动，让血液重新流动，大脑重新被唤醒，确保更有效的学习体验。

做令人兴奋的工作

可以通过项目工作来帮助孩子们学习新事物。这是一种更加实用和创新的学习方式，并使得他们学会团队协作。

确保每个孩子都参与学习和思考的过程

孩子在家里或在课程学习时，需要有一个充满支持的环境。教师需要保证每个孩子都参与学习的过程，给予他们信心，帮助他们摆脱对失败的恐惧。

努力选择创新的教学方式

除了简单、传统的教学方式，可尝试采用诸如数字媒体等新方式进行教学，使得孩子对学习保持兴奋感。

The teachers should try to opt for innovative teaching style (by mixing one or two teaching styles)

Along with simple, traditional teaching style, try to adopt various digital medium to teach kids. They find presentations and video learning exciting. You can also arrange for small quizzes in between or after the digital classes in order to make sure that students understood the topics thoroughly. You can also arrange some group learning activity after the presentation.

So, try to take ideas from the above mentioned points and you will surely find it easier to keep the kids engaged while studying.



1ST ELEMENTARY TRANSITION CEREMONY 2019

- GRADE 5S COME OF AGE



The IST Theatre witnessed another "coming of age" ceremony on Tuesday June 4th, 2019 in the form of the Grade 5 Transition Ceremony.

This is an important point in the lives of our outgoing Grade 5 students who will turn from being the oldest and most senior students in the Elementary school to the youngest and most junior ones as they move into Secondary school after the summer.

To celebrate this momentous occasion, certificates were awarded to the Grade 5 students while their families, teachers and friends gathered to congratulate them and wish them well.



SCIENCE FAIR A HUGE SUCCESS!

The Wellington College Science Fair is an opportunity for students to apply scientific method to conduct independent research and promote an ongoing interest in Science through exhibit and demonstration. Creative thinking is encouraged so that all involved think outside of the box to determine solutions to their chosen question. This provides exploratory experiences through self-designed models and encouraging problem-solving teamwork. A further aim of the Fair is to develop a scientific

approach to raise awareness of environmental challenges, such as sustainability, global warming and an alternative to plastic, all of which promote a scientific mind.

Students enjoy learning through such exhibitions and feel a sense of ownership, as they make the presentations with their own hands. The students get an opportunity to showcase their talent in front of others and feel proud of their achievements, as well as learn in unique ways to find solutions to their challenge.



Our A-Level induction group amazed the primary school with magic mud, a non-newtonian fluid made from starch solution. If you strike magic mud hard, it behaves like a solid, but it behaves like a liquid, if you are gentle with it.



Rose and Klara explained that heat from the candles causes air to expand and escape the beaker. When the candle goes out, atmospheric pressure quickly decreases again causing water to be sucked into the beaker to rise, as if by magic.



Matteo was a true showman and amazed everyone with his knowledge of enzymes. He used pectinase to increase the volume of juice extracted from apples.



Tina, Tracey and Mr Traber were wowed by Andy's elephant's toothpaste demonstration. Potassium iodide is used as a catalyst to increase the speed at which hydrogen peroxide is broken down into water and oxygen gas in this iconic chemical reaction.



Mrs Milovanovic's demonstrations were a real hit. This reaction, called Ghost in a Bottle, caused a jaw-dropping response from Mr Jeffrey and the primary school students. The spooky effect is caused by hydrogen peroxide being decomposed to water and oxygen, with magnesium permanganate acting as a catalyst.



August and Selina experimented to see if straw could be used as a cheap, reliable building material in poorer parts of the world. A pupil helps to treat the straw bales with stucco, which helps with waterproofing.

WINNERS

Sydney, Zea and Grace in Year 7 for their project on cryopreservation.

Pizza acrobatics world champion @ Shangri-La Hotel, Tianjin

Cafe Yun welcomed Chef Pasqualino Barbasso, two-time World Champion of Pizza Acrobatics, to delight diners during lunch and dinner from 26th to 31st of July, 2019. A skilful artisan of acrobatic pizza-making, Pasqualino Barbasso's goal is to create delicious freshly-made pizza. He wow diners with a fun gourmet experience combining his dough-spinning acrobatics and authentic Italian traditions.

Pasqualino began his career in his family's Pizzeria, Il Falco Azzuro, in Cammarata, in the Sicilian province of Agrigento, where he still works when he's not travelling. He underwent formal pizza-making training only at a later stage, because, as he puts it, "the profession of high quality Italian pizza-making is something that one cannot learn only in an empirical way." In 1998 he won the Sicily's Acrobatic Pizza championship. By 2001 he was World Champion, a title that he won in 2002 for the second time. Since then he has made dozens of appearances in Italian restaurants and pizzerias around the world.



"Beer Festival" at River Lounge @ The St. Regis Tianjin

How to open the charming summer night in Tianjin? The St. Regis Tianjin kicked off the cool summer "beer festival" on the charming night of June 28th, 2019.

The St. Regis Tianjin has an unparalleled view of the Haihe River in the River Lounge, drinking a glass of beer in the evening and enjoying the sunset on both sides of the Haihe River.

The beer festival was a unique experience, offering attendees a quick getaway from the busy and bustling city for the night, complete with freshly prepared delicious delicacies and dancing, as well as live performances and a jazz band keeping the party going.

Nestled with pride at the most coveted address in the heart of the city, The St. Regis Tianjin blends the heritage of luxury and bespoke service with modern sophistication, proffering a range of exquisite experiences for today's aficionados of life.

Boasting exceptional experiences at over 40 of their luxurious locations around the globe, The St. Regis brand is committed to flawlessly meeting the needs of all of their patrons and exceeding expectations. And this night did not disappoint. With views of the gleaming Haihe River, it was a memorable evening celebrating what The St. Regis Tianjin does the best: combining classic sophistication with modern and innovative ideas.



Serve 360: Marriott International North China Business Council, Tianjin Sub-council Visited "Binhai Shine Home" Welfare House

Commit to Marriott "Serve 360", the Marriott International North China Business Council (NCBC), Tianjin Sub-council Finance Discipline visited "Binhai Shine Home" welfare house with daily necessities and paid attention on their growth environment and showed our spirit of taking care of children.

Mr. Hugo Zhang, the Chair of NCBC Tianjin Sub-council and Mentor of Finance Discipline, and Ms. Angel Zhang, Champion of Finance Discipline, have also participated in this meaningful activity. "Serve 360 is a sustainability and social impact platform, it means: doing good in every direction" said Mr. Hugo Zhang, "Marriott is committed to making a positive and sustainable impact wherever it does business. Leading by this platform, we will persistently hold charity activities to contribute to the society."

NCBC Tianjin Sub-council covers 12 Marriott hotels in Tianjin and Hebei province, and representing 9 brands within Marriott portfolio. It is led by general managers for not only optimizing business strategy but also reinforce Marriott culture. The council works on measurable goals and energetic activities with emphasizing network, innovation and cooperation.



Weight Loss Vs Fat Loss

MAJOR DIFFERENCES

By Barbara Ross

Along with some of the most common myths and questions associated with working out is whether or not weight loss and fat loss are the same.

Now, most people talk about losing weight when working out. And they also keep an eye on the weigh scale as they progress, finding it difficult to stay motivated as soon as they stop seeing big changes on it. But as it turns out, there is a good chance that those numbers are not the right indicators of your progress if you are looking to get fit or cut down on calories.

That's right. Weight loss and fat loss are not the same thing. In simpler terms, if you lose the layer of fat over your six-pack to reveal your gains, it may mean that you've gotten yourself a good burn of calories. But if your weigh scale reveals seven pounds less than last week, as happy as you are, that may not necessarily mean the same.

According to Joel Seedman, Ph.D., owner of Advanced Human Performance, Atlanta, weight loss or the number changes on the scale can mean one of three things; loss of fat, loss of muscle and loss of water.

Let's examine the chances of all three.

MUSCLE LOSS

Muscles usually require constant training to be maintained well. If you're focusing on following a rigorous diet and increasing your cardio duration along with intensity, there's again a high chance that that focus is coming at the expense of strength training.

Besides, calorie cutting usually involves restriction on macronutrients. This means that you'll be cutting down on proteins without which your body will be unable to revive the muscle tissues after strength training. This can also affect your basal metabolic rate (BMR), which is the rate at which your body burns calories throughout the day. Muscle loss can lead to a low BMR, which in turn can lower the calorie burning rate, as well.

减肥和减脂的相同与不同之处一直是人们争议的话题。研究显示,体重的减轻可能是以下三种情况所造成:脂肪减少,肌肉减少,以及水分减少。

肌肉减少

严格的饮食、卡路里摄入的减少及增加有氧运动的时间和强度,会牺牲力量训练,造成身体无法在训练后恢复肌肉组织,从而影响基础代谢率。

水分减少

碳水化合物摄入的减少,会减少身体内可保留的水量。当开始失去肌肉间的水分时,肌肉组织在进行适应缺水时发生收缩。也会进一步影响基础代谢率。

脂肪减少

脂肪分解过程包括分解脂类和甘油三酯,通常发生在肌肉的线粒体中。肌肉会帮助脂肪燃烧的过程。锻炼可以提高支持这一过程的酶的产生,从而促进脂肪减少。

因此,如果希望变得健康,需要体重的减慢速度更加缓慢而稳定,因为快速消耗卡路里的过度锻炼会导致更多的肌肉和水分的减少。



WATER LOSS FAT LOSS

There is a popular notion that one of the fastest ways to lose weight is to cut down on carbs. This is in fact true, and that is mainly because carbohydrates can retain as much as three times the water retained by any other type of macronutrient. As a result, when you cut down on carbs, you're essentially cutting down on the amount of water that your body can retain.

Joel Seedman says that this may make you look slimmer on the outside for a short period of time, but on the inside, there would be no real difference. This can become quite a hassle when you start losing inter-muscular water. As 70% of your muscles actually comprise of water, a lack of water retention capacity can cause your muscle tissues to shrink while adapting to lack of water. This further affects your BMR, too.

Fat loss is what you should essentially aim for, if you are looking to shed those layers that make those jeans or skirt unfit. The process of lipolysis is what helps in breaking down the fat lipids and triglycerides contained in the food or in the fat that is already stored in the body. And this process usually occurs in the mitochondria of the muscles. This implies the fact that having more muscles would in fact help you burn more fat. Furthermore, working out also improves the production of the enzymes that support the process, which improves the chances of losing fat as you keep working out.



Having explained the three possibilities, weight loss apparent on your weigh scale can mean any of the above. You might want to aim for a more consistent and slow rate of change with your weight if you want to become more fit. Because cutting calories rapidly by working out more can cause more of muscle loss or water loss.

HEALTH BENEFITS OF LYCOPENE and its Sources

By Barbara Ross

Lycopene is essentially a plant nutrient; more specifically a phytonutrient that has a load of health benefits and anti-oxidant properties. It is found in fruits and vegetables that are pink or red, as it is the pigment that provides the colour. For the same reason, it is found in tomatoes, pink grapefruit, watermelons, etc.

However, it should be noted that not all red fruits and vegetables may contain this pigment. In the U.S though, it is even registered as a food colouring agent. It is also included in a number of processed foods, like spaghetti sauce. Nevertheless, it is highly recommended as an excellent source of anti-oxidants along with many other benefits. Now, let's get into the detailed benefits.

番茄红素的健康价值及其来源

番茄红素本质上是一种给植物营养素，具有有益的健康和抗氧化特性，被推荐为抗氧化剂的优秀来源。它存在于西红柿、粉红葡萄柚、西瓜中。

强大的抗氧化性能

番茄红素的最重要属性是它是一种抗氧化剂，保护我们的身体免受某些自由基的伤害，预防阿尔兹海默症等严重疾病。番茄红素还可帮助身体免受杀虫剂和味精的损害。

有助于预防癌症

番茄红素有助于预防某些类型的癌症，因为它具有很强的抗氧

化性。研究表明，番茄红素对乳腺癌、前列腺癌、肾细胞癌的生长均有阻碍作用，也可用于HPV感染治疗。

有益心脏和眼睛

番茄红素在降低心脏病风险方面非常有效。番茄红素还有助于降低坏胆固醇，增加好胆固醇。番茄红素也是最强的眼部维生素，可以预防减缓白内障的发展。

番茄红素的来源

番茄红素一般可在粉红色或红色的水果蔬菜中找到。

POWERFUL ANTI-OXIDANT PROPERTIES

The first and most important attribute of lycopene is that it is an anti-oxidant belonging to the carotenoid family. This means that they are one of the nearly 600 plant pigments that provide colour to the plants and function as anti-oxidants.

Now, anti-oxidants basically protect our body from damage caused by certain free radicals. When these radicals increase in amount in our body, they are likely to create oxidative stress, which could lead to serious diseases like cancer, Alzheimer's, diabetes and other heart ailments. Several researches have proved that lycopene can help keep the level of such radicals in control and, hence, prevent those conditions.

Additionally, lycopene can also help protect our body from pesticides and monosodium glutamate, as well (MSG). Dichlorvos and Atrazine are two very harmful pesticides that can harm our body in many ways. And MSG in foods can cause issues like headaches, nausea, numbness and even neurological issues. Lycopene can help prevent these harmful effects to a great extent.

HELPS PREVENT CANCER

Lycopene also helps in preventing certain types of cancer, because of its strong anti-oxidant properties. According to a study conducted by scientists at the University of Portsmouth, lycopene has the ability to slow down the growth of breast cancer and prostate cancer, as it interrupts the signal pathways and in turn hinders the growth of tumours.

Another study conducted with over 46,000 men also showed a significant link between the intake of lycopene and prostate cancer. It showed that men, who consumed tomato sauce at least twice in a week, had a 30% less chance of developing prostate cancer than those, who consumed tomato sauce less than one time in a month.

Similarly, lycopene is also known to hinder the growth of a kind of kidney tumour, called renal cell carcinoma. And it is also sometimes used in the treatment of HPV infection, which is one of the major causes of uterine cancer.

GOOD FOR THE HEART AND EYES

As mentioned before, lycopene is very effective in lowering the risk of heart diseases. This is because it reduces the harmful effects of free radicals. It also helps in reducing "bad cholesterol" or LDL cholesterol and increasing "good cholesterol" or HDL cholesterol.

Lycopene is also known to be one of the strongest eye vitamins that you can consume. Several studies even suggest that it can prevent or slow down the progress of cataract in many cases.

SOURCES OF LYCOPENE

In general lycopene can be found in some fruits and vegetables that are pink or red in colour. The largest amount is contained in sun-dried tomatoes, which provide about 45.9 mg per 100 grams. Tomato sauce can also provide a comparatively high amount of lycopene at about 21.8 mg per 100 grams. Raw and fresh tomatoes on the other hand also contain about 3 mg per 100 grams.

Other than that, watermelons and guavas also contain the nutrient. They each provide around 4 to 5 mg per 100 grams. Ripe papaya and pink grapefruit are other sources that contain around 1 to 2 mg of lycopene per 100 grams.

Measles

why is it important to vaccinate

By Kate Stone

The anti-vaccine movement has created a significant decline in vaccination practices, which is causing a significant negative impact on the public health around the world, including China. The first measles vaccine was used in China in 1965.



Prior to the introduction of the measles vaccine, the measles incidence ranged between 200 and 1500 cases per 100,000 people. An average of 3-4 million cases each year, and that only includes the ones that were reported. The actual number of cases can almost certainly be assumed to be much higher than this. After the introduction of the vaccine in 1965, there was a dramatic decrease in disease prevalence. Between 2000 to 2009, the incidence rate was noted to be 6.8 per 100,000 people.

In 2016, The World Health Organization (WHO) declared Measles to be eradicated from Hong Kong, but due to the global resurgence of the disease, China needs to be proactive on preventing it from coming back. When the WHO or other public health organizations state that a disease is eradicated in a specific area, it does not mean that it no longer exists in the environment. It means that the disease has been reduced to zero, or a very low defined target rate, of new cases in a defined geographical area. This is achievable through effective vaccination programs. However, if vaccination programs fail, or large groups of people in a specific area decide not to vaccinate, the disease can arise again. Hong Kong alone has seen 60 cases of Measles this year and it is worrisome that these numbers may rise more rapidly. For comparison, Hong Kong only saw a grand total of 15 measles cases last year.

So why is it so important to vaccinate? Well, first and foremost, up to 90 percent of people, who are exposed to measles, will catch the virus if they are not immunized. The vaccine is considered very safe and after just two doses, 97 percent effectiveness is obtained in most people. Being vaccinated also helps those around you, who have medical conditions that prevent them from getting vaccinated. This is called herd immunity, when a large enough number of people within a population are vaccinated to keep the disease at bay and protect those whose immune systems are too compromised to get the vaccine, like cancer patients.

For those who live in Hong Kong, the return to 2003 when face masks were worn daily to prevent severe acute respiratory syndrome is simply not a time we want to revert to. Though Hong Kong tends to have a high immunization rates, it is still an international travel hub that possess a greater risk for the importation of infectious diseases. Vaccination is the best way to prevent against measles. Though the people of China are not inoculated against the anti-vaccine movement. There are a lot of fake sources out there promoting false claims against vaccines that end up putting their children at risk.

Measles cases rose 300% worldwide during the first three months of 2019 compared to the same period last year. Last year 163 countries reported 28,124 cases, this year 170 countries have reported 112,163 measles cases and it is assumed that only one in ten actual measles cases are reported. Measles, which is highly contagious, can actually be entirely prevented through a two-dose vaccine, according to the WHO.

up to 90 percent of people, who are exposed to measles, will catch the virus if they are not immunized

为何接种麻疹疫苗如此重要？

反疫苗运动造成疫苗接种率的大幅下降，给包括中国在内的世界各地公共卫生造成了重大的负面影响。随着麻疹这种疾病在全球范围内死灰复燃，中国需要积极主动进行预防。通过有效的疫苗接种方案可以在限定的地理区域内降低发病率。反之，拒绝接种疫苗，则有可能导致疾病卷土重来。

接种麻疹疫苗是至关重要的。拒绝接种疫苗将导致高达90%接触麻疹的人感染这种病毒。麻疹疫苗被认为是安全的，具有97%的有效性。接种疫苗还可带来群体免疫效应，保护身边由于免疫系统受损而无法接种疫苗的人。

香港是一个国际旅游枢纽，具有较高的传染病输入风险。2019年前三个月全球麻疹病例大幅上升，世卫组织已宣称麻疹具有高度传染性。接种疫苗是预防麻疹的最好方法，可以通过两剂疫苗完全预防麻疹。



OSTERIA

By Priscilla Kruger

It may look like your average neighbourhood pizza joint from outside, but Osteria is anything but that. I wandered in with some friends on a Thursday night, and was immediately greeted by the friendly staff and the incredible aroma of baking pizza. When we stepped in at 6pm it wasn't busy yet, we grabbed a table and it filled up quickly.

Sitting at the table I couldn't help, but get the illusion of sitting in a cosy Italian paradise, looking at white and grey brick walls with an arch filled with pasta and ingredients and the plants giving life to the space.

Enrico, the co-owner of Osteria, is originally from Bologna, Italy, and has been in China long enough to strike up a conversation in Chinese or English. Which makes it convenient for both locals and international diners at the restaurant, no need to use hand signals to order.

The menu has a variety of options, which include appetizers, salads, desserts and everything in between. What do you expect from an Italian paradise? Great pizza and pasta. We ordered a Toscana salad. When it arrived, it was a feast to the eyes even before tasting it. The crunchy cucumbers with tomatoes and olives were tasty and to add to that, the buffalo mozzarella and croutons brought the salad nicely together.

For our mains we ordered a Diavola Pizza and Spaghetti alla carbonara. While enjoying a beer and reminiscing about good times with friends, we didn't even notice time passing. When we looked up the waiter brought our pizza.

A Typical Neapolitan style pizza, soft, elastic tender and fragrant. It is made with light dough that won't weigh you down. The pizza is in the oven for about 60 to 90 seconds to get that perfect thin base with fluffy crust. We had our main ready to devour in a few minutes. Enrico suggested a spicy oil to go with our pizza and it sure was an experience with the flavour bomb of the Buffalo Mozzarella, tomato and fresh basil. The Spaghetti alla carbonara arrived shortly after the pizza. It was the perfect combination of pasta and bacon sprinkled with black pepper.

We were barely done with our meal and already contemplated our next visit. You can enjoy a great lunch from 11:30 - 14:00 and dinner is available from 18:00 - 22:00. For dinner, it is a good idea to book a table in advance if you want to ensure you have that special table you prefer.

So don't miss out on experiencing a piece of Italy, Osteria is perfect for your meal out with friends or casual date night.

OSTERIA

Osteria是一家备受欢迎的披萨店。坐在餐厅的桌子边，会有来到意大利天堂的错觉。餐厅的所有者来自意大利博洛尼亚，并在中国生活很长时间，方便与本地及外国用餐者进行交流。

Osteria菜单提供丰富的选择，包括开胃菜、沙拉、甜点以及主菜，尤其满足您对意大利天堂的期待：美味的披萨和意大利面。我们品尝的托斯尼卡沙拉是一道令人赏心悦目的盛宴，是水牛奶酪、油炸面包丁与沙拉的完美结合。我们享用的主菜是Diavola披萨和罗马芝士培根面。披萨具有典型的那不勒斯风格，柔软而弹性，嫩且喷香，搭配一种独特的辛辣的油。意大利面则是面条和培根的完美结合，撒着黑胡椒。

我们大力推荐Osteria餐厅，这是体验意大利风情，以及和朋友外出用餐或共享休闲约会之夜的完美选择。如果到访Osteria餐厅，建议提前预约。



OSTERIA
PIZZA • BAR • MUSIC

OSTERIA

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Open: Everyday, 11:30 - 14:00 & 18:00 - 22:00

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The Lion King

We all know the story of the Disney animated classic, The Lion King. Watch it again, this time in a photorealistic animated version. Simba idolises his father, King Mufasa, and takes to heart his own royal destiny on the plains of Africa. But not everyone in the kingdom celebrate the new cub's arrival. Scar, Mufasa's brother, has plans of his own. The battle for Pride Rock is soon ravaged with betrayal, tragedy and drama, ultimately resulting in Simba's exile. Now, with help from a curious pair of newfound friends, Simba must figure out how to grow up and take back what is rightfully his.



Date: Till 2019.08.12.

3D Digital Space Exhibition 'Hello Mars'

Walk through space and find out how outer space has changed over the years at this educational, immersive exhibition about planet Mars. The huge 1,500sqm exhibition space is split up into 14 different sections, where visitors are directed to touch or step on – cue mesmerising extra-terrestrial popups and interactive projections. With its spectacular high-tech exhibits, you'll feel like you're walking on Mars for real.



Date: Till 2019.08.25.
(Except Mondays)

Venue: China Millennium Monument,
9A Fuxing Lu, Haidian district, Beijing

中华世纪坛,
北京海淀区复兴路甲9号

The Beatles: Beat On

Take a look at the history of the legendary British rock group, The Beatles. The exhibition features themed spaces, artwork and photographs from the band's history, as well as many of their classic hits.



Date: 2019.06.29. - 2019.09.15.

Venue: 2F, Chaoyang 101 North, Chaoyang
Road, Chaoyang district, Beijing

朝阳北路101号, 2F 朝阳区,北京

Anne-Marie

Anne-Marie was one of the pop's biggest breakout stars in 2018, thanks to her worldwide hit 'Rockabye'. In just the past two years, British pop singer-songwriter Anne-Marie has emerged as a popular and acclaimed artist worldwide with her chart-topping singles. Her music style combines a powerful singing voice with a charismatic, exuberant personality. Her confident, catchy anthems often centring around female empowerment. Soon the artist will be joining her fans in China with her summer tour.



Date: 2019.08.01.

Venue: Tango,79 Hepingli Xijie, Dongcheng district,
Beijing

北京东城区和平里西街79号糖果
三层

Attraction Shadow Theatre: Let Love Win

The Hungarian shadow theatre group that rose to fame during a performance at the Hungary Olympic Oath Ceremony for the London 2012 Olympics and later won the seventh series of Britain's Got Talent in 2013 will be gracing the stages of Tianjin weekend in August. Don't miss out on this theatrical experience that's like no other.



Date: 2019.08.17. - 2019.08.18.

Venue: Jinwan Grand Theater,
Jiefang Bei Lu, Heping, Tianjin

天津津湾大剧院
解放北路津湾广场4号楼

Pianist Richard Pohl Recital Concert

Dr Richard Pohl is a Czech pianist and teacher. He is graduate of the State Conservatory Brno (prof. E. Horáková) and Janáček Academy of Music and Performing Arts in Brno (prof. Z. Hnát, prof. A. Vlasáková, doc. J. Jiraský). Also, he attended masterclasses by internationally recognized pianists (S. Vladar, J. Jiracek von Arnim, G. Kanev, S. Speidel, aj.). For his excellent doctoral research related to Leoš Janáček he was given the Premium Award by the Janáček Foundation (2016). Richard Pohl is currently associate professor of piano performance in China.



Date: 2019.08.30.

Venue: Jinwan Grand Theatre, Jiefang
Bei Lu, Heping, Tianjin

天津津湾大剧院
解放北路津湾广场4号楼

Bakeries & Desserts



PH **Gang Gang Bread & Wine**
冈网葡萄酒 & 面包店
Great bread and pastries, plus other stuff like cookies and sandwiches. Very reasonable prices.
A: 104# Olympic Tower, Chengdu Dao, Heping District
和平区成都道126号
奥林匹克大厦1楼104
T: +86 22 2334 5716

NK **Inasia Restaurant 美轩亚萃餐厅**
(Olympic Stadium Store)
A: 4F, A-Hotel, Olympics Gym, Nankai District, Tianjin
南开区水滴体育馆A·Hotel 四楼
T: +86 22 2382 1666/2233

HP **Mrs. WANG'S Dessert Boutique**
王太太私房甜品
A: Xian Nong Courtyard, 292 He Bei Lu, Heping district
和平区河北路292号先农大院内
T: +86 22 5835 2895

HP **Bella Milano Hand Made Gelato**
贝拉米兰意式手工冰激凌
(Hisense Plaza) 海信广场店
A: No.188 Jie Fang Road 3F, Heping District, Tianjin
和平区解放路188号3层
T: +86 22 23198315

HX **(International Trade Centre)**
天津国贸购物中心店
A: 3F, No.39 Nanjing Road, International Trade Centre, Hexi District, Tianjin
河西区南京路39号天津国贸购物中心3层
T: +86 22 59907159

HP **(Metropolitan Plaza)**
世纪都会店
A: 6F - 606, No.183 Nanjing Road, Metropolitan Plaza, Heping District, Tianjin
和平区南京路183号世纪都会商厦6层606号



NK **LE CROBAG - Tianjin Store**
Le Crobag 德国面包房
A: Room 109, Buliding A2, Binshui West road, Nankai District, Tianjin
南开区奥城商业广场A2商9
T: +86 22 23741921



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 **Shui An 水岸中餐厅**
Shui An takes its inspiration from the land and sea specialties of the city and re-imagines them for the sophisticated, global traveller. 11:30-14:00; 17:30-22:00.
A: 2F, The Astor Hotel Tianjin, No. 33, Tai'er Zhuang Lu, Heping District
和平区台儿庄路33号
天津利顺德大饭店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

HP **Qing Palace 青天轩**
Offers distinctive Sichuan & modern Cantonese cuisine in a refined ambience. From home-style dishes to royal cuisine. 11:30-14:30; 18:00-22:30.
A: 6F, Tangla Hotel Tianjin, No. 219, Nanjing Lu, Heping District
和平区南京路219号
天津唐拉雅秀酒店6楼
T: +86 22 2321 5888 ext. 5106

HP **JIN House 津韵·中餐厅**
A: 7/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin
和平区赤峰道138号天津四季酒店7层
T: +86 22 2716 6262

HP **Youth Restaurant 青年餐厅**
11:30-14:30; 17:30-21:30.
A: 1F, bldg. 1, Jin Wan Plaza, Jiefang Bei Road, Heping District
和平区解放北路津湾广场2号1层
T: +86 22 5836 8081

HX **New Dynasty 天宾楼**
A modern upscale Chinese restaurant with touches of Chinese elements. New Dynasty takes classic Cantonese cuisine and puts a modern twist on it while maintaining its authentic flavours. 11:30-14:30; 17:00-22:00.
A: 2F, Renaissance Tianjin Lakeview Hotel No.16 Binshui Road, Hexi District
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. 11:30-14:00; 17:30-21:30.
A: 2F, Main Building, Tianjin Yan Yuan International Hotel, Zi Jin Shan Lu, Hexi District
河西区紫金山路
天津燕园国际大酒店主楼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. 11:30-14:40; 17:30-21:50.
A: No. 18, the junction of Zi Jin Shan Lu and Binshui Dao, Hexi District
河西区宾水道与紫金山路交口18号
T: +86 22 2813 8138
W: dintaifung.com.cn

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

French

HB **La Seine 赛纳河法国餐厅**
A very good French restaurant. Gourmet dishes and a great wine cellar. 11:30-14:30; 17:30-21:30.
A: No.50, Ziyou Dao, Hebei District. (Italian Style Town)
河北区自由道50号(意大利风情街)
T: +86 22 2446 0388



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.
O: 17:30 - 22:30.
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 0173

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

HB **Venezia Club Italian Restaurant & Winery**
威尼斯意餐酒吧
A: No. 48 Ziyou Road, Former Italian Concession Area, Hebei District
河北区意大利风情街自由道48号
T: +86 22 8761 3413
E: veneziacub.tianjin@yahoo.com
W: veneziacubrestaurant.jimdo.com

HP **OSTERIA Pizza-Bar-Music**
OSTERIA意大利餐厅
A: No.86 Chifeng Road, Heping district, Tianjin
天津市和平区赤峰道86号
T: 186 2243 8173 (Enrico)
O: Everyday 11:30 - 14:00; 18:00 - 22:00
E: yidalcaizhuan@163.com



HP **THE CORNER-CHANCE**
考恩餐饮&文化空间
Memorable and Personalized Dinning Experience
A: No.101-102 Harbin Rd, Heping District, Tianjin
和平区哈尔滨道102增101号
T: +86 22 8321 9717



HP **Pomodoro (International Plaza)**
小番茄意大利餐厅 (国际商场店)
A: 1st floor, International plaza, Nanjing road, Heping District, Tianjin (close to Catholic Church)
天津和平区南京路国际商场B座底商(近西开教堂)
T: +86 22 2346 0756

Le Rosso

HP **Le Rosso Pizza & Steak**
Le Rosso 意大利餐厅
A: 24 Ying Chun Li, Wu Jia Yao Er Hao Road (near Xi Kang Lu) He Ping District
和平区吴家窑二马路迎春里24号楼底商(靠近西康路)
T: 15602172289, 17526573687



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

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: 2F, Tianjin Yan Yuan International Hotel, Zi Jin Shan Lu, Hexi District
天津燕园国际大酒店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, Intersestion 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

HP **Kawa Sushi Lounge 洲·寿司酒廊**
A: 7/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin
 和平区赤峰道138号天津四季酒店7层
T: +86 22 2716 6262

Thai

HP **Kudos Thai Restaurant & Lounge Bar 泰蓬泰国餐厅**
 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4楼39号(南马路路口)
T: +86 22 8728 8669

QH **Chat Thai Restaurant 泰来时尚泰国餐厅**
A: 3rd Floor, Aqua City, No.18 Dafeng Road, Hongqiao District, Tianjin
 红桥区水游城购物中心3楼
T: +86 22 58719019

HB **Pattaya Thai Restaurant 天津芭提雅泰国餐厅**
A: Italian Style Street, Hebei District 河北区意式风情街
T: +86 22 24458789

Western

HP **Cielo Italian Restaurant 意荟·意大利餐厅**
A: 9/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin
 和平区赤峰道138号天津四季酒店9层
T: +86 22 2716 6263

HP **La Sala Lobby Lounge 四季·大堂酒廊**
A: 2/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin
 和平区赤峰道138号天津四季酒店2层
T: +86 22 2716 6261

HP **1863 The Ding Room 1863 至尊西餐厅**
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1层
T: +86 22 5852 6888

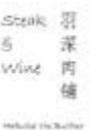


Drei Kronen 1308 Brauhaus 路德维格·1308 德餐啤酒坊
 The world's oldest heritage brewery joins Tianjin's growing segment of good international restaurants. You're greeted by the stainless-steel brew tanks, featuring dark beer, wheat beer and lager. Till 0 am.
A: 1F-2F, bldg. 5, Jinwan Plaza, Jiefang Bei Lu, Heping 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.
O: 06:00-10:00; 11:30-14:30; 17:30-21:30.
A: 1F, The Westin Tianjin, No. 101, Nanjing Road, 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**
 Featuring gorgeous views of the Hai River, **Promenade** provides the exclusive dining experience with South East Asia flavors, Indian gourmet, Chinese and Western traditional cuisine and more. 06:00 - 22:00
A: 1F, The St. Regis Tianjin, No. 158, Zhang Zizhong Lu, Heping District
 和平区张自忠路158号天津瑞吉金融街酒店一层
T: +86 22 5830 9959



HP **Habuka the Butcher 羽深肉铺**
A: No.187, Chengdu Road, Heping District, Tianjin
 和平区成都道187号
T: +86 22 8338 5251
 +86 157 2205 2242

NK **Nan Duo Shi 南多世 Afro - Portuguese Restaurant**
A: No.12 Ning Le Xi Li, Shuishang Dong Road, Nankai District, Tianjin.
 天津市南开区水上东路宁乐西里12号
T: +86 22 2374 0090



HP **Riviera Restaurant 蔚蓝海法餐厅**
Riviera brings the casually elegant refined dining experience to Tianjin featuring modern Mediterranean -French dishes paired with selections from an superb list of international wines.
O: 11:30 - 14:30, 17:00 - 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 **Café BLD 麓廊**
 BLD offers buffets for each meal period with open kitchens that give the guest a feeling they are dining in the kitchen itself.
O: 06:00-24:00.
A: 1F, Renaissance Tianjin Lakeview Hotel No.16 Binshui Dao, Hexi District, Tianjin
 河西区宾水道16号万丽天津宾馆1层
T: +86 22 5822 3388



NK **Hard Rock Cafe, Tianjin 天津硬石餐厅**
A: No.56 Tianta Road, Nankai District
 南开区天塔道56号水上公园正门斜对过
T: +86 22 2351 7625

HX **Fire House 浓舍**
 An international Steakhouse featuring a wood burning grill as the centerpiece of the restaurant.
O: 11:30-14:00; 17:00-22:00.
A: 1F, Renaissance Tianjin Lakeview Hotel 16 Binshui Road, Hexi District
 河西区宾水道16号万丽天津宾馆1层
T: +86 22 5822 3388

HX **Terrace Café 燕园咖啡厅**
 A great location to have a very relaxed meal, in front of a wonderful garden.
O: 06:00-23:00.
A: 1F, Tianjin Yan Yuan International Hotel, Zi Jin Shan Lu, Hexi District
 河西区紫金山路天津燕园国际大酒店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梧桐花园底商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



PH **La Semana 西班牙餐厅(和平店)**
A: No.25 Yingchunli, Wu jia yao er hao Road, Heping District, Tianjin
 天津市和平区吴家窑二马路迎春里25门底商
T: +86 22 2335 6748
 +86 138 2048 8636

PH **Prague Restaurant 布拉格餐厅**
A: No.83 ChongQing Road, Heping District, Tianjin (West of MinYuan Square)
 和平区重庆道83号(民园广场西楼)
O: 10.00am - 0:00
T: +86 22 8312 2718

PH **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

NK **blue frog (Joy City) 蓝蛙(大悦城店)**
A: 1F-J02, 1F 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**
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
 和平区重庆道83号民园广场西楼一层108-111号
T: +86 22 88370588/88370688
E: info@browns-tj.com

HD **Brownie Bistro Bar 布朗尼西餐酒吧**
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

Coffee Shops



HP **THE CORNER-CHANCE 考恩餐饮&文化空间**
A: No.101-102 Harbin Rd, Heping District, Tianjin
 和平区哈尔滨道102增101号
T: +86 22 8321 9717

HP **The CORNER-ACADEMY 考恩预约品鉴店**
 Enjoy great wines, whisksys & hand-crafted cocktails from around the world.
A: No. 86 Harbin Rd., Heping District, Tianjin
 和平区哈尔滨道86号
T: +86 22 2711 9871



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**
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

PH **Yang Lou Tea House 洋楼茶园**
 Tea house in a villa where you can watch TV, search the internet and play mahjong. 09:30-02:00
A: The junction of Kunming Lu and Chongqing Dao, Heping District
 和平区重庆道与昆明路交口
T: +86 22 2339 8882

HP No.9 Cafe 9号咖啡

Rich coffee menu and English style high tea.

A: Building 9, No.3 Courtyard, Taian Dao, Heping District
和平区泰安道22号3号院9号楼
T: +86 22 5835 8998

HP Zi Xuan Tea House 紫轩茶艺馆

A: Tianjin People Stadium, Yueyang Dao, Heping District (near Guizhou Lu) 和平区岳阳道人民体育馆院内
T: +86 22 2330 7325

Bars & Discos**HP** FLAIR Bar and Restaurant
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 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1层
T: +86 22 2331 1688 ext. 8919

HP River Lounge 畔吧

Leave your footprint on the Haihe River. The latest address for an afternoon rendez-vous.

O: 09:30 - 01:30
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 9958
W: stregis.com/tianjin

The Lobby Lounge
大堂酒廊**HP** The Lobby Lounge 大堂酒廊

A: 1st Floor, The Ritz-Carlton, Tianjin, No. 167, Dagubei Road, Heping District, Tianjin 和平区大沽北路167号
天津丽思卡尔顿酒店一楼
T: +86 22 5857 8888 ext. 5091
W: ritzcarlton.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 昔童音乐酒吧

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 Road, 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

The most beautiful bar in town with stunning river view. A rare haven of refined luxury, **The St. Regis Bar** is a place for guests to enjoy the enduring tradition of St. Regis Afternoon Tea and a wide selection of refreshing drinks. 09:30 - 01:30.
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 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 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, 河西区宾水道16号万丽天津宾馆1层
T: +86 22 5822 3388

NK Violet Lounge 紫

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

HB Mama Mia 妈妈咪呀音乐酒吧

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

HD Churchill Wine & Cigar Bar

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

NK GAL Whiskey & Cocktail

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 18502609788

HP Gusto Bar 9吧

A: 9/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin 和平区赤峰道138号天津四季酒店9层
T: +86 22 2716 6264

KTVs**HP** 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**HP** CHINA ROAD 重道造型

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

HX AY Hair Salon

The owner Andy, who speaks fluent English, is the best hairdresser in town for foreigners. 09:00-20:00.
A: 08-01, Wutong apartment, the junction of Zhujiang Dao and Jiulian Shan, Hexi District 河西区珠江道与九连山交口梧桐底商8号楼1门
T: +86 22 2374 1333

NK 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** Yue spa "悦" 水疗中心

A: 4F, Radisson Tianjin 66 Xinkai Road, Hedong District, Tianjin 300011, China 河东区新开路66号 天津天诚丽筠酒店4层
T: +86 22 2457 8888 ext. 3910
O: 10: 00-02: 00

NK 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

NK Shan Ru SPA 善如美容SPA

A: Opposite of No.18 Shiyong Road, Nankai District, Tianjin 南开区宁家房子士英路18号对面
T: +86 13752305090

Tattoo Studios**HP** Ink Tattoo 墨颜刺青

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

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

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

**HX** Tianjin United Family Hospital 天津和睦家医院

The first international-standard foreign-funded hospital in Tianjin, offering authentic western-style medical services.
A: No.22 Tianxiao Yuan, Tanjiang Dao, Hexi District 河西区潭水道天潇园22号
T: (Reception) +86 22 5856 8500
24 Hour Emergency: +86 22 5856 8555
W: ufh.com.cn

RafflesMedical**HX** Raffles Medical Tianjin Clinic

A: 1F Apartment Building, Tianjin Yan Yuan International Hotel, Zi Jin Shan Road, He Xi District, Tianjin 300074 河西区紫金山路
天津燕园国际大酒店公寓楼一层
T: +86 22 2352 0143

HX Tianjin Congramarie Gynecology & Obstetrics Hospital

天津坤如玛丽妇产医院
Tianjin's first international 3H (Holistic-care, Hotel-style, Home-warm) gynecological hospital.
A: No.488 Jiefang Nan Lu, Hexi District (opposite to Huan Bohai Automobile City) 河西区解放南路488号 (环渤海汽车城对面)
T: +86 22 5878 5555

NK Women's and Children's Specialized Health

美中宜和医疗集团天津美中宜和妇儿医院

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



Golf Clubs



FYLA GOLF
International Golf Academy
飞乐国际高尔夫学院
A: Senao Golf Driving Range, Aoti Road, Nankai District, Tianjin
天津市南开区奥体道森奥高尔夫练习场
T: 18526437988



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

Moai GYM
摩艾健身
A: 7th Floor, @ City, M Plaza, the cross of Binjiang Road and Shanxi Road. Heping District, Tianjin
和平区滨江道与山西路交口M Plaza 7层
T: +86 22 2712 1314



I Fitness GYM CLUB / Indoor Badminton Court
爱动力健身俱乐部/羽毛球馆
A: No. 3 Jingming Road, Jinnan District, Tianjin
天津市津南区景茗道3号体育中心
T: +86 22 2628 9999

I Fitness Meijiang
爱动力健身工作室
A: Area C, Jindian Times Square, Meijiang Area, Hexi District
天津市河西区梅江津典时代广场C区
T: +86 22 8836 7567

I Fitness Fuli Jinmenhu
爱动力健身游泳俱乐部 (open in June)
A: West area of Jiangwan Plaza, Fuli Jimenhu, Xiqing District
T: +86 22 2628 9999, +86 22 8836 7567
天津市梅江富力津门湖江湾广场西区底商



Catering Solutions

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

Decorations

IKEA Tianjin Zhongbei
宜家天津中北商场
A: No.7 Wanhui Rd, Xiqing District
西青区万卉路7号
(地铁2号线曹庄站旁)
Opening Hours:
Apr. - Oct. Mall: 10:00-22:00,
Restaurant: 9:00-21:30
Nov. - Mar. Mall: 10:00-21:30,
Restaurant: 9:00-21:00

IKEA Tianjin Dongli
宜家天津东丽商场
A: No. 433 Jintang Rd, Dongli District
天津市东丽区津塘公路433号
(地铁9号线东丽开发区站旁)
Opening Hours: Mall: 10:00-21:00
Restaurant: 9:00-20:30

Hotels

★★★★★
COURTYARD
Marriott
TIANJIN HONGQIAO
天津陆家嘴万怡酒店
Courtyard by Marriott Tianjin Hongqiao
The first Courtyard hotel in Tianjin, located right close to Metro Station, Tianjin West Railway Station, Ancient Culture Street, Eye of Tianjin and Drum Tower.
A: No. 166 Beima Road, Hongqiao District, Tianjin
天津市红桥区北马路166号
T: +86 22 5898 5555

Radisson Tianjin
天津天诚丽筠酒店
A: 66 Xinkai Road, Hedong District, Tianjin 300011, China
中国天津市河东区新开路66号
邮编 300011
T: +86 22 2457 8888
E: hotel@radisson-tj.com

Hotels

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

PAN PACIFIC TIANJIN HOTEL
天津泛太平洋大酒店
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

Radisson Tianjin
天津天诚丽筠酒店
A: 66 Xinkai Road, Hedong District, Tianjin 300011, China
中国天津市河东区新开路66号
邮编 300011
T: +86 22 2457 8888
E: hotel@radisson-tj.com

Four Seasons Hotel Tianjin
天津四季酒店
A: 138 Chifeng Road, Heping District, Tianjin
和平区赤峰道138号
T: +86 22 2716 6688
W: fourseasons.com/tianjin

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

The Westin Tianjin
天津君隆威斯汀酒店
5 star hotel offering luxury, class and comfort featuring charming city views and the latest in technology.
A: No. 101, Nanjing Lu, Heping District
和平区南京路101号
T: +86 22 2389 0088

The Astor Hotel, Tianjin
天津利顺德大饭店
First opened in 1863 and refurbished in 2010, the hotel is a landmark in Tianjin's history. Favoured for its traditional appeal and high-standards.
A: No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号
T: +86 22 5852 6888

The Ritz-Carlton, Tianjin
天津丽思卡尔顿酒店
A landmark hotel located in the heart of the city offering unparalleled and memorable experiences.
A: No. 167 Dagubei Road, Heping District
和平区大沽北路167号
T: +86 22 5857 8888

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

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

Holiday Inn Tianjin Aqua City
天津水游城假日酒店
A: No.6 Jieyuan Road, Hongqiao District
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

Tianjin Yan Yuan International Hotel
天津燕园国际大酒店
A: Zi Jin Shan Lu, Hexi District
天津市河西区紫金山路31号
T: +86 22 2731 3388

Shangri-La hotel
天津香格里拉大酒店
TIANJIN

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



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



HYATT REGENCY TIANJIN EAST
天津东凯悦酒店
A: 126 Weiguo Road, Hedong District, Tianjin, 300161
河东区卫国道126号
T: +86 22 2457 1234
F: +86 22 2434 5666
W: tianjin.regency.hyatt.com

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

Serviced Apartments



HP **The Ritz-Carlton Executive Residences, Tianjin**
天津丽思卡尔顿行政公寓
A: No.167 Dagubei Road, Heping District
天津市和平区大沽北路167号
T: +86 22 5857 8888

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

HP **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



HX **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

QX **Ariva Tianjin Zhongbei Serviced Apartment 天津中北·艾丽华服务公寓**
A: No. 80 Xingguang Road, Zhongbei Town, Xiqing District, Tianjin
天津市中北镇星光路80号
T: 022-5863 1188
F: 022-5863 1166
E: Reservation.ATZB@stayariva.com.cn

HP **Just Living By Savills Residence Tianjin 天津尚翌服务式公寓**
Savills Residence's Just Living is a new category in Tianjin's service apartment market catering towards single, domestic or international traveling business professionals who are looking for short-term or long-term accommodation.
A: No.36 Xikang Road, Heping District, 300041 Tianjin.
天津市和平区西康路36号
T: +86 22 6018 0222



Ascott TEDA MSD Tianjin 天津雅诗阁泰达MSD服务公寓
A: No. 7 Xincheng West Road, Tianjin Economic-Technological Development Area, Tianjin
天津市经济技术开发区新城西路7号
T: +86 22 5999 7666



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

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



HX **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



NK **FRASER PLACE TIANJIN 天津招商辉盛坊国际公寓**
A: No. 34 Xing Cheng Towers Ao Ti Street, West Weijin South Road, Nankai District
南开区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

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

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

Art Galleries

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



HP **Nasca Linien Tailor Made 纳斯卡·理念私享空间**
A: No. 113 Chongqing Road, Heping District
天津市和平区重庆道113号
T: +86 22 23300113 18522758791

A: 7th Floor, @ City, M Plaza, the cross of Binjiang Road and Shanxi Road, Heping District, Tianjin
天津市和平区滨江道与山西路交口M Plaza 7层
T: +86 22 2712 1314

Art Districts

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

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

Museums

HP **China House Museum 瓷器博物馆**
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

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

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

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

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

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

Parks

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

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

Theatres & Cinemas

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

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

HX **Tianjin 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

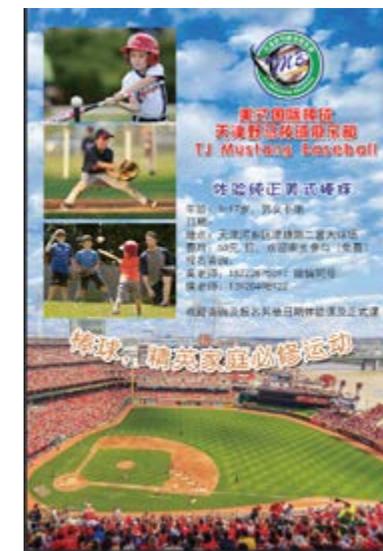
TICC (Tianjin International Community Centre)
Association and meeting place for foreign passport holders and their families in Tianjin. Organises monthly coffee mornings, luncheons and social/fundraising events, supporting local charities.
E: ticc_09@hotmail.com
W: tianjin.weebly.com

Education

QX **KIDS'R'KIDS Learning Academy, Tianjin No.1 凯斯幼儿园, 天津雲锦幼儿园**
A: Yunjin Shijia Community, No.65, Ziyang Rd, Zhongbei Zhen, Xiqing Dist, Tianjin
西青区中北镇紫阳道65号雲锦世家内
T: +86 22 5871-6901
+86 22 5871-6900
O: 8:00-17:00
Wechat: KidsRKidsTianjin
W: www.kidsrkids.com
www.kidsrkidschina.com
E: contact-tianjin@kidsrkidschina.cn



HD **T. J Mustang Baseball Club 天津野马棒球俱乐部**
天津首家纯正美式棒球培训, 招生年龄 3-17岁青少年儿童, 男女不限, 同时举办棒球公司团建活动。教练员均为职业棒球运动员及专业教练。欢迎咨询体验课及正式课。棒球, 精英家庭必修运动!
A: Ergong Park, Jin Tang Road, Hedong District
天津河东区津塘路二宫大球场
T: +86 15222875097 吴老师
+86 13920498922 侯老师





HP UPI
As an international school of American features focusing on pre-school education, UPI offers an American block to our children and creates an English environment of living and learning in an all-round way. Also, curriculums based on individual differences are opened for children at different levels and with different potentialities.
A: New Taiyuan Road, No.189, Jiefang North Road, Heping District, Tianjin
天津市和平区解放北路189号, 靠近新太原道一侧 (近丽思卡尔顿酒店)
T: +86 22 23319485



QH Wellington College International Tianjin
天津惠灵顿外籍人员子女学校
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.tianjin@wellingtoncollege.cn
W: www.wellingtoncollege.cn/tianjin



NZ 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: No.22 Weishan South Road, Shuanggang, Jinnan District 津南区(双港)微山南路22号
T: +86 22 2859 2003/5/6
W: istianjin.org



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

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

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

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

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

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

Libraries
NKX 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.tj.cn

Real Estate
JONES LANG LASALLE 仲量联行
Real value in a changing world
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
NNIT
NKX 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
LE CROBAG
LE CROBAG - Teda Store
Le Crobag 德国面包房
T: +86 22 5990 1619

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
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
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



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

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

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

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

Western
Bella Vita Italian Restaurant
美好生活意大利餐厅
A: Florentia Village Outlet Mall, North Qianjin Road, Wuqing District, Tianjin 武清区前进道北侧 佛罗伦萨小镇Food-5
T: +86 22 5969 8238



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



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



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

Salsa Churrasco 巴西烧烤餐厅
11:30-14:00; 17:30-22:00.
A: 11F, Holiday Inn Binhai Tianjin No. 86, 1st Avenue, TEDA 开发区第一大街86号 天津滨海假日酒店11层
T: +86 22 6628 3388 ext. 2740

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



Pomodoro Italian Restaurant
小番茄意大利餐厅 (天津开发区店)
A: 2-01 Binhai Sky Fashion Boulevard,
 (north side of Holiday Inn Express) Teda
 天津滨海新区滨海时尚天街2-01
 (智选假日酒店北侧, 近迪卡侬)
T: +86 22 5999 9191, 189 2021 8583

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



V Lounge
 A wonderful place to unwind after work, to stretch out after dinner, or just chill.
A: No.102 Hua Na Hao Yuan, 2nd Avenue,
 Binhai New Area
 第二大街华纳豪园102商铺
 (嘉乐城底商)
T: +86 22 6518 5559

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

Hotels

★★★★★

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
 滨海新区中新生态城动漫中路82号
T: +86 22 5999 8888

Fraser Place Binhai, Tianjin
天津招泰美伦辉盛坊国际公寓
A: Block 6/7, Quincy Park,
 No.21 Bei Hai East Road, TEDA, Tianjin, China
 天津市开发区北海东路21号昆西园6/7号楼
T: +86 22 5988 1999
E: reservations.binhai-tianjin@frasershospitality.com

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

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

The Westin Changbaishan Resort
Sheraton Changbaishan Resort
长白山万达威斯汀度假酒店
长白山万达喜来登度假酒店
A: No.333 & No.369 Baiyun Road,
 Changbaishan International Resort, Fusong County, Jilin Province
 中国吉林省抚松县长白山国际度假区白云路333/369号
T: +86 439 6986999,
 +86 439 6986888

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

Fraser Place
天津招泰美伦辉盛坊国际公寓
A: Block 6/7, Quincy Park,
 No.21 Bei Hai East Road, TEDA, Tianjin, China
 天津市开发区北海东路21号昆西园6/7号楼
T: +86 22 5988 1999
E: reservations.binhai-tianjin@frasershospitality.com

Office Space

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

Libraries

Binhai New Area Library
天津滨海新区文化中心图书馆
 Monday: 14:00-22:00; Tue-Sun: 10:00-22:00
A: No. 347 Xusheng Road, Binhai Central Business District
 滨海新区中心商务区旭升路347号
T: +86 22 6554 5678

TEDA Library 泰达图书馆
 09:00-22:00. Tue-Sun
A: No. 21, Hongda Jie, TEDA
 开发区宏达街21号
T: +86 22 2520 3100

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

Education

BEIJING INTERNATIONAL BILINGUAL ACADEMY
海嘉国际双语学校
Beijing International Bilingual School
Tianjin Campus
海嘉国际双语学校天津校区
A: No. 226, Mingsheng Rd.,
 Sino-Singapore Tianjin Eco-City, Tianjin
 天津市滨海新区中新生态城明盛路226号
T: +86 22 6713 9298
 185 2609 1709

TEDA GLOBAL ACADEMY
天津经济技术开发区国际学校国际部
 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
W: Tedais.org

Tianjin TEDA Maple Leaf International School
天津泰达枫叶国际学校
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

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
A: No. 32, 3rd Avenue, TEDA
 开发区第三大街32号
T: +86 22 6622 0886
TEDA Friendship Department Store
泰达友谊大厦
 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

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, Nanghai 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
 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
A: No. 1038, Jintang Gong Lu, Tanggu District
 塘沽区津塘公路1038号
T: +86 22 2582 9366

LICHUAN

By Nikita Jaeger

Finding off-beat locations in China is quite a difficult task, but, during our visit to Lichuan, we got to explore loads of such beautiful places with tons of activities to do. Lichuan, located within the Hubei province is famous for its two major attractions, the first of it is the metasequoia trees and the second is the karst limestone caves.

The above mentioned two are the primary attractions for any tourists, but we took a tangent approach to find out something else, which is less popular, yet attractive. Being one among the local people, I found the following hidden places are quite impressive, and provide rich travel experience; one can cherish for their entire life.

利川

利川有许多美丽的景点，除了知名的水杉树和喀斯特石灰岩洞穴，还有一些相对隐蔽却令人印象深刻的景点。

从北京和天津到达利川

利川具有良好的公路和铁路交通网，城市通勤非常方便。可以从北京西通过火车旅行到达利川，沿途风光令人难忘。同时也可选择从天津或北京自驾到达利川。

徒步穿越清江

清江是一个隐蔽的地点，从利川可经过团铺镇大约两个半小时步行抵达清江。清江被森林和群山所环绕，是徒步旅行的理想地点。

走过玉龙洞

玉龙洞可通过清江河巡游到达，沿途充满了乐趣和嬉戏活动。玉龙洞独具异域风情，在其中可目睹隐藏的宝藏，享受真正宁静的大自然之美。

利川市周边鱼市

利川鱼市可以买到各种喜欢的鱼。除了在鱼市享受刺激的选购体验外，还可以在附近的鱼塘捕捞自己选择的鱼。

最终点评

利川还有诸多隐藏的待开发的自然美景，要探索整个利川，需要仔细制定在那里停留和探索的计划。



REACHING LICHUAN FROM BEIJING & TIANJIN

Lichuan has excellent road and rail network connectivity, making commuting between the cities an easy affair. If you love to travel by train, then you can board a train from Beijing West that can take you to Lichuan in ten hours covering a distance of 1500kms. The train travel will indeed be a memorable one, as you will get an opportunity to travel through the forests and start sight-seeing various landscapes even before reaching Lichuan.

Driving on your own is yet another beautiful way to explore more hidden locations in and around Lichuan. You can either rent a car or drive your vehicle to Lichuan from Tianjin or Beijing. As the roads are well connected, driving shall never be a hurdle. It takes approximately fifteen hours to reach Lichuan by road.

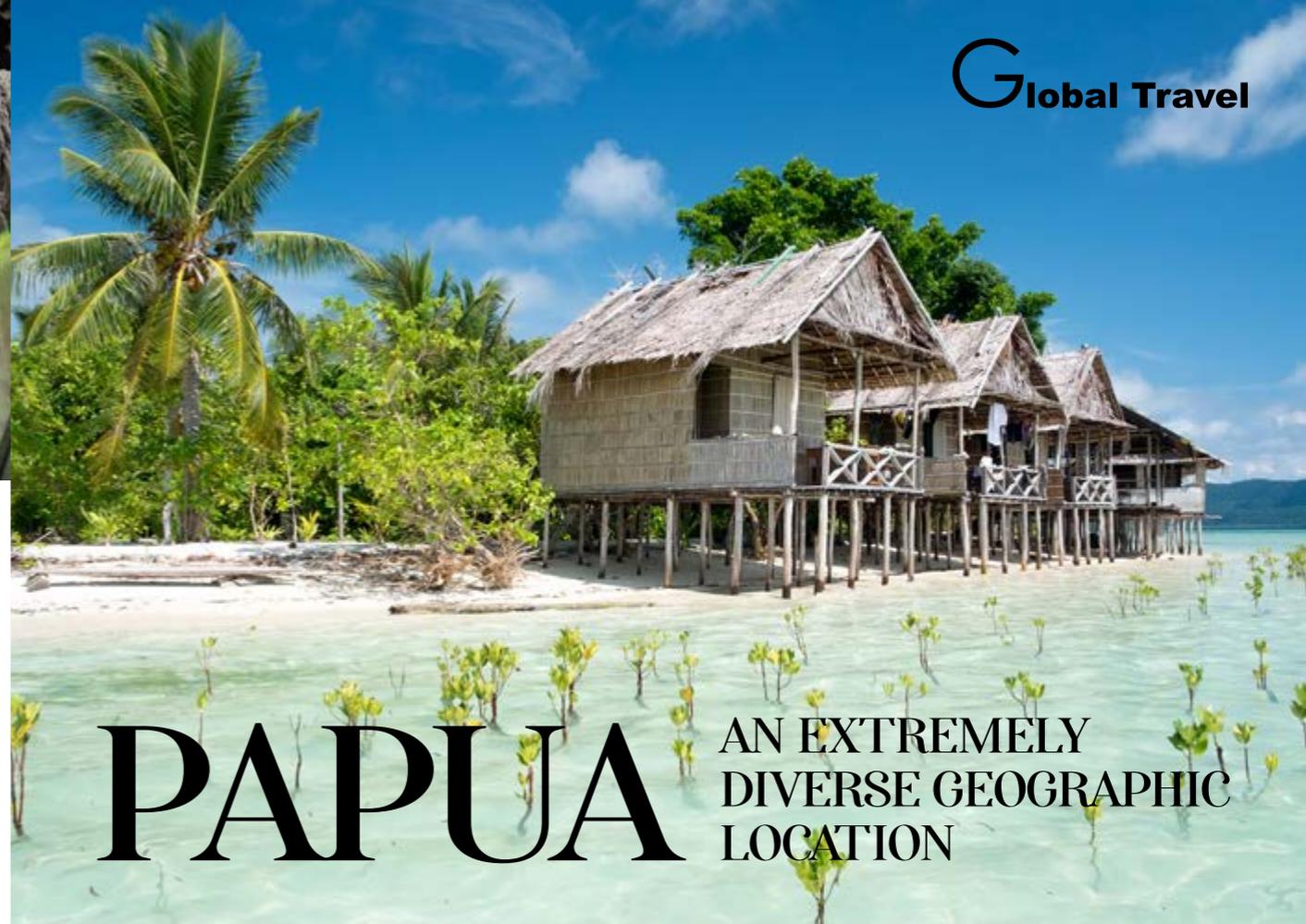
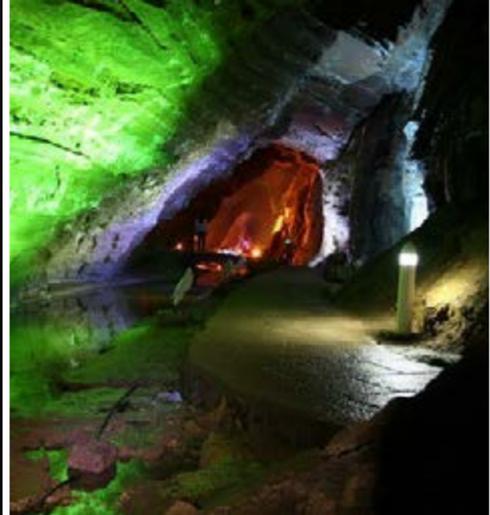
TREKKING THROUGH THE QING JIANG RIVER

The Qing Jiang river is indeed a hidden spot as many people are unaware of its location, as Qing Jiang forests surround the river. Take the road that connects Tuanpuzhen from Lichuan, and you can reach the Qing Jiang river by roughly two and a half hours.

We cruised through the river and got spell bounded with the beauty of the mother nature. The mountains surrounding the river are entirely covered with trees and made us breathe some pure air with the chillness being felt all through the day.

The mountains located very close to the river are an ideal location for trekking. The trekking will be relatively hassle-free, as you can use the trekking steps created by the locals. At first, we were quite scared about trekking around the mountains, but after we found stairs, the trekking journey turned into a memorable one.





FISHING AROUND THE LICHUAN FISH MARKET

The Lichuan fish market is not just an ordinary market where you can purchase your favourite fish. Other than kindling the shopping spree in us, this fish market made us pick our choice of clams, as well. The most thrilling experience you can enjoy from the fish market is that you will be allowed to do a fish catch of your choice from the nearby pond.

As we had the opportunity to pick our choice of clams, we decided to step into the pond and started searching for the plumpest clams that run hidden under the water. We even started digging deep in the mud, and continued efforts, we got a big fleshed clam.

It was a unique experience to wet our pants and dig into the water to take our lunch out of the pond. Although we had an option to take away the clam to our home, we have decided to cook them by the nearest restaurant, as we wanted to taste the freshness of the fish. It did taste delicious, and I would recommend anyone visiting Lichuan to get their hands and legs dirty to taste the delicious clams, which is a rare experience you can enjoy only at Lichuan.



WALKING THROUGH THE YULONG CAVERN

Yulong Cavern can reach by cruising through the Qing Jang river. It takes about two to three hours to reach the destination, and the ride will be full of fun and frolic activities.

The Yulong Cavern in Lichuan has some of the exotic locations, which you can explore to its full potential walking in and around. You need to prepare yourself mentally to walk through the caves, as you are about to pass through a river, a bridge and tons and tons of lights to witness the real serene beauty of nature. As the cave is cold in most parts of the year, I would advise tourists to carry proper protection gears. The steps shall be slippery at times due to the snowy weather, so make sure to wear boots that are tough enough to withstand at any odd climate.

We decided to stroll throughout trekking, once we started witnessing the hidden treasures of nature. I would also advise anyone visiting the Yulong cave to take a good camera, and you will never get bored of clicking pictures all through the day.

FINAL COMMENTS

There are still many hidden and unexplored natural beauties in Lichuan, but for exploring the entire location, you need to have an extended plan to stay there and explore.

The Qique mountains, the Sanyuan Taoist temple, and the Ganxi Forest Park are some of the places we had in our plan, but for sure we will explore more of these hidden places in our upcoming visit to Lichuan. It's not just the places you tend to visit that makes it unique; it's the things that you can tour around and explore with your inner vibes that make your travel a leisure one.

PAPUA AN EXTREMELY DIVERSE GEOGRAPHIC LOCATION

By Nikita Jaeger

Papua, also known as Irian Jaya, is Indonesia's easternmost province and one of the most offbeat track destinations in the world. With its sublime beauty, extraordinary animals, and ancient culture, Papua surely guarantees an unusual and exceptional experience to all its visitors. You can experience the out of the world trekking expeditions and an amazing underwater life here. Papua can be called the diving capital of the world, as it offers the best diving experiences and the most beautiful coral reefs in the world.

VISA PROCESS

Traveling to Indonesia required a visa. Presently, Indonesia allows 30-days free visa to nationals from 167 countries and two special regions. To avail these facilities, you must have the passport valid for at least six months from the date of entry and at least two blank visa pages, along with proof of your return ticket, hotel confirmation, documents required for onward destinations and sufficient funds for meeting expenses while at Indonesia.

However, if you plan to stay for more than 30

days, you need to apply for a visa online and have other requirements readied, including a letter of invitation, letter of employment, photographs, passport and proof of sufficient funds.

VISA FEES

Indonesia offers different types of entry permits. Visa on arrival will cost you US\$35, multiple entry visa cost is US\$100, and for limited stay visa, the costing is \$50 for six months, \$90 for one year and \$160 for two years.

VISA ENTRY FEES

Even after entering Papua, travel permits required to travel beyond the important coastal town. The local authorities keep on changing the free access areas, but in general Jayapura and Biak remain permit free, and you can expect Manokwari, Sentani and Sorong also permit free at times. You can get the permits from Jayapura and Biak within a day process by paying about Rp. 5,000 or more as an admin fee. For visiting Raja Ampat, a foreign tourist will have to pay Rp. 1,000,000, and for locals, it is Rp. 500,000.



UNUSUAL AND HIDDEN GEMS OF PAPUA:

Tablanusu

Tablanusu, a village in Depapre, Jayapura, is one of the most offbeat, yet amazing places to explore in Papua. The village is a complete tourism spot, and it offers some extraordinary experiences. You can trek through the jungle with the locals, give yourself a history boost by exploring the remnants of the World War II, enjoy snorkelling and diving at the nearby beach and experience the lavish cultural ceremonies of Sasi and Tiyatiki communities. You can also explore the nearby islands blessed with exceptional landscapes.

The most exciting characteristic of this place is the black natural rocks. Wherever you go, you can find the area packed with natural black rocks. These rocks make noise when you walk over them. The locals have an excellent skill to walk on the rock without making any noise. So, they can easily recognize the tourists who walk over these rocks.

To reach this village, you need to take a trip from Jayapura to Sentani. Then you need to travel by road from Sentani to Port Depapre and take a boat from there to reach the village.

You can stay here with the locals, who are quite friendly and welcoming.

Harlem Beach

The White sands beach, also known as the Harlem Beach, is one of the most beautiful beaches in Jayapura, Papua. The beach, with its clear waters and beautiful landscapes, makes for a lovely getaway, where you can relax and bask in the solitude and give yourself a break from the monotonous life.

How to reach Papua

The best and the most convenient option to travel to Indonesia is by air. To reach Papua, you must take a flight to Jakarta, Makassar, Surabaya, Denpasar, Ambon, or Manado, and from there you can find domestic flights. If you want to visit Baliem Valley, you must first fly to Jayapura, and then fly to Wamena from there. You can find multiple air links between Jayapura and other provinces. You can fly to nearby Sorong from Jakarta, Makassar or Manado to travel to the Raja Ampat Islands.

By boat

Tourists can also reach here by Pelni boats.

By road

Tourists can enter Papua through the Skouw-Wutung border crossing located between Papua New Guinea and Papua at the north coast between Vanimo and Jayapura. The border post will open from 8 am to 4 pm. You need to have a valid visa on paper to enter through the border post, and no online services are available here.

As the beach is situated at a remote location, you will not find many tourists here, and as a result, you will feel as if you're relaxing at a private beach. You can indulge yourself in swimming and snorkelling. While snorkelling, you will get to see the fishes, corals and various sea animals. You can reach it by taking a boat from the Depapre pier.

Manta Sandy

Manta Sandy is a fantastic diving site between Mansuar and Arborek islands, where you can enjoy the majestic mantas swimming gracefully. You can indulge yourself in snorkelling or scuba diving and see these graceful creatures looping around in circles, as if they're performing a ballet for you. So, all the diving lovers, mark Manta Sandy on your Papua itinerary, as it awaits a magical experience for all of you.

Star Lagoon

The Pianemo Island in Raja Ampat is one of the most unusual and exciting places to visit in Papua, as it is home to a unique star-shaped lagoon. The unique shape of the lagoon is due to the formation of the karsts around it that gives it a star shape.

The tourists can climb up the hill and observe the breath-taking scenery of the star-shaped lagoon.

This place, with its clear waters, is also a fantastic snorkelling site. You can reach here from Sorong port.

Yenbuba village

When on your visit to Raja Ampat, you must not forget to explore the untouched, unspoiled, and pristine village of Yenbuba, located on Mansuar Island. The place will charm you with its exquisiteness and peaceful environment. As it is a coastal village, you can enjoy the cold breeze and stunning beach views. The most famous spot is the pier, where you can enjoy fishing along with the locals.

You can also go for swimming and snorkelling, visit the traditional structures and stay overnight at the houses offered by the locals, where you can get a chance to taste their food and learn about their culture and language. To reach Yenbuba village, you can take a flight from Jakarta to Wasai city and then, take a boat from Wasai port to Mansuar Island.

Misool Island

Misool Island, one of the biggest islands in Raja Ampat, is a paradise for all the snorkelling and diving lovers, as it boasts a good deal of marine biodiversity with coral reefs. The island is home to strikingly beautiful sceneries





surrounded with huge limestone rocks.

The island offers many diving sites, including Kaleidoscope, Jamur, and Fiabecet. You will get to see a stunning variety of species like manta rays, clownfish, molluscs, white tip sharks, and corals. Also, the amazing underwater landscapes are indeed a treat to watch. From the Sorong port, you can reach it by a ferry ride.

Raam Island

Raam Island is in Sorong, which is one of the biggest cities in Papua and also, serves as an en route destination for all the travellers visiting Raja Ampat. Raam Island is also known as the crocodile island due to its shape. You can see underwater World War II shipwrecks, relax at the gorgeous white sand beaches, taste delicious cuisines, and catch sight of amazing underwater landscapes here. The ferry trip will take 25-minutes to reach Raam Island.

Doreri Bay

Doreri Bay is one of the unique places to visit Manokwari. The bay offers a spectacular display of marine life and is the most important site to explore the

shipwrecks in Indonesia. You can find more than 20 shipwrecks here out of which six are very clearly visible. Three islands adjacent to the bay offer a unique feast of marine life, which is a fantastic experience you should not miss to watch.

Conclusion

Papua makes for an amazing and unusual experience for all the travel enthusiasts out there. You can marvel at the fantastic underwater panoramas, explore the sunken World War II shipwrecks, trek through the villages and visit the tribal people, relax at the beautiful white sand beaches and enjoy the world's best diving and snorkelling.

Apart from the popular locations frequented by tourists, there are many destinations which are not so famous, but worth enough to visit. You must prepare to spend quite a lot of time, which is especially interesting for adventure tours, anthropological expeditions, visiting Kalimantan and having a close encounter with orang-utans, sneak to the jungles, watching the birds and many. Papua is undoubtedly one of the thrilling tourist locations in Indonesia.

巴布亚岛

及其多样化的地理位置

巴布亚岛是世界上最奇特的旅游目的地之一，拥有神奇的美景、非凡的动物和古老的文化。

Tablanusu

该村庄是一个完整的旅游景点，可以享受丛林跋涉和海滩浮潜。这里遍布着黑色天然岩石。

白沙海滩(哈莱姆海滩)

巴布亚新几内亚亚普拉最美丽的海滩之一，拥有清澈的海水和美丽的风景。

曼陀沙地

这是一个奇妙的潜水地点，可以浮潜或潜水，并欣赏周围的动物们。

Pianemo岛的星湖

Pianemo岛拥有一个独特的星形的泻湖，可以在山顶欣赏清澈的海水，和叹为观止的景色。

Yenbuba村庄

Yenbuba村庄是Mansuar岛上原始、保存完好的村落，拥有精致和宁静的环境，可以享受清凉的海风和壮丽的海滩风光。

米苏尔岛

米苏尔岛是浮潜爱好者的天堂，还拥有大量的海洋生物和珊瑚礁，由巨型石灰岩所包围。

RAAM岛

RAAM岛是巴布亚最大的城市之一，可以欣赏水下景观，在白色沙滩放松，品尝美食。

Doreri湾

Doreti海湾提供了壮观的海洋生物展示，也是探索印尼沉船的重要地点。

巴布亚为旅游爱好者带来了令人惊叹和不同寻常的体验，是印尼激动人心的景点之一。



Gas

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Gas Music Pub

Gas Music Pub, 7F of M-plaza, Binjiang Road, Heping District, Tianjin



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夜幕笼罩静深邃，星烁月明伴风随。星河交汇生光辉，五谷丰登庆秋节。这个中秋佳节，让闪烁的星光温暖您的心房，让皓月的清辉照亮阖家安康。天津香格里拉大酒店呈上一份佳节盛礼，让您与家人朋友一起感受团圆与幸福。

本次推出的星月系列月饼礼盒共五款：香月、尊月、华月、皇月和赏星悦目礼盒。用心挑选时令食材，味道香而不腻，口感软糯。星月系列沿袭了红豆沙、莲蓉蛋黄、椰子、南瓜等传统馅料口味，还另外创新推出流心奶黄月饼以及口感细腻的使用桃山皮工艺制作的巧克力月饼和多款水果口味月饼。丰富的口味为您增添更多美味选择，设计考究的包装展现出香格里拉品牌的非凡品味。星月系列以星座为灵感，立意众星捧月，既表达了对中秋传统节日的重视，又衬托出月饼的品质出众，是馈赠亲友的佳选。垂询或订购，请致电 (86 22) 8418 8111。

The night sky is a picture of unity and togetherness. The brilliance of the moon interwoven with a sea of stars, illuminating Autumn's precious bounty as never before. Share the wonder of the stars and reconnect with family this Mid-Autumn.

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