

TIANJIN PLUS

津品生活

2019.10

In conversation with Chef
Filippo Fondatori
Executive Chef
Four Seasons Hotel Tianjin

正宗，尊重和创新

采访大厨 Filippo Fondatori
天津四季酒店行政总厨

**AUTHENTIC,
RESPECTFUL,
CREATIVE**

Filippo Fondatori
Executive Chef



The New Name for Teda International School



TEDA
Global Academy
Tianjin • China

SMALL CLASSES BIG ASPIRATIONS

Our 5:1 student to teacher ratio and 24 year history give us the time and understanding we need to help your child discover those things within themselves that fill them with a love for learning.



SPEAK TO US TODAY
+86-22-66226158

OR VISIT OUR WEBSITE
www.tedaglobal.org

We are a fully accredited co-ed international day school for children 3-18



INTERNATIONAL SCHOOL of TIANJIN



Working Learning Acting TOGETHER



IST offers your children a welcoming, inclusive international school experience, where skilled and committed teachers deliver an outstanding IB education in an environment of quality learning resources and world-class facilities.



No. 22 Weishan South Road, Shuanggang,
Jinnan District, Tianjin 300350, P.R.China
Website: www.istanjin.org
Email: info@istanjin.net Tel: +86 (22) 2859 2001



HAIRY CRAB FEAST AT RENAISSANCE

Hairy Crab has been known as a gourmet delicacy in China for hundreds of years especially during autumn. Renaissance Tianjin Lakeview Hotel will entertain our guests with the freshest hairy crabs in the original way and varieties of crab dishes.

From this October, New Dynasty Chinese Restaurant will offer guests a season limited menu of "Hairy Crab Feast" at lunch and dinner for your family reunion.

For more information and reservations, please contact 022-5822 3110/3111



16 Bin Shui Road, He Xi District, Tianjin, 300061, China



TRENDY INTERNATIONAL BUFFET AT CIELO ITALIAN RESTAURANT

Enjoy a quality weekend gathering by a highly anticipated dinner buffet at Cielo Western Restaurant of Four Seasons Hotel Tianjin. Led by the savvy Executive Chef Filippo from Italy, the diverse offerings are provided to meet expectations with delicious delights from seasonal seafood, carvery, noodles stations and desserts house. The dinner buffet features "Italian Gourmet Tour" theme every Friday from 4 to 25 Oct., 2019 while features "Seafood Feast" theme every Saturday.



Every Fri.: CNY 428+15%/person | Every Sat.: CNY 598+15%/person
Scan the QR code to enjoy the best discount on WeChat shop
Tel.: (022) 2716 6263 / 6688





AN EXQUISITE ITALIAN DINING EXPERIENCE

Italian Restaurant & Café

Florentia Village Outlet Mall
North Qianjin Road
Wuqing District, 301700 Tianjin
武清区前进道北侧佛罗伦萨小镇Food-5

Telephone: 022 59698238



www.bellavitaconcept.com



BELLA VITA
CUCINA ITALIANA



Address:
Olympic Tower
No.104, Chengdu Road
Heping District, Tianjin
和平区成都道126号
奥林匹克大厦1楼104
Tel: +86 22 2334 5716
Opening: 7:00 - 22:00



DELIVERY

It's Free over 100RMB!
点餐超过100元免配送费!
Delivery can be made everyday
Order one day earlier until 14:00am
We accept orders by e-mail or Wechat
E-mail: delivery@gangxgang.com
Wechat: yushengensen



FyLA Golf
International Golf Academy



JUNIOR & ADULT PROGRAMS



INTERNATIONAL PGA CERTIFIED COACHES



BOOK A FREE TRIAL LESSON NOW!



FYLA GOLF
International Golf Academy
飞乐国际高尔夫学院
Address: 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
Tel: 18526437988



Enjoy Great Wines, Hand-Crafted Cocktails
& Whiskys From Around The World

THE CORNER•ACADEMY
考恩预约品鉴店

86 Harbin Rd., Heping District, Tianjin
和平区哈尔滨道86号
T: +86 22 27119871



Memorable And Personalized
Dinning Experience

THE CORNER•CHANCE
考恩餐饮&文化空间

101-102 Harbin Rd., Heping District, Tianjin
和平区哈尔滨道102增101号
T: +86 22 83219717





DREI KRONEN 1308 BROUHOUS



Enjoy Fresh German Home Brewed Beer
Experience traditional Bavarian Culture

We offer a wide range of different Services

- Business Banquets
- Private Events
- Family gathering
- Wedding Services
- Year-end Party Service



Call us to book now
TEL: 022-23219199

1st Floor in Block 5 at Jinwan Plaza,
Jiefang Bei Road

Restaurant

Steak 羽深肉铺
Wine 羽深肉铺
HabuKa the Butcher

Steak & Wine
Habuka the Butcher
羽深肉铺



Address: No.187, Chengdu Road, Heping District, Tianjin
地址: 和平区成都道187号
Tel: +86 22 8338 5251 / +86 157 2205 2242
Lunch / 午餐时间: 11:30 - 14:30
Dinner / 晚餐时间: 17:30 - 23:00 (22:00 L.O.)

TIANJIN PLUS

Managing Editor
Sandy Moore
managingeditor@tianjinplus.com

Advertising Agency
InterMediaChina
advertising@tianjinplus.com

Publishing Date
October 2019

Tianjin Plus is a Lifestyle Magazine.
For Members ONLY
www.tianjinplus.com

ISSN 2076-3743



Hi Friends,

We have a conversation this month with Chef Filippo to discover the secrets behind the great transformation of Four Seasons Hotel Tianjin eating offer, its mastermind creative cuisine and his passion for the culinary art.

Coming from Tuscany, Italy, Chef Filippo started his career in his home town - Pistoia. Paving his way, he arrived in Sanya, China, joining a hotel luxury brand and later he joined the Four Seasons Hotel in Guangzhou and earlier this year he came to Tianjin taking up responsibility as the new Executive Chef of Four Seasons Hotel Tianjin, successfully passing 18 years in the kitchen with so much passion.

Eating Chong Yang cake with Chrysanthemum tea is a prevalent tradition in each family during the **Double Ninth Festival**, and yet, tells a great history of the Chinese culture. This year, the festivity will take place on 7th of October, 2019, since the ninth day of the ninth lunar month falls on this date. It's this time of the year again to visit elder relatives and enjoy the crisp fall weather with your family and friends outside your home!

Also known as the Chongyang Festival, this traditional Chinese holiday is focused on good health and long life. According to history, people believed that the double ninth day was worth a celebration because Chong Yang means "double yang", whereas number 9 symbolizes Yang, which means positive and bright that affects the destinies of creatures or things it attracts.

The Chongyang Festival is associated with other two notable festivals; the **Height Ascending Festival**, because they tend to climb a mountain during this season and **Chrysanthemum Festival**, since Chrysanthemum blossoms during this time.

This is a perfect opportunity to celebrate as it focuses on curatives, vibrancy, and good health. It is not just a one-day event, but it serves as a reminder to protect you against disease and danger. It is an excellent way to transition your thoughts or make some unwinding moments before the start of winter!

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

BEST GIFT TO YOURSELF AND YOUR FRIENDS

SUBSCRIBE

TIANJIN PLUS
津品 生活



SUBSCRIBE

by taken photo of your business card (or your friend) and send to us by Wechat scanning this QR Code.
Or send an email to subscribe@tianjinplus.com

Subscription Price for Tianjin Plus

3 issues = 75rmb
6 issues = 135rmb (10% discount)
12 issues = 240rmb (20% discount)

SPECIAL JOIN SUBSCRIPTION

Business Tianjin Magazine + Tianjin Plus Magazine
ADDITIONAL discount of 30% discount

3 issues = 108 RMB
6 issues = 195 RMB + GIFT: POWER BANK for Mobile Phone
12 issues = 348 RMB + GIFT: MEMORY STICK, USB 3.0





20



24



32



42

CONTENTS 2019 10

- ||| **Calendar** 12
- ||| **Partner Promotion** 16
- ||| **Art & Culture** 18
 - Double Ninth Festival
- ||| **Beijing Beat** 20
 - Best places to enjoy Art and Culture in Beijing
- ||| **Slang bang** 23
 - The Elephant in the Room
- ||| **Cover Story** 24
 - Chef Filippo Fondatori, Executive Chef of Four Seasons Hotel Tianjin
- ||| **Book Review** 31
 - A Billion Voices
- ||| **Feature Story** 32
 - OPEN MIC 2019
- ||| **Top** 36
 - Top 10 Things To Do in Autumn
- ||| **Relationship** 39
- ||| **Fashion** 40
 - How to Make Oversized Fashion Work For You
- ||| **Beauty** 42
 - All You Need To Know About CBD Skincare Products
- ||| **Interior design** 44
 - 8 Pretty Houseplants That Add Greenery To Your Interior

CONTENTS 2019 10

- ||| **Education**
 - Food for Kids that Aid in Memory 48
 - International School of Tianjin 50
 - Teda Global Academy 51
 - Wellington College International Tianjin 52
- ||| **Past events** 54
- ||| **Fitness & Gym** 58
 - Important factors affecting your daily weight
- ||| **Nutrition** 60
 - What is Glutamate; Everything You Need to Know
- ||| **Health Watch** 62
 - Debunking myths about vaccines
- ||| **Future** 64
 - Why a Trip Back to the Moon is Critical for NASA's Proposed Manned Mission to Mars
- ||| **Entertainment** 66
- ||| **Tianjin Listing Index** 68
- ||| **TEDA Listing Index** 79
- ||| **China Travel** 82
 - The Best of China's Natural Beauty



44



58



64



82

07-13 Mon-Sun

2019 TIANJIN OPEN 2019 天津公开赛

Date: Mon-Sun, Oct 7-13
Venue: Tianjin Tuanbo International Tennis Centre
天津团泊国际网球中心



日期	比赛	开赛时间
10月7日 星期一	男单首轮	19:30
10月7日 星期一	女单首轮	19:30
10月8日 星期二	男单首轮	19:30
10月8日 星期二	女单首轮	19:30
10月9日 星期三	男单首轮	19:30
10月9日 星期三	女单首轮	19:30
10月10日 星期四	男单首轮	19:30
10月10日 星期四	女单首轮	19:30
10月11日 星期五	男单首轮	19:30
10月11日 星期五	女单首轮	19:30
10月12日 星期六	男单首轮	19:30
10月12日 星期六	女单首轮	19:30

Ticket Sales Period is from now till October 13th, 2019. We can help you to purchase tickets from tournament committee by scanning our QR code.

From October 7th - 13th, Tianjin Tuanbo International Tennis Centre will play host to the 2019 Tianjin Open. The Tianjin Open will offer USD 500,000 as prize money. Past champions include Alison Riske, Agnieszka Radwanska, Peng Shuai, Maria Sharapova and Caroline Garcia. In 2019 Tianjin Open will celebrate its 6th year as the largest annual sporting event in Tianjin. Don't miss your opportunity to join the competition and witness history!

13 Sun

SONGS OF LEAR BY SONG OF THE GOAT THEATRE 波兰羊之歌剧团音乐戏剧 《李尔之歌》

Date: Wed, Oct 13
Time: 19:30
Price: 280,380,480,580,680
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅



"Songs of Lear," an experimental musical production presented by The Song of the Goat Theatre group, will be staged at Tianjin Grand Theatre on October 13th.

The award-winning work approached Shakespeare's tragedy "King Lear" in a creative way, allowing audiences to witness an intimate artistic process wherein dramatized songs take on the form of an oratorio.

As a non-linear story, "Songs of Lear" reveals the world of energies and rhythms that govern the tragedy. The theatre group focused on selecting the key scenes of "King Lear," using them as inspiration for spinning a story through words, gestures and music.

The visual structures of movement and a language of gestures that is integrated with poetry come together with music, and the music brings out characters, relationships and events in the tragic story.

16 Wed

WUTHERING HEIGHTS BY CHAPTERHOUSE THEATRE BRITAIN 英文原版话剧《呼啸山庄》

Date: Wed, Oct 16
Time: 19:30
Price: 80,120,180,280,380
450 (280*2), 600 (380*2)
Venue: Jinwan Grand Theatre
天津津湾大剧院



Laura Turner's stage adaptation of Wuthering Heights will be brought to life by Chapterhouse Theatre Company: a British touring theatre company that have been producing high quality theatre internationally for almost two decades. Emily Brontë's only novel was first published in 1847 and has become a classic piece of English literature. It is a love story that challenged strict Victorian ideals regarding religious hypocrisy, morality, social classes and gender inequality, and has been adapted countless times. Performance is in English with Chinese subtitles.

SPECIAL DAYS

- 01 OCT. CHINESE NATIONAL DAY
- 07 OCT. THE DOUBLE NINTH FESTIVAL

17 Thu

CARMINA BURANA BY THE CHOIR OF WELLINGTON COLLEGE TIANJIN AND THE TIANJIN SYMPHONY ORCHESTRA 天津惠灵顿学校合唱团挑战旷世名作《布兰诗歌》

Date: Thu, Oct 17
Time: 19:30
Price: 90,140,190,260,700(260x3)
Venue: Tianjin Concert Hall
天津音乐厅



October 17th, the Choir of Wellington College Tianjin and the Tianjin Symphony Orchestra will perform the famous poem "Carmina Burana" together at Tianjin concert hall.

Carmina Burana is a scenic cantata composed in 1935 and 1936 by Carl Orff, based on 24 poems from the medieval collection Carmina Burana.

The text of Carmina Burana is a selection from a large collection of secular poems of the twelfth and thirteenth centuries, preserved in a manuscript at the Bavarian monastery of Benediktbeuren. The poems are mostly in Latin, the international language of the day, though some are in old French or Middle High German and come from a wide variety of sources. It is somewhat surprising to learn that, apart from some poems that are of a morally uplifting nature, most are bawdy student songs celebrating such un-monk like earthly delights, such as drinking, gambling, and dancing.

Orff's aim was to strip away at what he saw as the over-sophistication and excesses of much 19th century Romantic and post-Romantic music. He hoped to introduce music that revealed more of its basic, primordial elements. As a result, there's an emphasis on rhythm which rides over lyricism and harmony in fierce, hypnotic, pounding structures. Grove's Dictionary characterizes Carmina Burana as "music of powerful pagan sensuality and direct physical excitement"

Tickets are available now. Please contact the College reception for more information.

19 Sat

THIBAUT CAUVIN RECITAL 城市之音——法国古典吉他演奏家蒂博·考文独奏音乐会

Date: Sat, Oct 19
Time: 19:30
Price: 100,160,260
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅



Thibault Cauvin is certainly one of the most talented, charismatic and sought-after guitarists at the moment. He started touring more than ten years ago and never stopped since. Cauvin performed as a soloist in 120 countries on the most prestigious stages: Carnegie Hall in New York, Shanghai Concert Hall, Tchaikovsky Hall in Moscow, Wigmore Hall in London, GAM in Santiago de Chile, the Théâtre des Champs Elysées in Paris, Gasteig in Munich, and many others. He released his eighth album, which follows his two very popular and critically acclaimed previous albums, « Le Voyage d'Albéniz », recorded at the Château Lafite-Rothschild in 2014 and « Danse avec Scarlatti » in 2013. These albums are available in many countries and can be found on several compilations bringing together the music that has marked the past few years.

25 OCT. INTERNATIONAL ARTISTS DAY

20 Sun

THE RUNDfunkCHOR BERLIN CONCERT 德国柏林广播合唱团音乐会

Date: Sun, Oct 20
Time: 19:30
Price: 100,220,320,420,520
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅



The Rundfunkchor Berlin (Berlin Radio Choir) is a professional German classical choir founded in 1925. Along with its 64 singers, Rundfunkchor Berlin embraces numerous choral devotees, who work with passion and commitment behind the scenes to realize shared artistic visions.

From chorus management to customer service, from product management to public relations, all the personnel unseen by the public are collaborating with the singers - and, of course, with the principal conductor - to make up the larger "we" of Rundfunkchor Berlin. Rundfunkchor Berlin is a musical ambassador to the world's great concert halls, yet it is much more than a concert and studio chorus. It forges new paths for the classical concert format and develops new modes of experiencing choral music.

31 OCT. HALLOWEEN

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

26-27 Sat-Sun

INFINITA BY FAMILIE FLÖZ
德国弗洛兹默剧团
《生命无限好》

Date: Sat-Sun, Oct 26-27
Time: 19:30
Price: 80,180,280,380,480,599(380x2),719(480x2)
Venue: Opera House, Tianjin Grand Theatre
天津大剧院 歌剧厅



World-renowned mask theatre company Familie Flöz from Germany will perform the award-winning play "Infinita" in October. The programme won the Audience Award in euro-scene Leipzig, a festival of European theatre and dance, in 2012. It was welcomed with great enthusiasm by the audience and critics at the London International Mime Festival 2016.

Familie Flöz was established in Essen, Germany, in 1994, and has been based in Berlin since 2001. It is an international pool of theatre makers, actors, musicians, dancers, directors, dramatic advisors and designers of masks, lighting, sets and costumes from different nations. Each play is developed in a collective work process through constant rediscovery of disciplines, such as mask theatre, dance, clownery, acrobatics, improvisation, mime and physical comedy. The group's works, without spoken word, are performed through movement, images and music.

10 Sun

THE PHANTOM OF THE OPERA
古巴国宝级西班牙舞剧《剧院魅影》

Date: Sun, Nov 10
Time: 19:30
Price: 180,280,380,580,680(380x2),980(580x2)
Venue: Jinwan Grand Theatre
天津津湾大剧院



"The Phantom of the Opera," one of the world's most successful musicals, will arrive in Tianjin in November.

The famous musical tells the tale of a disfigured musical genius known only as 'The Phantom' who haunts the depths of the Paris Opera House. Mesmerised by the talents and beauty of a young soprano – Christine, the Phantom lures her as his protégé and falls fiercely in love with her. Unaware of Christine's love for Raoul, the Phantom's obsession sets the scene for a dramatic turn of events where jealousy, madness, and passions collide.

Andrew Lloyd Webber's most famous musical is also one of the most successful in entertainment history, playing to over 145 million people in 150 cities across 30 countries. It is the longest-running show on Broadway, having celebrated its 30th anniversary in 2018, and has won more than 70 major theatre awards, including seven Tony Awards and four Olivier Awards, including one for Best Musical.

12-17 Tue-Sun

MATILDA THE MUSICAL
伦敦西区原版音乐剧《玛蒂尔达》

Date: Tue-Sun, Nov 12-17
Time: 19:30;14:30;13:00;18:00
Price: 80,120,180,280,380,580,780,1220(780x2),1380(580x3)
Venue: Opera House, Tianjin Grand Theatre
天津大剧院 歌剧厅



Inspired by the twisted genius of Roald Dahl, the Tony Award-winning Roald Dahl's Matilda The Musical is the captivating masterpiece from the Royal Shakespeare Company that revels in the anarchy of childhood, the power of imagination and the inspiring story of a girl who dreams of a better life. With book by Dennis Kelly and original songs by Tim Minchin, Matilda has won 47 international awards and continues to thrill sold-out audiences of all ages around the world.

Matilda is a little girl with astonishing wit, intelligence and psychokinetic powers. She's unloved by her cruel parents, but impresses her schoolteacher, the highly loveable Miss Honey. Over the course of her first term at school, Matilda and Miss Honey have a profound effect on each other's lives, as Miss Honey begins not only to recognize, but also appreciate Matilda's extraordinary personality.

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

13 Wed

TNT THEATRE BRITAIN PRÉSENTE
NOTRE DAME DE PARIS
英国TNT剧院原版经典话剧《巴黎圣母院》

Date: Wed, Nov 13
Time: 19:30
Price: 120,180,280,380,450(280x2),600(380x2)
Venue: Jinwan Grand Theatre
天津津湾大剧院



British touring theatre company TNT Theatre will perform one of the best-known stories in French literature, Notre Dame De Paris, at Shanghai Grand Theatre's Buick Theatre on November 13th. The play explores themes of religion, morality, love and how to treat your fellow man in the gothic world of Quasimodo. TNT theatre have created an ensemble of French performers who have achieved international success. Working with the TNT director, Paul Stebbings, and choreographer, Eric Tessier Lavigne, they create an impressive stage version of Victor Hugo's original masterpiece.

SPECIAL DAYS

11 NOV. SINGLES DAY

14 NOV. GUINNESS WORLD RECORD DAY

22 Fri

NEW SILK ROAD BY MAKSIM
2019“新丝绸之路”马克西姆跨界钢琴演奏会天津站

Date: Fri, Nov 22
Time: 19:30
Price: 480,680,980,1280,1680,2400(980x3)
Venue: Opera House, Tianjin Grand Theatre
天津大剧院 歌剧厅



Viewed as "Croatia's crown prince of the crossover piano," Maksim Mrvica, together with his band, is visiting Tianjin with the "New Silk Road" world tour. Born in 1975, the classical crossover musician started learning piano at the age of 9 and gave his first concert performance of Haydn's Piano Concerto in C major three years later. Mrvica has become one of Croatia's most famous pianists since his winning of the Pontoise Piano Competition in 2001. The fashionable, tattooed artist has released 13 albums including "A New World," "Elektrik," "Pure," "Greatest Maksim," the Platinum "The Piano Player" and his newest "New Silk Road," featuring iconic tracks like "Croatian Rhapsody," "Exodus," "Still Waters" and "Habanera."



23 Sat

"DO-RE-MI" AUDIO-VISUAL INTERACTIVE CONCERT OF ENGLISH SONGS
英语启蒙儿童歌曲互动演唱会《DOREMI》

Date: Sat, Nov 23th
Time: 10:30
Price: 100,180,280,380
Venue: Jinwan Grand Theatre
天津津湾大剧院



1. SCAN QR CODE TO BUY TICKET!

扫描下方二维码购票



2. SCAN QR CODE and send to us your information: 扫描下方二维码发送您的信息

- Type of tickets 票档位:
- Number of Tickets 张数:
- Your name 您的姓名:
- Phone number 联系电话:
- Address 邮寄地址:



SHANGRI-LA HOTEL, TIANJIN

Shangri-La Hairy Crab Feast

To bring the seasonal delicacy of Hairy Crab to guests, 43 hotels in mainland China will present the Shangri-La Hairy Crab Feast 2019 from 10th of October to 30th of November, 2019, featuring four core dishes and local creations, as well as pairing wines.

The four core dishes include three crab creations by HBKC, SLPU and SLXN, cherry-picked from all Shangri-La hotels in mainland China, plus one created by Gordan Leung, the corporate Chinese executive chef of Shangri-La Group. Embracing the tradition of how Chinese enjoy this fresh water crustacean, while giving a modern interpretation, and covering diversified cooking methods, the core dishes represent the best of each region and the collective might of Shangri-La's culinary team across the country.

The four core dishes have also incorporated inspirations and thoughts from three consultants, Mr Dong KePing, Shen HongFei and Mr Au Yeung Ying Chai. They worked with Shangri-La chefs together and provided professional advisory to enhance tastes and presentations of the signature delicacies.

At each participating hotel, the core menu will be complemented by a range of locally crafted crab dishes in various flavours with different ingredients. A variety of dining experiences will be offered, including special set menus, wine pairing events, crab gift package and more.



Date: October 10th till November 30th

For more information and reservations, guests can go to the landing page: Golden-circle.com/thetable/hairy-crab-festival

FOUR SEASONS HOTEL TIANJIN

"Autumn Hairy Crab Creations" Seasonal Menu @ Jin House Chinese Restaurant

Patrons are in for a treat this autumn with a new seasonal menu consulted by the famous Chef Tony Lu and crafted by Chef Danny Cai at the award-winning Jin House Chinese Restaurant of Four Seasons Hotel Tianjin.

As the only Cantonese and hotel restaurant in Tianjin received 2019 Dianping Black Pearl award, Jin House is well-known for its extraordinary Chinese fine-dining experience to guests. This "Autumn Hairy Crab Creations" menu features amazing delicacies including Steamed green egg white custard with sliced star garoupa fillets and hairy crab roe, Chilled yuzu hairy crab meat topped with uni and caviar, Deep-fried crab claw stuffed with hairy crab meat and almonds, Soy-braised pork dumpling filled with hairy crab meat and crispy rice and more.



Price: This seasonal menu is available by a la carte or lunch and dinner
Date: From September 30th to December 15th, 2019.
Venue: Jin House Chinese Restaurant, Four Seasons Hotel Tianjin

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

CONRAD TIANJIN

Inspired Hairy Crab Feast

Every autumn brings the year's most highly anticipated seasonal specialty: hairy crabs. YING has prepared the finest fresh hairy crabs and a menu of crab delicacies in this harvest season. Come and enjoy the silken flesh and succulent roe, which will bring you a delightful experience that you cannot miss. Dishes you will enjoy richly include Crab Meat with Large Meatball, Cheese Baked Crab, Crab Meat with Crab Shell Cake, Wine Preserved Crab, Crab Meat and Bean Curd, Juicy Steamed Buns Stuffed Crab Meat and many more.



Date: Valid until October 31st, 2019
Venue: YING, Conrad Tianjin

For more information and reservation please contact: +86 22 5888 6666.

THE ST. REGIS TIANJIN

Chef Liu's Exclusive Signature Dishes

The St. Regis Tianjin's Executive Sous Chef, Albert, Liu, has nearly 20 years working experience in international hotels and luxury restaurants since joining The St. Regis Tianjin for eight years. Chef Liu is especially good at cooking Cantonese classic dishes with materials and pays special attention to retain the characteristics of Cantonese cuisine. Combined with special ingredients, he constantly develops and innovates various kinds of delicious food and pays attention to breakthrough himself, aiming to provide guests with a dining experience that never leaves home. This time, Chef Liu launches a series of new delicacies "Chef Liu's Exclusive Signature Dishes".

To create a sumptuous Chinese banquet for you can be based on the preferences of guests and special dining requirements to adjust the customized menu.



Price: Starts from RMB 388 per person (minimum reservation for 6 persons, please make reservation 3 days in advance)
Time: 11:30 - 14:30; 17:30 - 22:30
Venue: Riviera of The St. Regis Tianjin

For more details, please call 86 22 5830 9962.

RENAISSANCE TIANJIN LAKEVIEW HOTEL

Hairy Crab Feast

Hairy Crab has been known as a gourmet delicacy in China for hundreds of years, especially during autumn. Renaissance Tianjin Lakeview Hotel will entertain our guests with the freshest hairy crabs in the original way and varieties of crab dishes.

From this October, New Dynasty Chinese Restaurant will offer guests a season limited menu of "Hairy Crab Feast" at lunch and dinner for your family reunion during the beautiful season.



Venue: New Dynasty, Renaissance Tianjin Lakeview Hotel

For more information, please contact +86 22 5822 3110/3111.

INTERCONTINENTAL TIANJIN YUJIAPU HOTEL & RESIDENCES

Caifenglou Roasted Duck

Cai Feng Lou Chinese Restaurant offers a sumptuous menu that focuses on traditional local cuisine and a selection of authentic Cantonese dishes.

Roasted Peking Duck has been served in China for more than 1,000 years. In the Liao dynasty, wild white ducks were used for the emperor's hunting. The so-called Pekin variety with its white colour, succulent meat and slim body, is well known to be the best for this method of cooking.

Our Roasted Duck is prepared in a traditional wood-fired oven by our Duck Master Chef. The ducks are feed on spring water, fish and shrimp, they go through a careful preparation process and then perfectly roasted with fragrant apricot hardwood.

The carefully crafted method ensures the roasted duck is prized for its thin, crispy skin, succulent meat and is expertly carved in front of the diners by our Chef.



Price: RMB308 per set
Date: Monday to Friday
Time: 11:30-14:00
Venue: InterContinental Tianjin Yujiapu Hotel & Residences

For more information please contact +86 22 5986 8888.

Double Ninth Festival



By Rose Salas

Eating Chong Yang cake with Chrysanthemum tea is a prevalent tradition in each family during the Double Ninth Festival, and yet, tells a great history of the Chinese culture. Also known as the Chongyang Festival, this traditional Chinese holiday is focused on good health and long life. According to history, people believed that the double ninth day was worth a celebration because Chong Yang means "double yang", whereas number 9 symbolizes Yang, which means positive and bright that affects the destinies of creatures or things it attracts.

The Chongyang Festival is associated with other two notable festivals; the **Height Ascending Festival**, because they tend to climb a mountain during this season and **Chrysanthemum Festival**, since Chrysanthemum blossoms during this time.

This year, the festivity will take place on 7th of October, 2019, since the ninth day of the ninth lunar month falls on this date. It's this time of the year again to visit elder relatives and enjoy the crisp fall weather with your family and friends outside your home!

DOUBLE NINTH FESTIVAL TRADITIONS

Regardless if you are commemorating Hengjing's heroism or you want to neutralize the double yang's imbalance, this is a perfect opportunity to celebrate as it focuses on curatives, vibrancy, and good health. It is not just a one-day event, but it serves as a reminder to protect yourself against disease and danger. If you feel that summer is soon to end, this is an excellent way to transition your thoughts or make some unwinding moments before the final stretch. Next thing you know, it's already the start of winter! Nevertheless, these are still the best activities of all-time:

GO MOUNTAIN CLIMBING

One of the most precious activities that we are looking forward to is mountain climbing. It is popular in preventing diseases and other dangers the old folks may encounter during the Tang Dynasty. But today, it is an excellent opportunity to take your friends and relatives to enjoy the fall foliage, see the beautiful scenery, and share the happiness of the holiday.

DRINK CHRYSANTHEMUM TEA

The next thing you can do during the festival is to drink Chrysanthemum tea. Since Chrysanthemum blossoms during this season, it is best to have a taste of its tea or wine. It is rich with antioxidants that can

九九重阳节

重阳节这个传统节日涵盖了一段伟大的中国文化史，象征着健康和长寿。金秋送爽，丹桂飘香，农历九月初九日的重阳佳节，活动丰富，情趣盎然，有登高、赏菊、喝菊花酒、吃重阳糕、插茱萸等等。

登山：与家人朋友一起登山远眺，欣赏风景，分享节日的喜悦。

品菊花茶：重阳节恰逢菊花盛开的季节，人们相信饮菊花茶可以预防身体疾病，并且远离厄运。

品尝重阳糕：蛋糕的“糕”同样象征登高远眺。重阳糕还象征着不断提升，不断进取。

探望老人：在重阳节探访家庭中年长的老人，与长辈共度重阳佳节是非常有价值的事情。

重阳节于1989年被选为老年人的节日。在当今时代，许多公司会组织退休老年人与家人朋友一起，爬山或郊游，享受幸福和健康的生活。



help your body flush toxins and keep you away from bad luck or the evil. It can also prevent all sorts of diseases and catastrophes.

EAT CHONG YANG CAKE

If you can't climb the mountain for any reason, you can still have the same effect by eating Chong Yang cake. It is said that the cake is a play on the word for cake "gao" meaning, **high** - giving them the feeling of having climbed the mountain. Interestingly, Chongyang Cake helps you to progress, giving you that urge to improve or move to a higher level.

VISIT ELDERLY RELATIVES

Since the festival is all about celebrating the life of the elder, spending quality time is the most valuable thing you can do on this day. Let your grandparents or any older person in your family feel that they are appreciated and express your gratitude for them. Since the Chinese culture is remarkable for its love and bond for the family, going out or circling around while enjoying a good talk with them is priceless. If your time permits, take the chance

to visit your ancestors' graves, clean it, and make an offering.

MODERN-DAY CELEBRATION OF THE DOUBLE NINTH FESTIVAL

In traditional celebration of the Double Ninth Festival, people endow the word JIU with the meaning of longevity of a person's life. But in 1989, the Double Ninth Festival was selected as Senior's Day - a day to respect and appreciate the elderly and let them enjoy themselves. There are a lot of companies that organize groups of retired senior citizens to go out and climb mountains or choose to go on an outing. They can be accompanied by their selected family members to relax and enjoy the day in a natural setting, while wishing them happiness and a healthy life.

In all of these activities, which part has the most significance to you? For something to ponder on, here is a poem by the famous poet Wang Wei (九月九日忆山东兄弟 *Double Ninth, Remembering my Shandong Brothers*).

Chinese version:

dú zài yì xiāng wéi yì kè
独在异乡为异客·
měi féng jiā jié bèi sī qīn
每逢佳节倍思亲·
yáo zhī xiōng dì dēng gāo chù
遥知兄弟登高处·
biàn chā zhū yú shǎo yì rén
遍插茱萸少一人·

English Version:

Being Alone alien in a foreign land,
Every holiday is accompanied by
reminiscences of one's kith and kin.
Knowing from afar, the heights
one's elder and younger brothers
have scaled;
Side Wearing Cornus officinalis,
there is one soul less, amiss.



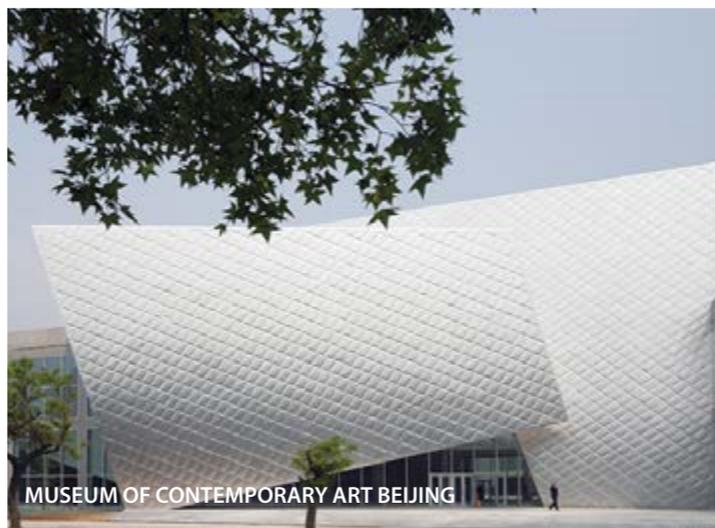
THE BEST PLACES TO ENJOY ART & CULTURE IN BEIJING

By Jordan Snyder

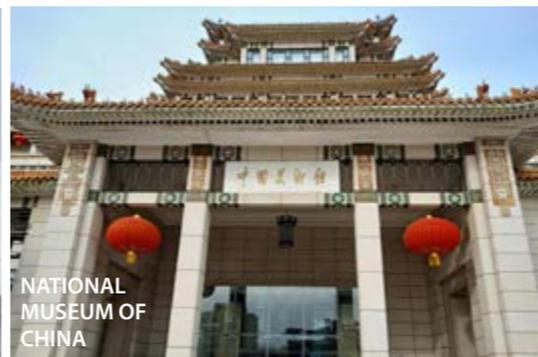
Beijing is regarded as the economic, political and educational centre of China, although many people are not aware of its importance, both culturally and in the world of art. In this article we will firstly look at the best places to enjoy art in Beijing before looking at the best locations for other areas of culture in Beijing



CAPITAL MUSEUM



MUSEUM OF CONTEMPORARY ART BEIJING



NATIONAL MUSEUM OF CHINA



HAN MEILIN ART GALLERY



TODAY ART MUSEUM



CAFA ART MUSEUM



ULLENS CENTRE FOR CONTEMPORARY ART

NATIONAL MUSEUM OF CHINA

The National Museum of China was opened in 2003 when the National Museum of Chinese History and the National Museum of the Chinese Revolution merged. Located on the eastern side of Tiananmen Square it is one of the world's biggest museums, housing more than 1 million relics including jade, bronze, pottery and gold.

CAPITAL MUSEUM

Second only in size to the above museum, the Capital Museum hosts a floor area of 60,000 square metres and a visit here will take around 4 or 5 hours. There are more than 5,600 items on display at any time.

NATIONAL ART MUSEUM OF CHINA

Located in Dongcheng districts Wu Si Street, this museum displays, collects and researches the work of Chinese artists from the modern era. Its collection holds over 100,000 works of art that include Chinese paintings, printing and sculptures.

CHINA MILLENNIUM MONUMENT

This monument was built to see in the new millennium and is located on West Chang'an Street. In addition to the gallery there is a rotating stage for hosting open-air performances to an audience of up to 1000 people.

HAN MEILIN ART GALLERY

This privately owned gallery is the second one in China that focuses on the work of Han Meilin. The gallery covers an area of almost 10,000 square metres and features 2000 of the artists' work including paintings, calligraphy, folk craft and sculptures.

CAFA ART MUSEUM

The Central Academy of Fine Arts was established in 1953 and is one of China's top educational institutions in art. The gallery features more than 13,000 pieces of art from former students, as well as masters of different classical styles of Chinese art.

TODAY ART MUSEUM

This museum was founded in 2002 and focuses on the development of contemporary art in China. The museum contains fully functional facilities that include exhibitions, art education, and showing of contemporary art, publishing books and magazines

in addition to an art salon. This location has become one of the best venues for discovering contemporary art within China.

ULLENS CENTRE FOR CONTEMPORARY ART

Located in the 798 Art District, this venue was Beijing's first private art institution to be established by foreigners. The fantastic facilities include a contemporary art library, a reading room, archives, lecture hall, bookstore and a café. The centre's aim is to promote contemporary art across China and the rest of the world.

YAN-HUANG ART MUSEUM

This museum, located at Yayuncun, was the first large modern art gallery to be established in Beijing. The centre consists of a central lobby, exhibition halls, a multi-function hall, as well as a painting warehouse. The collections include contemporary Chinese work including ancient Chinese paintings, calligraphy and cultural relics. In the gallery there are often exhibitions of fine art which include oil paintings, sculptures, woodblock prints and other cultural relics.

MUSEUM OF CONTEMPORARY ART BEIJING

The Museum of Contemporary Art or MOCA is located in a modern building of three floors in Daxing Village, Songzhuang. On the upper floors are exhibits of sculptures, while the central floor consists of a media exhibition hall, which includes works by modern and newly emerging artists.

BEIJING OPERA

Walk along any street in Beijing and you will hear the sounds of Beijing Opera. Beijing Opera can be traced back to 1790 when four troupes from Anhui Province arrived in the city and performed. In the decades since those beginnings the performance has become 'Beijingized' in that they are adapted in their libretto singing, spoken parts and the use of rhyme. It is best to learn the meaning of the painted faces to better understand the roles being portrayed. Red represents command, loyal and brave. Black is neutral in addition to be lionhearted and sharp sighted. Blue and green faces are also neutral, while yellow and white faces are derogatory and symbolize fierce or cunning men. Gold and silver faces are used to display mystery. The shape of the face can also be symbolic to convey evil mindedness.

THE BEST PLACES TO SEE THE BEIJING OPERA

LI YUAN THEATRE

Located at Qianmen Hotel, 175 Yong'an Lu, Xuanwu District. The show begins at 7.30pm every day and lasts for 90 minutes.

ZHENG YICI OPERA THEATRE

The address of this theatre is 220 Xiheyuan Dajie, Xuanwu District with daily shows taking place from 7.30pm until 8.30pm.

HU GUANG HUI GUAN OPERA THEATRE

Performances at this theatre last for 90 minutes from 7.15pm at 3 Hufang Road, Xuanwu District.

MEI LAN FANG GRAND THEATRE

This theatre can be found at West 32 Street in Xicheng District with daily performances beginning at 7.30pm.

CHANG'AN GRAND OPERA HOUSE

The Chang'an Grand Opera House is located at 7 Juanguomennei Avenue in Beijing. The performances begin daily at 7.15pm and continue until 8.45pm.



北京欣赏艺术文化的最佳场所

北京是中国经济、政治和教育中心，在文化和艺术领域也占有绝对重要的地位。北京欣赏文化艺术的最佳场所包括：中国国家博物馆、首都博物馆、中国美术馆、千年纪念碑、韩美林美术馆、中央美术学院、当代美术馆、尤伦斯当代艺术中心、炎黄艺术馆、当代美术馆等。

北京的京剧可以追溯到1790年，至今仍在广为流传。京剧的词曲唱腔、画脸等特色独具北京风味。北京欣赏京剧的场所包括：梨园剧院、正乙祠戏楼、湖广会馆大戏楼、梅兰芳大剧院、长安大戏院等。

北京的另一种文化传统是茶馆。北京有数百家茶馆，是放松休闲，体味京味文化的绝佳场所，著名茶馆包括：圣淘沙茶园、七碗茶馆、张一元茶庄、明辉茶社等

ANOTHER CULTURAL TRADITION OF BEIJING

TEA HOUSES

Beijing has hundreds of tea houses, where some tea houses offer nothing more than a place to sit and drink some tea, while others employ a ceremony and a form of entertainment. Whatever the tea house, it is a good place to relax and take in some local culture.

SANTOSA TEA GARDEN

Santosa Tea Garden is located on Waiguanxiejie on the North 2nd Ring Road and close to Liuyin Park. The tea house has seating for 500 and also serves Southeast Asian cuisine. Every evening, singers perform songs from 8.30pm until 11pm. The songs are reminiscent from days of an earlier era. Within the tea house are several olds curios, including old phonographs and oil fuelled lamps that, together with the music, give the feeling you have been taken back into the 1930s or 40s.

SEVEN-BOWL TEA HOUSE

This tea house is located at 30 Baishiqiao in Haidian District and just 100m to the east of the south gate of the China Academy of Agriculture. It is a tea house



full of classic Chinese style serving fragrant tea in jade-white or jade-green tea sets. One of the highlights here is the performance of a tea ceremony.

ZHANG YIYUAN TEA STORE

The Zhang Yiyuan Tea Store was founded in 1925 in this old tea store on Zhongguancun North Street in Haidian District. The Chinese name of the store, when literally translated, means 'When a year begins, everything looks fresh and gay.' Services offered here include

tea, a tea ceremony, customs involving tea, tea cookies and literary performances.

MINGHUI TEA HOUSE

Located at the Temple of Great Awakening (Dajuesi), Bel'anhe in Haidian District, the Minghui Tea House serves tea from Taiwan in tasting sessions and tea ceremonies. The wide range of teas on offer here include wulong, longjing, jasmine and green tea. At the weekends the tea ceremonies are completed with the addition of tea cookies.

THE ELEPHANT IN THE ROOM



Mary and John have been dating for quite a number of years. Recently, however, Mary has noticed that John has been acting a bit strange. Not only have they been spending less and less time together, Mary has also noticed that John has been coming home late and is constantly on his phone.

One night, when John was in the shower, Mary noticed a message coming through. Curious, Mary went over to check, and saw a message from another woman named Shelly that mentioned she missed John and couldn't wait to see him again soon. Shocked, Mary hurriedly put down the phone, and pretended that she was asleep when John was done showering. As the weeks followed, Mary still hadn't addressed what she had discovered, and John hadn't said anything either. Their relationship was becoming more and more awkward and distant.

One afternoon, Mary was having coffee with her best friend Patricia.

"So, are things with John still really awkward?" Patricia casually asked Mary as she stirred her coffee.

"Unfortunately, so, I'm sure John knows that I've got an idea of what's happening, but we haven't talked about it," Mary sighed.

"Do you see yourself continuing to be with him?" Patricia queried.

"Honestly, if John has been cheating on me with this woman for a while, I probably don't want to continue the relationship. However, I don't really know how to address it, because it's such an awkward situation," Mary responded.

"Honestly, I think that you should just tackle this straight on and address this," Patricia advised.

After listening to her best friends' advice, Mary decided that she would heed it, and confront John. That night, just as John was getting ready for bed, Mary decided that it was time.

"John, we need to address the elephant in the room," Mary took a deep breath and said.

"What elephant in the room?" John awkwardly responded.

"There's an obvious problem between us, and I noticed that we're very distant with each other right now. Also, I'm aware that there's someone else in the picture, and I'm sure you've guessed that I've picked that up, as well."

Upon hearing this, John slowly nodded "I'm sorry Mary, I just didn't know how to start talking about this."

While there isn't an actually elephant in the room, what Mary is trying to say is that there's an obvious issue or problem (the size of an elephant) between her and John that neither of them want to discuss. In this case, the problem refers to their relationship falling apart due to the presence of another individual.

Even though there isn't a Chinese phrase that means elephant in the room, something a little similar would be: 人们不愿提及的棘手问题 Rén men bù yuàn tí jí de jí shǒu wèn tí. This phrase essentially translates to individuals not willing to discuss a difficult issue.

By Karen Wang

房间中的大象

玛丽和约翰是一对情侣，但在最近，玛丽注意到约翰经常回家很晚，并且给别人打电话。一天，玛丽注意到约翰的手机有其他的女人发来的暧昧信息。接下来的一段时间，玛丽和约翰的关系逐渐变得疏远。

玛丽的好友帕特里夏在喝咖啡时，建议玛丽直截了当地与约翰对质，解决掉这个问题。

玛丽听取了好友的建议。她告诉约翰“我们需要与房间里的大象说话。”约翰表示不解。“我们之间存在明显的问题，关系正在变得逐渐疏远。我们之间隔着什么，我认为你已经猜到了。”约翰点点头表示同意。房间里的大象，指的是两人之间存在的明显的问题（大象的大小），但两人都愿意讨论。在这种情况下，由于第三者的存在而导致了两人关系的破裂。



AUTHENTIC, RESPECTFUL, CREATIVE

In conversation
with Chef Filippo
Fondatori
Executive Chef
of Four Seasons
Hotel Tianjin

By Romee C.

Coming from Tuscany, Italy, Chef Filippo started his career in his home town - Pistoia. Paving his way, he arrived in Sanya, China, joining a hotel luxury brand and later he joined the Four Seasons Hotel in Guangzhou and earlier this year he came to Tianjin taking up responsibility as the new Executive Chef of Four Seasons Hotel Tianjin, successfully passing 18 years in the kitchen with so much passion.

We have a conversation with Chef Filippo to discover the secrets behind the great transformation of Four Seasons Hotel Tianjin eating offer, its mastermind creative cuisine and his passion for the culinary art.

Can you brief us about the training you had to go through to be where you are today?

At first I started to work for a family oriented restaurant with authentic Italian cuisine. Then I moved to the south of Italy to Sardinia and Sicily, and after having worked in a few fine restaurants and hotels, I joined Doney Restaurant of The Westin Excelsior, an iconic five-star hotel in Via Veneto, Rome, under the guidance of Chef James Foglieni for 3 years.

Kept steps forward in 2009 I moved to the Caribbean, in the Dominican Republic, and started working for Le Cirque, a chain French restaurant with a famous brand and headquarter based in New York with many branches around the world. After having my first experience outside of Italy, I moved to India for the opening of Le Cirque Restaurant in New Delhi.

What inspired you to start your journey in the culinary world?

Though no one in my family had worked in the culinary world before me, I was influenced by my families' dining culture and love of food. As a kid I followed my instincts for the passion of food, and joined culinary school in Italy. During the five-year study in culinary, I learned hospitality, kitchen service, front office and then chose to master the art of being a chef.

What are some of your greatest achievements in this long and successful journey?

Going back in time to 2011, when I opened the new branch of Le Cirque in New Delhi under the guidance of Chef Mickey Bhoite, I was proud to become a part of the team and succeed even if it was my first time in Asia. This restaurant has received many awards even till today. Before joining Four Seasons Hotel Tianjin, I was the Executive Sous Chef at Four Seasons

Hotel Guangzhou for 3 years, and it broadens my global palate in China and making me understood about Chinese cuisine. During this period, I was a part of the food & beverage management. As worked closely with Chinese kitchen team, we achieved a Michelin one-star rating for the hotel's Yu Yee Heen Chinese Restaurant.

As a foreign Executive Chef, what are the challenges you had to face?

My biggest challenge is the language. Unfortunately, I didn't study Chinese, so it takes time to have a conversation with local chefs. This is my limitation and I hope I will be able to pick up more Chinese along the way.

How would you describe your cooking style and its connections between Tianjin and Tuscany? Any international and local ingredients or food you would like to fuse?

Finding a connection is quite difficult. My cuisine has a Mediterranean/Italian cooking style and I try to get the best out of the products available here and relate it to the food I make.

Here at Cielo Restaurant in Four Seasons Hotel Tianjin, we have an Italian inspired diner, but we also have local offerings. For example, we have Dim Sum and Noodle offerings, but we like to keep them at separate station in order to keep the authenticity.

Tell us what keeps you so passionate about cooking.

Mostly it is the fact that I can please people and that they may compliment me for the meal they have had, it is what keeps you going. It's quite tough and hard working environment since you have to spend a lot of time, especially during festive seasons, but a simple 'thank you' makes me happy and stronger.

You may have a great multicultural team around you. How do you manage to work with them?

I believe the most powerful thing is good communication. If any project or menu needs to be changed or anything is to be fixed, we make the decisions together. This keeps us in union despite our differences. A few alterations have been made after my arrival and they've been very flexible throughout. In Cielo Restaurant, the food offerings and the look of the restaurant in terms of food presentation have been changed. Focusing more towards the Mediterranean style, blue and white plates have been installed. Nothing would have been possible without our team support.

Can you brief the diversified dining experience provided by Four Seasons Hotel Tianjin?

We have a very beautiful Chinese restaurant, Jin House, designed with a Dim Sum open kitchen with delicious food mainly featuring Cantonese cuisine and few dishes from Tianjin. The famous Chef Tony Lu is giving us long-term consulting on the menu and food offerings at Jin House and Head Chef Danny Cai is doing an exceptional work with his team. Coming from Guangzhou, I know quite many Chinese restaurants, but Jin House is still special with high style, contemporary ambiance and modern dish presentation.

At Cielo Western Restaurant, I have Chef de Cuisine Johnny Zhang to bring the international buffet favourites to our guests. Every one or two months, we will design some new special themed weekend dinner buffet to refresh the flavour and dining experience.

We have a beautiful La Sala Lobby Lounge where features themed afternoon tea that designed by our



正宗，尊重和创新

采访大厨Filippo Fondatori
天津四季酒店行政总厨

Filippo来自盛产名厨的意大利托斯卡纳，从故乡皮斯托亚（Pistoia）开始了他的职业生涯。之后来到中国，任职于三亚一家奢华酒店，然后加入广州四季酒店，今年5月来到天津，担任天津四季酒店行政总厨，从业18年仍充满激情。

我们专访了行政总厨Filippo先生，探寻他的美食创意及对烹饪艺术热情背后的秘密。

能简要介绍您的职业培训经历吗？

我的职业生涯起步于托斯卡纳一间当地餐厅，为客人提供正宗的意大利美食。之后任职于意大利南部撒丁岛和西西里岛的精品餐厅，此后我在罗马威尼托大区的地标五星级酒店的Doney餐厅工作，在其知名主厨James Foglieni指导下历练了3年。

2009年搬到加勒比海地区，任职于著名连锁法餐厅Le Cirque，该餐厅总部位于纽约，在世界多地都有分店。此后我移居印度，并在新德里主理了Le Cirque餐厅的开业。

在这段漫长学习成长的旅程中，您最大的成就是什么？

追溯到2011年，我在名厨Mickey Bhoite的指导下在新德里开设新的Le Cirque分店，这是我第一次来亚洲，也取得了成功，我为团队成就感到非常自豪。直到今天，这家餐厅还在当地领先，获得诸多奖项。在加入天津四季酒店之前，我曾在广州四季酒店担任三年行政副总厨，令我进一步拓宽对国际美食尤其是中餐的理解与阅历。在广州我担任餐饮管理时与中餐团队密切协作，助酒店的愉粤轩中餐厅摘得了米其林一星荣誉。

作为一个外籍行政总厨，您要面对什么挑战？

最大的挑战还是语言。我没有系统学习过中文，所以需要更多时间与本地厨师交谈。这是我需要学习的地方，希望在工作交流中学会更多中文。

如果用三个词来概括您的烹饪风格，会是什么？

正宗，尊重和创新。

Filippo行政总厨计划在国庆节期间举办烹饪课程，教授如何制作意大利面食和甜品提拉米苏，非常值得期待！

还在等什么？去天津四季酒店品尝他主理的美味吧！



talented high-profile Executive Pastry Chef Christy Tse.

At Aria on 9 is the sky garden lounge as well as a stylish event space with a breath-taking view and open from Spring to Autumn. At the Gusto Bar we offer "First in China" clay aged and handcrafted cocktails along with an exquisite snacks menu to go with it. The swanky space with live jazz focused performance fills the atmosphere with awe.

How did you feel after joining the prestigious Four Seasons Hotel Tianjin and taking up the responsibility as Executive Chef?

I feel very proud to be the Executive Chef here at Four Seasons Hotel Tianjin. It's my first time as an Executive Chef, and it is indeed a lot of work and interesting challenges and above all a higher and stronger sense of responsibility. **Four Seasons Hotel Tianjin's new dinner buffet is very popular in town. Please, tell us some details about it.** We made a lot of changes on the

way the buffet was displayed, as I believe it is necessary to appeal people by the way it looks, and we put together new menus and completely change the presentation of the buffet to give an opportunity to the guests to explore better the restaurant.

We also changed the offerings, having recently two special nights. One featuring a tour of different regions of Italy, allowing them to figure out what food comes from where. And on Saturday, we did a seafood night. We have designed a new menu with seafood that includes oysters, lobsters, crabs, seafood soup, roasted fish in Italian style and seafood pasta... 70% of the menu is seafood based.

What are the new culinary surprises or new dishes we could expect to see from Four Seasons Hotel Tianjin in the coming weeks or months?

From 4 to 26 October, 2019, we'll have the 3rd issue of Italian

Gourmet Tour at Cielo Western Restaurant offering a gustatory journey from Lazio, Sicilia, to Veneto of Italy. Featuring Saltinbocca alla Romana, Moeche fritte softshell crab fried and more in weekend dinner buffets every Friday and Saturday.

In mid-October, we will collaborate with one of the biggest Caviar producers in China for a "Caviar" themed fine dinner at our award-winning Jin House. It will be launched from late Oct., 2019 with an exquisite set menu live for one week.

At La Sala we will collaborate with Weiss chocolate, a famous chocolate brand from France, for a special themed afternoon tea during the year-end festive season from December 2019 to January 2020.

We also work with the other Four Seasons hotels to have guest chef programs to put down a four hands dinner, or for mixologists to

engage in preparing a cocktail party. Like at Cielo Western Restaurant offering a gustatory journey from Lazio, Sicilia, to Veneto of Italy. Featuring Saltinbocca alla Romana, Moeche fritte softshell crab fried and more in weekend dinner buffets every Friday and Saturday.

The winter and year-end festive season is approaching. How will Four Seasons Hotel Tianjin's annual ball event differ from the usual offerings?

For the coming year-end festive seasons, we're fine-tuning the details of our promotional programs. Yet we have come up with the theme "Bianco Natale" that means "White Christmas" with elegant concept and decorations.

As it's also the peak season for corporate annual balls, we're paying high attention and craftsmanship efforts in banquet menu designing to impress the corporate clients.

If you could sum up your cuisine in three words, what would they be?

Authentic, Respectful and Creative.

Authentic, because it is important to follow a cuisine thoroughly, whether it comes to Italian cuisine or any other cuisine you engage in, you should ensure its authenticity.

Respectful, because the ingredients used should be respected and where they come from. Since

THE BEST REWARD TO A CHEF IS THE ABILITY TO CREATE MEMORIES THROUGH CRAFTSMANSHIP, PASSION AND DEDICATION IN SELECTING SEASONAL AND LOCALLY SOURCED INGREDIENTS

ingredients are seasonal, we should use them in a sustainable way.

Creativity is an essential in every profession, but especially for chefs. The presentation of food, whether it is a simple dish or a whole buffet to be arranged, you have to strive to make it look beautiful and unique.

How do you spend your leisure time? What hobbies do you have?

I love to spend my leisure time with my two kids and my wife. I also enjoy doing sports, running, Pilates and Body Pump. I make time for fitness in the early mornings before work, as it motivates me.

Chef Filippo is planning to do a few cooking classes during the national holiday, so get ready to learn how to make your own fresh pasta and your favourite tiramisu. He also did a cooking class for kids on the day of the Mid-Autumn Festival and it was quite successful. So look forward to become chef!

A very big thank you to Chef Filippo Fondatori for taking time to talk with our magazine and thank you for the delicious food you served us despite having a very busy schedule.

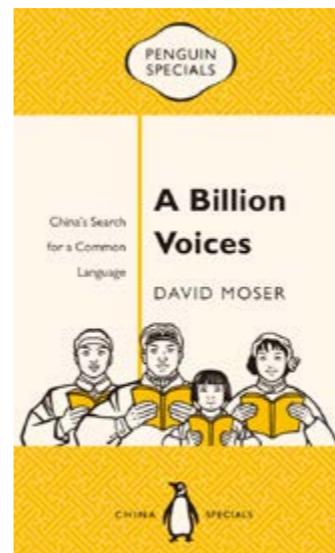
Why wait? Visit Four Seasons Hotel Tianjin now!



A BILLION VOICES

CHINA'S SEARCH FOR A COMMON LANGUAGE

by David Moser, 2017



The Chinese language is known under many names: Putonghua, Mandarin, and Gouyu. On top of this, China has a diverse population which speaks many languages and dialects. For many years, many different politicians and linguists have made it their goal to unite the people under the same language. There were many movements and individuals that pushed towards this goal, pushing the boundaries of language reform in China. The new freedom when it comes to internet usage has shaken up these movements in ways unseen before, shaping the linguistic field anew. David Moser gives us insight into how the language unification agenda has been affecting the people of the country, as well as how the people affected it. It provokes us to think about what it actually means to speak Chinese.

In *A Billion Voices*, Moser shows us how to truly produce a piece of first-rate scholarship. The book proves to be a readable narrative despite being tightly woven and multi-layered. This could only have been written by somebody who lived in China for a long time and experienced the weight of these changes. Moser illuminates the efforts the government of China has put into

devising a common language for the people within their borders in an entertaining and breezy manner.

This book can completely change the way you see China and the language. If you study Mandarin, this will bring you a new encouragement, as people who speak this language as their first language struggle with it as much as you do. It will also breathe new appreciation for the language into you, as you will see how much the people struggled to adapt to whichever wave struck their linguistic understandings.

If you are not interested in the language and learning it, this book might still be an interesting read. It gives a light-hearted analysis of the unification movements within China and how people struggled to keep up with them. If nothing else, you will be able to sympathize with the difficulties they are having mastering their "new" language.

This book can completely change the way you see China and the language



OPEN MIC 2019 音为夏天

FOR YOUR CHANCE TO WIN

一场属于音乐人自己的音乐盛典

用才华点燃这座城



官方合作方：



Music is something that everyone enjoys. And when it comes to Rock music, it comes with so much emotion which makes you move with countless feelings. If you want to listen to good Rock music the best place to be is at Hard Rock Cafe Tianjin.

Seeing the large numbers of rock music fans coming each day to Hard Rock, Luneng CC plaza decided to do something special along with Hard Rock Cafe Tianjin for the lovers of Rock Music. That was none other than the amazingly successful OPEN MIC 2019 - Your Chance To Win, competition.

A total of 37 bands entered the competition showing much enthusiasm. By the choice of the judges the number was brought down to 16 bands.

The 16 bands competed with each other in four rounds, 4 bands per week for a period of four weeks during the month of August adding that extra heat to the summer. From these 16 bands, 8 bands were selected to compete at the finals of the OPEN MIC 2019 - Your Chance To Win, which was successfully held on the 7th of September at the Hard Rock Cafe Tianjin with a house full of Rock and Roll fans sipping on their favorite Hard Rock Cocktails and enjoying their favorite meals.

The top Four bands were elected by the super fans voting along with the judges.

Luneng CC Plaza was the sponsor of the OPEN MIC 2019 project, as Luneng CC Plaza focuses mainly on entertainment and leisure. It is located in Tianjin city landmark building between the water park and the Tianjin tower, and was launched on 2018 January.

Constituting more than 200 diverse styles and distinctive brand stores, the global chain of rock music-themed dining Hard Rock Cafe, combines experience, entertainment, education, retail, and related industries.

Getting to know the top 4 bands:

OPEN MIC音为夏天， 用音乐点燃津城- 天津硬石餐厅联手鲁能购物中心 2019 强强之作

生活中有三样东西离不开：空气、水、音乐。音乐是每个人都喜欢的东西，如果你想听好听的摇滚音乐，最好的地方就是天津硬石餐厅。用音乐的力量连接你我，展现它的活力，它的历史，它的态度！鲁能城购物中心联手天津硬石餐厅推出了今夏最强音乐盛典“OPEN MIC音为夏天”音乐主题活动，“中国第一摇滚女声”罗琦女士空降鲁能，现场助阵，延续硬石的传统经典，在吉他砸碎的那一刻，活动成功启幕！

不管是在哪个舞台，认真玩儿音乐的人总是魅力无限！本次音乐盛典主题活动招募范围广泛，不设门槛，不限风格，不限语言，共集结了37组京津实力原创乐队，通过粉丝线上投票最终选出16组乐队参与晋级赛，分为4场于8月每周六晚上参与现场竞赛，每场4组PK。

通过现场大众乐迷团与评委投票评选，最终8组乐队胜出进入9月7日终极决赛。决赛当晚，硬石的摇滚乐迷们挤爆了现场，歌迷们啜饮着

他们最喜欢的鸡尾酒，享受着最喜欢的美食，疯狂地喊着他们喜欢的乐队的名字，直至凌晨。最终蜥蜴先生乐队以乐迷加评委投票双高分赢得本次比赛冠军，他们将会登上Hard Rock 硬石国际的音乐舞台。我们采访了进入了4强淘汰赛的四组乐队，正如蜥蜴先生乐队谦虚的回答：“赢得此次HOT 1不算什么，因为这只是一个开始...”

鲁能城购物中心是这次活动的主办方之一，定位以休闲娱乐体验为主题，集餐饮、娱乐、购物功能为一体的都市家庭时尚休闲体验中心。面积达12万平方米，引入200余家风格多样特色鲜明的店铺，涵盖全球连锁摇滚音乐主题餐饮Hard Rock Cafe, 沃美国际影城等。

祝愿2019 OPEN MIC音为夏天所有音乐人在音乐事业上一帆风顺。让我们共同期待2020年硬石和鲁能城的OPEN MIC第二届的精彩比赛！



MR. LIZARD

蜥蜴先生乐队

1. What made you interested in joining the OPEN MIC 2019 competition?

OPEN MIC is a music competition for Rock and Roll lovers, we are a pure Rock and Roll (Hard Rock) band, we would have an opportunity to go to an international stage through this competition, this is why we decided to join the OPEN MIC.

2. How do you feel as being the OPEN MIC HOT 1?

We are thankful to everyone, a big thank you to all who dedicated themselves to make the OPEN MIC a success, and thank you for all our fans who were always supportive, finally a big thank you to the leaders of Luneng and Hard Rock Cafe Tianjin who contributed to this event. For us, winning HOT 1 is nothing to be proud of, because it is just the beginning.

3. Upon winning the OPEN MIC you have received the opportunity to go and perform in Hard Rock International Stage, Are you ready to perform on an International platform?



First of all, thank Luneng for arranging this event, it definitely gave us a greater stage to perform. We are ready to perform in Hard Rock International Stage. Six years ago, I told my classmates that Chinese can play Jazz well, this year I'm going to tell the world that Chinese can play the purest and the Top Rock and Roll.

4. What's the ultimate direction for your band? I am sure the fans are excited to know.

Our attitude is that we never bow to the market, even if the environment is not good, we still have to perform the purest Rock music.



HANGOVER

宿醉乐队

1. When did you form your band? What inspired you to make music together?

We got together as a band in 2010 and almost everything in life inspired us.

2. In your journey through the competition, what are the craziest memories you've made?

The craziest thing is to have a lot of fans supporting us, especially even at midnight they were still screaming our name and cheering for us on the day of the Final competition. Thanks again for supporting us.

XIAO LIN

小林的鸡里蹦乐队

1. What do you enjoy the most about being musicians?

The most enjoyable thing about being a musician is creating songs together. The fact that our music was accepted by the audience, and of course the pleasure of performing on stage.

2. What advice do you have for people who want to form their own bands?

Have your own ideas and follow your heart, if you have difficulties think about music. Don't change your style based on other people's comments. Fans can communicate with us through Weibo at any time.



DAVID DUFF

大卫渡夫乐队

1. A lot of practice is needed in order to perform in front of a big crowd. How did you prepare for the OPEN MIC 2019?

We did a lot of preparation in order to let everyone hear the best of our music. We did a lot of rehearsals before every performance.

2. What songs do you like to perform more frequently? Any favorite artists?

We are an original music band, we sing our own songs. there are many favorite artists, not one in particular.



Wishing the best to all the Bands and Music fans of the OPEN MIC 2019 with their musical careers and that they cherish their talent of entertaining people. Let's look forward to the second season of OPEN MIC in Hard Rock Cafe Tianjin and Luneng CC Plaza. Keep your trips to Hard Rock Cafe Tianjin a must in your schedule so you don't miss out anything from the Rock music world!

For more information or reservations please contact +86 22 2351 7625.

10 THINGS TO DO FOR AUTUMN

By Mary Lewis

There's a change in the weather again, as we bid goodbye to summer and officially welcome fall. The crisp air just gives the right amount of coolness and we reach for our scarves and cosy sweaters, while sipping our favourite hot beverage. Autumn is a familiar comfort, and here are some of the things that you should do to get the most out of the season!

Take a Trip to Chengdu

To get a picturesque view of Autumn in China, one of the scenic places you can visit is Jiuzhaigou Nature Reserve in Chengdu. Recognized as a UNESCO heritage park the multi-coloured lake becomes more alive with the amazing colours of fall. Orange and yellow hues adorn the flora of this nature reserve. It will be a sight for your eyes and an unforgettable autumn memory.

Enjoy a Boat Ride

Another past time that you can enjoy in the Autumn weather is taking a boat ride. There are many locations for boat riding, such as Shichachai and Beihai park in Xicheng District. It's a great experience to see the foliage of nature as you navigate in the lake.

Pick Fresh Fruits

Autumn is a great season for picking fresh fruits. Some of the fruits that are available for picking are grapes, apples, pears, and peaches. Go crazy when you visit some local orchards and gardens and enjoy stocking up on your favourite fruit. It's a great activity with friends and family. Some orchards that you can visit are the Dai Shui Yu Fruit Picking Garden in Huairou District, Laohu Garden just southwest of Beijing in Daxing District, and if you're in Pinggu District, you can visit Pinggu Big Peach Farm.

Eat Moon Cake

The Mid-Autumn Festival is a big celebration in China. It's a cultural festivity which revolves around celebrating the full moon and moon worship. It's also a time where families gather for reunions, people give thanks for a bountiful harvest, and also a time of prayer. With all the merriment going around the country, don't miss the chance to eat moon cake. It's a round pastry filled with sweet bean or lotus paste. It's a great delicacy to enjoy during the festival and it's also traditionally given as gifts to friends and family.

Drink Tea

China is popular for many things and among them is tea. There are many tea varieties in the country, each region specializing with their own brew. No, it's not the same processed tea that you buy in the supermarket. Most of these teas are handcrafted from artisans, who are passionate in this craft. You can try the classic green tea, oolong tea, flower tea, and black tea. To get the best drinking experience, enjoy an afternoon in one of the tea houses in the city. It's like getting a warm hug on a cool day!

Go Camping

For the more adventurous people, camping is a great activity, and what better way to enjoy a nice autumn weekend while staying overnight under the beauty of nature. Just make sure you pack all your hiking gear and stay at official camping grounds around the country to avoid any trouble. Common camping areas can be found in Beijing, such as the Great Wall of China or at the Xiangshui Lake Scenic Area.

Go to a Hot Spring

Maybe all the travelling and exploring has your muscles tied in a knot or the low temperature has gotten into your skin. A great way to unwind and relax is to visit a hot spring. It's a therapeutic experience, great mood booster, and gives your skin a much needed TLC. Each hot spring has their own unique spa experience, you can visit the ones near your city or you can go out of town to places like Tangshan Hot Spring Resort in Jiangsu province.



Take Photographs of the City in Autumn

If you don't feel like taking a trip outside of the city, there are many past time activities that you can do in the hustle and bustle of the metropolis. Bring your camera with you or smart phone and test out your photography skills by capturing the fall colours. It's a great way to compile those photos in a scrapbook or album and a brilliant experience to enjoy autumn in the city.

Celebrate Halloween

Halloween may not be as popular in China compared to Western countries, but major cities, such as Beijing and Shanghai, celebrate this spooky season. Finish your autumn experience by dressing up as a scary character or enjoy a day out in restaurants, bars, or theme parks that will wow you with their Halloween decor. Don't forget to get some treats or eat anything that is pumpkin flavoured!

Go Hiking

For the fall season, it doesn't mean that you need to get cooped up inside your room all day. In fact, it's one of the best seasons to go out for a hike. Because of the low temperature, hiking is much less of a hassle compared to when you hike in the summer (sweat, and body odour anyone?). The best time to go hiking would be from September to November. Bask in the autumn weather, but don't forget to wear warm clothes and pack a bottled water to stay hydrated. Visit these popular hiking destinations, such as Daocheng Yading and Huangshan Mountain.

秋天要做的10件事

随着天气变得凉爽，我们又迎来了秋天。看看我们在秋天应该做些什么事吧！

采摘新鲜水果。秋天是收获的季节，您可以与家人朋友一起，在怀柔、大型、平谷区的果园采摘葡萄、苹果、梨、桃等水果。

品尝月饼。中秋节是全家团圆的节日。月饼是节日期间所享用的佳肴，以及馈送亲友的礼物。

远足活动。秋天是外出徒步旅行的最佳季节，受欢迎的旅行目的地包括稻城亚丁、黄山等。

品茶。经典的绿茶、乌龙茶、花茶、红茶等都很受欢迎。推荐在茶馆中享受一个悠闲的下午。

野营。露营是度过美好周末的最佳选择。推荐北京的长城及响水湖风景区等。

划船。在湖中划船，欣赏美丽的大自然是很棒的体验。推荐什刹海及北海公园。

前往成都旅行。成都九寨沟拥有中国最绚丽的秋色，会带给您最难忘的秋天回忆。

温泉。秋天值得拥有独特的温泉体验，推荐出城前往汤山温泉度假村等温泉胜地。

拍摄秋日美景。在大都市中，可以通过相机或智能手机，捕捉秋天的美丽景色。

庆祝万圣节。可以装扮成骇人的形象，或者在酒吧、主题公园享受万圣节的特色活动，以及品尝南瓜风味的零食等。

Dear Experts,

I am a 22-year old girl currently living in Canada. My fiancé, who is 27 years old, also lives in Canada. We decided to get married next year and settle in Canada only. However, he is planning to bring his family to Canada and settle them permanently under the same roof. I am reluctant to this decision. I have always lived alone in Canada and want my personal space with him, which will certainly get hindered when his family starts living with us. His family carries old beliefs and his mother plays mind games. Having conveyed my fears to him, he out rightly called me selfish.

Xiao Wen



Angela says:

I totally understand your problem and this is basically every married girl's problem, who has to live with a joint family. We advise you not to stress about it as you still have time to figure out the solution of the problem. Generation gap do cause problems and can affect your relationship with your in-laws.

You should talk to your fiancé about shifting to another house when his parents are settled well in Canada. That's like finding a middle path of the situation. Why fret about situation that hasn't arise yet? You can also choose to talk to his parents about the situation in a way that doesn't make them feel bad.

Daemon says:

IWell, relations do get sour when families live together. There will be good times and bad times. Living with in-laws has its own benefits and limitations. Just make sure limitations don't outdo the benefits. Give this arrangement of living with your in-laws a chance and then make your decision.

If the decision of living apart comes from your in-laws, it's well and good, but if that is unlikely to happen, give them some time. Live with your in-laws for a while and I hope your fiancé will gradually understand why you wanted what you wanted. It's not all bad about living with a joint family. It has its own perks. His family will try their best to take care of you and always be there for you in their own way. When things start to get out of control, you always have the other way out.

小文在给情感专家的咨询信中写道：小文是一个22岁，与27岁的未婚夫居住在加拿大的女孩，他们决定在明年结婚。但是未婚夫打算将他的家人接到加拿大来一起生活。小文对此感到烦恼。但未婚夫对小文的恐惧感到不理解，并认为小文很自私。

天使表示：完全理解小文的心情。这是每一个已婚女孩都要面对的问题，与对方的家人共同生活。希望小文能与未婚夫悬谈，将他的父母在安顿好之后搬到另一所房子居住。

恶魔表示：与对方家人在一起生活确实有很多不方便之处，但共同生活不只包括烦恼的事情，也是一种独特的生活方式。对方家人会尽最大努力照顾和支持小文。哪怕当与对方家庭关系失控时，再想办法也来得及。



How to Make Oversized Fashion Work For You

By Barbara Ross

When you wear super loose fitting clothes, obviously none of the curves of your body are visible. And that's precisely why you run the risk of looking like a potato. But the idea is to highlight one good part of your body and let the rest be laid back. And most often, the best part to highlight is your waist.

When you're wearing say an oversized long sweatshirt for example, you can wear a cute belt to cinch the waist. This will enhance your feminine shape and pull the look together.

Even when you're wearing a loose sweater and a skirt, wearing a nice belt will make you look like you've got that swagger as a birth right, no matter what you do.

如何通过大号宽松的服饰进行装扮

当你处于异常忙碌、或懒于装扮的时候，超大尺寸的宽松服饰也会带给你意想不到的优雅，你需要用正确的方式来利用它们。

展现你的腰身

宽松服饰容易遮盖住身体曲线，因此要突出你的腰部很重要，比如用可爱的腰带来收紧腰部，凸显女性的身姿。

保持身材比例的平衡

如果穿着超宽松服饰，也需要用其他的服饰来进行平衡。比如超大尺

寸剪裁上衣搭配合身的破旧牛仔裤，是非常流行的街头风格。

凸显皮肤

另一种彰显宽松服饰优势和展现女性化风格的做法是暴露出一些皮肤，但不要过多。可以在宽大衬衫下暴露一些肩膀，或通过合身的微型短裤来展现性感的双腿。

选择合适的超大尺寸服装

重要的一点是，选择的宽松服饰的型号要适中。因为过于宽大的服饰穿在身上，会带来邋遢的感觉。



Match with fitted co-ordinates

Ever since fashion came into being, the rule of thumb, even in nature, was to keep it proportional. If you look at Art Deco or Art Nouveau, there's always been a proportion to follow. In fashion, if you're wearing a crop top, the ideal way to go is to balance it out with long pants. And if you're wearing micro shorts, then you ought to be wearing boots to complete the look.

In the same way, if you're wearing one super loose outfit, then you need to balance it out with one fitted outfit, as well. For example, if you're wearing a loose hoodie, then you could pair it with a slim pair of jeans or leggings to balance it out. Oversized crop tops are also high on street style these days. You can always wear them with a good fitting pair of distressed jeans to look like a pro.

Flaunt some skin

Another good way to make a loose shirt look flattering and feminine on you is to show some skin. Not too much though. You could perhaps wear an oversized shirt with one sleeve down to show off your gorgeous shoulders. Or you could wear a sweatshirt with super cute and fitted micro shorts to show off your sexy legs. Either way, the idea is to bring focus to your skin and make the look appear put together, even though it is really not.

Go for intelligent oversize

Last, but not the least, one thing to be remembered when dressing oversize is to always play within a line. That is, if you're a size Small, a flattering oversize for you would be a Medium or a Large. An XL or anything bigger than that may end up looking too sloppy on you. Because the sleeves and shoulders of bigger sizes may be way off of your fit. And there's not much you can do if the sleeves look too sloppy. So the idea is to size up only as far as the shoulders and sleeves look good.

Next time you wear baggy clothes, keep this guide in mind and alter your look to feel good.



ALL YOU NEED TO KNOW ABOUT CBD SKINCARE PRODUCTS

By Anastasia Chapman

It's a no-brainer that the popularity of Cannabidiol or CBD has reached an all-time high, especially in the skincare and beauty industry. You'll find it everywhere these days, right at your favourite spa, on the shelves at the local department stores, and perhaps, most exponentially and recently in body lotions, face oils and lip balms. But unlike other natural ingredients like green tea or coconut oil, CBD's popularity is just the beginning.

So before trying to "clean up" your beauty routines with more naturally derived products, go through the most frequently asked questions about the buzzy plant compound.

Here's all that you want to know about CBD in skincare products.

WHAT IS CBD?

CBD or Cannabinoids is a naturally occurring compound found in the resinous flower of cannabis, a plant with a rich history in medicine going back thousands of years. A safe, non-addictive substance, CBD is one of more than a hundred "Phyto cannabinoids", which are unique to cannabis and endow the plant with its robust therapeutic profile. Today, the properties of CBD are being tested and confirmed by scientists and doctors around the world.

CBD SKINCARE: IS IT REALLY EFFECTIVE?

There are lots of different claims out there about the benefits of CBD. However, it's important to understand how it works for your skin. The skin is the largest organ and the first line of defence against unwanted organisms. Fortunately, our skin

has the highest concentration and amount of cannabinoid receptors located evenly in the body as a part of the endocannabinoid system, which is a check-and-balance matrix regulating a number of critical bodily functions ranging from pain, stress, appetite, sleep, inflammation, immunity and even oil secretion of the skin.

Research says CBD has similar receptors as our skin, the reason why human skin can respond well to the compound and when it is used for therapeutic or medical purposes, it is believed to work by impacting or stimulating our skin's cannabinoid receptors to better adjust inflammation, pain, lipid/bacteria production, histamine secretion, as well as skin cell proliferation. Moreover, CBD also has antioxidant properties, which contribute to lessening the visible signs of ageing.

THE DIFFERENT TYPES OF CBDS

Not all CBD products are created the same way. There are different types of the compound being used, and it's imperative to understand the distinction. Cannabis extract, including traces of the psychoactive compound in cannabis that can get you high, is called the full-spectrum CBD. It contains vitamins, minerals, omega fatty acids, and terpenes. A full-spectrum extract is more effective because of the combined benefits of cannabinoids, terpenes and other beneficial plant material known as the Entourage Effect. Broad-spectrum contains all cannabinoids, minus trace amounts of THC and lastly, the isolate which is the 'cleanest' form of CBD that is free of contaminants, have controlled potencies with no taste or smell.

CAN A PERSON GET HIGH FROM USING CBD-BASED SKINCARE PRODUCTS?

All CBD beauty products go through government mandates that say all products should contain no more than 0.3% trace amounts of THC. So it is unlikely to get high from using any CBD-based skincare product. Getting high requires the hallucinogenic properties of THC, and typically systemic absorption through topical application is low, and that means very little active ingredient being absorbed into the bloodstream. A topical CBD that stays on the skin and doesn't enter the bloodstream will work locally and will, therefore, not produce any anti-anxiety and anti-stress benefits.

WHAT SHOULD YOU LOOK FOR IN A QUALITY CBD SKINCARE PRODUCT?

Medical experts urge consumers to ask questions and do their research on CBD-based products like - How much CBD is in the product? Does the product contain CBD or is it hemp seed oil? What complimentary ingredients are used in the formulation? Does the product absorb into the skin? An effective CBD skincare product will feature full or broad-spectrum CBD that has been organically cultivated and is free of pesticides and herbicides. The product should also be tested by a third-party lab ensuring the potency and purity listed on the label, along with clearly listing out the product ingredients.

CBD美容 你需要了解的一些事情

CBD系列护肤品被认为是一种极佳的修复、抗衰老解决方案，适用于所有肌肤类型，包括痤疮和敏感肌肤。研究表明，CBD系列护肤品开启了自然愈合的新护肤理念，其次是减轻炎症，未来几年可能会有更广泛的消费者选择CBD系列护肤品。

什么是CBD?

大麻二酚，也就是CBD，是从大麻植株提取的一种化合物（大麻素的一种），研究表明其具有抗炎功效，用以解决一系列皮肤问题。不过，针对大麻二酚对人体的影响的研究目前尚处起步阶段。

CBD真的有效吗?

由于CBD与我们的皮肤有非常相似的受体，因此人类皮肤会对这种天然化合物产生良好的反应，CBD的抗氧化特性还有助于减少皮肤的老化。

CBD的类型

CBD化合物有不同的类型。全谱CBD包括微量大麻中精神活性化合物，在治疗上更加有效。广谱CBD作为清洁的CBD形式分离物，无污染且可控。

CBD会让人产生兴奋感吗?

CBD美容产品严格规定THC含量，因此任何基于CBD的护肤产品都不太可能使人产生兴奋感。

购买CBD产品时的注意事项

选购CBD产品时请注意确保标签所列出的成分，效力和纯度等指标。



8 PRETTY HOUSEPLANTS

ADD GREENERY TO YOUR INTERIORS WITHOUT THE WORRY

By Anastasia Chapman

With increasing deforestation and also the fact that a lot of us barely spend time outdoors, it makes sense to grow plants at home. Plus, bringing greenery inside is an ingenious way to purify the indoor air and are great decorating tools, too. It's also one way to combat stress and anxiety. Besides, growing plants inside your living space, whether you believe or not, indoor plants can add a lot to your home.

Studies have shown that keeping plants indoors can boost overall well-being. Certain types of houseplants even have a positive impact on children that have been shown to be more attentive in rooms with greenery. All this and more, there are loads of genuine reasons to fill your interior with plants. That being said, there are many toxic houseplants that can even pose a risk, if you have kids or pets wandering around the household.

But that should not stop you from incorporating some lush goodness to your living space. All you need to ensure is that your home gets just the right amount of sun for the plants to thrive and a couple of free nook and crannies for these beauties to boot. There are so many ways to have a blossoming indoor garden.

You can hang the plants from the ceiling, install a vertical wall planter, put-together a striking ensemble of flowers and plants on the wall or place them in colourful pots right in the middle of the living room. So, if you wish to try this urban jungle trend, go ahead as growing plants indoor has become quite popular in the past few years and for good. No matter how and where you want to set it up, count on these pretty flora selections that are absolutely safe for your entire family and that includes your furry fam, too!

CHRISTMAS CACTUS

If your luck with indoor houseplants has not been too well, consider succulents. Add these easy-to-please members to your family without a second thought for they survive indoor conditions with minimal effort. The Christmas Cactus with its pink and red flowers is one such variety of coastal flora that gets its name from the fact that it blooms just in time around the holidays. It's best grown in moist and fertile soil, but should be left occasionally to allow for partially drying out between watering. With the brightest light possible and east-facing window placement, Christmas Cactus is a cheery plant that adds colour to your home, especially in winters.

SPIDER PLANT

The Spider Plant is an indoor garden staple for many reasons. A classic addition to your interiors, the eclectic-looking flora super-safe to keep indoors. A fan of both hanging baskets and pots, this happy-go-lucky plant will thrive anywhere inside your home.

CHOCOLATE SOLDIER OR LACE FLOWER VINE

Plush and velvety lace flower vine is an easy houseplant safe for both kids and pets that grows best in hanging baskets, out of reach of curious souls. Even if an extra-persistent pet makes their way into the pot, trust that they will be safe!



POTHOS

A gem amongst the indoor plants' variety, Pothos has an air-purifying quality that can absorb and strip toxins like formaldehyde from items like curtains, carpets and rugs at home. How clever is that? It's trailing stems works well in a hanging basket, or you can also keep it as a climber with some training onto a trellis or any container that can support its growth.



LIPSTICK PLANT

This quirky, tropical plant with silky blooms resemble tubes of lipstick and is an absolute safe option for your living space. A member of the Peperomia family, the pet-friendly Lipstick Plant thrives in bright light and grows healthily outside during the warmer months.



AFRICAN VIOLET

African Violets are attractive options for families with kids and pets in tow. Their compact structure, beautifully shaped fuzzy leaves and vibrant blooms create the kind of charm that cheers up any home space, spreading happiness within the family. If you are new to growing African violets at home, you need to learn more about keeping them healthy and flourishing. African Violets are strictly meant to be grown indoors throughout the year.

They grow the best when kept away from direct sun exposure, and they are also prone to insect damage. They should be kept in comfortable indoor temperatures that range from around 65 to 75 degrees Fahrenheit and make sure to keep the soil moist to the touch, but never sodden or soaked. They are perfect windowsill plants as long as there is lots of indirect sunlight for them to absorb.

AIR PLANTS

Air plants or Tillandsia are some of the easiest plants to keep alive, indoors. For starters, they don't even need soil as they absorb nutrients and water through scales on their leaves. All you need to do is soak them in water for a few hours, air-dry them fully and put them in a bright spot for at least 4 hours for healthy growth. Tillandsia varieties are modern, sleek, and best of all, non-toxic houseplants that are great for families with toddlers and pets.



ALOE VERA

Aloe Vera are probably the most popular plant kept in a household surrounding not just for its sleek appearance, but this succulent with long, pointed leaves brims with medicinal properties. Your ideal beauty elixir, this plant comes in both long and smaller varieties that work great in tiny and sunny indoor spaces. The most important thing to remember while planting Aloe Vera? Avoid frequent watering!

8种漂亮的室内植物 无需顾虑，将绿色植物请入室内

将绿色植物请入室内，是净化空气的一种巧妙方法，也是很好的装饰工具，同时也可以对抗压力和焦虑。此外，室内的绿色植物还可以提高幸福感，对孩子有积极的影响。室内植物正逐渐变得非常受欢迎。

芦荟。芦荟有着圆滑的外观和丰富的药用价值，适合在阳光充足的室内成长。

非洲紫罗兰。非洲紫罗兰结构紧凑，造型优美，活力四射的花蕊极具魅力，在家庭中传播着欢乐。

圣诞仙人掌。圣诞仙人掌以在圣诞节前后开花而得名，给冬日的家庭增添了喜庆的色彩。

空中植物。空中植物不需要土壤，养育它们仅需在水中浸泡几小时，然后充分风干。

蕾丝花藤。天鹅绒蕾丝花藤是一种简单的室内植物，适合在吊篮中生长。

口红植物。拥有丝绸般花朵的奇特热带植物，是生活空间绝对安全的选择。

蜘蛛植物。这种乐天派的植物可以在室内的任何地方茁壮成长。

黄金藤。黄金藤具有净化空气，去除室内窗帘、地毯等饰物中的甲醛等毒素的功能。



October
1st Prize
一等奖

2nd Prize
二等奖

3rd Prize
三等奖

Peter Lee
Desert Scenery

Jyotsana
Sailing at Sunset

Gabriel Montejo
Walking Man

BEST PHOTOS of 2019 2019 最佳照片

Send your fantastic photos in 2019 发送照片至
photocontest@tianjinplus.com
www.tianjinplus.com/photocontest



- 1st Prize Winner: One hour class of Golf with Foreign Coach
- 2nd Prize Winner: Restaurant Voucher
- 3rd Prize Winner: Bakery Store Voucher



帮助儿童增进记忆的食物

Food for Kids that AID IN MEMORY



By Nina Mitchell

If you want your child to perform better in school and in every other field, make sure you make him eat healthy. Adding brain food with the needed nutrients to the diet of children can actually sharpen their mind, improve their concentration and strengthen their memory.

When you provide the right nutrients to the growing body, they stay will them for the whole life. Here are some of the brain foods you should start adding to your child's diet right away.

Salmon

Incorporate fatty fish like salmon by making a salmon sandwich, salmon soup, and salmon patties. Salmon is rich in omega 3 fatty acids that are responsible for sharpening brain skills. It is a better alternative than tuna. Be creative in how you can add salmon in your child's diet, even if he doesn't like the taste of it.

Egg yolks

Not only eggs, but eating egg yolks is as important. While eggs are loaded with protein, egg yolks are rich in Choline, which helps in memory retention. You can try adding eggs to the lunch box of your child, either by making an egg burrito or egg muffin. Have breakfast for dinner once in a week and incorporate eggs in dinner on those days.

Peanut butter

Both peanuts and peanut butter are rich in Vitamin E and act as an antioxidant. It protects the membrane of the nervous system and also helps in utilising glucose by converting it into energy. You can add peanut butter in multiple ways. Make a peanut butter and banana sandwich, use peanut butter as a dipped cream, etc.



Whole grains

What brain needs in abundance is the amount of glucose and whole grains are the extensive suppliers of it. This fibrous staple helps in releasing glucose in the body and enables smooth functioning of the nervous system. Whole grains are easy to incorporate in diet. Use a whole grain bread for making sandwiches, choose products that include whole grains like popcorn, wraps snacks, etc.

Oats

Oats is power-packed with all good nutrients and is great for the brain. It will keep your child energised the whole day. Oats are enriched with vitamin E, B vitamin, zinc, fibre, and Potassium. All these help in keeping the brain fully charged once fed in the morning.

Berries

Include berries in the diet of your child. Make a routine to serve a handful of berries in breakfast, be it cranberry, strawberry, blueberry or blackberries. Berries are rich in Omega 3 fats, nutrients and Vitamin C, which helps in boosting memory, prevents cancer and keeps you healthy. You can also add berries to salads, yogurt, desserts and ice cream to feed your child.

Beans

Kidney beans and pinto beans are rich in Omega 3 acids and are must for the brain growth and development. They are fibrous and will keep your child beaming all day when

kept at their lunch. Add beans to salad dressing and top it with salsa, use mashed beans over a tortilla, you can also serve it with applesauce. Do it, as your kid will love to eat.

Deep colour veggies

Green vegetables, tomatoes, carrots, pumpkin, spinach are all rich source of antioxidants and keep the brain cells healthy and strong. Incorporating veggies in a diet is the simplest thing. Who doesn't like to eat potato, be it in fries, wedges or in sandwich? Try out some dishes like carrot and potato thick curry, soups and give it your touch to taste it according to you.

Milk and yogurt

All dairy products like milk, yoghurt, cottage cheese, are rich in proteins, carbohydrates, and vitamins which initiate the growth of brain tissues, brains cells, and enzymes. Adding milk to cereals, making flavoured milkshakes, cheese sticks, adding dry fruits to yoghurt are some of the ways to include milk products in your child's diet.

These were some of the super foods you should include to your child's diet to make him excel in his studies and thereafter. So what are your views on this? Did we skip anything that you think deserves a mention here? Leave your comments.

儿童的健康饮食对其成长,及在学校的表现非常重要。在饮食中加入一些含有特别营养的食物,可以帮助他们提高思维和注意力,并且增强记忆力。

三文鱼
三文鱼富含欧米伽3脂肪酸,有助于提高大脑思维能力。

蛋黄
鸡蛋富含蛋白质,蛋黄含有丰富的胆碱,有助于保持记忆。

花生酱
花生含有丰富的维生素E,起到抗氧化剂的作用。可以通过多种方式来制作花生酱。

全谷物
全谷物提供大脑所需的葡萄糖,纤维状的主食有助于释放体内的葡萄糖,保持神经系统顺畅运转。

燕麦
燕麦富含维生素E、维生素B, 锌、纤维、钾等物质,有助于保持大脑的活力。

浆果
蔓越莓、草莓、蓝莓、黑莓等浆果富含欧米伽3脂肪和维生素C等,有助于增强记忆力,预防癌症,保持健康。

深色蔬菜
在饮食中加入蔬菜是非常简单的事情。深色蔬菜是抗氧化剂的丰富来源,有助于持脑细胞的健康。

奶制品
奶制品含有丰富的蛋白质和碳水化合物,有助于脑细胞的生长,及体内酶的

IST CELEBRATES 25 GLORIOUS YEARS!



For a school that started from a villa in Mu Nan Dao with 20 odd students and 5 teachers in September 1994, IST has come a long long way. The IST spirit was then of warmth and friendliness and it remains the same despite the manifold increase in the number of students and staff over the years and the sprawling purpose-built facilities and campus. May this spirit grow stronger in the coming years, thanks to the wonderful closely knit yet open and friendly IST community of students, staff and parents! May IST remain a shining beacon for exemplary children's education for the expat community of Tianjin!

The school community celebrated IST's birthday (September 5th) with their customary fervor and good cheer. Every student and staff member donned specially designed 25th anniversary T-shirts for the day. A special assembly was hosted by IST Director Steve Moody where he reflected on the school's journey and talked about some key people in the school's history. A birthday cake was cut, and 25 surprise gifts given to students chosen by lucky draw!

The assembly was followed by an outdoor afternoon of activities and games for students and staff that had been prepared by the Student Councils. Free ice cream was also distributed to everyone. This was followed by a final whole school photo when all students and staff gathered on the natural grass field behind the gym to form a beautiful triumphant "25"!

IST STUDENTS GET INTO THE MOON FESTIVAL SPIRIT!



It is the season of the Moon Festival or Mid-Autumn Festival and the International School of Tianjin (IST) elementary students have been participating in meticulously planned cultural and educational activities related to this beautiful celebration in their Chinese classes.

The activities were kicked off with a special Moon Festival Assembly where the Nursery to Grade 2 students performed to many popular songs and rhymes connected to this festival.

During the week, the students from Grade 2 to 5 participated in a range of activities related to celebrating this festival and to gain an understanding of Chinese culture and traditions. They were engaged in activities like decorating fans and lanterns, making mooncakes, painting the Rabbit God (Tu'er Ye) figurines and of course eating mooncakes too!



MID-AUTUMN FESTIVAL CELEBRATION @ TEDA GLOBAL ACADEMY



Falling on the 15th day of the 8th month according to the Chinese lunar calendar, the Mid-Autumn Festival is the second grandest festival in China after the Chinese New Year. It takes its name from the fact that it is always celebrated in the middle of the autumn season. Mid-autumn Festival is also known as the Reunion festival. It is time when family members get together to admire the Moon at its brightest and fullest in the bountiful harvesting season. On this wonderful occasion in Mid-autumn, the Teda Global Academy World Language Department organized the Mid-autumn Festival activities with Pre-K, Primary and Secondary students to celebrate and learn about this important tradition. The Pre-K children listened to the story of the Mid-Autumn Festival and made moon cakes. After the event, the moon cake molds were added to the play dough tools to reflect the

multi-cultural aspect of homes and community. In Primary and Secondary, students have made Chinese Moon-cakes and tasted Korean Moon cakes, they also had a fun time playing Chinese board games and Korean YUT. The beautiful lanterns students have made, are now adorning the school corridors, classrooms, and common areas. The lanterns also symbolize the bright and beautiful Moon. Even if your families or friends aren't around you at this moment, Teda Global Academy would like to extend best wishes to the entire TGA community.



NHS INDUCTION CEREMONY @ TEDA GLOBAL ACADEMY

Teda Global Academy students earned prestigious awards for their hard work Thursday, September 5th during the school's National Honor Society induction ceremony.

Students took part in the annual event held in the school's activity room. The TGA Chapter welcomed 6 new members this year, only one senior.

The evening began with NHS member and emcee, Rebecca Pare, delivering introductory remarks. She said National Honor Society members were proud of the chapter's history of community service and academic success. Followed by headmaster, Mr. Timothy Warren. Mr. Warren's remarks warmed hearts as he congratulated the inductees on their accomplishment.

Four student leaders followed Mr. Warren with explanations of the NHS pillars of scholarship, leadership, service, and character. These four characteristics are the foundation of the National Honor Society's overall goal of developing positive community members. NHS students are encouraged to serve and help local causes with their knowledge and talents.

The special guest of the night was 2017 NHS President In Ye Ram. She encouraged all NHS members to be positive, respectful, intentional, determined, and engaged.

All members read the NHS pledge before taking part in the recognition portion on the evening, where parents of inductees participated in the ceremony by placing the NHS stoles onto the inductees. Mr. Warren presented each inductee with a National Honor Society certificate.

After the ceremony, everyone was invited to a reception for appetizers and pictures. As always, it was a classy and an enjoyable evening.



THE SIXTH ANNUAL WELLINGTON INTERNATIONAL UNIVERSITY FAIR IS RAPIDLY APPROACHING

The Sixth Annual Wellington International University Fair is rapidly approaching, and we have already taken confirmation from over 40 university representatives, which include University of Warwick, University of Michigan, Queen Mary University of London, The University of Queensland, University of Glasgow and the University of Manchester. Given the number of confirmations we usually receive in the 2 weeks running up to the fair, it looks promising that we will approach 60+ universities.

To enable the widest number of participants we are, for the first year, expanding the 'Fair' into a 'Festival', which will run across 3 separate days. Day one (Thursday 17th) will see our first visit from Kings College London (KCL), who will be giving a bilingual presentation on KCL and the general admissions process for the UK. Day 2 (Friday 18th) will be the main university fair, which will see the majority of our visitors and a wide range of presentations from UK, US, Australian and Canadian universities. Monday 21st will close the Higher Education Festival with a mini university fair currently featuring around 10 universities from Hong Kong and the US, including Arizona State University and Hong Kong Polytechnic University.

The continued support of our annual International University Fair represents both the growing reputation of Wellington College in Tianjin and the quality of students we have been sending to universities over the past 5 years. It is just one of many elements which contribute to our highly regarded and successful university admissions programme.

Though many parents and pupils will be able to have a conversation with one of their top choice universities, the number of admissions officers and representatives also means that there is access to advice from a huge range of experts on more general application processes.

As per last year, a selection of admissions officers from around the world will give presentations, tips and Q&A sessions to discuss the similarities and differences between the application process for different countries.

If you are from a local school and looking to study abroad or are from an international school, you are more than welcome to come along and take part.



BEST GIFT TO YOURSELF or YOUR FRIEND!
SUBSCRIBE TO TIANJIN PLUS MAGAZINE!

SUBSCRIBE



by taken photo of your business card (or your friend) and send to us by Wechat scanning this QR Code.

If you don't have business card, just ADD US in your Wechat to above QR code or send email to: subscribe@tianjinplus.com



Subscription Price for Tianjin Plus
3 issues = 75rmb
6 issues = 135rmb (10% discount)
12 issues = 240rmb (20% discount)

SPECIAL JOIN SUBSCRIPTION

Tianjin Plus Magazine + Business Tianjin Magazine

ADDITIONAL discount of 30% discount.

3 issues = 108 RMB
6 issues = 195 RMB + GIFT: POWER BANK for Mobile Phone
12 issues = 348 RMB + GIFT: MEMORY STICK, 32GB, USB 3.0



HAIHE RIVER INTERNATIONAL DRAGON BOAT RACE WAS HELD SUCCESSFULLY

2019 The Belt and Road Haihe River International Dragon Boat Racing was held successfully on September 13th - 14th. The Opening ceremony was held at night of September 13th. Ms Cao Xiaohong, vice mayor of Tianjin City and Ms Li Kemin, director of Tianjin Sport Bureau attended the opening ceremony.

More than 20 countries along the routes of the Silk Road Economic Belt and the 21st Century Maritime Silk Road (Belt & Road), including Russia, Spain, Japan, Indonesia, the United Arab Emirates, the Philippines and Australia, as well as Chinese cities and regions, have formed 26 teams, with nearly 500 athletes participating in the competition.

Thanks to Tianjin Sports Bureau, Tianjin Culture and Tourism Bureau, and the Tianjin Dragon Boat Association's courage and innovative spirit we have enjoyed this beautiful and fantastic sport show.

The boat of Tianjin International Charity Team (TICT) was organized by Tianjin Dragon Boat Association and Shangri-La Hotel, Tianjin with the support of BTAC and Tianjin Plus Magazine and raised RMB15888 for the Cathay Future Foundation "Healing Young Hearts Program", supporting children and their families receiving treatment for cancer at Tianjin University Hospital.

The donation check was presented to Cathay Future Foundation in front of Tianjin authorities during the Opening Ceremony.



混合组 200米直道竞速 Mix 200m

CHAMPION: Tianjin Normal University Flood Dragon Team Two
冠军天津师范大学蛟龙2队

The Second Place: Tianjin Maritime College Mixed Team
亚军天津海运职业学院混合组

The Third Place: NanKai University Golone Chemical Team
季军南开大学国隆化工龙舟队

The Fourth Place: American Dragons (Singapore)
第四名新加坡代表队

The Fifth Place: Nankai University Binhai College
第五名南开大学滨海学院龙舟队

The Sixth Place: Bakunawa Sea Serpent Dragon Boat Team
第六名阿联酋代表队

The Seventh Place: Tigers Vladivostok
第七名俄罗斯代表队

The Eighth Place: Tianjin University Ocean College Hippo campus Team
第八名天津大学海洋学院海马龙舟队

The Ninth Place: PG Smoki Pólnocy – Dragons of the North
第九名波兰代表队

The Tenth Place: American Dragons (Singapore)
第十名新加坡代表队

公开组 200米直道竞速 Open 200m

CHAMPION: Philippine Canoe & Kayak Federation
冠军菲律宾代表队

The Second Place: Tianjin University of Sport Green Dragon Team
亚军天津体育学院青龙队

The Third Place: Tigers Vladivostok
季军俄罗斯代表队

The Fourth Place: Tianjin University Ocean College Hippo campus Team
第四名天津大学海洋学院海马龙舟队

The Fifth Place: PG Smoki Pólnocy – Dragons of the North
第五名波兰代表队

The Sixth Place: American Dragons (Singapore)
第六名新加坡代表队

The Seventh Place: American Dragons (Singapore)
第七名新加坡代表队

The Eighth Place: American Dragons (Singapore)
第八名新加坡代表队

The Ninth Place: American Dragons (Singapore)
第九名新加坡代表队

混合组500米直道竞速 Mix 500m

CHAMPION: Tianjin Normal University Flood Dragon Team Two
冠军天津师范大学蛟龙2队

The Second Place: Tianjin Maritime College Mixed Team
亚军天津海运职业学院混合组

The Third Place: NanKai University Golone Chemical Team
季军南开大学国隆化工龙舟队

The Fourth Place: Shanghai International Team
第四名上海国际联队

The Fifth Place: Tianjin University Team
第五名天津大学龙舟队

The Sixth Place: Bakunawa Sea Serpent Dragon Boat Team
第六名阿联酋代表队

The Seventh Place: American Dragons (Singapore)
第七名新加坡代表队

The Eighth Place: American Dragons (Singapore)
第八名新加坡代表队

The Ninth Place: American Dragons (Singapore)
第九名新加坡代表队

The Tenth Place: American Dragons (Singapore)
第十名新加坡代表队

公开组500米直道竞速 Open 500m

CHAMPION: Tianjin University of Sport Golden Dragon Team
冠军天津体育学院金龙队

The Second Place: Philippine Canoe & Kayak Federation
亚军菲律宾代表队

The Third Place: Tianjin Maritime College Open Team
季军天津海运职业学院公开组

The Fourth Place: Tianjin University of Sport Green Dragon Team
第四名天津体育学院青龙队

The Fifth Place: Tianjin University Ocean College Hippo campus Team
第五名天津大学海洋学院海马龙舟队

The Sixth Place: PG Smoki Pólnocy – Dragons of the North
第六名波兰代表队

The Seventh Place: American Dragons (Singapore)
第七名新加坡代表队

The Eighth Place: American Dragons (Singapore)
第八名新加坡代表队

The Ninth Place: American Dragons (Singapore)
第九名新加坡代表队

The Tenth Place: American Dragons (Singapore)
第十名新加坡代表队

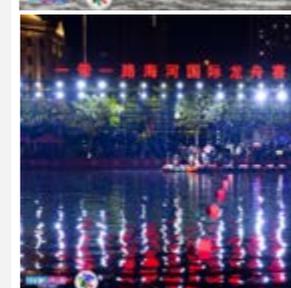
优秀奖 Excellence Award

Tianjin International Charity Team
香格里拉慈善队

Hong Kong Freedom Dragon Boat Club
香港自由龙

Macau Canoeing Association Dragon Boat Team
澳门代表队

Lianyungang Swimming Association Team
连云港市游泳协会



2019 TIANJIN TUANBO LAKE INTERNATIONAL TRIATHLON GRANDLY OPENED

On September 8th, "SHENGXIN CUP" 2019 Tianjin Tuanbo Lake International Triathlon and Triathlon of Tianjin Seventh "SPORTS LOTTERY CUP" Citizen Games was grandly opened in Tianjin Tuanbo Lake area.

The event was hosted by Tianjin Sports Bureau, Tianjin Jinghai District People's Government, Tianjin Jinghai District Sports Bureau and Tianjin Triathlon Sports Association. The competition set up 51.5 km (open group), namely swimming 1.5 km, bicycle 40 km, running and 10 km and 25.75 km short distance two schedules. The swimming competition is carried out in the Tuanbo Lake, with a total distance of 1.5 km. There is a triangular field in the waters; the bicycle race is round-tripped around the Tuanbo Lake, with a total distance of 40 km; the running competition takes place in Tuanbo Lake Bird Island. The total distance is 10 kilometres.

As a popular sports competition in the world, triathlon with its typical charm has drawn the attention of various sport fans from the rest of world. Tianjin is one of the cities which have implemented the triathlon and this activity has been very popular among common people. International triathlon held in beautiful Tuanbo Lake of Tianjin indicates that triathlon will be a new way of Jinghai to show the world its perfect image.



"LISTEN TO LOVE PARTY" AT RIVER LOUNG @ The St. Regis Tianjin

The St. Regis Tianjin unveiled "listen to love party" from August 30th - 31st, 2019, continuing timeless love in the season.

The opening party was a unique experience, offering attendees a quick getaway from the busy and bustling city for the night, complete with freshly prepared love-themed drinks, as well as singing singer keeping the party going.

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.



A MEMORABLE MID-AUTUMN FESTIVAL @ Pan Pacific Tianjin

On 11th of September, 2019, Pan Pacific Tianjin associates celebrated a memorable Mid-Autumn Festival with the young beneficiaries of the Prince of Peace Children's Home.

Mid-Autumn is one of the most important traditional festivals in China and also an occasion to bond with family members and friends. On this festive occasion, our associates from Pan Pacific Tianjin celebrated it with special needs children from the Prince of Peace Children's Home.

Led by General Manager, Allan Wong, the team of 11 associates of hotel from Sales & Marketing, HCD, F&B, Housekeeping and Front Office visited the POPCH to share mooncakes and gifts. Our associates also taught the children how to make lanterns and all of them had fun in the activity. In return, the children put up singing and dancing performances.

POPCH commenced operations in October, 2003, and is dedicated to providing care and comfort for children with special needs. It is home to 144 children from 1 to 13 years of age, who suffer from various congenital illnesses, such as cerebral palsy, down syndrome and limb deformities, and is managed by World Vision with funding from the Prince of Peace Foundation (POPF) and the Civil Affairs Bureau of Wuqing, Tianjin.

Pan Pacific Tianjin is committed to giving back to the communities around us. We hope our visit brought some smiles to the children and will continue to serve the underprivileged and needy in our society.



Important Factors Affecting Your Daily Weight

People often love checking their weight on the scale every now and then on their fitness journey. Whether or not it is a good practice to follow is a whole different story. But it sure as hell demotivates and discourages people when they see unexpected negative changes on the scale.

Most people also associate weight changes on the scale directly with the success of their fitness regime. This is yet again practice that is likely to mislead and discourage people from continuing their regime.

The truth to be realized here is that the numbers on your weigh scale are not the right indicators of your progress in fitness. Second of all, your daily weight is influenced by a number of other factors apart from diet and exercise. And most of those changes are completely normal; nothing to be worried about.

By Barbara Ross

影响体重的重要因素

体重秤上的数字并不能完全反映健身计划的进展情况。除了饮食和锻炼，日常的体重还受到许多重要因素的影响：

食物

停留在体内的食物会增加一个人的体重。因此，食物的消化和吸收情况会影响到体重。

脱水

饮料中的利尿剂会诱导水分排出身体，从而影响到体重。

激素

荷尔蒙水平变化导致水分的变化，进而带来每日体重的不断变化。

饮水

每天喝水2到3升会带来体重2到3公斤的变化。体内其他形式的液体会导致体重发生变化。

肠胃运动

小便或排空肠道可以减轻一个人的体重，反之，长期便秘则会提升体重，是一种不良的生活方式。

另外，睡眠习惯、感受压力以及所处的医疗环境、所服用的药物等，都会对一个人一段时期内的体重产生影响。反映在每日体重秤上的数字变化是完全正常的，并不直接与健身情况相关联。

Here are some important factors affecting your daily weight:

FOOD

Apart from the nutrient induced weight changes that food brings, it also affects your daily weight in other ways. Whether your food has been swallowed or digested or absorbed, it has mass. And regardless of where it is in your body; your stomach or intestines or bowels, it is bound to affect your weight. Additionally, the way your body responds to the food also affects your weight. For example, if you have any intolerances or allergies, it can cause bloating or water retention, both of which add to your weight.

WATER LOSS

There are certain substances called diuretics present in most foods that we consume on a daily basis that automatically induce the body to expel water. They are also found in certain drinks and weight-loss supplements, as well. Such expulsion of water is something that affects your weight.

HORMONES

Changes in the level of hormones can also lead to water retention and in turn changes in the daily weight. This is especially true in case of women, as their monthly menstrual cycle can cause fluctuations in hormone levels.

DRINKING

You are recommended to drink around 2 to 3 litres of water a day. If you're someone who sticks to that recommendation to the dot, then you're likely to see changes of 2 to 3 kg in your weight on a daily basis. In addition, your bladder has a capacity of around 473 ml of urine. This can also affect your weight by half a kilo. Add the weight of the other forms of liquids retained in your body every day and you'll see how your weight varies so much.

BOWEL MOVEMENTS AND BLADDER

It is somewhat of a no-brainer that you are likely to lose weight every time you visit the bathroom, whether it is for urinating or for emptying your bowel. For the same reason, if you've been constipated or if you've not been able to urinate for a long time, then you're likely to seem heavier than normal.



Apart from these, there are certain other things that may affect your weight that involve your lifestyle.

Some of them are:

Sleep habits

A lack of sleep can directly impact the level of hormones and cause weight gain. It can also lead to insulin resistance.

Stress

Stress increases the level of the hormone called Cortisol in our body, which increases insulin sensitivity thereby leading to unnecessary weight gain.

Medical conditions

An unhealthy medical condition can cause the body to use more energy than usual. This may necessitate consumption of more foods and fluids, all of which may impact daily weight.

Medications

Depending on the type of medication and the nature of the body, medicines can cause different changes in the body from undue carb cravings to bloating and water retention. All of these may be factors that affect your weight on a daily basis.

Considering all of these factors, it would be beneficial to realize that the daily changes that you note on your weigh scale are completely normal and that they are not the right way to gauge your performance in fitness.

What is

GLUTAMATE?

Everything You Need to Know

By Barbara Ross

One of the most commonly heard, although widely confused terms in the world of nutrition and health is glutamate. A more familiar version of the same would probably be Monosodium Glutamate or MSG. Controversies suggest that MSG is addictive and harmful to human health in the long run. However, the U.S. Food and Drug Administration says otherwise.

Since glutamate is something that we all consume pretty much on a daily basis, it is the best to clear the air and examine the truth behind all speculations.

So here's the low down on everything you need to know about glutamate.

WHAT IS GLUTAMATE?

Glutamate is essentially an amino acid that is found in all protein-rich foods. To be more specific it is the salt of the amino acid glutamic acid. As we all know, amino acids are like the building blocks of proteins and glutamate particularly is one of the most abundant components in proteins. For the same reason, it is naturally found in all protein-rich foods, such as milk, mushrooms, fish, meat, cheese and some vegetables.

Interestingly, glutamate in its natural form is also produced by the human body and it plays an important role in the metabolism and brain functioning, where it acts as a neurotransmitter.



关于谷氨酸 你需要知道的一切

谷氨酸(glutamate)是一个人们非常熟悉,但在营养和健康学界常被混淆的概念。谷氨酸是我们每天需要的营养物质。

谷氨酸本质上是一种氨基酸,存在于富含蛋白质的食物中。天然形式的谷氨酸由人体产生,在新陈代谢和维持大脑功能中有重要作用。

谷氨酸是一种天然的增味剂,同时也是一种重要神经递质,对维持大脑发育和功能,从而提高记忆和学习能力方面起着至关重要的作用。

谷氨酸通常也以味精的形式食用,味精不过是天然谷氨酸的一种浓缩的形式,用以增强食物中的味道。美国食品和药物管理局证实,食用味精是完全安全的,因此味精得以广泛应用于食品加工。

WHAT DOES GLUTAMATE DO?

Glutamate performs several important functions in the human body. It is a natural flavour enhancer and is also a neurotransmitter. It is particularly rich in foods, such as tomatoes and mushrooms and it helps regulate metabolism.

Being a neurotransmitter, glutamate is very important for normal brain function. In technical terms, it is an excitatory neurotransmitter, which means that it triggers a high chance for a nerve cell to initiate an action and also plays a vital role in memory and learning ability, as well.

The main function of glutamate as a neurotransmitter is to transmit information important for brain development and functioning. It should ideally be present in the right amounts in the right concentrations on the right brain parts for proper functioning.

GLUTAMATE CONSUMPTION

As mentioned before, glutamate is naturally abundantly found in foods that are high in protein, such as meat, eggs, milk, cheese and some vegetables.

It is also commonly consumed in the form of MSG or Monosodium Glutamate, which is a flavouring agent often added to food to simply enhance the taste.

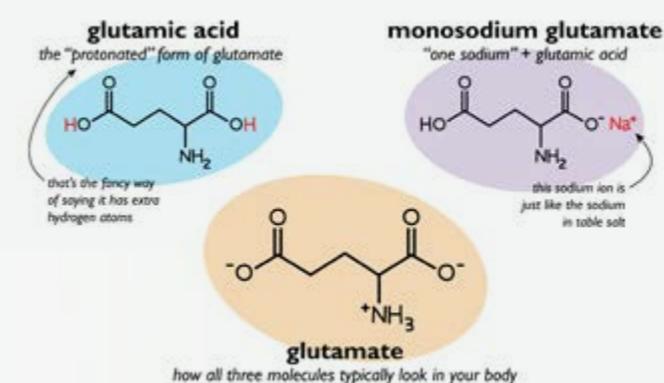


IS MSG SAFE FOR CONSUMPTION?

As opposed to a lot of controversies, MSG is technically not identified as an allergen or a harmful ingredient of any sort. The U.S. Food and Drug Administration has not found any evidence that supports the probability of any long-term health issues from consuming MSG.

However, just like how some people may be sensitive to certain food types or ingredients like peanuts, MSG may also be prone to rare sensitivities.

Other than that, MSG is completely safe for consumption and is in fact widely used in a number of packaged food items like potato chips.



MONOSODIUM GLUTAMATE AND GLUTAMATE

MSG is nothing, but the sodium salt of glutamate. Its components include water, sodium and glutamate. Just like natural glutamate found in foods, MSG helps enhance the natural best flavours in foods and is said to bring out a fifth taste known as "umami" in Japanese. This particular taste is often described as salty and savoury, which makes regular food a lot tastier and appealing.

MSG is made by extracting natural glutamate from protein-rich foods like seaweed. Nowadays, starch, corn sugar etc. are also used for extraction. A natural fermentation

process is then followed to produce the consumable flavouring agent.

Hence, MSG is nothing, but a more concentrated and independently consumable version of natural glutamate. Both types are tolerated the same way by the human body; no differentiation is made between the two in any way.

It should be noted that glutamate by itself doesn't necessarily improve the taste of badly cooked food or bad food in general. It simply compliments the best flavours in good food.

Debunking myths about VACCINES

By Kaylin Stinski

For almost 20 years there have been misconceptions and myths that have surrounded the safety of vaccinations. Many public health officials from around the world have worked tirelessly to try and debunk these misconceptions with only mixed success. There have been numerous studies that have shown the safety and efficacy of vaccines and have found absolutely no correlation between autism or other chronic illnesses and vaccines. However, a growing number of parents are still refusing to vaccinate their children, which is putting them at risk, as well as the community around them. Research shows that almost all of our fears that are related to vaccines are unfounded. Here we will address four myths about vaccines that have no ground to stand on.

揭露关于疫苗的谣言

20年来,有关疫苗接种的安全性充满了误解和谣言。来自世界各地的许多公共卫生官员不知疲倦地努力尝试揭穿这些误解,已经有许多研究表明疫苗的安全性和有效性,并且发现自闭症或其他慢性疾病与疫苗之间绝对没有相关性。然而,越来越多的父母仍然拒绝为他们的孩子接种疫苗,这使他们及其社区面临风险。研究表明,几乎所有与疫苗相关的谣言都是没有根据的。在这里,我们将讨论关于疫苗的几个谣言。

谣言 #1 疫苗导致自闭症

1997年安德鲁韦克菲尔德发表的一项研究表明,MMR疫苗是一种可以预防麻疹,腮腺炎和风疹的疫苗,它会增加住在英国的儿童的自闭症。事实证明,韦克菲尔德有严重的道德违规行为,他的程序存在严重错误,并且还存在未披露的经济利益冲突。他的论文被撤回,他失去了医疗执照,可是因为非常多的人阅读了他的假文章,于是疫苗与自闭症之间潜在联系的争论开始了。

谣言 #2 婴儿免疫系统无法处理所有这些疫苗

婴儿的免疫系统具有比人们想象的更大的容量。事实上,如果他们一次性接种所有疫苗,只使用了其免疫系统容量的0.1%。正常生活里他们的身体每天都暴露在无数的病毒和细菌中。相

比之下,疫苗几乎没有影响。我们使用的疫苗比以往任何时候都更有效,更安全。

谣言 #3 疫苗含有不安全的毒素

如果你把太多的东西放进你的身体,几乎任何东西都可能有毒。疫苗中发现的情况也是如此。已知疫苗接种中含有的甲醛,汞或有时含有铝,但这些量很低,实际上无效。事实上,甚至我们的身体产生的甲醛比率都高过疫苗中的甲醛。

谣言 #4 儿童不需要接种疫苗,因为感染率已经很低了

“群体免疫力”是指群体中的大多数人接受免疫接种,这样可以保护未免疫的少数群体。但当众多的人受到疾病侵害时,就会使疾病感染和传播。现在的问题是,有太多人选择不为自己或他们的孩子接种疫苗,以及曾经被认为已经根除的疾病现在开始蔓延。接种疫苗的人越少,感染率就越高。

疫苗接种尤其重要,因为国际旅行日益增长。即使疾病不是您所在地区或国家的威胁,在其他地方也可能被感染。在接种疫苗之前,儿童生病甚至死于麻疹,百日咳,风疹和天花等疾病,但现在可以通过注射疫苗预防。疫苗拯救生命,是现代医学的最大支柱之一,重要的是要记住预防是关键。

Myth #1

Vaccines cause autism

In 1997, a study published by Andrew Wakefield suggested that the MMR vaccine, the one that protects against measles, mumps, and rubella, was increasing autism in children who lived in Britain. It has been proven that Wakefield had severe ethical violations, serious errors in his procedure, and also had financial conflicts of interest that were not disclosed. His paper was retracted and he lost his medical license, however enough people read the article, who took his hypothesis seriously to start the debate between a potential link between vaccines and autism. Many studies have been undertaken to see if a connection could be found, but time and time again, there has been no link between any vaccine and the likelihood of developing autism.



Myth #2

Infant immune systems can't handle all these vaccines

An infant's immune system has a greater capacity than one might think. In fact, if they received all of their vaccines at once, only 0.1% of their immune system capacity would be used. Their bodies are constantly being exposed to countless viruses and bacteria every day that live in our normal environment. Vaccines hardly make an impact in comparison. The vaccines we use are more efficient and safer than ever before, exposing today's children to fewer immunologic components than previous generations.

Myth #3

Vaccines contain unsafe toxins

Almost anything can be toxic if you put too much of it into your system. The same thing goes for what is found in vaccines. Vaccinations are known to have trace amounts of formaldehyde, mercury, or sometimes aluminium in them, but these amounts are so low that it is practically null in void. In fact, even our bodies produce higher rates of formaldehyde than what can be found in vaccines.

Vaccination

is especially important because the rates in which international travel is growing. Even if a disease is not a threat in your region or country, it may be common somewhere else with the opportunity to be introduced. If someone were to carry a disease from abroad, an unvaccinated individual on that flight, or where they land, could be at risk for getting sick. Before vaccines, children were becoming sick and even dying from diseases like measles, whooping cough, rubella, and smallpox, but now they can be completely prevented with an injection. Vaccines save lives and are one of the greatest pillars in modern medicine. It is important to remember that prevention is key.

Myth #4

Children don't need to be vaccinated because infection rates are already so low

“Herd immunity” is when the majority of people in a population are immunized, which allows for the unimmunized minority to be protected. When such a large number of people are protected from the disease, it makes it challenging for the disease to infect and spread. The issue now is that too many people are choosing not to vaccinate themselves or their children, and diseases that were once considered eradicated are now starting to spread. The less people becoming vaccinated, the higher the infection rates are.

CRITICAL TRIP BACK TO THE MOON

By Stella Law

Moon is just the stepping stone; Mars is humanity's priority #1 for a future manned mission. Pretty much all the smart people out there with a stake in humanity's space endeavours have agreed on that proposition.

NASA, in particular, has enthusiastically embarked on said approach. You've probably already heard that the premier space agency is currently busy preparing the groundwork for a revisit to the Earth's closest neighbour. But, do you know why it is important to build a more permanent presence in the Moon before aiming for the bigger milestone, i.e. a manned mission to the Red Planet?

Well, here's a simplified and to-the-point explanation of why NASA is prioritizing Artemis, the agency's next crewed lunar mission.

THE STRATEGIC SIGNIFICANCE OF THE ARTEMIS LUNAR MISSION

For starters, NASA maintains that the moon is a rewarding destination in itself for an array of scientific and engineering purposes. At the same time, it also emphasizes that a crewed lunar mission will offer an archetypal experimental environment to expand the agency's technological reach, which in turn will boost its preparations for more challenging missions such as the one planned for Mars.

For Artemis, NASA is collaborating with several international agencies and private enterprises including the European Space Agency (ESA) and SpaceX. This private-public partnership transcending international boundaries is aimed at expediting the process of sending astronauts to the lunar surface at the earliest possible, ushering a new era of space exploration.

THE ORION+GATEWAY COMBO IS KEY FOR FUTURE MANNED MARS MISSIONS

To quickly brush upon NASA's strategy, it is building a spacecraft capable of taking humans into the deep space. Dubbed Orion, a spacecraft, can carry up to four astronauts into a distance no human has ever traversed before. With Artemis, this will be the Moon's south pole.

The spacecraft, designed in collaboration with the ESA, is light enough to be propelled by NASA's powerful Space Launch System (SLS) and it can travel hundreds of thousands of miles with adequate provisions to keep the crew alive in emergency scenarios.

Orion will dock to Gateway, a small spaceship which will be orbiting the Moon waiting for visiting spacecraft. It will be the Orion crew's home-away-from-home.



No bigger than a studio apartment, Gateway will have living quarters, sophisticated laboratories, docking ports for spacecraft, and other facilities to support both manned and robotic missions. The level of sophistication in the design and the under-the-hood technologies is such that the spaceship has been internationally recognized as a critical component in humanity's future in space.

Per the existing roadmap, astronauts from NASA and other partner agencies will visit Gateway at least once every year, though their stay won't exceed more than three months max at a go. Once there, the crew will use a human landing system featuring a transfer element for their journey to the low-lunar orbit from the Gateway.

In the next phase, they will use a descent element to land right on the lunar surface. During departure, the team will use an ascent element to return to the Gateway.

The important point to note here is that NASA will leverage future lunar missions to train astronauts for life in the deep space over an extended period of time. In addition, the crew will also have abundant opportunity to use the Gateway to practice moving in a spaceship along different orbits.

Both of these feats will come handy in the long run considering that NASA plans on using a more advanced variant of the Gateway spaceship for crewed Mars missions in the future.

Parts of the Gateway are already under construction at several NASA and partner facilities across the US. Up next, the spaceship will be assembled in space in multiple phases using the SLS and the Orion spacecraft. Assistance from commercial launch vehicles will be sought as and when required.

The importance of Artemis from a strategic point of view can be best explained by the following expert from NASA administrator Jim Bridenstine's recent conversation with Space.com earlier this year:

“ So, we can prove all of the technologies, we can reduce all of the risks, we can try all of the different maturations that are necessary to live and work on another world. And we can do it all at the moon, where, if there is a problem, if there is an emergency, we know that we can get people home. ”

If everything goes as per plan, the first element overseeing the power and propulsion elements will go live in 2022. The first manned mission will probably happen in 2024, whereas by 2028, Nasa plans on establishing sustainable missions.

重返月球的关键之旅

几乎所有参与太空探索的人们都同意，火星是人类未来生存的重要场所，而月球不过是中转站。但是，美国国家航空航天局(NASA)却正在准备前往月球。Artemis成为下一个载人登月任务。

Artemis月球使命的战略意义在于，NASA认为月球是进行一系列科学和工程试验的有益地点。载人登月任务将提供原型试验环境，为今后在火星开展更具挑战性的任务做准备。

NASA为迅速推进月球使命的战略，正在与欧洲航空局合作，打造一艘Orion宇宙飞船，可以将多达四名宇航员送入人类尚未到达过的区域。Orion飞船将与一艘小型宇宙飞船Gateway进行对接。Gateway拥有支持载人与试验任务的设施，其设计和复杂的技术性使得Gateway被公认为人类在未来空间的关键组成部分。

Mia and the White Lion (Mia et le Lion Blanc)

Mia moves to Africa with her family and dislikes living there, until their family adopts a white lion cub. But as time goes by and the cub grows into a grown lion, her parents decide to finally let the lion by selling him to the highest bidder. Mia refuses and goes on a mission to save the white lion and find a reserve for him to live in. The movie will be in French and in English.



Date: Till 2019.09.23.

The Time in Between

The George V Art Centre presents "The Time In Between" featuring a range of artists from China and the rest of the world. The exhibition will focus on the existence of objects, which is not defined by their explicable relationship with human beings; instead, their possession of both objective and perceptual qualities to be perceived by human beings through spatiotemporal patterns. Human activities of explorations and creations begin in between, under the rigid and airtight coating of ceramics are myriad microscopic aperture formed in kilning; throughout the smooth and delicate surface of silk you may find innumerable stitches and threads made of fibres. Those ubiquitous interstices leave people indefinite space for inexplicable sentiments to discern the pattern and texture of the space and time in between.



Date: Till 2019.10.06.
(Except Mondays)

Venue: George V Art Centre, 77 Meishuguan Houjie, Dongcheng District, Beijing

美术馆后街77号,北京

Carly Rae Jepsen

After Carly Rae Jepsen released her critically acclaimed album E-MO-TION in 2015, it became 'a modern touchstone for a new crop of pop-leaning artists and legacy acts,' as NPR noted, adding that 'the blast radius of E-MO-TION is expansive.' The album also inspired an abundance of memes — extending the cultural cachet that Jepsen earned from the ubiquity of her Grammy-nominated blockbuster hit 'Call Me Maybe' (from her U.S. debut album Kiss), which not only climbed to No. 1 on the iTunes Singles charts in over 47 countries, sold over 20 million singles worldwide, and was certified Diamond in the U.S., but was referenced by everyone from former secretary-of-state Colin Powell to Cookie Monster.



Date: 2019.10.16.

Venue: Beijing Century Theatre, 40 Liangmaqiao Lu, Chaoyang district, Beijing

世纪剧院, 朝阳区亮马桥路40号, 北京

Wuthering Heights

This tale of passion and revenge has thrilled readers and audiences alike for generations. Now, in an adaptation by award-winning writer Laura Turner, is set to entrance Chapterhouse audiences for an evening of theatre beneath the stars. Can Catherine and Heathcliff's love endure, or will the forces of nature tear them apart?



Date: 2019.10.16.

Venue: Jinwan Grand Theatre, Tian Jin Bin Jiang Dao, Jiefang Bei Lu, Tianjin

天津津湾大剧院, 解放北路津湾广场4号楼

Songs of Lear

Songs of Lear had its international premiere during Fringe Festival in Edinburgh in August, 2012, where it received three prestigious awards: Scotsman Fringe First, Herald Archangel and Musical Theatre Matters Special Award. Songs of Lear was also enlisted on the very top of The List, winning the first place in the ranking of all theatre performances during the festival.



Date: 2019.10.19 - 2019.10.20.

Venue: Tianqiao Performing Arts Centre, Building 9 Tianqiao Nandajie Xicheng, Beijing

北京天桥艺术中心, 西城区天桥南大街9号楼

Studio Ghibli Symphony Concert

Studio Ghibli is one of the most acclaimed animation studios in the world, and the home of some of the most revered and beloved animated works to have ever graced the screen. Catch 20 of its iconic tunes performed by Japanese singers, including Azumi Inoue, who sang some of the most recognised theme songs from the studio. They will be accompanied by the NHK Symphony Danyu Orchestra.



Date: 2019.10.05.

Venue: Beijing Exhibition Centre, 135 Xizhimenwai Dajie, Beijing

北京市西城区西直门外大街135号

Le Rouge et le Noir

Le Rouge et le Noir is a historical psychological novel in two volumes by Henri Beyle Stendhal, published in 1830. It chronicles the attempts of a provincial young man to rise beyond his modest upbringing through a combination of talent, hard work, deception, and hypocrisy. He ultimately allows his passions to betray him. This production will be shown in French with Chinese subtitles.



Date: 2019.10.25 - 2019.10.29

Venue: Beijing Century Theatre, 40 Liangmaqiao Lu, Chaoyang district, Beijing

世纪剧院, 朝阳区亮马桥路40号,北京

Bakeries & Desserts



GH **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淇淋
(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

NK **Ying 瀛轩**
Relax with a cup of tea in this Imperial courtyard-inspired restaurant, serving a selection of Chinese specialties from different provinces.
A: 2nd Floor, Conrad Tianjin, No. 46, Tianta Road, Nankai District
南开区天塔道46号
天津康莱德酒店二层
T: +86 22 5888 6666

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 Nanjing 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)**
小蕃茄意大利餐厅 (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

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
和平区吴家窑二号楼迎春里24号楼底商(靠近西康路)
T: 15602172289, 17526573687

Japanese

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

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

Bars & Discos

NK CHA 洽堂

A stunning bar anchors this stylish lounge, the perfect setting to linger a while with a cup of caringly prepared tea complemented by the hotel's signature afternoon tea.
A: 1st Floor, Conrad Tianjin, No. 46, Tianta Road, Nankai District
 南开区天塔道46号
 天津康莱德酒店一层
T: +86 22 5888 6666

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

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 昔唐音乐酒吧

Favoured for the last couple years by most expats as the place to end their nights dancing and meeting friends.
 20:30-03:00.
A: -1F, Olympic Tower Tianjin, Chengdu Dao, Heping District
 和平区成都道奥林匹克大厦负1层
T: +86 22 2337 7177

HP Qba Bar Q吧

Savour authentic Latino food, drinks and music. 18:30-01:00.
A: 2F, The Westin Tianjin, No. 101, Nanjing 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 22 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, Tianjin
 河西区宾水道16号万丽天津宾馆1层
T: +86 22 5822 3388

NK Violet Lounge 紫

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

HB Mama Mia 妈妈咪呀音乐酒吧

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

HD Churchill Wine & Cigar Bar 丘吉尔红酒雪茄吧

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

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 善如美容美体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



和睦家医疗
United Family Healthcare

HX Tianjin United Family Hospital 天津和睦家医院

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

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

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

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

Fitness Center
健身中心

A: B1st Floor, Conrad Tianjin, No. 46, Tianta Road, Nankai District
 南开区天塔道46号
 天津康莱德酒店地下一层
T: +86 22 5888 6666

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

★★★★★


Conrad Tianjin
天津康莱德酒店

Showcasing a blend of modern chic and subtle Art Deco details, Conrad Tianjin is a smart-luxury retreat for the global traveler.
A: No. 46, Tianta Road, Nankai District, Tianjin
 南开区天塔道46号
T: +86 22 5888 6666

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

Courtyard by Marriott Tianjin Hongqiao
天津陆家嘴万怡酒店

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


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
 河西区滨水道16号
T: +86 22 5822 3388

Hotel Indigo Tianjin Haihe
天津海河英迪格酒店

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

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


Banyan Tree Tianjin Riverside
天津海河悦榕庄

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

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


Holiday Inn Tianjin Xiqing
天津中北假日酒店

The hotel located in the CBD area in Zhongbei Town, is your perfect choice to business and family travel as well as enjoying leisure.

A: No. 5 Wanhui Road, Zhongbei Town, Xiqing District, Tianjin 300385, P.R. China
 西青区中北镇万卉路5号 邮编300385
T: +86 22 8797 5555

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


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

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

Serviced Apartments



H P **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

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

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



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

H X **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

H P **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

N K **Conrad Residential Apartments, Tianjin**
天津康莱德酒店公寓
Residential apartments are also available for long and short stays.
A: No. 46, Tianta Road, Nankai District, Tianjin
南开区天塔道46号
T: +86 22 5888 6666



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



H P **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

H P **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



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



N K **FRASER PLACE TIANJIN 天津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

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

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

Art Galleries

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



H P **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

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

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

Museums

H P **China House Museum 瓷器博物馆**
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

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

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

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

H X **Yangliuqing Wood-Block New Year Pictures Museum 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

B D **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

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

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

Theatres & Cinemas

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

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

H X **Tianjin 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



Biking Tianjin Adventurer Club
35 • Tianjin, Tianjin • Invite-Only

Biking Tianjin Adventurer Club (BTAC). Weekend social road biking group who enjoy exploring Tianjin and surrounds. Send us a note and join us for a ride in Tianjin!

E: thestinos@msn.com

Education

KIDS'R'KIDS Learning Academy, Tianjin No.1 凯斯幼儿园, 天津云锦幼儿园
A: Yunjin Shijia Community, No.65, Ziyang Rd, Zhongbei Zhen, Xiqing Dist, Tianjin
西青区中北镇紫阳道65号云锦世家内
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



H D **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, 同时举办棒球球队团建活动。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





H P 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



NZJ 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



H X 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

H P 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

H X 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

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

Exhibition Centres

H X 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

H X Q 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

N K N 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

H P D 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



N K 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



Cai Feng Lou Chinese Restaurant
彩丰楼中餐厅
A: 1F, InterContinental Tianjin Yujiapu Hotel & Residences No.3360, Xinhua Road, Binhai New Area 滨海新区新华路3360号 天津于家堡洲际酒店及行政公寓1层
T: +86 22 5986 8888 ext. 6508

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



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



Commune Dine
食社自助餐厅
A: 1F, InterContinental Tianjin Yujiapu Hotel & Residences No.3360, Xinhua Road, Binhai New Area 滨海新区新华路3360号 天津于家堡洲际酒店及行政公寓1层
T: +86 22 5986 8888 ext. 6506

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
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1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



Sky Lounge
堡子里酒吧
A: 12F, InterContinental Tianjin Yujiapu Hotel & Residences No.3360, Xinhua Road, Binhai New Area 滨海新区新华路3360号 天津于家堡洲际酒店及行政公寓12层
T: +86 22 5986 8888 ext. 6505



Commune Bar
潮酒社
A: 1F, InterContinental Tianjin Yujiapu Hotel & Residences No.3360, Xinhua Road, Binhai New Area 滨海新区新华路3360号 天津于家堡洲际酒店及行政公寓1层
T: +86 22 5986 8888 ext. 6509

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.
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



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



InterContinental Tianjin Yujiapu Hotel & Residences
天津于家堡洲际酒店及行政公寓
 Hotel features 299 exquisitely designed guest rooms and suites, along with 198 elegant residences. All the exotic restaurants, including Cai Feng Lou Chinese Restaurant, Commune Dine, Commune Bar, Sky Lounge and Lobby Lounge, will cheer diners up during the trip of international cuisine. Total area of approximately 16,000 square metres meeting and banquet venues ensure the event is one to remember.
A: No.3360, Xinhua Road, Binhai New Area 滨海新区新华路3360号
T: +86 22 5986 8888

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 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

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 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

Museum

Binhai Science and Technology Museum
滨海科技馆
Opening Hours: Tue - Sun, 10:00-17:00 16:30 Stop entering, close on Mondays
A: No. 347, Xusheng Road, Binhai New Area 滨海新区旭升路347号
T: +86 22 25623399

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

Golf Clubs

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

Eco-City International Country Club
生态城国际乡村俱乐部
 Strategically located within the Sino-Singapore Tianjin Eco-City, ECICC is home to an 18-hole championship golf course designed by world-renowned Tripp Davis.
A: No. 5681, Zhongxin Road, South Ying-Cheng Island, Tianjin Eco-City, 300480 China 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



Watching the unparalleled natural beauty of China is an enticing experience. China is a country famous for its cultural uniqueness and festivals. We can find exotic travel references about China, dating back to 700 years, even written by adventurer Marco Polo. The mysterious and striking natural beauty of China has been continued to remain intact despite the rapid economic growth.

Though mostly known for The Great Wall of China, The Forbidden City, The Imperial Palace or the Terracotta Army, China has a lot more to offer when it comes to natural beauty. Here are some of the best natural wonders of China.

THE BEST OF CHINA'S NATURAL BEAUTY

By Nikita Jaeger

MOUNT WUYI

A MOUNTAIN WITH "NINE BEND RIVER"

Located between Fujian and Jiangxi province, Mount Wuyi is famous for nine bend river. A river stream that changes its course nine times throughout its journey of 62.8km. Renowned as a natural landscape garden and a summer resort in China, this mountain offers scenic views than several other natural rivers and gorges.

Mount Wuyi offers a breath-taking view of its scenery along with adventurous activities like bamboo rafting. The place is famous among the visitors for 'Dahongpao Tea.'

How to reach

To visit Mount Wuyi, you need to reach Wuyishan city, from there, you will find bus and train options to visit Mount Wuyi.

ECHOING SAND MOUNTAIN

WHERE SANDS CAN SING

Echoing sand mountain is one of the unique magical creations of nature. An exciting phenomenon takes place here in this mountain when the wind blows. While the wind blows, it produces a sound as if you are rolling down from the mountain slopes.

People resonate the natural phenomenon as 'singing sands.' Some people call it as 'echoing mountain.' Whatever be the name, this is worth one-time visit to experience nature's play.



How to reach

Echoing sand mountain is 5km from the city of Dunhuang, you can find many local travel options from Dunhuang to Echoing mountain.

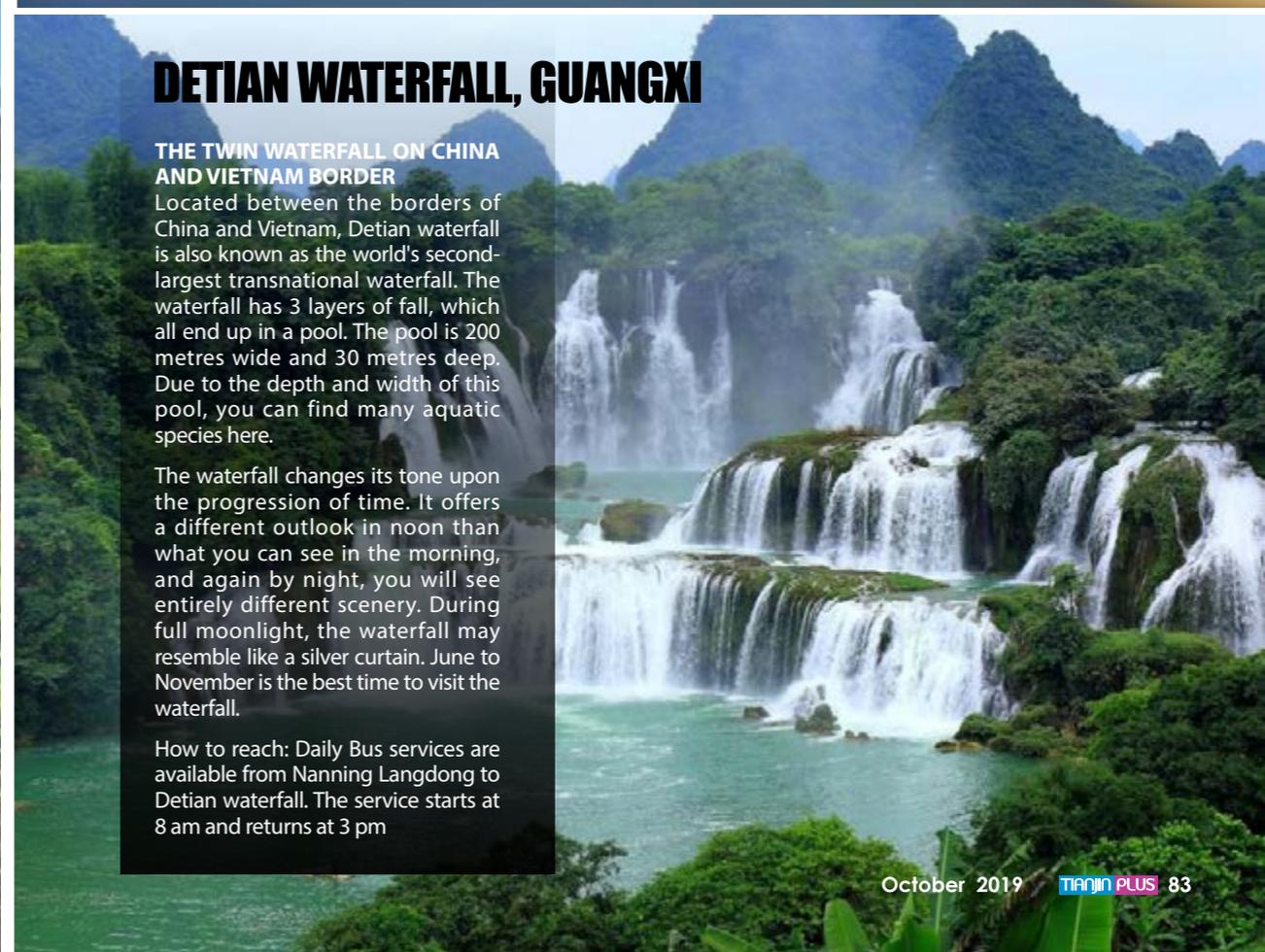
DETIAN WATERFALL, GUANGXI

THE TWIN WATERFALL ON CHINA AND VIETNAM BORDER

Located between the borders of China and Vietnam, Detian waterfall is also known as the world's second-largest transnational waterfall. The waterfall has 3 layers of fall, which all end up in a pool. The pool is 200 metres wide and 30 metres deep. Due to the depth and width of this pool, you can find many aquatic species here.

The waterfall changes its tone upon the progression of time. It offers a different outlook in noon than what you can see in the morning, and again by night, you will see entirely different scenery. During full moonlight, the waterfall may resemble like a silver curtain. June to November is the best time to visit the waterfall.

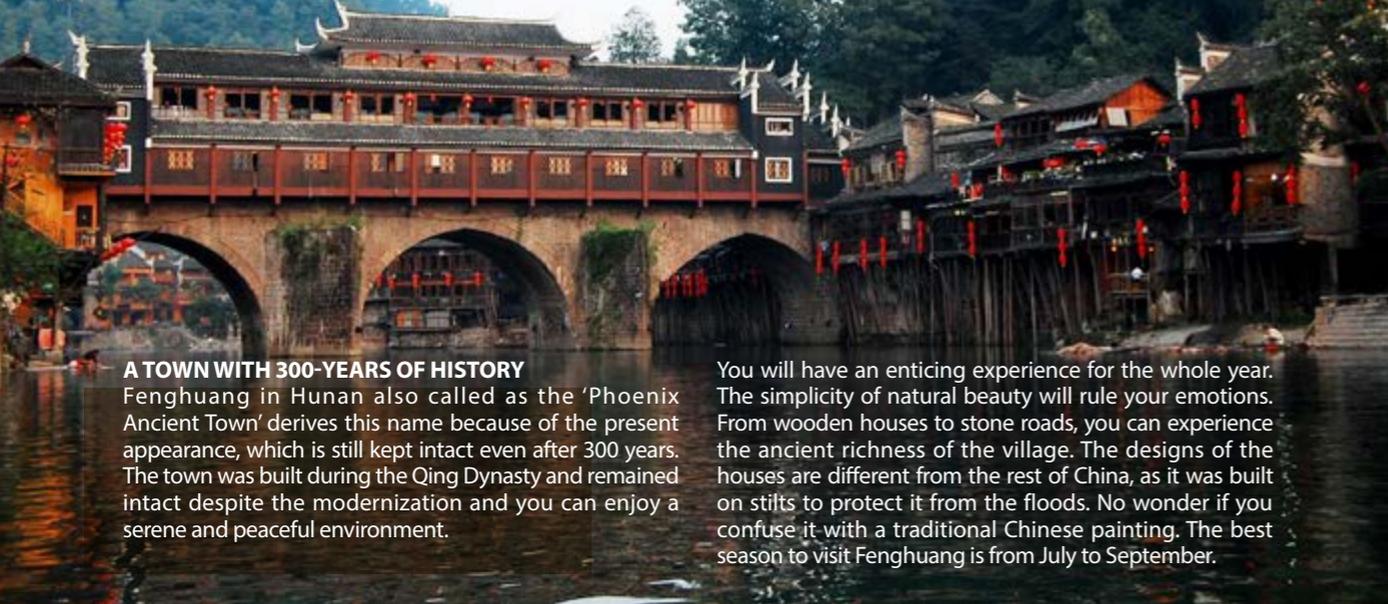
How to reach: Daily Bus services are available from Nanning Langdong to Detian waterfall. The service starts at 8 am and returns at 3 pm



FENGHUANG, HUNAN

How to reach

Located in the south-west of Hunan province, tourists can reach Fenghuang from many nearby cities. The nearest town is Jishou City, which is 37 km from Fenghuang and can quickly reach in an hour's drive. You can also reach Fenghuang from Changsha, which is at 430km and from Zhangjiajie, which is 250km.



A TOWN WITH 300-YEARS OF HISTORY

Fenghuang in Hunan also called as the 'Phoenix Ancient Town' derives this name because of the present appearance, which is still kept intact even after 300 years. The town was built during the Qing Dynasty and remained intact despite the modernization and you can enjoy a serene and peaceful environment.

You will have an enticing experience for the whole year. The simplicity of natural beauty will rule your emotions. From wooden houses to stone roads, you can experience the ancient richness of the village. The designs of the houses are different from the rest of China, as it was built on stilts to protect it from the floods. No wonder if you confuse it with a traditional Chinese painting. The best season to visit Fenghuang is from July to September.



ZHOUSHUANG, JIANGSU

NO. 1 WATER TOWN IN CHINA

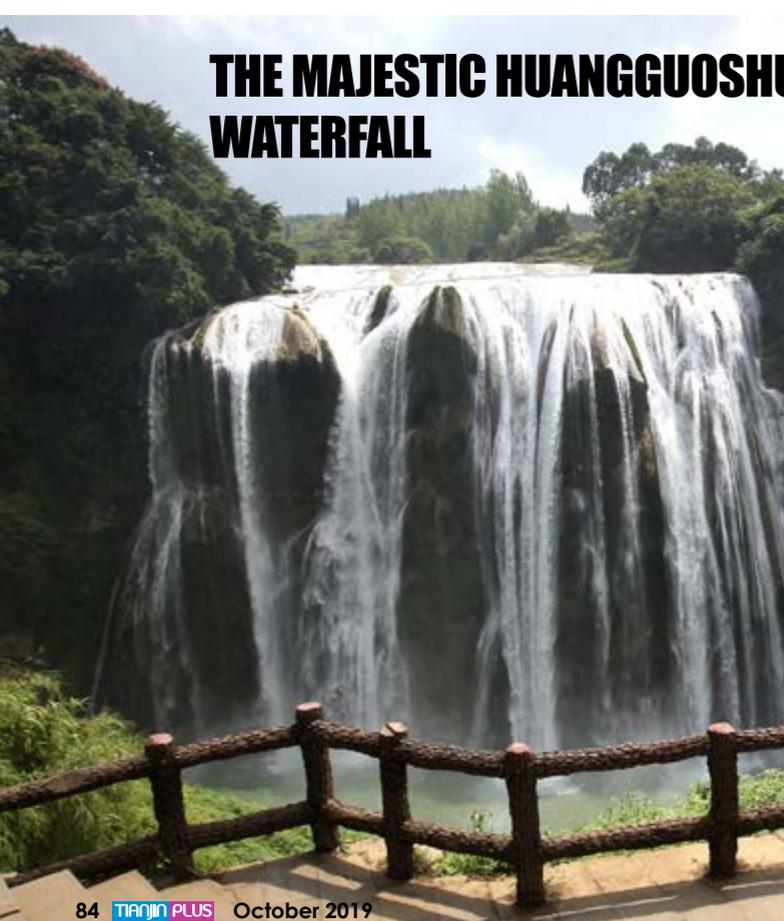
With a flavour of 1000 years' history, the city offers some of the best natural beauty locations in China. Zhouzhuang is not only the best water town in China, but also one of the top 10 places in China known for its natural beauty. Built during the Yuan, Ming, and Qing dynasty, Zhouzhuang has about 14 stone bridges, which connect different parts of the town. The beauty of the bridges gets an exciting appeal, especially in the evening with sunset in the backdrop.

The water town is sprawling over half a square kilometre, and the majority of the structures what you can see are part of Ming and Qing Dynasties.

How to Reach

You can reach here from Suzhou city, which is approximately 30km away. Frequent bus services are available.

THE MAJESTIC HUANGGUOSHU WATERFALL



TALLEST WATERFALL IN ASIA

With a height of 255ft and a width of 331ft Huangguoshu waterfall located in the province of Anshun is the tallest waterfall in Asia. The entire area, including the waterfalls, is known as the Huangguoshu Waterfall National Park, which is the highest graded natural beauty area. The falling water produces a breathtaking view of foam, which goes up to 300m in the air.

The glam of the waterfall gets a spike during sunny days with the formation of a rainbow. Tourists get a rare opportunity to watch the waterfall from different angles. You can view from the top, bottom, and even from

front and back because of a 440ft natural cave. The cave appears like a water curtain and naturally formed halfway behind the waterfall. Tourists can negotiate through the cave and have a close look at the waterfall and even touch it.

How to Reach:

Huangguoshu waterfall is located at 45km from Anshun town and 128km from Guiyan, which is also the capital of Guizhou province. Tourists can reach it by train alighting at Anshun Railway Station and from there take a taxi or bus service. Alternatively, visitors can take bus service from Jinyang Bus Station, which will be a 2-hour journey.



LONGTAN VALLEY

THE NO. 1 VALLEY OF NARROW GORGES IN CHINA

Covered with rosy clouds and splashing torrents, Longtan Valley in Henan has not only earned the badge of 'The No.1 Valley of Narrow Gorges in China', but also it has acquired other titles too, including "National Geopark", "Scenic Spot with Biggest Potential for Development in China", "World Geopark", etc.

Longtan Valley is strikingly abuzz with purple-red quartz sandstone and decorated with a kind of natural red rock. The Longtan Grand Canyon shows 1.2 billion years of sedimentations. These sedimentations, along with the erosion of water led to crustal

displacements and is a reason for the formation of purple quartz sandstone. Due to this peculiar phenomenon, it is famous as the "natural Museum of Paleogeography."

How to Reach

It is 60 kilometres far from Luoyang city, and there is excellent air, rail and road connectivity to Luoyang city from all major cities in China. You can find bus service from Luoyang Bus station.

Nasca Tailor Made

纳斯喀定制

T: 13512019517 (赵女士)

A: 7F of M - Plaza, Binjiang Road, Heping District, Tianjin

天津市和平区滨江道Mplaza购物广场7层



Gas

Everyone should have a safe haven of their own.
 Many people have chosen the gas music pub for himself.
 It's not like a noisy bar, but you can disco dance when you're happy.
 It's not like a silence bar, but it will cheer up you when you're sad.
 For many people, it is more like a home.

— Gas Music Pub

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



ST REGIS
TIANJIN

天津瑞吉金融街酒店



揭秘深海美味-蓝龙虾

BLUE LOBSTER

(10月1日 - 10月31日)

蓝龙虾出现的几率是两百万分之一，因此如珍宝般的蓝龙虾一直以来都是幸运的象征。蔚蓝海餐厅主厨王海山倾情呈现3款“蓝龙虾奢享套餐”邀您一起解密蓝龙虾，探索深海美味。

(October 1 - October 31)

Blue Lobster is one of the species that is rare to find, and it's always the symbol of luck. You could only get 1 in 2 million pieces. Riviera's head chef Johnny Wang invite you to an amazing culinary journey to experience the authentic flavor of Blue Lobster with tailor-made menus.

天津瑞吉金融街酒店

中国天津市和平区张自忠路158号，

邮编300041 电话/Tel: +86 22 5830 9999

The St. Regis Tianjin

Address: No.158 Zhangzizhong Road, Heping District, Tianjin, China



IT TAKES
LOVE · DESIRE · MOMENTS

Saisai Zheng
郑赛赛
China / 中国

Aryna Sabalenka
阿丽娜·萨巴伦卡
Belarus / 白俄罗斯

Qiang Wang
王蔷
China / 中国

Garbiñe Muguruza
加比妮·穆古拉扎
Spain / 西班牙

Venus Williams
维纳斯·威廉姆斯
United States / 美国

2019 TIANJIN OPEN 天津公开赛

7 - 13 OCTOBER

TIANJINOPEN.COM



天津公开赛
官方微博



天津公开赛
官方微信

