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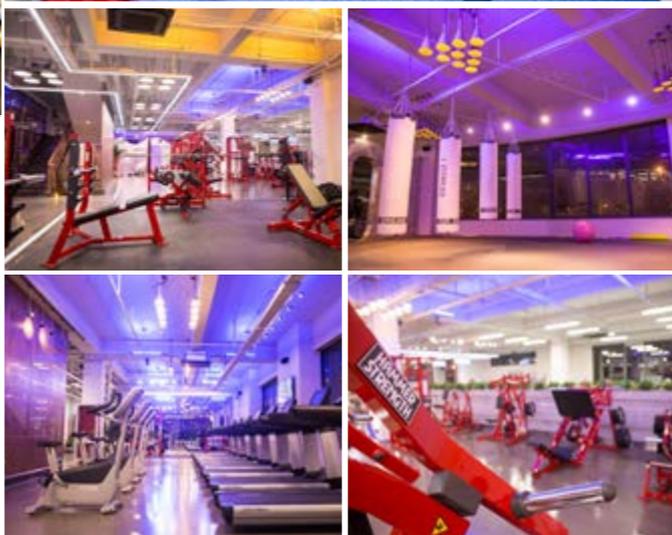
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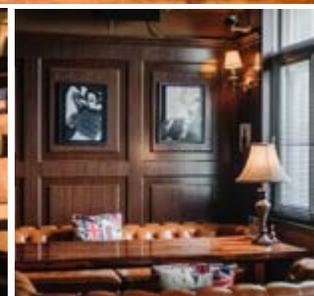
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Managing Editor
Sandy Moore
managingeditor@tianjinplus.com

Advertising Agency
InterMediaChina
advertising@tianjinplus.com

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Hi Friends,

Executive Chef at the Ritz-Carlton Hotel, Tianjin, Andreas Schatzschneider, began his life-long love affair with food in his grandmother's kitchen. Growing up in a small town just outside Berlin, Germany, he spent many hours watching his grandmother cooking. His career as chef spans over two decades - from humble beginnings to Executive Chef at The Ritz-Carlton, Tianjin. His culinary travels took him all over the world and his cooking style reflects this global influence.

Chef Andreas reveals a little of the culinary experiences we can expect at the Ritz-Carlton, his passion for food and cooking and his excitement about being in Tianjin. Chef Andreas is supported by Executive Chinese Chef Goh Wooi Cheat, who delights guests with his Cantonese cuisine, and Cuisine Chef Zhang Weijin who brings authentic Tianjin cuisine to The Ritz-Carlton, Tianjin guests' tables.

There is a proverb in China that states "Beauty is the wisdom of women." Which means beauty is timeless and has no limit. However, standards of beauty in Ancient Chinese had been changing throughout different dynasties or era. Some rules had become the norm for ancient Chinese in their physical appearance, such as eyebrows, eyes, lips, and weight. Nevertheless, in our current age, some benchmarks are still being applied with a twist. Let us see in this issue of Tianjin Plus the difference of the beauty standards then and now.

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

Best wishes,
Sandy Moore | Managing Editor | Tianjin Plus Magazine



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6 Wed

STEVEN ISSERLIS & MUNICH CHAMBER ORCHESTRA
英国大提琴泰斗伊瑟利斯与德国慕尼黑室内乐团音乐会

Date: Wed, Nov 6th
Time: 19:30
Price: 80, 180, 300, 420, 520
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅



Acclaimed worldwide for his profound musicianship and technical mastery, British cellist Steven Isserlis enjoys a unique and distinguished career as a soloist, chamber musician, educator, author and broadcaster.

As a concerto soloist, he appears regularly with the world's leading orchestras and conductors, including the Berlin Philharmonic, National Symphony Orchestra Washington, London Philharmonic and Zurich Tonhalle orchestras. He gives recitals every season in major musical centres, and plays with many of the world's foremost chamber orchestras, including the Australian, Mahler, Norwegian, Scottish, Zurich and St Paul Chamber Orchestras, as well as period-instrument ensembles, such as the Orchestra of the Age of Enlightenment and Philharmonia Baroque Orchestra. Unusually, he also directs chamber orchestras from the cello in classical programmes.

8 Fri

BLACK FOREST CHAMBER ORCHESTRA
天津首届室内乐音乐节·德国黑森林室内乐团音乐会

Date: Fri, Nov 8th
Time: 19:30
Price: 190, 280, 400, 525
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅



SPECIAL DAYS

11 NOV SINGLES DAY

14 NOV GUINNESS WORLD RECORD DAY

22 NOV 'GO FOR A RIDE' DAY



10 Sun

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

Date: Sun, Nov 10th
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.

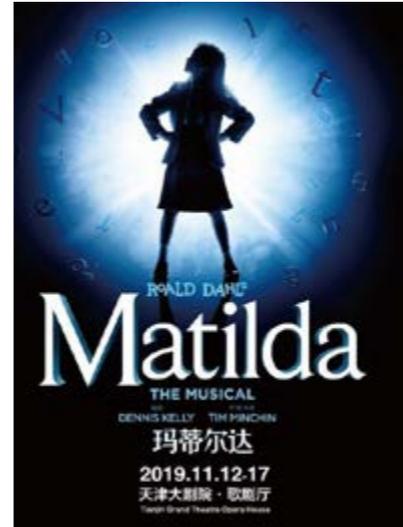
Andrew Lloyd Webber's most famous musical is also one of the most successful in entertainment history, playing to over 145 million people in 150 cities across 30 countries. It is the longest-running show on Broadway.

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

12-17 Tue-Sun

MATILDA THE MUSICAL
伦敦西区原版音乐剧《玛蒂尔达》

Date: Tue-Sun, Nov 12-17th
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. 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. Matilda's school life isn't completely smooth sailing, however - the school's mean headmistress, Miss Trunchbull, hates children and just loves thinking up new punishments for those who don't abide by her rules. But Matilda has courage and cleverness in equal amounts, and could be the school pupils' saving grace!

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 13th
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 13. 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.

THANKSGIVING

28 NOV



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 22th
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."

The pianist plays classical music in a modern way with the combination of electric-acoustic devices. His dynamic performances, featuring rock-style light shows and cinematic backdrops, have helped him sell 4 million albums in 57 countries and present a new world tour to concertgoers.

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23 Sat 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



NDR RADIOPHILHARMONIE
德国北德广播爱乐乐团音乐会

Date: Sat, Nov 23th
Time: 19:30
Price: 180,280,380,500,620,780
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅



04 Wed

STEPHEN KOVACEVICH
PIANO RECITAL

“最后古典主义诠释者”钢琴大师
斯蒂芬·科瓦谢维奇独奏音乐会

Date: Wed, Dec 4th
Time: 19:30
Price: 180,280,380,480,580
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅



19-20 Thu-Fri 28 Sat 31 Tue

RIGOLETTO, OPERA BY VERDI
意大利双歌剧周·歌剧《弄臣》

Date: Thu-Fri, Dec 19-20th
Time: 19:30
Price: 120,220,380,580,780,980,
1160(780x2),1390(980x2)
Venue: Opera House, Tianjin Grand Theatre
天津大剧院 歌剧厅



BALLET FLAMENCO IN TIANJIN: CARMEN
世界经典弗拉门戈舞剧《卡门》白金版

Date: Sat, Dec 28th
Time: 19:30
Price: 100,180,280,380,580,
680(380x2),980(580x2)
Venue: Jinwan Grand Theatre
天津津湾大剧院



SUPERFUL MUSIC: VICTORY
燃系钢琴史诗交响电声新年音乐会
《VICTORY》

Date: Tue, Dec 31th
Time: 19:30
Price: 100,180,280,380,580
Venue: Jinwan Grand Theatre
天津津湾大剧院



21-22 Sat-Sun

GIACOMO PUCCINI'S OPERA "TOSCA"
意大利双歌剧周·歌剧《托斯卡》

Date: Sat-Sun, Dec 21-22th
Time: 19:30
Price: 120,220,380,580,780,980,
1160(780x2),1390(980x2)
Venue: Opera House, Tianjin Grand Theatre
天津大剧院 歌剧厅



Carmen is a world-famous opera by French composer Georges Bizet in the autumn of 1874, based on a novella of the same title by Prosper Mérimée. Carmen has been adapted into a number of dramatic works and performed on world-wide artists' stages.

The performance is flamenco dance version of Carmen. Sourced from Gypsies' hometown in Spain and real life, Flamenco has become one of the most typical Spanish art forms.

Ballet Flamenco de Madrid, a professional artistic group, adapts opera Carmen into Flamenco show including music, dance, singing and instruments. The production has strong rhythm with expressive, passionate and graceful dancing posture. The spiritual communication brings tremendous appeal among audience and performers during the whole performance.



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Diversity and quality are the trademarks of the NDR Radiophilharmonie orchestra from Hanover. 86 highly skilled musicians represent an impressive variety in their programme. In addition to the great classical and romantic repertoire, they also cultivate early music. Crossover projects, movie soundtracks and a wide range of different concerts for children and youth reach a large audience.

Conductor: Andrew Manze

His extensive and scholarly knowledge of the repertoire, together with his rare skill as a communicator and his boundless energy, mark him out.

Clarinettist: Martin Fröst

Martin Fröst is an international clarinetist, conductor and Sony Classical recording artist, renowned as one of the finest exponents of the clarinet in the world at present and has been described by the New York Times as having "a virtuosity and a musicianship unsurpassed by any clarinetist — perhaps any instrumentalist in my memory".

Stephen Kovacevich is one of the most revered musicians of his generation. He has won unsurpassed admiration for his interpretation of Beethoven, Brahms, Mozart and Schubert. A Grammy nominated artist, Kovacevich has a long list of recordings for Philips and EMI.

SPECIAL DAYS



26 DEC. GUINNESS WORLD RECORD DAY

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

Pink Ribbon Inspired Afternoon Tea at La Sala Lobby Lounge

As a tribute to Pink Ribbon Breast Cancer Charity Campaign, the Executive Pastry Chef Christy Tse of Four Seasons Hotel Tianjin leading the team designed the eye-catching "Pink Themed Afternoon Tea". Guests can savour an exquisite set of varied pastries paired with handmade coffee or tea for a relaxing afternoon time at La Sala Lobby Lounge. Featuring Kirsch Bavarois with Plum Compote & Velvet Sponge, Apple and Roselle Jelly with White Chocolate Namelaka & Apple Mousse, Beetroot cured seabass & autumn garden salad and more. CNY 378+15% for two that valid from 24th of October until 15th of December, 2019.

During the same period, two special same Pink Ribbon inspired drinks: Strawberry Super Oreo and Red Velvet Latte will also be offered at CNY 60+15% per glass for creative beverage lovers.



Price: two special same Pink Ribbon inspired drinks: *Strawberry Super Oreo* and *Red Velvet Latte* will also be offered at CNY 60+15% per glass
Date: from 24th of October until 15th of December, 2019.

To find out details of the above news, you can contact Four Seasons Hotel Tianjin at 022 2716-6261 / 6688.

CONRAD TIANJIN

Aalnsired Taste in Brasserie on G

Choose a sumptuous buffet for lunch and dinner, or enjoy our à la carte menu showcasing your favourite Eastern and Western delicacies. From pasta to pizza, sushi to steak, crustaceans to poultry, splurge in our eclectic assortment on offer in Brasserie on G of Conrad Tianjin. Inspired by seasonally, locally sourced seafood and produce, designed to showcase Chef Samuel Zhao artistic and innovative technique.



Price: Lunch RMB228+ per person
Dinner RMB368+ per person
Date: November 1st - 30th, 2019
Venue: Brasserie on G, Conrad Tianjin

For more information or reservation, please contact Conrad Tianjin at +86 22 5888 6666.

THE ST. REGIS TIANJIN

Jin Mary

Each St. Regis hotel around the globe has crafted its own incomparable, locally inspired interpretation of the brand's signature cocktail. The St. Regis Tianjin proudly presents a new Bloody Mary creation with a unique twist, Jin Mary! Inspired by Chinese tea culture, The St. Regis Bar selects vodka soaked in ginger as the base liquor and adds a little chili sauce and pepper as the finishing touch to make the whole wine unique and rich in layers. Tianjin elements are especially blended in, with mini sugar-coated haws on a stick, so that you can feel the special culture of Tianjin while tasting it.



Price: RMB120 per glass
Venue: The St. Regis Bar, The St. Regis Tianjin

For more details, please call +86 22 5830 9958.

RENAISSANCE TIANJIN LAKEVIEW HOTEL

What colour for afternoon?

Renaissance Tianjin Lakeview Hotel presents you the brand new colourful afternoon tea in this harvest season to brighten your quality time!



Price: RMB 228/set for 2 persons
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Date: Starts from November 15th, 2019.

For more information and reservation, please contact +86 22 5822 3130.

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Pasta Semi-buffet Lunch at Commune Dine

Enjoy the chef's freshly prepared pasta to awaken your taste buds at open show kitchen of Commune Dine. Bring you an array of exquisite pasta made with seasonal ingredients that bursts with freshness with every bite. Four kinds of pasta choices, served with beef Bolognese, rich tomato sauce, Carbonara or Pesto, along with unlimited fruits, salad, desserts, bread and daily soup. Whether you come to dine for business or family gathering, it is guaranteed to brighten your afternoon up in this comfortable dining environment.



Price: NET RMB78/person
Date: Monday to Sunday
Time: 12:00-14:30
Venue: 1F, Commune Dine, InterContinental Tianjin Yujiapu Hotel & Residences

For more information please contact +86 22 5986 8888.



Why is 年夜饭 团圆饭 or REUNION DINNER important in a Chinese Family?

By Rose Salas

In Chinese culture, the family is the basis of society. That is why they need to celebrate **Reunion Dinner** (团圆饭 - tuán yuán fàn) during **New Year's Eve** (年夜饭 - Nián yè fàn) as a part of their tradition. It is essential to attend this gathering to reaffirm the family's love and respect for each other and to ensure the harmony of the family and its cohesiveness. But for the most traditional

Chinese families, they "invite" their deceased ancestors to join them by placing offerings on the family altar and hope for the best.

Of course, in every gathering, food is one of the things that every Chinese family takes the most pride in. The menu is carefully planned by the family to ensure that the dishes being served will give a blessing for the next year.

The name and appearances are symbols of wishes for joy, luck, and wealth.

Though every region (even household) have different customs, there are some typical dishes seen on every table. And here are some of the dishes Chinese family is enjoying, while celebrating their reunion dinner on New Year's Eve.

Steamed Fish

Fish is a must to every gathering, as it is known to give wealth and surplus for everyone. While a whole fish symbolizes harmonious and entire family, the fish is not eaten as a whole during dinner. Only half part is eaten, and the other half will be eaten the next day to prolong the surplus.

Noodles

Noodles are known to give long life, that is why the table is not complete without it. To have a long life, you are not allowed to cut or chew them. The longer the noodles, the longer your life will be.

Steamed Chicken

Chicken is one of the best food to prepare and put in the table. It does not only feed a family, but it represents rebirth and reunion. In traditional Chinese, the primary workers of the family should eat the feet of the chicken to help them grasp onto wealth, while eating chicken wings will help you fly higher

and the bones will give you an outstanding achievement.

Vegetable dish

Vegetables are a staple in every gathering. Aside from it giving additional nutrition to our system, some vegetables provide good luck to one's family or person. For example, seaweeds symbolize wealth and fortune, lotus seeds a blessing for many children and a healthy family, and bamboo shoots for long life. Eat your vegetables accordingly to live a happy and healthy life.

Spring rolls

Spring rolls or egg rolls are parties' favourite appetizer, since they are easy to munch on and they are not too messy to eat. They are eaten to celebrate the coming of Spring Festival.

Hotpot

Hotpot is another food that Chinese family won't leave behind, especially during reunion dinner, since it is easy to make and has a lot of variety to

choose from. Hotpots are loved by royalties and commoners alike. You only need a flavorful soup and a creamy dipping sauce to make this dish one of a kind.

Rice cake

Eating rice cake is also one of the dishes every family won't ever forget. It is to wish everyone for a better year ahead. May it be in school, work, or business.

Dumpling Dumplings

are like spring rolls; they are prevalent among Chinese families. It is a staple for every event they are celebrating. Dumplings symbolize wealth and prosperity. It is also known for uniting family members and binding them to secure the family's close bond to each other. Dumplings are great appetizers, as well.

Since the world is evolving fast, the development of technology, as well as the improvement of the quality of our living, more contemporary foundations



have been introduced to the reunion dinner making it a combination of tradition and revolution. Therefore, more families choose to eat out rather than cook at home. They find it more comfortable and efficient to use their time on the most important reason why they are celebrating this event in the first place.

Nevertheless, reunion dinner is significant to all of us. It allows us to have a glimpse of what is going on with our family members. It binds us together to make sure that the love and respect for each other are still there. It is an opportunity to say sorry if we've done something wrong with a family member. It is a night filled with love, laughter, compassion, and understanding. Never miss this chance to celebrate with your family. As we always say, the family is an essential part of our community, and we should never leave them behind. Come home!

为什么年夜饭、团圆饭对中国家庭如此重要？

在中国文化中，家庭是社会的基础。因此在除夕之夜，家庭成员要欢聚一堂，以表达对家庭的爱和相互间的尊重及凝聚力。在聚会中，食物是每个中国家庭最引以为豪的特色之一。

清蒸鱼。鱼是聚会的必备食物，象征为每一个家庭成员带来财富和盈余。

面条。面条象征长寿，必须完整地吃掉一根面条，而不能切割或咬断。

白油鸡。鸡肉是最好的美食之一，鸡肉菜肴代表重生和团圆。

素材拼盘。蔬菜是聚会的主食，还能给家人或自己带来好运，在来年拥有幸福健康的生活。

炸春卷。春卷是聚会最受欢迎的开胃菜，不仅美味，还象征着春天的到来。

火锅。火锅是中国家庭聚会必不可少的主菜，容易制作，而且有多种类型可供选择。

年糕。年糕也是中国家庭不会忘记的菜肴之一。年糕意味着来年更上一层楼。

饺子。饺子是中国家庭聚会的主食，象征财富和繁荣，同时也代表家庭成员之间紧密联系在一起。

团圆饭对每一个中国人都非常重要。团圆之夜是一个充满着爱、欢笑、悲喜和理解的夜晚。永远不要错过与家人一起庆祝团圆的机会。



The Best Temples in Beijing

By Jordan Snyder

Yonghe Lama Temple

Yonghe Lama Temple is located in the northeast of the city's downtown area. It is the largest and best preserved of Beijing's lamaseries. It was built in 1694 during the Qing Dynasty on a site used as a residence for court eunuchs during the Ming Dynasty of 1368 until 1644. The Lama Temple

Beijing has a number of temples that attract tourists, particularly during the peak seasons, such as the months of summer, the National Day holiday and the Spring Festival. Here is a list and a little information about the best temples in Beijing.

has also been used as a royal mansion with a resplendent architectural design, which gives it a distinct difference to other temples in the city.

To reach the temple you can take bus services 13, 116, 117 or 684. The subway lines 2 and 5 are also convenient and you should exit at the Yonghegong (Yonghe Lama Temple) station.



Tanzhe Temple

This temple is located in Mentougou district at the foot of Tanzhe Mountain. Tanzhe Temple is one of the well-known Buddhist temples to be found in Beijing. The temple was constructed to follow the contours of the mountain. Most of the temple buildings were built during the Ming Dynasty with the remainder dating from the Qing Dynasty of 1644 until 1911. There are some older pagodas dating from the Jin and Yuan Dynasties.

The temple is easily reached on public transportation with bus number 931 being the best option to the Tanzhe Si (Tanzhe Temple).



Sleeping Buddha Temple

The Sleeping Buddha Temple is located midway between the Old Summer Palace and Fragrant Hills Park at the foot of Shoniu Mountain. The Sleeping Buddha Temple is a perfect example of a classical Buddhist temple complex. The temple is one of Beijing's most popular tourist attractions with three courtyards located along a central axis. The Chinese name of this temple is Wofo Si and it can be reached by using bus services 331, 505, 563, 630 and 696 to the Wofo Si stop.

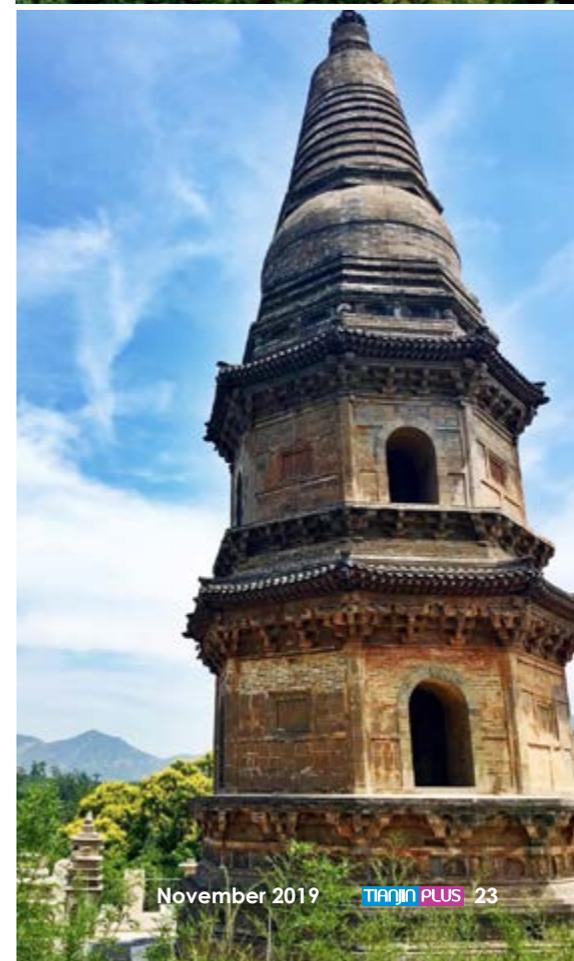
Hongluo Temple

Located in the Huairou district, the Hongluo temple is a sacred place of Buddhism over several dynasties. It was first built in the Eastern Jin Dynasty of 317 until 420. Having been renovated and enlarged several times during its long history, the temple is northern China's largest Buddhist temple. The temple is surrounded by the Hongluo Mountain to the north and Hongluo Lake to the south. The only bus route that serves this temple is number 936 and you should exit at the Hongluosi stop.



Yunju Temple

Yunju Temple is located at the foot of Baidai Mountain in Beijing's Fangshan district. The temple is famous throughout the city having been constructed during the late Sui (581-618) and early Tang (618-907) Dynasties. Its fame includes the stone slabs carved with Buddhist scriptures, some of which can be found in the nine caves of Buddhist scriptures. To reach the temple you can take bus number 917 to the Yunju Si stop.



Baiyun Temple

Baiyun Temple, its literal meaning is the White Cloud Temple and is the largest Taoist architectural complex in Beijing. It was also the location of the central Longmen sect of Taoism. It was originally built in memory of Qiu Chuji, a priest that founded the Longmen sect of Taoism. There is also a stele, which records the history of the temple and the life story of Qiu Chuji. The temple can be reached on bus routes 26, 45, 319 and 717 to the Baiyunguan stop.

北京最著名的寺庙

北京有许多的寺庙，在夏季或节假日等旺季吸引着众多的游客。以下是北京最著名的一些寺庙的信息：

雍和宫。位于市中心东北方，是北京最大、保存最完好的喇嘛庙。建立于1694年的清代，被用作皇家豪宅，建筑设计华丽。可通过乘坐公交或地铁轻松抵达雍和宫。

潭柘寺。位于潭柘山脚下的门头沟区。是北京最著名的佛教寺庙之一。潭柘寺大多数寺庙都建立在明朝和清朝，一些更古老的塔可以追溯到金元时期。可以通过乘坐公交抵达寺庙。

卧佛寺。位于圆明园和香山公园之间，是北京最受欢迎的旅游景点之一，沿着中轴线有三个庭院。可以通

过乘坐公交抵达卧佛寺。

白云观。白云观是北京最大的道教建筑群，也是道教中龙门教派所在地，最初是为了纪念龙门道教创始人丘处机而建立。可以通过乘坐公交抵达白云观站。

红螺寺。位于怀柔区，是几个朝代佛教的圣地。始建于东晋，在漫长的历史中经历了多次翻新和扩建。寺庙北面被红螺山围绕，南面被红螺湖环绕。可以通过乘坐巴士到达红螺寺站。

云居寺。位于北京房山区白岱山脚下，在隋末唐初建造，以佛经洞穴和其中的佛经石板而闻名。可以通过乘坐公交到云居寺站下车。

COOKING IS A LIFESTYLE

HUMBLE, PASSIONATE AND INSPIRING

Executive Chef at the Ritz-Carlton Hotel, Tianjin, Andreas Schatzschneider, began his life-long love affair with food in his grandmother's kitchen. Growing up in a small town just outside Berlin, Germany, he spent many hours watching his grandmother cooking. His career as chef spans over two decades – from humble beginnings to Executive Chef at The Ritz-Carlton, Tianjin. His culinary travels took him all over the world and his cooking style reflects this global influence.

Chef Andreas is supported by Executive Chinese Chef Goh Wooi Cheat, who delights guests with his Cantonese cuisine, and Cuisine Chef Zhang Weijin who brings authentic Tianjin cuisine to The Ritz-Carlton, Tianjin guests' tables.

Can you brief us about your career as a chef all over the world and the long road that brought you to Tianjin?

I have a long career at The Ritz-Carlton, almost 20 years, and have worked in many different countries – Dubai, Austria, Canada, Mexico, the US. My previous assignment was in Dubai. I have worked in Guangzhou for a short while and always wanted to come back to China. Asia is always something special. I like the food and culture, mainly because it is so different from other countries. It keeps it exciting for me.

What motivated you to become a chef?

The main reason is that you can make people happy. Nothing is more special than when you present a dish and you see the people smiling. Nothing is more unique and special than that feeling. Going back, it all started with my grandmother. She lighted the fire for cooking in me, the passion. I spend much time with her and was inspired by the passion with which she was cooking – even a simple pasta or sauce, everything was made from fresh ingredients. I still remember the taste from the many dishes my grandma made. When you have a family gathering and you cook something, you get immediate feedback. There is nothing more special than seeing them smiling.

Who or what had an influence on your cooking style?

My cooking style has developed over time, but I kept my philosophy throughout all my journeys over the world. I have a big passion for food and my style is actually quite basic. I like to keep it very natural, colourful, but natural colors, of course. I focus on the taste, not the looks. It is important everywhere – taste is the main thing. If you get that 'mmmm...', then you know your food is good. My cooking style has been influenced by my travels around the world. I take a little from every country and I mix it up. For example, I will mix Chinese with Mexican food. It is quite different, but at the same time similar. It is also surprising for the guests when you mix different food cultures. Every country I have worked in has influenced my style. There are also a few chefs who have influenced my style and how I cook.

What is your favourite cuisine or dishes to cook?

Any kind of good food is my favourite. I am very open and I like anything. Apart from that, Mediterranean food is my passion: Italy, Southern France, Spain, around the Mediterranean Sea. The food is very light, very healthy with not too much cream, butter or sugar.

Tell us about the times you had a chance to cook for celebrities.

I had a chance to cook for quite a few famous people, but don't talk about it, out of respect for them and their privacy. I can mention Prince Charles of the UK, King Juan Carlos of Spain, the Sultan of Brunei, the singer Christina Aguilera and many others.

What do you consider as the highest award or reward you have received?

To be in the position I am now, is the highest reward for me. It certainly was hard work to get here, but I don't consider it work, because I love what I do. If you love what you do, it is fun, not really work. It is very rewarding to be a chef here at the Ritz-Carlton and to cook for many people. It was a long journey to get here and I am very happy to be here.

Brief us on the long relationship you have with The Ritz-Carlton.

I have been with The Ritz-Carlton for almost 20 years. I like their philosophy, how we serve guests, their motto is "We are Ladies and Gentlemen serving Ladies and Gentlemen". It is very special and not many companies have that philosophy.



What can diners look forward to from The Ritz-Carlton for the next few months?

We plan to introduce new menus, focus and highlight the local cuisine. Tianjin has amazing, good things to offer. Especially for me, as a foreigner, I want to experience the local food, create new dishes by bringing in a little of my own ideas from all over the world. As an example, I introduced a little bit of Mexican food and it was a big hit. We will focus on the quality of the food and slowly bring in new ideas. The main priority is to keep The Ritz-Carlton as the premier dining destination of Tianjin. Our team is great and the hotel is amazing and beautiful.

Dining is a favourite activity for families and friends in Tianjin. How do you plan to attract them with your cooking style?

I have to mention quality again – to give them really good food, prepared freshly. People can come here with their families. We want them to bring their kids as well, so we are planning to give the kids some activities, like cooking and baking classes. The parents can enjoy their meals; we will take care of the kids and entertain them.



What are the most important differences between your previous assignment and your actual responsibilities here?

A big difference is the language. You have to take your time to understand the people. Whether you have to work with people or want something, you have to speak to people and it takes time to understand and be understood. For me, the kitchen, where I do my work, is always the same. The cultures are, of course, very different, but I can adapt very quickly. I always wanted to be here and I actually left Germany because I wanted something different. I knew if I wanted to learn more, I had to go. When I cannot learn or teach anything more, it is time to move on.

What are your priorities at The Ritz-Carlton so far?

The main focus at the moment is to bring new ideas to the Tianjin markets. The hotel has just celebrated its 6th birthday in Tianjin and I am very confident that, with my passion and expertise globally, we can bring new culinary ideas. At the moment, since I am new in Tianjin, my main priority is to get to know my team, focus on the flair of the food. I want people to enjoy the food, I want to hear that 'mmm' telling me the food is really good. That will make them come back for more.



What culinary surprises can we expect from you and your team at The Ritz-Carlton for winter and the year-end festive season?

We are in the process of coming up with special activities and plans for Halloween and Christmas.

How do you handle times of pressure?

The most important thing is to stay calm. I have learnt along the way that the most simple, but important aspect for a leader is to stay calm and always stay positive during pressure; the team must feel that they are well taken care of and that they can speak freely. I want to inspire my team and give them the freedom to come up with their own new ideas. In my work there can be a lot of pressure, but you get used to it and learn with time how to deal with it: you do some sport, relax, take time off. You have to prioritize and learn to say "no" sometimes, but the most important is to stay calm. Fortunately, I'm a calm kind of person.

Which chefs do you admire most and why?

I admire any humble, passionate chef. There are two chefs that I admire especially and who had a big influence on me. Rainier Zingrebe, who is now the Vice President of Culinary for the



Tianjin Master **CHEF ZHANG WEIJIN** is not only a distinguished expert in Tianjin cuisine, but has received many awards for his skills in the culinary art. He believes in authentic dishes that represents the history and culture of the cuisine. His extensive experience and continues love for cooking contribute to the unique and inspired dishes he creates.

Executive Chinese **CHEF GOH WOUI CHEAT'S** almost 40 years experience as a Cantonese cuisine chef brings another dimension to cuisine at The Ritz-Carlton, Tianjin. Perfection of a dish in both taste and presentation is what Chef Goh believes in and what will make every dining experience at the Tian Tai Xuan unforgettable. Chef Goh has refined his culinary skills at distinguished establishments and has brought his expertise and passion for cooking to The Ritz-Carlton for the people of Tianjin to enjoy.

Luxury Brands for the Marriott group. He was my chef and mentor, and taught me how to really taste food, how to deal with people. Once, I couldn't really get my team together and he helped me to change my way of thinking, showing me that I have to adapt to the people I am working with. He is very organized and I admire him for his discipline, his leadership and personality. The other chef, who had a great influence on me, is Paul Urchs, who is a 3-Star Michelin chef in Germany. From him I learned how to season food and how to pair food with good wine to enhance the taste of the food. Fine dining is a fine art – I learned that from him.

How do you balance your career with your personal life and what do you do in your free time?

Work is my life, not only my work. Cooking is a lifestyle. I just enjoy cooking and food in general. When I have time, I enjoy traveling. As I am new to Tianjin, I will explore Tianjin. I really want to get to know China and travel on the beautiful train system you have here. I also go to the gym, run, swim and enjoy fishing. I have people around me all day, so I enjoy the quieter sports. I like to go out and enjoy good food and a glass of good red wine with a few friends.

Chef Andreas is very happy to be in Tianjin and hopes to stay for many years. He considers himself lucky – “The city is quite special, less overcrowded, it feels more relaxed and the people are very friendly,” he says. At work, you will see him going around the restaurant, taking care of the guests, talking to them or making something special for them.

We are indeed lucky to have you in Tianjin, Chef Andreas. Thank you for taking the time to talk to us and we look forward to hearing of all the culinary treats you are going to create at The Ritz-Carlton.



**烹饪是一种生活方式
谦虚，热情，鼓舞人心**

天津丽思卡尔顿酒店的行政主厨安德里斯 (Andreas Schatzschneider) 出生于德国柏林，受到祖母的影响开始热爱烹饪。在跨越了二十余年的厨师生涯中，他游历了多个国家，并对亚洲的饮食和文化情有独钟。

烹饪能够给安德里斯带来灵感和快乐。游历和工作过的每一个国家，都曾影响过他的烹饪风格和烹饪方式。安德里斯对饮食的热爱非常广泛，尤其偏爱清淡而健康的地中海风味。他曾为许多名人掌勺。

安德里斯认为，作为丽思卡尔顿酒店的一名厨师是非常有价值的，工作中充满着乐趣。他在酒店行业工作了将近20年，用心与人们沟通交流，不断适应并融入当地的文化。酒店目前的工作焦点主要集中在注重餐饮的品质，立志成为天津餐饮目的地首选。

安德里斯认为，烹饪是一种生活方式。在业余时间，他享受于在中国进行文化探索，运动健身以及和朋友外出小聚。

SPEAK OF THE DEVIL

说曹操，曹操到

By Karen Wang

Jane had been best friends with Mary and Ashley for many years. They had all went to elementary school together and are all now in the same high school. After school, Ashley, Mary, and Jane decided to head to a nearby café to have some ice cream and waffles. While at the café, the girls started to have a lively discussion.

"I think I'm developing feelings for this boy in school. He's not only cute, but he's also intelligent, funny, and kind," Mary confessed.

"What?! Who is this? Does such a person even exist at our school?" Ashley and Jane both exclaimed.

"Well, I'm happy to tell you both who it is, but you have to promise me that you're going to be able to keep it a secret," Mary blushed.

"We promise," Ashley and Jane both nodded.

"I've got a crush on Ben," Mary whispered.

"Ben? Isn't that the boy that you're working on a science project with?" Ashley excitedly mentioned.

Mary shyly nodded, as Ashley continued to bombard her with questions.

Just as Mary was about to answer one of Ashley's questions, Jane suddenly jumped

up from her seat and said, "Speak of the devil, look who's just walked through the door!"

Ashley and Mary both turned around and saw that Ben had just walked into the café and was ordering something from the counter.

"What a coincidence! There's no better time to say hello and invite him to sit with us," Jane nudged Mary.

In this case, Jane wasn't actually speaking about the devil. What Jane is trying to say, is that the person of discussion had unexpectedly become present during the conversation. In this case, Mary was talking to Jane and Ashley about Ben. At that moment, Ben happened to suddenly turn up, and walk through the doors of the café.

There is a similar Chinese phrase that goes like this: 说曹操，曹操到 shuōcāocāocāocāodào. This phrase translates to 'speak of Cao Cao, and Cao Cao arrives'. Cao Cao was a famous Chinese warlord, and the story from which this phrase came from was mentioned in the popular novel "The Romance of the Three Kingdoms". Essentially, it means the same thing as its English counterpart. Someone that you have been talking about, happens to show up at that exact moment.

阿什利、玛丽和简在放学后一家咖啡馆吃冰激淋，她们谈论到了喜欢的男孩。

玛丽表示她对学校里的一个男孩产生了好感，他可爱、聪明、风趣而善良。这个男孩就是本。本曾经和玛丽一起做过科学项目。

女孩们正在聊天时，突然发现本走进咖啡馆，正在柜台上点单。这种情况下，在话题中所讨论到的人突然出现在眼前，用一个恰当的短语表示就是“说曹操，曹操到。”曹操是三国演义中的人物。这个短语表示你正在谈论的某个人，恰好就在那个时刻出现了。

Dear Experts,

I am currently in college and sincere and good in studies. I have a boyfriend for three years, who is not particularly good in studies, but carries a calibre to do something different and extraordinary in life. My parents want me to become an officer and I passionately aspire to be the same, as well. However, they want me to get married to an officer only and do not allow me to talk to boys at all. My boyfriend has completed engineering and though he definitely won't be an officer, he will surely earn a decent amount of money from a respected job, rather than money. What should I do in such a situation?

Senka



Angela says:

First things first, focus on your career as of now and let your boyfriend do the same. It is too early to make plans or think about marriage. Also, don't try to pressure your partner to achieve something big. Let him work on his career with his will without building castles in your mind. This could potentially make him pressurized to achieve something too soon and jeopardize his life as a whole.

Let things work out on their own. Also, communicate less with your boyfriend and know his opinion, so that you are on the same page. If he sticks by you, he is the one, otherwise probably not.

Daemon says:

Seems like a grave situation! My advice would be to not talk about your future plans with your partner with your parents as of now. As they will surely recommend you to focus on your career for now. They will also end worrying too much and be too cautious. It would be easy to talk to them when you both are well settled in your life and in a position to take better decisions for your life. It would be easier to convince in that situation when you will have an upper hand on your life. Provided you make sure what your boyfriend thinks about this.



森卡在大学有一个交往三年的男朋友，他是一个平凡但相当靠谱的人。森卡的父母希望她能成为一名公务员，并且以后也嫁给公务员。森卡的男友完成了工程专业的学习，但肯定不会成为公务员。森卡担忧父母所寻找的不过是拥有体面工作的人选，而非靠自己的能力挣大钱的人选。

安吉拉建议，从现在起，和男友一起专注于今后的职业规划。不要给男友过大的压力，要让他自己来勾画未来的职业生涯。另外，要多了解男友的想法，两个人要齐心协力面对未来的生活。

恶魔建议，现在先不要和父母谈起对未来的计划。当以后在生活中安顿下来，能够为自己的而生活做出更好的选择时，父母也会不再担忧。到时再与父母恳谈，事情就会容易很多。

TOP 5 NOODLES

By Evelyn Rubenstein

Aside from rice, noodles are a staple in most (if not all) Asian countries. It's one of the most versatile dishes you can try and the possibilities of flavour are endless! It can be eaten any time of the day and throughout all seasons. It's no wonder that noodles are a crowd favourite. Chinese noodles can be traced all the way back to the Han Dynasty. With more than 400 years of history, noodles have played a significant role in Chinese history. The food, aside from providing daily sustenance and nutrition, is also cooked for various occasions. Not all noodles are made the same, each are uniquely processed and served.

你一定要尝试的五大面条

面条是大多数亚洲国家的主食，拥有无穷无尽的口味。面条在中国已经有4000多年的历史，在中国历史上占有重要地位。每一道面条都是经过独特加工制造的。

兰州拉面。兰州拉面是经验丰富的厨师手工制作的。面条通常用牛肉汤和辣椒油、芫荽和牛肉片制成。这是中国最受欢迎的菜肴之一，在任何地方都可以吃到。

担担面。这是一道著名的川菜，以麻辣为基础，里面有辣椒油、胡椒、腌制蔬菜、葱和

肉。通常也会加入芝麻酱。

上海炒面。炒面里搭配大量牛肉、白菜、洋葱、大蒜等，和蚝油以及海鲜酱一起油炸。这是上海菜的主食，也是备受欢迎的菜肴之一。

云吞面。这是一种健康的面条，口味清淡，包括面条、虾或猪肉馄饨、肉汤和葱等。

热干面。这是来自湖北的一道传统菜肴，类似炒面。面条在沸水下用芝麻油煮熟，芝麻油使得酱料更加浓稠，并加入辣椒油等调味料。

LANZHOU HAND-PULLED NOODLES

These noodles are hand-made, the dough is worked by being pulled in quick straight tugs. Some experienced cooks even slam the dough in their prep boards to balance out the thickness and length. This noodle is usually served in a beef broth and packed with chili oil, cilantro, and beef slices. It can also be served stir-fried, if you don't prefer it soup based. It's one of the most popular dishes and can be found almost anywhere in China.

DANDAN NOODLES

Another well-known Sichuan cuisine is the Dandan noodles. The name roughly translates as "noodles carried on a pole" and was sold on the streets during the old days by street vendors. It's a spicy based noodle that is filled with chili oil, Sichuan pepper, preserved vegetables, scallions, and meat. Sesame paste is usually added, as well, to give an extra flavour to the dish. Just like the Lanzhou noodles, they are also thinly sliced. When eating this dish, don't forget to have a pitcher of water by your side if you can't handle the spiciness!

SHANGHAI FRIED NOODLES

Hailing from the city of Shanghai, these noodles are exactly what you'd expect; stir-fried noodles with generous servings of beef, bok choy, onions, garlic, and ginger. It's fried along with oyster sauce and hoisin sauce. It's a staple for Shanghai cuisine and it's one of the most popular dishes that you can easily make in your own home. The noodles are a bit thicker compared to Dandan and Lanzhou noodles, but easier to prep and re-create.

WONTON NOODLES

If you're a fan of noodles and wonton, then what better way than to have them both served in one dish? It's a healthier noodle with mild flavours, as it contains less oil. The broth is served with leafy vegetables and spring onions. The wonton can either be filled with shrimp or pork. The noodles are made from eggs and flour, and preparing this dish requires a great set of cooking skills. The wonton must be added separately from the noodles and it is usually added first in the bowl. The noodles must then be rinsed in cold water after cooking, and later placed with the wonton. It is not recommended to soak the noodles for too long in the soup as this will ruin the flavour and consistency of the dish. So, when you order this food, make sure you have an appetite.

HOT DRY NOODLES

A traditional dish originating from Hubei China, hot dry noodles are almost similar to stir-fry noodles. It's also known as Reganmian. It's popular to eat during breakfast and it is not a soup based dish. The noodles are made differently compared to its soup bearing counterpart. The noodles are cooked in sesame oil under boiling water, then they need to be cooled down for a few minutes before repeating the process. The rest of the ingredients will be added and the sesame paste makes the consistent thicker. Chili oil is the last staple ingredient to bind the flavour.



NEW
WAYS
TO
STYLEPLAID
SKIRTS

By Barbara Ross

Our “sun dress” days are almost over. Cooler months are right around the corner; time to find ways to look cute in sweaters, suedes and plaids.

According to the fashion capitals of the world, some of the biggest trends of this Fall/Winter season include bright coloured sweater dresses, leopard prints and the quintessential plaid skirts. Needless to say, plaid skirts are here to stay and all the high fashion brands are finding new ways to bring edge to the classic style.

So let's explore some new ways in which you can style plaid skirts this season. After all, creativity evolves fashion.

PLAID SKIRT SUIT SETS

Normally people tend to shy away from single printed head-to-toe looks. But not anymore. A plaid skirt suit set would probably be one of the most fashionable looks you can pull off this season. You can also pair a co-ordinate set of a blazer and a pencil skirt in plaid prints with a plain preferably neutral coloured inner shirt. As far as the colours are concerned, it is always best not to go for bright colours. Plaids are already pretty loud for a head-to-toe look. Hence, it's best to stick to neutral or muted coloured plaid prints and a matching inner shirt.

LAYERED UNDER
ANOTHER SKIRT

If you're a street style enthusiast, then you're going to love this style. The trendsetters in street fashion these days are sporting a rather edgy, but cool trend; plaid skirts layered underneath another skirt. For instance, a longer tea length plaid skirt can be worn under a distressed knee length denim skirt, preferably with a centre slit. That way, the plaid skirt will peek through from underneath the denim and the frayed hemlines of the denim will render a grunge look. You could go for any kind of skirt on top, ideally something with a bigger flare than the plaid skirt underneath for more room.

PENCIL PLAIDS
WITH CROP TOPS

A rather raging “millennial” trend is the crop top trend. Of course, we can't get enough of it anyway. So why not style it with a classic plaid skirt?

For this you can go for a midi length plaid pencil skirt with a paper bag waist to make it “2019” and pair it with a tight fitting crop top. For colours, you could use any fall colours. Since crop tops have a certain quality of making any look beautiful, you can pull off this plaid skirt style with little effort.

SHEER PLAID
SKIRTS OVER
PANTS

A slightly edgier, but super stylish way is to go for a sheer and flowy plaid skirt; as opposed to the norm of opaque plaids. You can either wear it alone with a feminine elegant blouse for a sweet look, or for a grunge look you could wear a pair of jeans underneath the sheer skirt and top it off with a sweater on top and a pair of boots. Once again, a street style way of wearing a plaid skirt.



PLAID SKORTS

Skorts are another super stylish millennial silhouette that women love these days. High fashion brands are already making plaids in skorts. Cute little mini plaid skorts with asymmetrical overlays can look especially good with an oversized sweater. You could also go for symmetrical skorts paired with feminine blouses for a more sophisticated look.

Keep this style guide handy when you're switching up your summer wardrobe with fall outfits and you'll be the next trendsetter.

PAIRED WITH A
CARDIGAN

When royalty starts wearing a particular trend, you know it's officially a norm. Kate Middleton stepped out wearing a pleated midi length red plaid skirt with a black button down cardigan. It is one of the simplest and easiest ways to style a plaid skirt, while maintaining class and sophistication. Of course you can complete the look with knee length boots. As for colours, it would be good to have one matching element in colours between the skirt and the cardigan; for example, a brown or red cardigan with a brown and red plaid skirt.

让格子裙别具一格

来自时尚之都的说法，这个秋冬季节最为流行的趋势是鲜艳的毛衣连衣裙、豹纹和经典的格子裙。我们来探索一些新的方式，让您的格子裙在这个季节别具一格，用创意来引领时尚。

格子裙套装。格子裙套装会是这个季节最时尚的造型之一。从头到脚的格子造型会相当的显眼，因此，最好坚持中性或柔和的彩色格子图案，并适当搭配内衣。

搭配另一条裙装。这是街头风格爱好者所钟爱的前卫款式。可以在格子裙上面搭配任何款式的裙装，比如膝盖长度的旧斜纹棉裙。

搭配开襟羊毛衫。这是皇室所引领的正式规范趋势，也是设计格子裙最简单的方式之一。注意要在裙子和开襟羊毛衫之间有一个匹配的颜色。

纯格子裙搭配裤子。可以在格子裙下面搭配一条牛仔裤，并搭配毛衣和靴子，再次彰显街头风格。

顶部裁剪的铅笔格子。可以选择MID长度的格子铅笔裙，并搭配紧身裁剪上衣，并选择任何适合秋天的颜色。

格子短裤。可爱的迷你格子短裤搭配女士衬衫，会让你看起来更加精致动人。

在将夏装更换为秋装时，随身携带以上风格指南，成为下一个时尚潮流的引领者吧。



HERE'S WHAT YOUR SKIN SAYS ABOUT YOUR HEALTH

By Anastasia Chapman

Face mapping is an ancient Chinese technique used to analyse the skin to help determine the body's internal health. The concept dates back to several thousand years and was used as a form of traditional healing.

Luckily, technology has improved over time and skin experts now can tell us a lot more by just looking at our skin. Breakouts and acne that flare up constantly in the same area could indicate what's going on inside your body.

Usually, the face is divided into 6 areas; the forehead, nose, chin, cheeks, jawline, and ears. Each of these areas represents a different issue, for example, acne on the jawline could indicate a hormonal problem.

UPPER FOREHEAD

Breaking out with pimples on your upper forehead is an indication of the large intestines and the bladder. This usually means that your body is having trouble breaking down foods, which leads to a build-up of toxins. The solution to this is to drink and eat more antioxidant foods, such as kidney beans, berries, and green tea.

LOWER FOREHEAD

The lower forehead is linked to the mind, spirit and overall wellbeing. If you're getting pimples in this area, then you might need to start taking some extra care of yourself. It is highly likely that acne could pop out in this area due to stress, depression and unhealthy sleeping patterns.

A quick fix for this would be to get enough sleep so

that your body is well-rested. Find different methods to help you cope with stress and depression that can improve your overall wellbeing. Try going for long walks, jogging or partaking in some activities that can boost your mood.

NOSE

Having zits on your nose is associated with heightened blood pressure and cardiovascular health. Get your cholesterol and blood pressure checked and focus on leading a healthy lifestyle. If you have a lot of blackheads, then you might also have an overproduction of oil, which causes excess sebum. Try eating more fruits and vegetables, quit smoking and increase fatty acids (avocado, olive oil) to your diet.

On the contrary; another simple reason why you could be breaking out in this area is due to a build-up of makeup. Always remove your makeup at the end of the day and follow a proper skin-care routine.

EYEBROWS

Breakouts between the eyebrows reflect the liver. The main cause of acne in this area is because of a poor diet that includes high fat intake and too much alcohol.

To resolve this issue, you should cut out alcohol and eat a well-

balanced diet. Add a lot of fresh foods to your diet and eat plenty of greens.

EARS

Painful zits occur on the ears when the kidneys aren't looked after. For healthy functioning, kidneys ensure that you drink enough water and limit your caffeine and salt intake. A simple kidney detox will sort the issue out. Have 8 glasses of water daily, eat more berries and barley. Lastly, try and cut down on your alcohol and coffee intake.

CHEEKS

Traditionally speaking, the cheeks give a glimpse into any sort of respiratory distress. Allergies, smoking and respiratory stress are all culprits of acne in this area. Look after your respiratory system by avoiding polluted/smoking areas and quit cigarettes. This will make all the difference in the world to your health and well-being.

CHIN

The mouth and centre of the chin reflect the stomach and small intestine. Food allergies, poor diet, and constipation can drastically affect this area. Have foods that are fresh and high in fibre to help in getting rid of

pimples in this area. Wholegrain foods, such as whole-wheat pasta, oatmeal and nuts, would be ideal to introduce to your diet.

JAWLINE

Acne on the side of the chin could be your body's way of telling you that there might be a problem with your reproductive system or kidneys.

Having a hormonal imbalance or any other reproductive issues, such as irregular menstrual cycles, could lead to zits in this area. Get checked out by your OBGYN to further evaluate any underlying issues.

皮肤会透露你的健康状况

随着科技的进步,对皮肤情况的分析可以帮助判断身体内部的健康状况。脸部的不同部位出现痤疮,都代表身体的不同部位可能会出现的问题。

额头上方。大肠和膀胱可能会出现的问题,表明身体在分解食物时出现困难。

额头下方。出现压力、抑郁或不健康的睡眠方式,需要让身体得到充分的休息。

鼻子。与血压升高及其他心血管健康有关,需要检查胆固醇和血压。也有可能是化妆带来的影响。

眉毛。反映了肝脏的健康状况。主要是不良饮食造成的影响,包括高脂肪和过量的酒精。

耳朵。预示着肾脏的健康的情况,要确保足量的饮水,来解决肾脏的排毒问题。

脸颊。可能由于过敏、吸烟或呼吸系统的非健康状况导致,要尽量避免身处污染或吸烟区。

下巴。反映了胃和小肠的健康情况。食物过敏、不良饮食和便秘会严重影响这里。

下颌。预示生殖系统或肾脏可能会出现的问题,如荷尔蒙失调或月经周期不规律等会影响这个区域。

通过脸部痤疮的位置可以非常快速有效地找到皮肤问题的根源。在进行自我诊断时,请务必征求医生的意见。

WHY FACE MAPPING IS SO EXCELLENT

Face mapping is a helpful exercise to partake in when you're trying to figure out why you're getting acne in specific areas.

It allows you to address any problems you think you might have, and gives you a quick evaluation of your overall health. Beauty spas and skin specialists have also adopted this practice in order to help give clients specified treatments.

In conclusion, face mapping is really helpful and can allow you to get to the root of your skin problems. Always get the opinion of your health care provider before self-diagnosing.

TOP 2020 INTERIOR DESIGN TRENDS

TO INCORPORATE INTO YOUR HOME FOR
A REFRESHING LOOK!



By Anastasia Chapman

We are half way into 2019 and already witnessing this year's home decor trends. For interiors in 2019, the overriding theme was based more on sustainability and natural elements. Some of these aspects are likely to continue capturing our interest in 2020, too!

Home decor enthusiasts can also expect to see some new design trends joining in the 2020 interior design bandwagon, for instance, application of sober and subtle hues to create intimate and welcoming spaces, emergence of minimalism and more.

Keep reading to learn about the top picks for 2020's home decor trends, as well as some tips on how to incorporate these looks in your own home. By the end of this article, we are sure that you will be all set to tackle 2020 in style.



NOD TO NATURE

Like 2019, interior designing will continue with organic and sustainable approach to deck up home spaces. Think tables made of petrified wood, stools adorned with coconut shell beads, pendants woven with branches, the addition of greenery inside your home and the most exciting and innovative experiment of the industry is the incorporation of unusual materials based on recycling, alternative technologies for a well-balanced approach between tech and nature. In fact, home-owners will see many interior designing firms experimenting with furniture made of leftover materials or what others consider "garbage". The usage of natural materials like seagrass, bamboo or corn has already a strong niche and influence over the production of modern furniture elements and home decor details. Furniture patterns meant to mimic the look of a wheat field or a special weed called lampakanay to give an organic look to mirrors and furniture. It will be commonplace in 2020's home decor designs!





RISE OF THE INTEGRATED LIVING SPACE

A noteworthy interior designing trend for 2020 is the rise of the integrated living spaces. Which means living rooms and kitchens are no longer going to be separate in modern houses. This contemporary plan will allow people to prepare food, while socialising. An open floor plan of kitchen, dining and living areas is the new 'normal' for modern home-owners. Such an arrangement of living spaces is also quite helpful for young couples with kids in tow that will allow them to keep an eye on the kids, while they are busy preparing food.

BLUSH EVERYTHING

The blushing hue has already been present for several seasons in interior decoration, and we will continue to see it next year. After all, the soothing shade has long been thought to have a relaxing effect on the human mind. Splashes of the dusty hue have cropped up all over the market, from furniture to rugs to upholstery and drapery. Honestly, it should not come as such a surprise because the youthful colour is not going anywhere soon. So now that pink is officially taking over 2020 home decor trends by storm, why not experiment with a lighter or darker tone of the shade for the flattering glow it casts!



LESS IS MORE

Like for the last few seasons, minimalism has been the interior design industry's favourite child! In 2020 also, the emphasis will be on choosing designs or owning items that are classic and long-lasting. For instance, a statement piece like a striking couch or a table is a must to liven up the living area, but it is also important to keep things simple, like these two inspirations, where the statement piece has been balanced out with a round mirror or abstract wall art, or the entire setting can become overwhelming.



COMPACT FURNITURE STILL GOING STRONG

A 2019 home décor trend that is still going strong is the magnificent trend of functional or linear storage construct. An extension of minimal living, functional furniture provides many uses. For instance, a general storage can include a TV cabinet and a custom-designed kitchen, all of which can be concealed behind two sliding panels. A great way to utilise smaller home spaces, where keeping multiple items will only give a cluttered look to the interiors. Functional storage systems can be shaped around simple materials palette selection including fresh oak wood, white plastered walls, dark blue and black furniture pieces, and light grey floors to create a clean, linear and cohesive environment in which modern lifestyle activities can unfold with ease.

EMBRACE COLOURFUL KITCHEN DESIGNS

For years, kitchens are created keeping in mind minimalistic and simple and clean designs and almost clinical with little to almost no bright colours. In 2020, get ready to witness a brand new wave of more personalised kitchen designs with some of the quirkiest and bold hues, ones that feel collected and also blend seamlessly with other living spaces in the home. Think vintage rugs, open or glass cabinets with cookbooks, collected dish wares and other pieces from lifestyle and travel.



2020年最佳室内设计趋势 值得选择，让您的家耳目一新！

2019年已经过半，我们已经见证了家具的装饰趋势更多集中于可持续性和自然元素上。本文提供一些2020年家居装饰趋势的选择，以及如何将这些装饰融入自己的家中。

回归自然。室内设计将继续采用有机和可持续的方式和装饰家庭空间。令人兴奋的想法是在可回收的基础上融入全新的可替代材料，在科技和自然之间实现良好的平衡。

综合生活空间的兴起。这是2020年室内设计的流行趋势，起居室和厨房在现在住宅中不再是独立的。开放式厨房、餐厅和起居空间会方便家庭成员之间的社交。

无处不在的红色。粉红色的色调已经流行了好几个季节。长久以来这种舒缓的色调对人们的心灵起到了放松作用。

极简主义。极简主义一直是室内设计行业的焦点。在2020年，重点将是经典的设计或经久耐用的物品。

紧凑型家具。满足最低限度生活物品的要求，功能性家具提供着多种用途，创建一个干净和紧凑的环境，方便人们轻松开展现代生活方式。

多彩的厨房设计。2020年会见证一波全新的个性化的厨房设计浪潮，带有古怪和大胆的色彩，又与家里其他生活空间无缝融合。



CELL PHONES

SHOULD BE ALLOWED IN SCHOOLS?

By Nina Mitchell

Using cell phones in schools can change the way of teaching and has other far-reaching benefits. Some of the top reasons cell phones should be allowed in schools include:

ADDS TO A SENSE OF SECURITY

In schools, where learning is overruled with violent activities as severe as gun violence, cell phones can provide a sense of security to children going to such schools. In schools, where ragging, bullying, and violence have reached the next level, cell phones can help them in reaching out to the right people in time.

Cell phones can provide means to call for emergency services, call their parents or helpline number in case of serious circumstances. It can make them feel safe and be safe at the same time.

HELPS IN CLARIFYING QUERIES

Not every child is comfortable standing up to clear his query. This makes them keep wondering about it and lose attention to the rest of the topic. Also, no teacher can entertain small queries from every kid due to the lack of time. In such circumstances, having cell phones at hand can help the kids to research the query there and then, so that he can better understand the lesson thereafter.



ENCOURAGES VIRTUAL LEARNING

Practical or virtual learning is better than just trying to read and understand the textbook. Cell phones make learning more interesting and easily understandable. Using videos to ease learning through the use of cell phones will make concepts clearer and enjoyable. Teachers can pull up a video to let students watch it and continue with the after to make teaching easy. This will also help in saving time.



CAN MAKE CHILDREN MORE ORGANIZED

Cell phones provide access to various applications that can help students in staying organized and disciplined. Cell phones can help them in submitting assignments quicker. It can definitely eliminate situations like forgetting homework at home, failed with completing assignments and such. The right usage of cell phones in free classes can also create a better learning environment among students.



MAKES A MEANS TO INTERACT

For introverts who like to be in their own world, who are not sure how to start a conversation, having their cell phones can find a path to health interaction. Cell phones can be used to start a conversation. Students can learn about each other better with their search engine choices and results. Also, listening to music in free time and sharing your taste of music can strike a chord and can help in starting a new friendship based on similar likes and dislikes.



CAN HELP IN SAVING A LOT OF MONEY

Why not make use of a device in education that is ubiquitous, and can actually turn students excited about studies? Yes, cell phone usage once incorporated rightly into education can turn out to be economical for the schools. It will make learning more interactive and enjoyable.



HELPS IN KEEPING SENSITIVE ISSUES PRIVATE

No kid will like to be screamed over in corridors when called in office for detention or wrongdoings. Such sensitive issues should be dealt with privately, without making the student feel humiliated. If you



think humiliating the student can make a difference in the behaviour, you are on the wrong track.

Cell phones work well in dealing with such issues. Sending a personalized message on the cell phone can make the student react faster and can better reflect on their wrongdoings.



PROVIDES KNOWLEDGE INSTANTLY

Not necessarily, the teacher has to have knowledge about everything. In circumstances when teachers are also not sure of the facts and figures being taught, taking the help of Google is not something to be looked down upon. With cell phones at hand, we have the right knowledge at the right time without awaiting the answer until the next class.

So, these were some of the reasons cell phones should be allowed in schools, ensuring that they are used for the right purpose and with prior guidelines, rules, and safety instructions.

应该在学校使用手机吗？

在学校使用手机可以丰富教学方式，还有其他潜在的有点包括：

- **增进安全感。** 在学校里，辱骂、欺凌和暴力成风时，孩子们的手机可以帮助他们及时找到联系人。
- **帮助查询信息。** 当孩子们的疑问没有得到澄清和解决时，可以通过手中的手机进行查询，更好地理解课程的内容。
- **鼓励虚拟学习。** 手机使得学习更具趣味，通过手机视频可以使学习概念清晰，学习过程愉悦。
- **更有条理。** 使用手机应用程序可以帮助孩子保持组织性和纪律性。
- **习惯互动。** 孩子们可以通过搜索引擎和共同爱好的应用程序更好地了解对方，有助于建立新的友谊。
- **省钱。** 手机一旦正确融入教育，对学校非常经济实惠的，
- **及时提供知识。** 当老师对所传授内容有不确定的时候，可以借助手机进行搜索，获得正确的知识。

IST LIBRARY WEEK FOSTERS LOVE OF BOOKS THROUGH ENGAGING ACTIVITIES

It was International Schools Library Week at IST (International School of Tianjin) from October 11-18 and the library was abuzz with activities all day, every day. The week started with Character Dress Up Day and there were many activities throughout the week like Panda Book Awards, Lunchtime Book Craft activities in the library by Ms. Simon, Drop Everything and Read times. The school also hosted a BPEIC Book Fair on the Wednesday and Thursday of the week which was very well attended by students, staff and parents. On Friday Oct 18, the IST library hosted the renowned storyteller Andy Wright who gave some fascinating performances and workshops to the students about the art of storytelling. Thanks to the untiring efforts of the Library team, Ms. Simon, Ms. Babiak, Ms. Fang and Ms. Li, for planning and organizing a week of library fun, promoting a love of books and reading, as well as a love for learning.



IST'S SECONDARY STUDENTS PUSH THEIR LIMITS ON WWW TRIPS

In September, IST's secondary students (Grades 6-11 or Years 7-12) headed off on annual Week Without Walls (WWW) excursions, which are adventures around China that not only link with learning outcomes from IST's curriculum, but also promote independence, teamwork and community building, and equally importantly, a greater appreciation of IST's amazing host country, China.

All of these secondary students had their physical, intellectual and interpersonal limits challenged in a range of highly engaging learning activities during these trips. Whether they involved in team and confidence building adventure activities such as rock climbing, horse riding, and rafting, or service activities such as helping a Bai farmer in Yunnan to till his field and plant cabbages, all of the students returned to school having pushed their personal limits, and having developed new friendships and greater self-assurance.

This year students headed off on the following trips:

- Grade 6: Jixzhou
- Grade 7: Qinhuangdao
- Grade 8: Baihe
- Grade 9: Hangzhou
- Grade 10: Inner Mongolia
- Grade 11: Dali, Yunnan



I LOVE READING WEEK @ TEDA GLOBAL ACADEMY



Teda Global Academy celebrated its annual I Love Reading Week from September 23rd to September 27th, 2019. Every year, students, parents, and teachers at TGA come together for a fun week of activities that aim to create a culture of reading among children and adults.

In preparation for the big week, classes chose authors to focus on; they spent a month reading different books from these authors as a class and individually. The classes chose their favorite book to decorate their classroom door and compete in "Books Open Doors", where everyone is a winner.

These same authors guide students' choice of their favorite character to dress up as during the culminating event "Book Character Dress up Day". Students and teachers dressed up as their favorite book character, showcasing their creative costumes and love of reading! Grouchy Ladybugs, Harry Potters, Arthurs, Captain Underpants and so many more characters came alive and walked the runway during this fun event.

Parents were invited to participate in the workshop "Building Long-Lasting Relationships through Reading and eBooks" followed by a "Cozy Reading" with their children in their classrooms. Parents spent quality time building relationships with their children through stories.

Reading Buddies was a favorite for many students and teachers at TGA! This activity connects younger and older students through reading. The secondary students read books to primary students in various locations around the school, aiming to help their buddies gain confidence in reading.

Besides the main events of the week, several different activities took place around the school such as, Read to the Principal, Read to the Headmaster, Mystery Readers, Book Jeopardy, Book Bingo, Musical Books and of course, our Fall Book Fair with hundreds of books to choose from.

At TGA, we recognize the importance of reading as an important part of our students' development and we strive to make it a long-lasting, fun habit for every one of them.



WALKATHON @ TEDA GLOBAL ACADEMY

Teda Global Academy always finds ways to bring the community together.

On the 20th of September TGA hosted another traditional Walkathon and raised money for important causes.

It was a day when students, parents, teachers, leaders and support staff walked and ran together. Student volunteers took photos of the event, while video shots were captured by the school's drone. It was a great day with warm weather filled with children's laughter as they ran and enjoyed each other's company. Students were excited to complete as many laps as they could so that they could collect their pledges and contribute to different charities. The proceedings from this Walkathon will go to the following causes: International Nursing Home, Guardian Angel, Projects in Schools from remote regions, TEDA Rainman Bakery.



A MASTERCLASS OF EXCELLENCE



October 17th audience in the Tianjin concert hall was treated to an astonishing performance of Carl Orff's historic cantata, *Carmina Burana*. For the first time, Wellington College's choir of pupils and staff came together to produce a vibrant and exhilarating production.

The school's choir, made up of 150 pupils, aged from 10-17 years, have been rehearsing for this one-off performance since May. In combination with the professional musicians of the symphony orchestra, the students created a thrilling interpretation of this most complex of pieces, enchanting the audience with their skill and passion.

Carmina Burana Brief Synopsis

Carmina Burana is a scenic cantata composed in 1935 and 1936 by Carl Orff, based on 24 secular poems of the 12th and 13th Centuries. The poems are mostly in Latin, the international language of medieval Europe, and come from a wide variety of historic and literary sources. The religious origins of the source material make it all the more surprising that most are bawdy student songs, celebrating such earthly pleasures as drinking, gambling, and dancing. Orff's music is a modern masterpiece, setting these ancient texts to music that is as dramatic as it is immediately recognisable. Perhaps the cantata's best-known movement is *O Fortuna*, notable for a driving rhythm that has made it one of the best-loved, and most performed, pieces of modern classical music.

Wellington College has been a centre of musical excellence throughout its history, well known across Tianjin for its annual musical productions and seasonal concerts. All students in the school have the chance to study music, take up western and Chinese musical instruments and perform regularly in public. This not only fosters musical talent but also helps young people to challenge themselves, grow in confidence and self-discipline, and push themselves to achieve things well beyond their own expectations.

Julian Jeffrey, the Master, commented that, "Wellington strives for excellence in all that it does. Our performers have worked so hard to balance their schoolwork and other commitments with hours of rehearsals for *Carmina Burana*; everyone can see how hard work can create these extraordinary results. I am so proud of them all, and grateful to my dedicated colleagues who have made all this possible."

Ms. Faye Gossedge, Director of Music of the College and the Conductor of *Carmina Burana*, commented that, "Leonard Bernstein famously stated that, 'to achieve great things, two things are needed; a plan and not quite enough time.' Bernstein was right, we never quite get enough time, but we did achieve something great, and we certainly had the man-power."

The audience clearly agreed with Mr Jeffrey's assessment of the quality of the students' work, with wild applause greeting the rousing finale. Tianjin's Concert Hall has witnessed many triumphant performances over the years, but few will have matched the euphoric atmosphere that swept across the auditorium throughout the electric production.

FESTIVAL OF HIGHER EDUCATION



The first Wellington College Tianjin Festival of Higher Education drew to a close on Tuesday with the visit of the University of St Andrews, the 3rd oldest university in the English-speaking world. The last 6 years of University Fairs have consisted of one day events, however, to allow as many universities to attend as possible this year, the festival was set over 5 days. Some of the highlights were:

- **Wednesday 16th:** Portfolio drop in session for Art & Design students followed by a presentation on Art as part of a STEM education (Savannah College of Art & Design)
- **Thursday 17th:** Applying to top UK universities (Kings College London)
- **Friday 18th:** International University Fair (50 Universities from the UK, USA, Australia, China, Holland, Spain, Switzerland & Japan)
- **Monday 21st:** Mini Fair (8 Universities from the US, Switzerland & China)
- **Tuesday 22nd:** Applying to the best Scottish Universities (University of St Andrews)

As well as Wellington College Tianjin pupils, we were happy to host visitors from other local and international schools as well as members of the wider Tianjin community. Feedback has been overwhelmingly positive and helps to strengthen our reputation as an authority on international higher education.

Of course, none of these events would have been possible without the support of the hard-working university admissions representatives. It was lovely to see some familiar faces returning to Tianjin and to meet new friends.

We know that when an application from a Wellington pupil arrives at many top universities it already comes with many positive associations. Events like our Festival of Higher Education continue to build the reputation of the school and its graduates around the globe as well as ensuring a well-informed student body ready to enter an ever more competitive application environment.



METROPOLITAN LADIES CUP 2019 & 1003 Rose Polo Cup



On October 5th and 6th, the 3rd Metropolitan Ladies Cup 2019 PRO-AM and China 1003 ROSE POLO CUP was successfully held in the South Field of Tianjin Metropolitan Polo Club. This tournament gathered international elite female polo players from China, Argentina, Britain, Switzerland and Germany, which made up of three polo teams, Metropolitan Polo Club Polo Team, X Adventure Polo Team and Claremont Family Office Polo Team. The team level is up to 8 goals.

After two days and six rounds of fierce competition, the Metropolitan Polo Club Polo Team emerged as the winner of the tournament. On the first day of competition, the Claremont Family Office Polo Team easily beat the X Adventure Polo Team with a score of 8:2. Led by Jackie Wang, the Metropolitan Polo Club Polo Team showed outstanding performance and beat the strong X Adventure Polo Team with a score of 5 to 4; In the final championship match, the Metropolitan Polo Club Polo Team narrowly defeated the Claremont Family Office Polo Team 6-5. Rebecca Walters, a British level 6 professional, who won the British Open Ladies in 2017, was awarded the title of "the best player" for her excellent skills and form throughout the match.

During the awarding ceremony, the team and the players were presented with trophies and certificates by Ms Li Kemin, secretary of the party committee of Tianjin sports bureau and director general, Mr Hou Tianbo, minister of development of Chinese Equestrian Association, Mr Zhou Xiaojun, President of the Tianjin Equestrian Association and Executive Vice Chairman of the Board of Goldin Group, LTD.

Ladies polo perfectly combines the confidence and elegance of ladies on horseback with the impact of polo, fully displaying the freedom and independence, perseverance and courage of contemporary ladies. As an annual international ladies' cultural exchange platform, Metropolitan Ladies Cup PRO-AM attracts more and more elite ladies from all over the world to participate in the event in Tianjin, China.

Outside of the game, organizers uphold the concept of sports and tourism integration development, the music appreciation, art appreciation, communication party into the sports event, to integrate with the world, strive to create a polo events and polo cultural feast, let more people to understand the polo sport, let more people to experience the essence of

the polo and that it is not only a sport, but a kind of elegant way of life.

This tournament will be sponsored by Fortune Heights, Beijing Capital Land, and Agricultural and Commercial Bank APP, which will promote polo culture and lifestyle and salute women with dreams all over the world.

CANTONESE GOURMET FESTIVAL @ Shangri-La Hotel, Tianjin

Enjoy Cantonese favourites this October during the Cantonese Gourmet Festival at Café Yun. Steamed sea bass, fried shrimp in XO sauce and typhoon shelter ribs are among hot dishes. Chef Oliver Lai also prepares a mouth-watering selection of roasted meats, including suckling pig and roast duck, dim sum and soups. Meet Chef Oliver Lai, the Executive Chinese Chef of Shangri-La Hotel, Tianjin, responsible for the hotel's signature Chinese restaurant Shang Palace and the Chinese banquet kitchen. Chef Lai hails the home of Cantonese cuisine – and has a career spanning near 40 years. He is known for his delicate Cantonese dishes, infused with creative mastery and impressive presentation.



2019 GIVING FOR GOOD

@ InterContinental Tianjin Yujiapu Hotel & Residences

In September, more than 200 colleagues from InterContinental Tianjin Yujiapu Hotel & Residences separately participated in three meaningful activities for the 2019 Giving for Good month, and committed to True Hospitality for Good programme for communities and charitable giving.

Giving for Good month is a part of True Hospitality for Good. The month will run for the whole of September and is about each of IHG colleagues doing one good deed, from volunteering or taking care of the environment, to organizing an activity focused on health, fitness and wellbeing. For every colleague who gets involved, IHG makes a donation to one of four global causes on their behalf.

On 12th of September, 2019, the hotel's general manager, Mr Samuel Lee, led 30 colleagues while visiting one of the Tianjin Project Hope schools – Longhua County Primary School in Hebei Province. Spending 10 hours for a round trip, colleagues delivered customized school uniforms and moon cake, and participated in fun games together with all the students to celebrate the Mid-Autumn Festival.

As part of Giving for Good month, over 150 colleagues attended the Charity Bazaar at hotel atrium on September 22nd, aiming to draw more attention to charity and offer support to more people in need. All proceeds will be donated to charity. On September 23rd, 45 colleagues participated in the Great Wall climbing competition, which is an activity focused on health, fitness and wellbeing.

InterContinental Tianjin Yujiapu Hotel & Residences will continue to go the extra mile to support the meaningful programs and make a real difference to others.



INSPIRED ST. REGIS WEDDING FAIR @ The St. Regis Tianjin

The St. Regis Tianjin has showcased the latest upscale wedding themes and trends at a "Inspired St. Regis wedding fair" on October 13th, 2019.

The "Inspired St. Regis wedding fair" featuring green as the main colour brought perfect visual feast. The Wedding Fair was characterized by the use of a profusion of flower decoration and aims to create a romantic dream of love. To inherit of The St. Regis ritual, our butler team presented the most exciting champagne sobering on the stage. Wedding theme desserts and high-end wedding dresses, such as the guests presented one by one, the noble, elegant, fantasy, fashion.

The St. Regis Tianjin is an exquisite sanctuary of unsurpassed elegance at one of Tianjin's most coveted addresses in the prestigious Heping district along the south bank of the picturesque Hai River. With its rich history as an international port city, Tianjin has for centuries been considered the "Jin Men" or "Gateway" to Northern China. The St. Regis Tianjin honours and contemporizes that tradition with a cutting-edge iconic design that is the new landmark on the city's skyline. Designed by the renowned architecture firm of Skidmore Owings and Merrill, the 18-floor building is constructed of steel and glass in the shape of a hollowed cube that further complements the concept of "Jin Men."

Nestled at the most coveted address in the heart of the city, The St. Regis Tianjin's aim is to provide the most unforgettable wedding for you and your beloved one to mark the moment of your life. Wedding planning and service team craft every detail of the wedding to fulfil your fairy tale wedding.



PRIMAL QUEST 2019 CHINA INVITATIONAL 24H ADVENTURE RACE END SUCCESSFULLY



In the early morning of October 27th, the limited time 24 hours of PRIMAL QUEST 2019 China Invitational has successfully concluded in the Huangyaguan Great Wall Scenic Spot in Tianjin. The competition attracted 9 teams from 6 countries: China, United States, New Zealand, Spain, Panama, Burkina Faso. In the end, BONES from the United States won the championship with 14 hours, 7 minutes and 53 seconds. The Renegade team from the United States and New Zealand won the second place, Chinese local team Of Course Adventure won the third place.



Champion: Charles Gerard Triponez, Marianne Marie Chandler, Justin Erik Bakken, Brian Scott Reiss

Second place: Caleb Mark Hill, Melodye Hazi, Dylan Lee Andrews, Brent Charles Steinmetz

Third place: Li Chong, Chen Jie, Wang Bing, Geng Xiaoxu

A SUCCESSFUL CONTEMPORARY CHARITY CONCERT @ Pan Pacific Tianjin

On September 27th, 2019, Pan Pacific Tianjin started its 5th Anniversary celebration with a charity concert with Tianjin Dolphin Hearing Disabled Choir in hotel Ballroom.

Over 100 participants, from our corporate guests, long stay guests and media specialists gathered at the Hotel for this special concert.

Tianjin Dolphin Children Hearing Disabled Choir is an amateur children's choir consisting of hearing impaired children from the city. All the children use cochlear prosthesis and none of them had received any singing training before they joined the choir. It is manifested that Tianjin Dolphin Children Hearing Disabled choir is the first choir in the world composed of hearing impaired children. Existing for only a few years, but the children have participated many times in international singing competitions and even received very good grades. This year, children were invited to participate in the opening ceremony of the 10th National Games of Disabled Persons People's Republic of China.

All the tickets sold for this concert and all the money donated by caring enterprises are donated to Tianjin Dolphin Children Hearing Disabled Choir.



"NIGHT IN TIANJIN" 2019 MARRIOTT INTERNATIONAL TIANJIN CLUSTER APPRECIATION PARTY

On October 25th, Marriott International Tianjin cluster hotels, including Renaissance Tianjin Hotel, The Lakeview, Tianjin-MEA, Courtyard by Marriott Tianjin Hongqiao, The St. Regis Tianjin, The Ritz-Carlton Tianjin, The Westin Tianjin, Renaissance Tianjin TEDA Convention Centre Hotel, Tianjin TEDA MEA, Sheraton Tianjin Binhai Hotel and Jixian Marriott Hotel, provided an appreciation party for almost one hundred guests and partners.

Event started by warm welcome from Dingding Wang, the North China Area Director of Sales & Distribution, and all of the general managers from Tianjin hotels and following by a fantastic video of Tianjin destination to showing the gorgeous nightscape of Tianjin. After the culinary experience, all guests arrived Tianjin famous mother river – Haihe River. Taking the sightseeing boat and enjoying amazing nightscape of Jiefang Bridge, Tianjin Eye and Jin Wan Plaza, all the guests immersed in this unique "Night in Tianjin". Besides music and dancing, every hotel also provided lucky draw prize to guests.

Covering 8 hotel brands, 10 hotels in Tianjin can bring guests a variety of stay experience. Through this event, hotels expressed the service spirit and deep appreciation to all of the guests and partners and invited travelers from all over the world to discover this charming city.



Fitness Hacks for a Busy Schedule

By Barbara Ross

It's 2019; the digital age, the twentieth century. Let's face it; no one has the time for traditional work routines, home care routines or self-care routines. With a fast paced life and with a million goals to achieve you're bound to get super busy. And most often, when you get too busy, the first thing you think of compromising is your fitness.

In between achieving your professional goals and trying to maintain an active social life, a more feasible option may seem to be cutting down on your fitness.

However, such practices can pave the way for an unhealthy and unproductive life.

If you're determined about being fit and living a healthy lifestyle, you can always find workarounds to your busy schedule. All it would take is some strategic planning and, of course, a stronger will.

繁忙生活的健身技巧

在现代快节奏的生活中，在实现职业目标和保持活跃社交之间，保持健身习惯似乎遥不可及。但只要您决定保持健康，总会通过一些有效的方法，在繁忙的日程中安排健身计划。

早起锻炼。当把锻炼时间移到清晨，可以平静地完成一天的日常活动，而不会受到分心。

在床上做俯卧撑。在舒适的床上做60秒的俯卧撑将是开始一天生活的很好方式。

走楼梯。这是非常容易做到的锻炼方式。不要做电梯，而是走楼梯，这是最能燃烧卡路里的锻炼方式。

抬起双臂。在商店购物时，尽量手提篮筐并抬起双臂，但要尽可能保持平衡。

选择步行。尽量步行前往目的地，而不是选择开车，这会在路上就消耗一些卡路里。

伸展运动。无论何时从事任何活动，都可以进行身体的伸展。伸展锻炼会让你的身体变得更加灵活。

频繁活动。经常从椅子上站起，活动身体。

将这些简单的运动方式融入到生活中，你很快就会看到它们对你的健康起到的帮助。

Here are some effective hacks that you can utilize if you have a busy schedule.

WORK OUT EARLY IN THE MORNING

This is not exactly a hack per se. It is an effective practice that will help you stick to your fitness regime. When you shift your exercise hours to early morning; much before companies or offices open, or much before your friends wake up, you'll be able to peacefully finish your routine without any distractions. As the day progresses, there are always high chances of unexpected parties or office meetings or family activities to get in the way of your fitness routine.

DO SOME BED PUSH-UPS

The bond between you and your bed is indeed special. We can all agree with that. That's why you need to find a way into fitness with the help of your bed. That's right. If you absolutely cannot squeeze in a gym session in the morning, then you can do a bit of exercise in the comfort of your bed. 60 seconds of push-ups on your bed would be a great way to start your day.

ALWAYS TAKE THE STAIRS

This one is pretty much a no-brainer. In this day and age, one of the most common pieces of advice that we get is to take the stairs, wherever we go. Needless to say, it's the best advice. If your office is on the 5th floor of a building, don't wait for the elevator; take the stairs. If you're going to the mall don't rely on the escalator; take the stairs. Nothing like some cardio to burn those calories.

LIFT WHEN YOU'RE RUNNING

ERRANDS

When you're running errands, say, when you're grocery shopping for example, try not to take the cart. Grab the basket or two of them if you need and lift away. Be sure to keep it balanced as much as possible though. If you're carrying just one basket, just make sure to switch arms and work both sides effectively.

WALK TO YOUR DESTINATIONS

As much as possible, try walking to important places instead of driving. For example, if your office is only a few blocks away, then it would be best to walk rather than drive. You won't get caught in traffic and you'd burn a few calories along the way, as well. Even if you cannot walk, you can always rely on public transport. That will allow some movement for your body.

STRETCH

Stretch well whenever you're engaged in activities. When you get off your bed, when you get off your chair at work, right before going to bed and whenever otherwise possible, stretch your muscles well. Stretching is not just a good warm-up routine before exercising, if you do it right and if you pick up an efficient regime, stretching can be a form of exercise by itself and can also help you become more flexible.

MAKE A CONSCIOUS EFFORT

TO MOVE MORE OFTEN

Last, but not least, make a conscious effort to get up off your chair at work and move your body. Don't fill up your water bottle. Instead, take regular breaks and walk to the water dispenser. Instead of talking to your colleagues over Skype or other modes of digital communication walk over to their desk and talk. Instead of having round table meetings, have stand up meetings or better yet, have walking meetings, too.

Incorporate these easy hacks into your lifestyle to find how much it helps you to be fit and healthy.

How Much

FIBRE

DO YOU REALLY NEED IN A DAY?

By Barbara Ross

Ever since we were children, we have been told constantly to eat our fibres, whether we like it or not. Reason? For optimum bowel movements.

As it turns out, there is a lot more to fibre consumption than just bowel movements. It also, of course, implies digestion and absorption of nutrients. Other than that, there are multiple bodily functions that fibre contributes to. For all these reasons, yes, it is indeed inevitable for us to consume fibre every day.

However, too much fibre is also not good for the body; it can cause digestive problems.

Other than the fact that we need to take fibrous foods on a daily basis, we don't quite know how much we need to take or what kind of fibre to take.

So, here are some essentials you need to know about your daily fibre intake.

WHAT EXACTLY IS FIBRE?

From a broad perspective, the term 'fibre' is used to describe the carbohydrate component of plant based foods or other kinds of foods that the body cannot digest. It constitutes that part of your food that does not get absorbed into your body. Instead, it passes through your system and eases bowel movements, helping with symptoms like constipation.

WHY DO YOU NEED FIBRE?

The first and foremost role of fibre is in helping with digestion and bowel movements. By doing that, fibre helps maintain and improve overall digestive and bowel health. Hence, fibre is very essential to keep digestive ailments at bay.



Other than that, appropriate consumption of fibre also helps maintain healthy gut bacteria, thus again aiding the digestion process and proper absorption of nutrients. It also helps reduce cholesterol and keep diabetes at bay. It helps immensely with weight loss, as well, and keeps blood sugar levels optimum.

Finally, it also helps prevent heart diseases and strokes.

HOW MUCH FIBRE DO YOU NEED IN A DAY?

According to the American Heart Association the recommended daily value of fibre intake is around 25 grams per day on a 2000 calorie diet for adults. This is just a generic calculation though. The actual fibre needed by a person depends on a number of factors, including age and sex.

Women under the age of 50 are required to take 21 to 25 grams per day, while men under 50 need 30 to 38 grams per day. Children and younger men and women are prescribed more specific fibre intake requirements, as the energy levels may vary at different ages. In general, children are required to consume less fibre than adults. For instance, teenagers between 14 and 18 years of age need 25 to 30 grams of fibre a day, while adolescents up to the age of 13 need 22 to 25 grams per day. Children below the age of 8

years require anywhere between 14 and 19 grams of fibre.

HOW TO ENSURE APPROPRIATE FIBRE INTAKE?

Thankfully, most fruits, vegetables and plant-based foods do have fibre in them. Hence, all you have to do is ensure that you include a good amount of fruits and vegetables in your daily diet.

However, you don't want to be taking in too many calories along with fibre. One way to take care of that is to spread out your meals and consume small portions more frequently, instead of taking heavier meals.

THERE ARE 3 TYPES OF FIBRE THAT YOUR BODY NEEDS

- **SOLUBLE FIBRE;** ones that dissolve in water and regulate the process of digestion
- **INSOLUBLE FIBRE;** ones that don't dissolve in water. They add to the bulk of your stool and help prevent constipation
- **FERMENTABLE FIBRE;** increase healthy gut bacteria

Some common foods containing sufficient fibre are brown rice, bran flakes, chia seeds, almonds, lentils, green peas, Brussel sprouts, pears, raspberries, apples, bread and regular pasta.

一天到底需要摄入多少纤维？

纤维不仅带来肠道运动，也意味着影响物质的消化和吸收。另外，纤维还具有多种功能。这里提供一些你需要了解的每日纤维摄入的知识。

纤维到底是什么？

纤维包括植物性食物或身体不能消化的其他事物的碳水化合物成分。纤维通过身体系统，促进肠道运动，帮助缓解便秘等症状。

我们为什么需要纤维？

纤维的首要作用是帮助消化和排便，有助于维持和改善消化和肠道健康。适当的纤维也有助于维持健康的肠道细菌，帮助消化过程和营养吸收。纤维还有助于降低胆固醇和控制糖尿病。

一天需要摄入多少纤维？

美国心脏协会建议，成年人每日纤维摄入量为25克。但实际摄入量还取决于年龄和性别等。

如何确保适当的纤维摄入量？

大多数水果、蔬菜和植物性食品中都含有纤维，因此要确保在日常饮食中包括大量水果和蔬菜。一些含有足够纤维的食物还包括糙米、麸皮、杏仁、绿豆、苹果等。

SEASONAL EFFECTIVENESS DISORDER

HOW TO MANAGE THE WINTER BLUES

By Kaylin Stinski

By Kate Stone

Seasonal affective disorder, or SAD, is a depressive effect that is relative to the changes in the seasons. Symptoms most commonly begin in the fall and continue throughout the winter months. Energy is sapped from those who are affected by SAD, and they tend to be a bit moodier and down during these months. Symptoms usually get better during the spring and summer months and rarely do they begin during these seasons.

SIGNS AND SYMPTOMS OF SAD MAY INCLUDE:

- Feeling depressed for large portions of the day, nearly every day
- Low energy
- Difficulty sleeping
- Loss of interest in activities that once brought you joy
- Changes in appetite and/or weight
- Feeling sluggish or quick to agitate
- Difficulty with focus and concentration
- Feelings of worthlessness, guilt, or hopelessness
- Frequent thoughts of death, harming oneself, or suicide

Many expats may find themselves dealing with symptoms of SAD for the first time. This may be that they are now living in more northern latitudes than before, or that the combination of being in a brand-new culture and the long winter months lead to more depressive symptoms. Expats that have moved from sunny climates or those that have pre-existing mental health conditions may be more prone to developing SAD. It is important to remember the signs and symptoms of SAD when you are living in a new country and are heading into the winter months.

There are a lot of changes your body is going through when adjusting to a new culture and country, not to mention new climates and environments. It is amazing how much your body is impacted by just taking in your surroundings.

Our bodies run on circadian rhythms, which are deeply associated with the seasons and the amount of time we spend outside. We are meant to be outside and are synched to the natural world. Daylight and twilight are cues for our body to release hormones that wake us up or lull us to sleep. When those cues get disrupted, our sleep is affected, and in turn, our whole balance. When our body becomes unbalanced, we have the urge to go into 'hibernation mode', to sleep longer hours, minimize activity, and crave more food. These are all tall-tale

signs that your body may be affected by the seasons.

It is possible to manage symptoms of SAD by seeking as much exposure to natural light as possible. If there is a slight break in the clouds, take a ten-minute break to walk around outside. Maintaining a healthy diet and an exercise regime can also help reduce the symptoms of SAD. For some people, these steps are not enough, and they need to take a more drastic approach. In these cases, treatment can vary, some may include light therapy (phototherapy), medications, psychotherapy, or a combination of the above.

The first step in beating the signs and symptoms of SAD is to simply recognize that you are affected. Slowly take steps to check routines that might have slipped during the winter months. If you find that there are changes to your diet, or a slow-down in your daily exercise, try to make those simple adjustments. If you are still struggling, investigate getting a light therapy lamp. They can be easily found online, and according to the Seasonal Affective Disorder Association, they are effective for 85% of cases and start to work within two weeks of implementation. If these steps aren't working, consult with your doctor, they may want to check your serotonin levels and may even want to write a prescription.

季节性情感障碍 如何应对冬季忧郁症

季节性情感障碍，或称为SAD，是一种于冬季相关的抑郁效应。包括在一天的大部分时间中，出现沮丧、低能量、睡眠困难、体重和食欲变化、感觉迟钝或焦躁、难以集中注意力、内疚或绝望等。

当你在适应一个新的国家时，你的身体也在经历很多变化，受到新的气候和环境的影响。我们的身体运行在昼夜节律上，一旦这个节奏被打乱，我们的整个平衡就会受到影响。

可以通过尽可能多的户外活动，暴露在自然光下，来应对季节性忧郁症。保持健康的饮食和锻炼也可以帮助减轻季节性忧郁症。一些比较严重的人还需要采取包括光疗、药物、心理疗法等。

战胜季节性忧郁症的第一步，是认识到你的生活受到了影响。如果你要对抗季节性忧郁症，可以尝试光疗灯，对85%的病例都具有疗效。如果这些疗法都不起作用，请咨询你的医生，做进一步的身体检查

EXHIBITION

Russian Court Ceremony

If you've ever been curious about what court life during the Kremlin era must have been like, then this exhibition is for you. On display are 151 artefacts from the collection of the Kremlin Museum's armoury, including the clothes and uniforms of the Tsar, the Russian empire's supreme monarch, court decorations, archives, print, and photographs, with most of them being exhibited for the first time outside Russia.



Date: Till 2019.11.08.

Venue: The Palace Museum, 4 Jing Shan Qian Jie, Dongcheng Beijing

景山前街4号, 东城区北京

MUSICAL GIG

Why Don't We

After amassing more than 1 billion global audio streams, 4 million Instagram followers, and total YouTube views exceeding 450 million with over 2.8 million subscribers in under 3 years, Why Don't We has become one of pop music's biggest breakout stories.

Prior to coming together, Jonah Marais, Corbyn Besson, Daniel Seavey, Jack Avery, and Zach Herron stood out as performers in their own right. Jonah and Corbyn often live-streamed in-home performances to massive audiences, as Zach served up viral covers that generated tens of millions of views. Jack built a growing subscriber base on YouTube, and Daniel etched a space in the hearts of viewers everywhere on American Idol.

They crossed paths during tours and fan engagements in the midst of these burgeoning solo careers. Soon, they found themselves on a group text where the idea of joining forces came up. Their collective response: 'Why don't we?'



Date: 2019.11.12.

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

东城区和平里西街79号糖果三层, 北京

THEATRE

Titanic: The Musical

In the final hours of 14th of April, 1912, the RMS Titanic, on her maiden voyage from Southampton to New York, collided with an iceberg and 'the unsinkable ship' slowly sank. It was one of the most tragic disasters of the 20th century. 1517 men, women and children lost their lives.

Based on real people aboard the most legendary ship in the world, Titanic The Musical is a stunning and stirring production focusing on the hopes, dreams and aspirations of her passengers, who each boarded with stories and personal ambitions of their own. All innocently unaware of the fate awaiting them, the Third Class immigrants dream of a better life in America, the Second Class imagine they too can join the lifestyles of the rich and famous, whilst the millionaire Barons of the First Class anticipate legacies lasting forever.



Date: 2019.11.12 - 2019.11.17.

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

天桥艺术中心, 西城区天桥南大街9号楼, 北京

THEATRE

Matilda: The Musical

Matilda: The Musical is the multi-award winning musical from the Royal Shakespeare Company, inspired by the beloved book by the incomparable Roald Dahl.

Adapted by Dennis Kelly and with original songs by Tim Minchin, Matilda: The Musical is the story of an extraordinary little girl who, armed with a vivid imagination and a sharp mind, dares to take a stand and change her own destiny. Winner of over 90 international awards, including 23 for Best Musical, Matilda continues to delight audiences all around the world.



Date: 2019.11.12 - 2019.11.17.

Venue: Tianjin Grand Theatre, 58-1 Pingjiang Rd, Hexi, Tianjin

天津大剧院, 天津市河西区平江道58-1号

PERFORMANCE

Les DeSAXes

"Les DéSAXés", something like the "misfits" in English, with a SAX in it, as a nod in the direction of the instrument they play. First of all, this band of scatty musicians is an unquestionably sax quartet virtuosi. Prompted by their passion for entertainment and challenges, they also became actors, dancers, sound effect engineers, quite in the same style as the Marx Brothers.



Date: 2019.11.03.

Venue: Jinwan Grand Theatre, Building 4, Jinwan Plaza, Tianjin

津湾大剧院, 解放北路津湾广场4号楼, 天津

PERFORMANCE

Blue Man Group

Share the crazy, the colourful and the cool, as Blue Man Group takes your party to places you've never been, seen or heard before. It's a masterful and musical trip, led by three of the boldest, baldest and bluest guys on the planet. Over 35 million folks worldwide, young and old, have rocked, laughed and partied with Blue Man Group. Come share what you've been missing. Team up, tune in, turn on



Date: 2019.11.27.

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

天桥艺术中心, 西城区天桥南大街9号楼, 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, Ziyu Dao, Hebei District. (Italian Style Town)
河北区自由道50号(意大利风情街)
T: +86 22 2446 0388

HB **Brasserie Flo Tianjin 福楼**
Brasserie Flo is a real Parisian Brasserie serving authentic French cuisine. From seasonal recommendations to French oysters, Brasserie Flo provides an authentic Parisian dining experience. Wine cellar, imported seafood and private VIP room available.
A: No.37, Guangfu Dao, Italian Style Town, Hebei District
河北区意大利风情区光复道37号
T: +86 22 2662 6688
F: +86 22 2445 2625

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

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

Indian

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

Italian

HP **Prego 意大利餐厅**
Italian music, Italian olive oil, Italian wine and tasteful Italian ambience and along with dishes bursting with taste.
O: 17:30 - 22:30.
A: 3F, The Westin Tianjin, No. 101, Nanjing Lu, Heping District
和平区南京路101号天津君隆威斯汀酒店3层
T: +86 22 2389 0173

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

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

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



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



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

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
和平区吴家窑二号路迎春里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

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

Thai

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

Southeast Asian

NK Bam Bou 竹影
 Approachable, fun and passionate, the hotel's signature restaurant is an intimate venue focusing on Southeast Asian home-style dishes and classic pan-Asian flavors.
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

Western

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

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

HP 1863 The Ding Room 1863 至尊西餐厅
A: 1F, The Astor Hotel, Tianjin, No. 33, Tai'er Zhuang Lu, Heping District
 和平区台儿庄路33号
 天津利顺德大饭店1层
T: +86 22 5852 6888

NK Brasserie on G 美庭
 Enjoy lively open kitchens and weekly/seasonal specialties, and treat yourself to mouthwatering pastries and desserts.
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



Drei Kronen 1308 Brauhaus 路德维格·1308 德餐啤酒坊
 The world's oldest heritage brewery joins Tianjin's growing segment of good international restaurants. You're greeted by the stainless-steel brew tanks, featuring dark beer, wheat beer and lager. Till 0 am.
A: 1F-2F, bldg. 5, Jinwan Plaza, Jiefang Bei Lu, Heping District
 和平区解放北路津湾广场5号楼1-2层
T: +86 22 2321 9199



HP Seasonal Tastes "知味" 全日餐厅
 Offers guests an innovative combination of Asian and international cuisine.
O: 06:00-10:00; 11:30-14:30; 17:30-21:30.
A: 1F, The Westin Tianjin, No. 101, Nanjing Road, Heping District
 和平区南京路101号
 天津君隆威斯汀酒店1层
T: +86 22 2389 0088

HP Promenade Restaurant 河岸国际餐厅
 Featuring gorgeous views of the Hai River, Promenade provides the exclusive dining experience with South East Asia flavors, Indian gourmet, Chinese and Western traditional cuisine and more. 06:00 - 22:00
A: 1F, The St. Regis Tianjin, No. 158, Zhang Zizhong Lu, Heping District
 和平区张自忠路158号
 天津瑞吉金融街酒店一层
T: +86 22 5830 9959



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

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



HP Riviera Restaurant 蔚蓝海法餐厅
 Riviera brings the casually elegant refined dining experience to Tianjin featuring modern Mediterranean -French dishes paired with selections from an superb list of international wines.
O: 11:30 - 14:30, 17:00 - 22:00
A: 1F, The St. Regis Tianjin, No. 158, Zhang Zizhong Dao, Heping District
 和平区张自忠路158号
 天津瑞吉金融街酒店一层
T: +86 22 5830 9962



HP ZEST 香溢 - 全日餐厅
 A heady mix of gastronomy and entertainment, drawing inspiration from the sensory feasts of Hong Kong's open-air dining culture, the aromatic romance of Italian bistros and the elegant minimalism of Japanese delicacies.
A: 1st Floor, The Ritz-Carlton, Tianjin, No. 167 Dagubei Road, Heping District, Tianjin
 和平区大沽北路167号
 天津丽思卡尔顿酒店一层
T: +86 22 5809 5109

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



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

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

HX Terrace Café 燕园咖啡厅
 A great location to have a very relaxed meal, in front of a wonderful garden.
O: 06:00-23:00.
A: 1F, Tianjin Yan Yuan International Hotel, Zi Jin Shan Lu, Hexi District
 河西区紫金山路
 天津燕园国际大酒店1层
T: +86 22 2731 3388

HX Mug German Restaurant Beer House 麦谷德餐啤酒坊
 The menu offers a collection of four authentic German beers, specially imported from Germany, to provide the ultimate German experience!
A: No. 1-115, Zonglv Garden, Zhujiang Dao, Hexi District
 (Face to the Fuli Bus Station)
 河西区珠江道富力津门湖棕榈花园底商1-115号
T: +86 22 8815 8577

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

HD Café Vista 美食汇全日餐厅
 Café Vista redefines the standard of all-day dining service at international hotels.
A: 1F, Wanda Vista Tianjin, 486 Bahao Road, Da Zhi Gu, Hedong District
 河东区大直沽八号路486号
 天津万达文华酒店一层
T: +86 22 2462 6888



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

HP Prague Restaurant 布拉格餐厅
A: No.83 ChongQing Road, Heping District, Tianjin (West of MinYuan Square)
 和平区重庆道83号(民园广场西楼)
O: 10:00am - 0:00
T: +86 22 8312 2718

HP blue frog (Riverside 66) 蓝蛙(恒隆广场店)
A: Unit 3009, Riverside 66, No. 166 Xing'an Road, Heping District
 和平区兴安路166号恒隆广场3009室
T: +86 22 23459028

NK blue frog (Joy City) 蓝蛙(大悦城店)
A: 1F-J02, 1F Street, Joy City, Nanmen Wai Dajie, Heping District
 南门外大街大悦城如果街1F-J02
T: +86 22 27358751

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

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

HD Brownie Bistro Bar 布朗尼西餐酒吧
A: No.55, Music Street, Bawei Lu, Hedong District
 河东区八纬路音乐街55号
T: +86 22 6089 3448 or 137 5202 0168

Coffee Shops



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

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



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

Tea Houses

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

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
W: ritzcarlton.com/tianjin

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 HealthcareHX 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

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

NK Women's and Children's Specialized
Health

美中宜和医疗集团天津美中宜和妇女儿童医院
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, 同时举办棒球社团团建活动。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



WELLINGTON COLLEGE
INTERNATIONAL
TIANJIN

Q H **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



N Z **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**

天津思锐外籍人员子女学校
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 **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 **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 **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 **Jones Lang LaSalle**
仲量联行天津分公司

A: Unit 3509, The Exchange Mall Tower 1, No.189 Nanjing Road, Heping District. 和平区南京路189号 津汇广场1座3509室
T: +86 22 8319 2233
W: www.joneslanglasalle.com.cn

IT

nnit

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 - 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

Western



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



Bella Vita Italian Restaurant
美好生活意大利餐厅

A: Florentia Village Outlet Mall, North Qianjin Road, Wuqing District, Tianjin 武清区前进道北侧 佛罗伦萨小镇Food-5
T: +86 22 5969 8238



Western

Brasserie Restaurant 万丽西餐厅

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

Bene Italian Kitchen
班妮意大利餐厅

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

Elements 元素西餐厅

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

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



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街2-01 (智选假日酒店北侧, 近迪卡侬)
T: +86 22 5999 9191, 189 2021 8583

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

Bars & Discos



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



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 堡子里酒廊

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

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 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

Hotels

★★★★★

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



INTERCONTINENTAL
 TIANJIN YUJIAPU HOTEL & RESIDENCES
 天津于家堡洲际酒店及行政公寓

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



RENAISSANCE
 TIANJIN TEDA CONVENTION CENTRE HOTEL
 天津万丽泰达酒店及会议中心

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

Tianjin Goldin Metropolitan Polo Club 天津环亚国际马球会

A luxury resort destination hotel with a prestigious members-only polo club, two international standard polo fields, a column-free Grand Ballroom and 10 restaurants and bars.
A: No.16, Hai Tai Hua Ke Jiu Lu, Bin Hai Gao Xin Qu, Tianjin
 天津滨海高新区海泰华科九路16号
T: + 86 22 8372 8888
W: www.metropolitanpoloclub.com

Apartments



TEDA, Tianjin - Marriott Executive Apartments 天津泰达万豪行政公寓

A: 29 Second Avenue TEDA, Tianjin
 天津经济技术开发区第二大街29号
T: +86 22 6621 8888

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



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

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: tedaglobal.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

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

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

Outdoor Clubs

Tianjin Freetrek Outdoor Sports Club 天津自由户外俱乐部
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T: +86 22 2582 9366

GAOLIGONG



By Nikita Jaeger

Both ancient and modern China is ever attractive to tourists for its mystery and beauty. With its stunning nature and landscape, exciting history and folklores, different culture, pleasant climate, and warm people, it is a traveller's delight beyond any doubt. Out of many such exciting locations in China, Gaoligong is an impressive offbeat tourist location for serene beauty and tranquillity. Surrounded by plenty of volcanoes and abounding with streams and waterfalls, the mountainous site is a visual treat to the travellers.



THE BEAUTY OF GAOLIGONG

Gaoligong is located in the western Yunnan Highlands in the border of northern Myanmar and south-western China. It is a must-visit for its magnificent mountains and stunning views, which relax the soul. These narrow mountains near Salween River form an almost straight line from north to south.

The amazing wildlife and rich flora of the forests are something every tourist would love to engage and experience. There are many animals like the Gaoligong forest hedgehog, Gaoligong pika or Wang's forest hedgehog, which are endemic species and truly a delight to the explorer. Even birds, aquatic life and plants and vegetation are found in plenty here. All in all, the Gaoligong Mountains is truly a different experience, and nature lovers will find this place to be their ultimate travel destination.

The biggest attraction of Gaoligong is the Gaoligong Mountain National Nature Reserve, a Biosphere Reserve member, and a UNESCO World Heritage Site. The highest peak here is Wona, which should be visited to complete the trip to Gaoligong. Also, the Southern Silk Road from ancient time is something that history lovers should not miss to explore.



PLACES TO VISIT IN GAOLIGONG

Gaoligong is a beautiful place with many famous spots to visit. Nevertheless, there are several places around here, which are not very popular, but fantastic for its beauty and history. While you are at Gaoligong, make sure to visit the following locations.

STONE MOON

This is a spectacular attraction to check out. A naturally formed stone cave, when the sky is bright, it radiates a mesmerizing sight resembling like a beautiful moon. On the way to Stone Moon, you can relax at Lawuya Waterfall, which looks like silk yarn rolling down. The location is near to Fugong County. A ten minutes' drive from Fugong County will take you to Lisha Di Town. From here you will find a small trail leading to Stone Moon. While you are here, you can also enjoy the view of Nujiang River Grand Canyon.





popular, is a great spot to immerse yourself in the beautiful Gaoligong Mountains.

Once you reach Gaoligong, most of these places can be explored in a short drive without any trouble. These are well-connected places with all the necessary amenities.

CLIMATE IN GAOLIGONG

Gaoligong is also famous for its 3D climate because of its different landscape. You can experience spring at the foot, and winter at the top, and variations in weather can be experienced within a few kilometres. It is the uniqueness of Gaoligong. The climatic oscillations also give the visitor a fantastic experience of complete transition from tropical forest to temperate forest, a rare phenomenon.

BEST TIME TO VISIT GAOLIGONG

The climate of Gaoligong is pleasant throughout the year. November to April will be cold and little dry. May to October are wet periods with alternating warmth.

HOW TO GET TO GAOLIGONG

Reaching Gaoligong is easy. From Beijing, the shortest route to Gaoligong by road is via G 45 and G 5. It is 3,190 km distance which can be covered in 39 hours by car. If you are traveling via G 5 and G 85, it is 3234 km. Gaoligong is well connected by air and rail, too. The nearest airport is Yunnan Tengchong Tuofeng Airport, located 84.1 km away from Gaoligong. It will take only 1 hr and 30 minutes by car to reach Gaoligong from the airport. The nearest train station is Dali, which is about 370 kilometres away and will take about 5.45 hours to reach Gaoligong.

LAST COMMENT

Though not very popular, Gaoligong will touch you and leave you mesmerized with its beauty. When you return from the vacation, you will surely carry endearing memories of these places.



BIRD WATCHING FESTIVAL

It is another cool event in this area. Gaoligong Mountain International Birding Festival is an exciting event. Yes, there's nothing more bird lovers can expect from visiting this place. With over 525 species of birds living here, you will not be bored of exploring. The species comprise 37.5 percent of China's bird population. The diversity of birds you can find here is just mind-boggling.

MARIGOLD FLOWERS, A SERENE BEAUTY

The foot of the mountains is just heavenly to immerse in once the marigold flowers have bloomed fully in autumn. It is indeed a take-home moment for the tourists. These flowers bloom for about 100 days and are considered as a symbol of long life in China.



VINETREE GAOLIGONG TENTED RESORT

The resort is a perfect location to enjoy the beauty of Gaoligong. Just 5 km to Gaoligong Mountain National Nature Reserve, the place lets the calmness of mountains seep in.

You can also check out Ba Paijuquan, a spot where nature is at its best. It is great to chill out there, enjoying the clear waters around you. Again, another great destination would be Xiaokongshan, a visual treat with tall and magnificent mountains and relaxing nature.

Yiyi Pavilion is a tranquil and calm retreat to spend some time in serenity. Rejuvenate yourself from here before moving on to the other attractions in the surroundings. You can visit Dajuanwang and Bapai Giant Spring to enjoy the picturesque beauty of the mountains.

Also, take a drive to Zhuzhuang Jieli Scenic Area, yet another location definite to blow you away for its beauty and mountains. Shuanghong Bridge, though not very



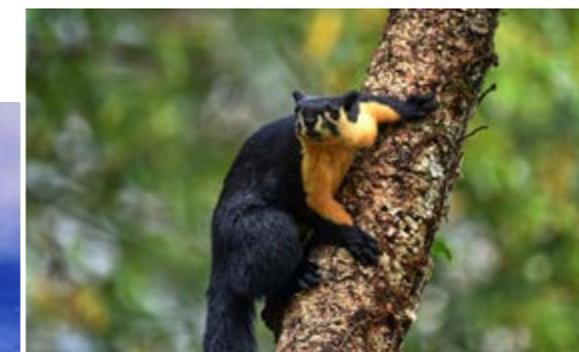
高黎贡 迷人而独特的旅游景点

高黎贡是中国一个迷人的旅游胜地，拥有大量的火山、溪流和瀑布。这里的山区遗址对世界各地的旅行者都是一种视觉上的享受。高黎贡位于中国西南部的滇西高原，拥有壮丽的山脉和令人惊叹的风光。高黎贡自然保护区是联合国教科文世界遗产之一。高黎贡的森林中有着丰富的野生动植物资源，是自然爱好者的终极圣地。

高黎贡市有许多著名的景点可以参观，包括前往美丽的石月亮，参加高黎贡山国际观鸟节，在秋季欣赏宁静的万寿菊盛宴，游览维内特里高黎贡帐篷度假村等。高黎贡市内交通良好，前往这些旅游景点都非常便利。

高黎贡市气候罕见，拥有从二代森林到温带森林完全过渡的奇妙体验。

高黎贡市会触动你，让你久久地陶醉于她的美丽。





DESTINED TO CREATE
MEMORIES FOREVER

HONDURAS

By Nikita Jaeger

Are you looking ahead to go on a vacation? If yes, then you should try to go to a lesser-visited, but beautiful place, Honduras. It is a Central American country, touching the Pacific Ocean on the south and the Caribbean Sea in the north. Honduras is famous for its immense natural beauty, tropical forests, especially near to Guatemala and some of the lovely islands full of beach activities. It is also home for many ancient Mayan sites to explore. Going there will be an adventurous trip.

HOW TO REACH HONDURAS

International air passengers can disembark at Tegucigalpa international airport or San Pedro Sula international airports and from there move to the desired tourist locations. There are many direct flights from America (Atlanta, Houston, and Miami), but no direct flights from Europe, they all take a stopover. You can also reach Honduras by road from Guatemala or El Salvador. But, there are no rail connections to the country.

Apart from flight and road, tourists can also travel to Honduras by cruise ships or by ferry services. The main ports are Amapala, El Henecan, La Ceiba, Roatan, and Puerto Cortes. Passenger ferry services are from the USA and Central America and the Caribbean islands.

VISA AND OTHER FORMALITIES

When going to Honduras, take a well-planned trip with all the proof of stay and places you wish to visit. You do not require a visa to travel to Honduras, but one must have a valid passport of up to the next six months. Proof of yellow fever vaccination is a must for passengers arriving from Panama and South American countries. You can stay up to 90 days without any fee. For an extended stay beyond 90 days, you will have to get approval from the embassy and provide proof and reason for the stay. Any amount more than \$10,000 needs to be declared on entry, as well as the exit from the country.



THE GREAT MAYAN COLONY

Honduras had been a Mayan colony long before it became a Spanish colony. The effect of both of these can witness in the culture of this country. Honduran cuisine is a must-try when you visit this country. You will be able to enjoy Lenca, Spanish, Caribbean, and African cuisine all in one place. Coconut and coconut milk are the common ingredients in the recipes.

Fascinating locations to visit
A few suggestions for the places you must not miss while visiting Honduras are as follows:

Copan Ruinas

Located on the western part, Copan Ruinas is a Mayan civilization ruin site. You can find many impressive pre-Columbian sculptural works, stelae, and a few stone monuments everywhere.

- **THE MACAU MOUNTAIN:** It is a natural reserve where you can find 330 varieties of wild birds, including some of the endangered species. The tropical reserve carries out

rescue activities of exotic birds.

- **TEMPLE OF ROSALILA:** It is a well-preserved Mayan cultural Temple with stucco decoration. The temple is dating back to 6th century CE.
- **LAS SEPULTURAS:** As per archaeological evidence, it was the residential area of the elite Mayans, located on the northeast side of the central city. You can see the original remains well preserved by the archaeological department.

Roatan

It is a small island set in the Caribbean Sea off the coast of Honduras. It is famous as the second-largest coral reef in the world and has a very healthy dwelling of fish. These can be enjoyed by scuba diving or even snorkelling. You may enjoy kayaking or swimming amidst the dolphins.

Cayos Cochinos

The Cayos Cochinos is a natural formation of two small islands and thirteen tiny cays located on the northern beach segment of Honduras. It is a marine life protected area managed by





Honduran Coral Reef Foundation. It is a must-visit location for watching the marine life. The water in this part of the area is crystal clear, which lets you enjoy sea life even without getting wet.

Utila

When you are in search of exquisite beach activities, there are no other places better than Utila in Honduras. It is located 29 kilometres from La Ceiba, the mainland port. The most important point of attraction here is the chance of being able to see the whale sharks, which is the largest fish in the world.

National Parks

Honduras has 20 national parks and 2 national biosphere reserves. Besides, it has many small reserves and more than 100 protected areas, which all aim to preserve the diverse ecology of Honduras. Unlike other wild reserves in the world, you can find a combination of sea lagoons, trekking trails, breath-taking water walls, pristine white sand beaches, and various flora and fauna. Some of the important parks you must while in Honduras are as follows:

PICO BONITO NATIONAL PARK

Established in 1987, with a total area of 564.30 sq.km located on the northern side of Honduras. Frequent bus services are available to different entry points.

LA TIGRA NATIONAL PARK

The 238.21 sq.km park established in January, 1980, located 25 kilometres north to Tegucigalpa, the capital city of Honduras.

CELAQUE NATIONAL PARK

Located on the western part of Honduras, the 266.4 sq.km park established in the year 1987. A few hours driving can take you to the nearest access point of this cloud forest.

CUSUCO NATIONAL PARK – The protected national park covers 234.4 sq.km, located on the northwest side of Honduras, established in the year 1959. The bio-diversity park is a favourite destination for backpackers.

Christ at El Picacho

It is a 98 feet tall statue of Jesus Christ placed on a 33 feet pedestal on the top of the hill El Picacho, located on the northern side of

Tegucigalpa. A team of 40 people relentlessly put their effort into completing the 98 feet, 2,500-ton sculpture in a matter of 7 months and opened for public in 1997.

Joya Grande Zoo

The park is located 160km north of Tegucigalpa, the capital of Honduras, at Santa Cruz de Yojoa. It is the best place to see all the animals you can see in Honduras, as well as species from other countries under one roof. You can find African lions, giraffes, alligators, and many other wild species that co-exist here. The zoo also offers many entertainment options for children and adults.

St. Michael the Archangel Cathedral

It is a Catholic church, located at the heart of Tegucigalpa, constructed in the 18th century in Baroque style. The church had succumbed to many disasters, including fire damages and restored and dedicated to the public. Its colonial-style painting and architectural brilliance are bemusing experiences, one should not miss to watch while at Honduras.

Isla Barbareta

Located on the eastern side of Roatan Island, it is a private island dedicated to a natural reserve, marine park, and bird refuge. It is the 4th largest island of the Bay Islands after Roatan, Utila, and Guanaja. What makes it more attractive is the opportunities you will get to engage with active marine life, magnificent reefs, birds from a close angle. You can reach here from Roatan Island by a 2-hour boat journey. Blessed with sprawling clean beaches, turquoise blue waters, lush green landscapes, stunning flora, and fauna, Isla Barbareta is an ideal location to spend your vacation in its full charm and happiness.

Honduras has not been on the go-to list of most of the people. But those who like to go out of the league must go there. It is correct that Honduras is not a place for the carefree wanderers, but it is safe. You must always be mindful of what you are doing. Try to plan everything before you leave. Going on a guided tour would be the best option.

Accommodation is easily available around the year, but it would be better to pre-book and follow a pre-decided route map. It will help you cover most of the places as per the plan. Budget hotels, as well as luxurious boutique hotels, are available in major cities, be sure to book first. There is an interesting fact about Honduras; when you fly out from here, you must pay US\$40 as exit tax.

When visiting a foreign land, always carry your passport and additional money with you handy. Try making a small pouch for your essentials. Label all your belongings so that you can easily trace them even if left in common custody. Carry dry food items always with you, so that if you don't find the type of food you want, you will still not be hungry.

Enjoy and have an adventurous and safe trip.

洪都拉斯 注定在这里创建 永恒的记忆

中美洲国家洪都拉斯以其宏大的自然美景和热带森林而闻名。那里也是古代玛雅遗址的故乡。前往洪都拉斯的旅行将是一场冒险之旅。游客可以乘坐飞机、陆地巴士、邮轮或渡轮前往洪都拉斯。以下是几个探访洪都拉斯时不能错过的景点：

科潘茹尼斯。这里是玛雅文明废墟，可以探索令人惊叹的哥伦布前雕塑作品和石碑等。

罗斯坦。这是位于洪都拉斯海岸外加勒比海的一个小岛，作为世界第二大珊瑚礁而闻名。

科齐诺斯群岛。这里是天然形成的珊瑚礁，也是受洪都拉斯珊瑚礁基金会管理的海洋生物保护区，是观赏海洋生物的必去之地。

乌蒂拉。在这里可以享受精致的海滩生活，并且观赏到鲸鲨。

国家公园。包括20个国家公园和2个国家生物圈保护区，旨在保护洪都拉斯的多样性生态。

埃尔皮卡乔山顶上的基督。98英尺高的耶稣基督雕像放置在埃尔皮卡乔山顶上33英尺高的基座上。

何亚格兰德动物园。这里是观赏多种动物的最佳场所，拥有非洲狮子、长颈鹿、鳄鱼等多种野生动物。

圣米迦勒大教堂。这是建于18世纪的巴洛克风格的天主教堂，以殖民风格的绘画和辉煌的建筑而闻名。

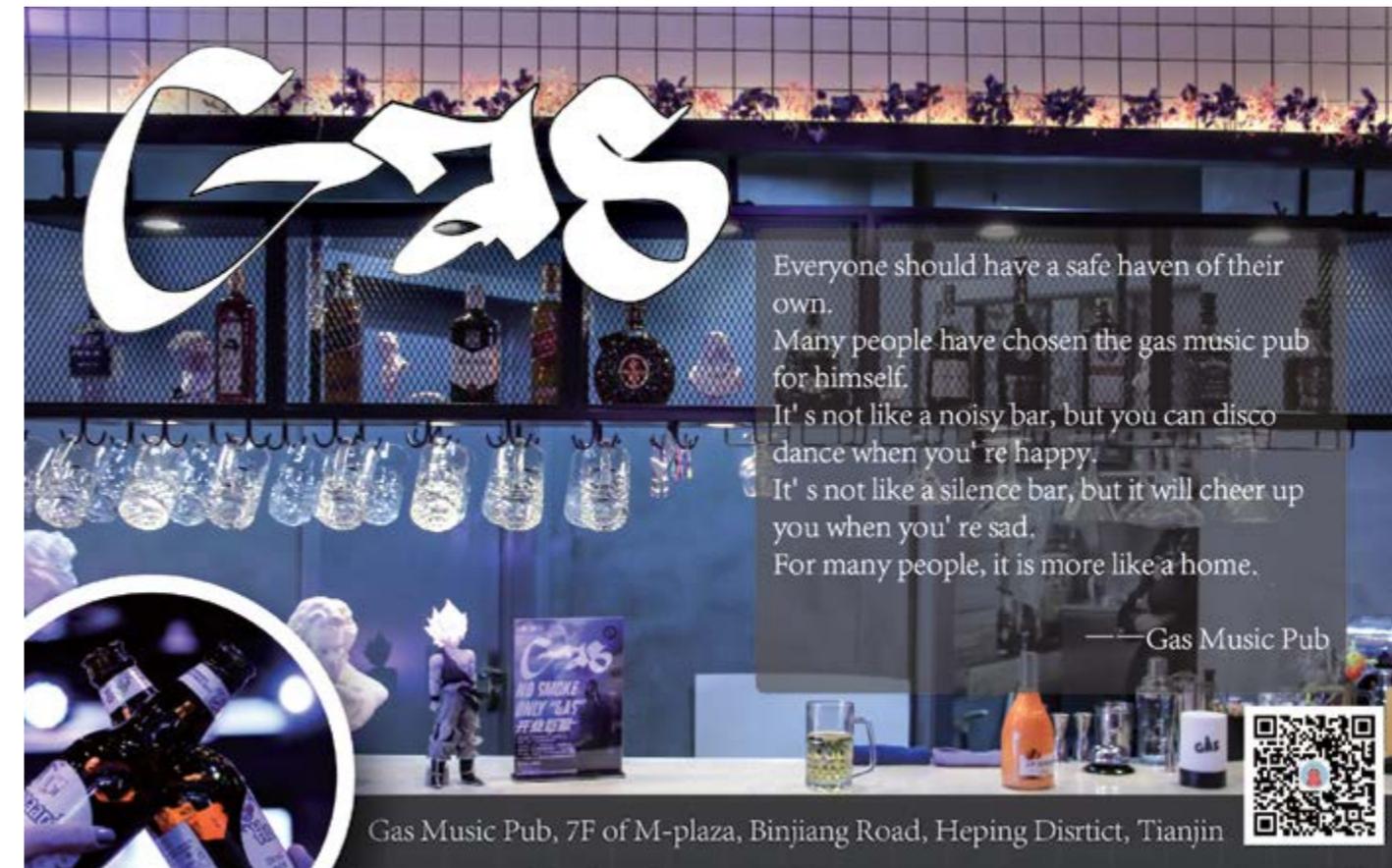
巴巴雷塔岛。这是一座私人岛屿，用于自然保护区、海岸公园和鸟类避难所。

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Sonia Guo

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二等奖



Touching Corns
Ma Jing

3rd Prize
三等奖



Parks and Stones
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