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TIANJIN

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READY TO PALY

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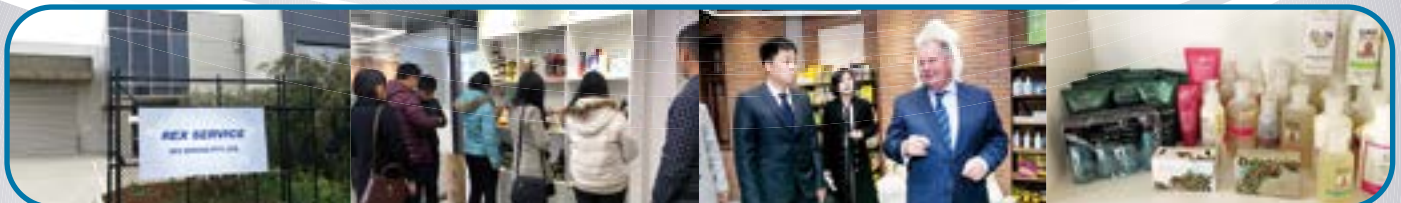
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我在中国分娩



Studying Safety Should Be A Priority
上好安全的第一课



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Oct 1



▶▶▶ Tianjin Grand Theatre 天津大剧院

Opera: Prince Igor
 鲍罗丁歌剧《伊戈尔王》
 谱曲：鲍罗丁
 Time: 19:30

Prince Igor is an opera in four acts with a prologue, written and composed by Alexander Borodin. The composer adapted the libretto from the ancient Russian epic "The Lay of Igor's Host", which recounts the campaign of Russian prince Igor Svyatoslavich against the invading Cuman tribes in 1185. He also incorporated material drawn from two medieval Kievan chronicles. The opera was left unfinished upon the composer's death in 1887 and was edited and completed by Nikolai Rimsky-Korsakov and Alexander Glazunov.



ADD: Culture Center, Pingjiang Dao, Hexi
 河西区平江道文化中心
 Tel: 83882000

Oct 2



▶▶▶ Tianjin Grand Theatre 天津大剧院

Concert: The Vienna Boys' Choir
 天籁之声—奥地利维也纳童声合唱团音乐会
 演出：维也纳童声合唱团
 Time: 19:30

The Vienna Boys' Choir is a choir of boy sopranos and altos based in Vienna, Austria. It is one of the best known boys' choirs in the world. The boys are selected mainly from Austria, but also from many other countries. The choir is a private, not-for-profit organization. There are approximately 100 choristers between the ages of ten and fourteen. The boys are divided into four touring choirs, named after Austrian composers Bruckner, Haydn, Mozart and Schubert, which perform around 300 concerts each year before almost 500,000 people.



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Oct 14



▶▶▶ Tianjin Grand Theatre 天津大剧院

Ballet: "A Midsummer Night's Dream" By The Monte-Carlo Ballet
 蒙特卡洛芭蕾舞团芭蕾舞剧《梦》
 演出：蒙特卡洛芭蕾舞团
 Time: 19:30

The Monte-Carlo Ballet is a classical ballet company established in 1985 by Her Royal Highness the Princess of Hanover in accordance with the wishes of her mother, Princess Grace of Monaco. It is the official national company of the Principality of Monaco.



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Oct 15

▶▶▶ Tianjin Grand Theatre 天津大剧院

Concert: NDR Radiophilharmonie
 北德广播爱乐乐团音乐会
 指挥：安德鲁·曼兹
 Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi
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Oct 20

▶▶▶ Tianjin Grand Theatre 天津大剧院

Piano Recital: Florian Noack
 青春之声
 ——比利时钢琴家弗洛里安·诺雅克独奏音乐会
 演出：弗洛里安·诺雅克
 Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi
 河西区平江道文化中心
 Tel: 83882000

Oct 21

▶▶▶ Tianjin Grand Theatre 天津大剧院

Play: Romeo and Juliet
 小剧场话剧《朱丽叶与罗密欧》
 导演：孔德罡
 Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi
 河西区平江道文化中心
 Tel: 83882000

Oct 14

▶▶▶ Western Shore Art Salon 西岸艺术馆

Concert: Chamber Orchestra
 走进星座音乐——蒲公英室内乐团音乐会
 演出：蒲公英室内乐团
 Time: 20:00

ADD: No.3 Youyi Bei Lu, Hexi
 河西区友谊北路3号
 Tel: 8622-23263505

Oct 15

▶▶▶ Western Shore Art Salon 西岸艺术馆

Trio Concert: Oboe, Horn and Piano
 雅音飘乐—管乐、钢琴协奏音乐会
 演出：李其宏 李玥
 Time: 20:00

ADD: No.3 Youyi Bei Lu, Hexi
 河西区友谊北路3号
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Oct 21

▶▶▶ Western Shore Art Salon 西岸艺术馆

Concert: Jazz
 世纪天籁—法国爵士专场音乐会
 演出：布朗达·欧哈娜
 Time: 20:00

ADD: No.3 Youyi Bei Lu, Hexi
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Oct 3

Movie: Terminator 2 Judgment Day

Release Date: 3 October 2016 (China)
 Genres: Action, Sci-Fi
 Director: James Cameron
 Stars: Arnold Schwarzenegger, Linda Hamilton, Edward Furlong

A cyborg, identical to the one who failed to kill Sarah Connor, must now protect her young son, John Connor, from a more advanced cyborg made out of liquid metal.



Oct 14

Movie: Mafiya Igra na vyzhivanie

Release Date: 14 October 2016 (China)
 Genres: Action, Sci-Fi, Thriller
 Director: Sarik Andreasyan
 Stars: Vadim Tsallati, Violetta Getmanskaya, Venyamin Smekhov

In Moscow in 2072 twelve contestants, each with their own story and motives, play in a televised game for the Mafia. Those eliminated must enter a virtual reality to conquer their worst fear - or die trying.



Oct 11

2016 Biz Socializer

We would like to invite you to the next TNC Networking Event "Biz Socializer" on October 11.

Time: 19:00 on October 11
 Venue: Courtyard, The Ritz Carlton, Tianjin
 天津丽思卡尔顿酒店花园
 Add: 167 Da Gu Bei Lu, Heping District
 和平区大沽北路167号

Fee:
 Member: RMB 100
 Non-member: RMB 200

The entrance fee includes:
 · A complimentary drink (beer, red/white wine, soft drinks)
 · Canapés

Contact: Ms. Monica Wang +86 22 27500877, 13502150240 or tnc@jinmagazine.com.cn
 Sign-up deadline: until October 10, 2016
 Please Note: Admission will be paid at the entrance.
 For more information, please contact tnc@jinmagazine.com.cn or call 008622-2750-0877



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Headmaster from Tianjin International School
天津国际学校校长



Tianjin Tianhou Temple Announced as Cross Strait Exchange Base

天后宫被授予国家级“海峡两岸交流基地”

Recently, the Taiwan Affairs Office of the State Council announced the Tianjin Tianhou Temple as one of its Cross- Strait Exchange Bases. So far, the authorities have approved and established 49 Cross-Strait Exchange Bases with Tianjin Tianhou Temple, not only being the first in Tianjin, but also the only base from the entire Beijing, Tianjin and Hebei region.

日前, 国台办在本届妈祖活动上授予天津天后宫“海峡两岸交流基地”铭牌, 截至目前, 全国共批准设立了49家海峡两岸交流基地, 天后宫不仅是天津的第一家, 同时也是京津冀地区唯一一家。

Visitors May Soon Board Restored Ship ‘Song Yuanfu’

天津市民有望登上“宋元福船”

The National Maritime Museum, which will be established in the Binhai New Area, is still under construction. Recently, as one of its core exhibits for the "Maritime Silk Road" Exhibition Space, the restoration project of the ship 'Song Yuanfu' was officially launched. After its completion, visitors will be able board and inspect the ship.

作为正在建设中的国家海洋博物馆“海上丝绸之路”展厅核心展项, “宋元福船”复原项目日前正式启动, 参观者未来可以登船体验。

Binhai Mazu Cultural Park Opened

天津滨海妈祖文化园落成

Located in the Sino-Singapore Tianjin Eco-city and completed by the Tianjin Binhai New Area and Taiwan Tachia Temple, the Binhai Mazu Cultural Park held its opening ceremony in September. Inside the park there is a Mazu statue that is 42.3 meters high which makes it easily the world's highest.

由天津滨海新区与台湾大甲镇澜宫合作开发建设的滨海妈祖文化园在中天津生态城落成, 并已于9月揭牌。滨海妈祖文化园妈祖圣像高42.3米, 是迄今为止全球最高的妈祖圣像。

The names of the honorary advisors are listed according to the alphabetical order of the first name initial. 以上荣誉顾问按姓名首字母顺序排列, 排列不分先后

Eighth China Tourism Industry Expo 2016中国旅游产业博览会展示旅游新业态

The Eighth China Tourism Industry Expo was held at the Meijiang Convention and Exhibition Center on Friday September 9th. This year, the Expo displayed new tourism ideas for many countries and regions. Planes, campers, cruises, yachts, wood cabins and other types of tourism equipment and facilities, as well as the "One Belt, One Road" international goods exhibition, all were featured at the expo. Over 700 participating enterprises were present, with exhibitors and procurement staff numbering more than 30,000. The Chinese Tourism Industry Expo has now successfully held seven sessions, with the number of the visitors approaching 1,300,000. The value of transactions amounted to 15 billion yuan and there were more than 1,100 contracted projects. The expo is fully supported and highly regarded by the tourism industry.

9月9日，2016中国旅游产业博览会在天津梅江会展中心开幕。本届博览会充分展示国家和地区旅游形象，旅游休闲新方式、新业态，设有各省区市旅游展区、国际旅游展区、“一带一路”国际商品展、邮轮游艇、通用航空及房车展区、汽车露营及体育旅游户外用品展区以及旅行社、酒店产品交易展区等。参展企业700家，参展参会和采购人员超过3万人。已成功举办七届的中国旅游产业博览会，参观者达到130余万人次，展会交易额达150亿元，签约项目达1100多项，受到旅游业界的赞誉。

The Eighth Overseas Chinese Pioneering and Developing Conference 天津侨博会开展，1.6万种商品亮相

The Eighth Overseas Chinese Pioneering and Developing Conference was held in Tianjin on August 26, with more than 800 experts and overseas Chinese businesses from 20 countries in attendance. The theme of this year's conference was "Innovation and Entrepreneurship, Deepening Cooperation and Sharing Development". Twenty-nine purchasers and 64 exhibitors were present during the event and reached more than 180 cooperative agreements. The promotion of several national strategies such as the coordinated development of Beijing-Tianjin-Hebei and the Belt and Road Initiative has brought Tianjin more and more opportunities to attract investment from overseas Chinese. The eagerness of the overseas' contributors to develop the Tianjin Free Trade Zone is accelerating settlement of overseas Chinese ventures and programs.

由国务院侨务办公室、天津市政府共同主办的第八届中国·天津华侨华人创业发展洽谈会于8月26-29日在梅江国际会展中心举行，2016天津·世界侨商名品博览会同期举行。本届侨洽会的主题是“创新创业、深化合作、共享发展”，突出“万侨创新”特色，促进华侨华人高层次科技创新人才与天津的交流合作。

Recycled Clothes Public Welfare Project Starts 一年布放6000个旧衣回收箱

"Yi Jia Yi Sha" a recycled clothes public welfare project was started in Tianjin from September 11th. From September 2016 to September 2017 authorities will place 6,000 clothing recycle bins in the six districts of the city, four districts around the city and in the Binhai New Area.

“一家衣善”旧衣回收公益项目已于9月11日在天津启动。从今年9月到明年9月，本市将在市内六区、环城四区及滨海新区的中高档社区放置6000个旧衣回收箱。



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LETTER

FROM THE EDITOR

Congratulations to our colleagues in Hangzhou for staging a flawless G20 event and thanks to the thousands of volunteers that made the event such a success and provided positive international media coverage for visiting world leaders and delegates.

October is the mark of the coming fall season and the chance for everyone to enjoy the lengthy national day holiday allowing everyone to travel to their final long vacation this year until Spring Festival. There is one other cultural holiday in October, the Double Nine Festival (9th day of the 9th month on the lunar calendar) which falls on October 9th this year. It is also called Chong Yang Jie 重阳节 it is also dedicated to seniors and people drink chrysanthemum tea to boost their health and drive away the monster of pestilence.

Our October feature article will discuss the subject of overtime, in this busy local business environment, seems like working extra is inevitable but is it really necessary and how is it viewed in other countries?

The Education and Parenting sections will look at delivery of sex education and the pros and cons of having babies in China or back home for expats. The Business article will distinguish between needs and wants and why cost control is important.

The Culture article compares eating habits in different cultures and the Dining section will look at the many varieties of teas. Travel will venture to Chengdu in Sichuan province in west China. Shopping will look at buying nutrition supplement and the complimentary Health article will consider how protein supplements help your body.

Finally, don't miss the words of wisdom in the Taxi section regarding Wi-Fi and Tianjin Tips that will help you to understand the different international shipping methods to and from Tianjin, just in time for those festive packages at the end of the year. Enjoy this issue and I would love to hear from you.

十月伊始,《今日天津》首先祝贺杭州 G20 峰会的完美落幕,也感谢成千上万名志愿者,是他们保证了大会的顺利进行。十月是秋天开始的象征,也是所有上班族都期盼的月份。十月,我们将迎来两个重要的节日,国庆节和重阳节,辛苦多半年,不要忘记,利用这样的假期好好休息,放松身心。

本月的主题我们讨论的是有关加班的话题。在这个繁忙的大都会生存,加班似乎总是不可避免,而这样的问题在其它国家又都是怎样的呢?如果你也一样感兴趣,不妨阅读我们的文章。不同的文化会有不同的饮食习惯,中国的文化博大精深,其间的传统也是因地制宜,如果你想探寻更多有关中国的传统习俗,不妨打开我们的文章,和我们一同探索解密。除此之外,本期的杂志还有很多精彩文章,比如成都游、饮茶、蛋白质的重要性等,千万不要错过。

我会一如既往地在这等你,当你有问题或需要帮助的时候。祝大家都有一个完美假期。

Monica Wang
Editor



OCTOBER

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天津共融律师事务所
SINO-CREDIT 共赢 厚德 尚法

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As a full-service law firm specializing in high-end commercial and business legal services, Sino-Credit Law Firm (hereinafter referred to as "Sino-Credit") is committed to deliver services with high quality and standard by employing a professional working team of outstanding and senior legal experts. Sticking to concepts of "Integrate Harmony, Sharing Spirit, and Win-win Cooperation", Sino-Credit is dedicated to provide high-qualified legal services and is willingly to sharing our recourses, experience and significant achievements with our clients in advancing win-win development.

Sino-Credit's practice areas include daily corporate legal services, commercial litigation and arbitration, multinational enterprise legal services, immigration legal services, intellectual property protection, human resources and labor law, taxation law legal services, government legal services, etc. A working team will be formed promptly and tailored to accommodate any clients' needs for multi-level of legal services.

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Visions of Sino-Credit: Lawyers Shouldering Strong Sense of Social Responsibilities; Promoters of Harmonious labor Relations; Guardians of Corporate Development.

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2016 TIANJIN OPEN 天津公开赛

10.10-10.16 天津团泊国际网球中心
Tianjin Tuanbo International Tennis Center

Tournament

Category: WTA International Series Event **Outdoor Courts:** 12
Indoor Courts: 4 **Stadium Capacity:** 3500 people
Tournament Name: Tianjin Open
Tournament Date: October 10-16th, 2016
Tournament Venue: Tianjin Tuanbo International Tennis Center
Competition: Women's 32-Singles and 16-Doubles; 24-Qualifying
Prize Money: USD 500,000 **Ranking Points:** 280
Organizer: Tianjin Jinghai County People's Municipal Government;
BinhaiTuanbo New Town (Tianjin) Holding Co., Ltd.
Sanctioning Bodies: Tianjin Municipal Government Chinese;
Tennis AssociationTianjin Sports Administration Bureau

Event Schedule

DATE	MATCH	TIME
Saturday, 8 October	Qualifying-First Round	11:00am
Sunday, 9 October	Qualifying-Second Round	11:00am
Monday, 10 October	Main Draw-First Round	11:00am
Tuesday, 11 October	Main Draw-First Round	11:00am
Wednesday, 12 October	Main Draw-Second Round	11:30am
Thursday, 13 October	Main Draw-Second Round	11:30am
Friday, 14 October	Quarterfinals	11:30am
Saturday, 15 October	Semifinals	11:30am
Sunday, 16 October	Doubles Final Singles Final	11:45am

* 8th Oct & 9th Oct, free open to the public

Price List

Date	VIP (with Hospitality)	VIP (without Hospitality)	Lower Level Row 1-5	Upper Level Row 6-11	Student Tickets
Monday, 10 October	498	198	88	68	30
Tuesday, 11 October	498	198	88	68	30
Wednesday, 12 October	498	198	88	68	30
Thursday, 13 October	498	198	88	68	30
Friday, 14 October	668	368	188	108	68
Saturday, 15 October	798	498	288	138	78
Sunday, 16 October	798	498	288	138	78



Tianjin Open
Official Weibo



Tianjin Open
Official WeChat



The Telephone Number For
Booking Tickets On Wesai

4001100100

Ticketing

Ticket Sales Period

- ▲ From August 8, 2016 to October 16, 2016
- ▲ The pre-sale stage is from August 15 to September 19; the tickets which are formally for sale is after September 20 Tickets online.

Online Tickets

- ▲ Visit the official website of Wesai: www.wesai.com, and click "performance", and then click "sports"
- ▲ Visit the official website of Tianjin Open: www.tianjinopen.com, click "tickets"
- ▲ Add the Wechat of the official website of Tianjin Open
- ▲ Open the Wechat and get access to Wechat wallet and find the column "movie ticket", click "event"
- ▲ Open QQ and get access to QQ wallet and find the column "movie", and click "movie"

Offline Tickets

- ▲ The telephone number for booking tickets on Wesai: 4001100100.
- ▲ Hotline: 022-58898416
- ▲ Working hours: 9 am to 17 pm weekdays
- ▲ The specified tickets shop: Olympic Sports Center of TJPIAO.COM (from August 12 to October 9)
- ▲ Address: the ticket office of Olympic sports center, Binshuixin Road, Nankai District, Tianjin
- ▲ Buy tickets from Tianjin Tuanbo International Tennis Center (from October 10 to October 16)

Ticket Delivery

- All tickets will be given out one week before the tournament.
- ▲ If you buy tickets online, the tickets will be sent express on September 15.
- ▲ If you buy tickets offline, the tickets can be collected from September 15.
- ▲ The express service of tickets bought online will be closed if it is closely approaching the event. In that case, you need to pick up the tickets onsite and watch the match directly.

Discount offer

- ▲ Student tickets are available for people who are under 18, or having a valid student ID.
- ▲ Buy three tickets of the same day and get 15% discount
- ▲ Buy more than four tickets (including four) of the same day and get 20% discount

* Student tickets are available for people who are under 18, or having a valid student ID.

* The price of Student 7-day Tournament Package is RMB 298;
The price of Lower Bowl 7-day Tournament Package is RMD 888.

ADVANTAGE TIANJIN - RIO OLYMPIC MEDALISTS JOIN STELLAR FIELD FOR 2016 TIANJIN OPEN



Monica Puig



Elena Vesnina



Timea Bacsinszky

Tennis fans are gearing up to witness the strongest Tianjin Open in the short history of the tournament with the world's best WTA tennis players set to descend on the Tianjin Tuanbo International Tennis Center from October 10-16.

Three Rio 2016 Olympic medalists, Singles gold medalist Monica Puig, Doubles gold medalist Elena Vesnina and Doubles silver medalist TimeaBacsinszky, have all confirmed their participation, and with the confirmation of defending champion AgnieszkaRadwanska, two-time grand slam champion Svetlana Kuznetsova, 2014 champion Alison Riske and Chinese stars PengShuai and Zhang Shuai also set to showcase their talent in Tianjin, the competition will be intense to see who will be crowned the third Tianjin Open champion.

The 2016 Rio Olympics will forever be etched in Monica Puig's memory. The twenty-three-year-old set the tennis world alight when she defeated four WTA top 20 players including newly crowned World No.1 Angelique Kerber on her way to claiming the gold medal, and in so-doing became the first athlete, male or female, to win a gold medal representing her country of Puerto Rico.

With a chance of qualifying for the WTA Finals or Zhuhai Elite Trophy, Puig comes to Tianjin Open focused on maintaining her good form and creating a dream finish to her 2016 season. "Winning the Gold Medal in Rio was a dream come true for me, but now I also need to focus on the rest of the 2016 WTA season. I hope that with some good

performances I can put myself in a position to qualify for either Singapore or Zhuhai during the Tianjin Open. It will be a great challenge for me and I am looking forward to coming to Tianjin to play," said Puig.

Not many people know that Switzerland's TimeaBacsinszky once took a hiatus from tennis and ended up working in restaurants and bars while preparing to attend hotel management school. Thankfully she regained her passion for tennis and blast her way back up the tennis rankings. 2015 was definitely a breakthrough season for Bacsinszky, she reached her first grand slam semifinal in Roland Garros before losing to Serena Williams and advanced to her first Premier Mandatory final at the China Open which pushed her into the WTA Top 10 for the first time.

This year, Bacsinszky has had a consistent WTA season reaching the quarterfinals of Rome and Roland Garros, semifinals of Miami and Gstaad, the final of Rabat and winning the Doubles Silver Medal with partner Martina Hingis at the 2016 Rio Olympics.

Currently No.12 on the WTA Finals Road to Singapore rankings, the Swiss star will be looking to claim her first Tianjin Open crown as part of another successful Asian Swing and help her climb back into the Top 10 and earn a spot at the WTA's biggest event of the season.

Elena Vesnina is having a renaissance season having achieved remarkable results in both singles and doubles this year.

Starting the year ranked outside the Top 100, the Russian had to fight her way through

qualifying at events such as Doha and Charleston, where she then reached the quarterfinals and final respectively. Her grit and determination was rewarded after she reached a career milestone on her way to a semifinals appearance at Wimbledon, and helping her to reach her current career-high singles ranking of 20.

In Doubles, she teamed up with compatriot Ekaterina Makarova at the WTA Premier Mandatory event in Madrid and have strung together a series of great results in Madrid, Rome, Roland Garros and Montreal, which culminated in golden success when the duo claimed the 2016 Rio Olympics Doubles gold medal.

When the action heats up later this month, the stars will not only be playing for their share of USD500,000 in prize money, but also a new trophy.

The 2016 Tianjin Open trophy, designed by local designer Ma Ziqiang, stresses the harmony between man and nature, tradition and modernity and incorporates the five traditional Chinese cultural - metal, wood, air, fire, and earth - into the trophy. The base of the seal, with the words "Tianjin Open", shows the creation of originality, the trophy body represents clouds and watermarks to hold up a bright and energetic tennis ball, representing "sunrise" and a symbol of Tianjin Open's continual growth.

information about the tournament and where to purchase tickets to see who will take out this year's Tianjin Open crown can be found via the tournament's official website - www.tianjinopen.com.



Name: AGNIESZKA RADWANSKA
Country: Poland
Ranking: 4
Highest Ranking: 2
2015 Tianjin Open Champion



Q: You won the Tianjin Open last year, qualified for the WTA Finals in Singapore and then claimed the biggest title of your career there. How special is it for you to come back to Tianjin to defend your title?

Last year I had a great experience playing in Tianjin. Winning the title helped me qualify to Singapore, which I also won. There is no doubt that Tianjin Open is one of the most unforgettable tournaments I've played, so I can't wait to come back this year to meet my lovely fans and try my best to defend the title.

Q: You must have wonderful memories here in Tianjin from last year, what do you think of the tournament and the city?

The tournament is really nice, the staff do a great job of looking after everyone and the fans are very enthusiastic. Last year I didn't have many chances to go out and explore, so hopefully I get to visit some landmarks of Tianjin this year because I've heard that it is a very historical and beautiful city.

Q: You've been voted as the WTA's most popular player six years in a row, and the fans obviously love you because of your extraordinary court awareness, smartness and shot placement. How do you manage to make an impact in the powerful and strong tennis world?

Thank you for the compliment first of all. Yeah you know that I'm not that tall and strong compared to most of the girls in WTA, so I'm just trying to play as smartly as I can. I like thinking a lot on court, I like observing the opponents and then decide what kind of game plan I'm going to go with. I prefer using slice and dropshots to alter the tempo. But it never comes naturally, you know practice makes perfect.

Q: This is your seventh year in the top 10. How do you manage to maintain that consistency? How do you look after your body?

Health is the most important thing for us, especially when the season is so long and you're playing another year on that kind of level. So rest and treatment are the most important things. I have my own physio, no matter when I'm travelling or at home, he's with me all the time. So that's what you need when you are so many years on tour.

Q: Angelique Kerber became the new No.1 in US Open, and you have had the chances to also be the No.1 ranking, are you still confident enough to reach that position in the future?

First I want to congratulate Angie for becoming the new No.1. She works so hard and totally deserves it. For me I reached No.2 and had some chances to go to the top back in 2012. Every player wants to be the World No.1 player and that is still my dream, but I need to go step by step. Right now I need to stay healthy, focus on every match and play consistently good throughout the year.

Q: We know that you also have your sister playing on the WTA tour as well, do you think it's an advantage to have her playing as well?

Of course. It's great to have someone from my family around. You know, we are best

friends. Travelling a lot can make it difficult, so it's always good to have someone who understands your feelings and shows you support when you're down.





Name:SVETLANA KUZNETSOVA

Country: Russia

Ranking: 10

Highest Ranking: 2

Two-time Grand Slam champion (2004 US Open, 2009 Roland Garros)



Q: You've never played Tianjin Open before, what was behind your reason to play in a new tournament for you?

It is true I am going to play Tianjin Open for the first time but I heard a lot of great things about Tianjin from Shang Zhuai, so I can't wait to go there. And it is always a pleasure for me to be able to go to a new tournament because you get to experience a new city and to promote the WTA and tennis to a new group of fans.

Q: Do you have anything that you want to explore in the city this year?

Actually I didn't know anything about this city, but Zhang Shuai told me there are some beautiful landmarks in Tianjin that worth a visit, and the local food is very delicious. I hope I can have a chance to be a tourist when I don't have a match or after finishing practice.

Q: You're currently No.10 on the Road to Singapore rankings, how important is Tianjin Open for you in trying to qualify for Singapore?

Well I won't put any pressure on myself, if I play well then the results will come and I will get the points that I need to qualify but the competition is always very tough at the end of the year because there are many players who are also in the same position. So it will be a good battle to see if I get into Singapore or Zhuhai.

Q: You've had a really great year so far, which pushed you back to top 10 on the WTA ranking. What is your secret to be able to find your way to be in the top again?

I'm very satisfied with my current form at the moment. I had some injuries last year, but I was able to overcome them and be able to

play more consistently again. There is no special secret. All you need to do is to work hard. I am still eager to win more titles, that's why I keep challenging myself.

Q: You've won two grand slams and reached a career high ranking of two. What is your motivation right now to still

compete on court?

I think it's the passion. Although I've been played tennis for many years and achieved a lot, right now I am also more relaxed on the court and just trying to enjoy tennis, I enjoy fighting on the court, I want to see how far I can go, and that's what keeps me motivated every day.



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Name: MONICA PUIG
Country: Puerto Rico
Ranking: 33
Highest Ranking: 33
2016 Rio Olympics Singles Gold Medalist



Q: You are the first athlete in history ever to win an Olympic gold medal for Puerto Rico, how special is that for you?

Winning the Gold Medal in Rio was a dream come true for me. When I was a child, I dreamed about standing on the Olympic podium someday, I still can't believe that it really happened. But the win was not just for me but also for my country, Puerto Rico. We've been going through some tough times, and they needed this. I am very honored that my winning was used as sign of unity for the country - on the day of the final, there were no reported crimes in all of Puerto Rico, which makes me very happy. I will never forget that precious moment.

Q: You beat top players like Kerber, Kvitova and Muguruza on your way to claiming the gold medal, what gave you that much energy and confidence to overcome these powerful opponents?

As I said before, Olympics is always special for me. I represented my country for every match, which gave me extra motivation every time I stepped on the court. I stayed focused and confident from beginning to end, I was always telling myself that I can beat top players also. And my family and team stood behind me no matter what happened. I think that's why I was able to make it happen.

Q: Do you believe that winning Olympic gold medal could be the turning point of your career?

Beating those great players definitely gave me so much confidence, and gives me the belief that I can do well in Grand Slams and the other big WTA. I'm going to work harder to achieve more good results for the rest of my career. I'm still young and I if I do the right things the results will come.

Q: Tianjin fans are obviously looking forward to witnessing an Olympic gold medalist playing in front of them, are you excited to coming back to Tianjin this year?

I am really looking forward to coming back to Tianjin this year! I had a chance to play the tournament back in 2014, my first time there, and although I did not do so well, I had a great experience. The tournament and staff are well known for taking good care of the people, and hopefully, I will have a little time to do some sightseeing as well! The fans in China are always so supportive to players, and can't wait to come back and play for the fans in Tianjin in a couple of weeks!

Q: You have a good chance to qualify for Singapore or Zhuhai at the end of this year, how well do you think you've prepared for the coming Tianjin Open in order to earn more ranking points to achieve either of the goals above?

So far 2016 has been a great year for me, I've achieved some amazing results and improved my ranking as a result of that. I hope I can play my best tennis in Tianjin and consequently give me a chance to qualify for either Singapore or Zhuhai. Playing in either of those events will be a great end to my season. I know it's going to be challenging, but I will try my very best.



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Name: ALISON RISKE
Country: USA
Ranking: 57
Highest Ranking: 40
2014 Tianjin Open Champion



Q: You won your first WTA title here in Tianjin Open 2014, Tianjin must have a special place in your heart, was it sort of a turning point of your career?

It was a surprise accomplishment for me to win my first WTA title in Tianjin. The whole week went really well. I was there by myself, which made it more special. Just to know that I was able to do it by myself. I gained so much confidence after winning that title, which also inspired me to work harder and harder every day to achieve more accomplishments for the rest of my career.

Q: What makes you decide to come back to Tianjin Open third year in a row?

Winning the title there in 2014 is obviously one of the most unforgettable memories in my life but the tournament is really nice, the staff take care of every player very well and the crowds are very enthusiastic. I cannot wait to come back this year, hopefully the fans will be coming to watch and support us again.

Q: 2016 has been a good year for you so far, you reached the final in Shenzhen and Nottingham. What do you expect to achieve in Tianjin Open this year?

2016 has been another solid year for me because I have been able to maintain some form and consistency. Winning titles and improving the ranking is what want to do as

players, so to make two finals this year has been great. I know that the player field is very strong in Tianjin this year, so I'm not going to put too much pressure on myself, just try to enjoy the tournament and hopefully win it again.

Q: You seem to have very good results in China, you got your first WTA title in 2014 Tianjin Open and reached the final in Shenzhen this year. Do you consider China is lucky for you?

Playing in China has been very lucky for me. I won my first title there and reached the final at the first tournament I played this year. The people are kind and the fans are so crazy that I always feel full of energy when I play matches in China. I love to explore to new cities and new tournaments and I have always had a great time in China, that's why I keep coming back.

Q: Sometimes travelling around the world could be very boring, what do you do to entertain yourself?

You know tennis is not the only thing in my life. In my spare time, I like writing and reading, I even keep a blog of every day when I'm on the road. When I get to fly home, I'll choose to spend time with my family and friends because you don't see them very often.



OBSESSED WITH OVERTIME

by David Wong and Carmen King

If you are one of the lucky expats working in China under an expat employment package, this article probably doesn't relate to you, as you will have your working conditions spelled out in an attractive package that combines salary, accommodations, schooling and health benefits that circumvent the local standards. These expat packages can put expats in a bit of a bubble in terms of what it is like to live and work in China. On the flip side, others although a foreign national, have employment based on terms similar to that of local staff. Whereby it is a completely different scenario as one joins the masses when it comes to issues with overtime.

While regular working hours may be 9 to 5 from Mondays to Fridays there seems to be a regular demand to work beyond this and an

expectation that you need to work past these hours when the need arises. This overtime requirement is usually regarded as a sign that your work is important. It is your sacrifice for the good of the team. Thus many may find themselves saying to friends: "Sorry, I'm going to be late or unable to make it because I have to put in OT." For career oriented individuals working all that overtime may not be the end of the world. For others though, who greatly value their time away from the office, may find the need to quit or at least change jobs or positions in order to avoid overwhelming overtime demands.

Although most people will complain about having to work overtime, they also simultaneously seem to brag about having OT. The person that says: "I never take work home, once it's 5 o'clock, I'm off work." comes across

as someone not committed to their job or company and has a job that is not very meaningful, compared to the person dedicated to their job and slaving away with plenty of OT.

The Law

Overtime regulations in China are typically regulated in the People's Republic of China Labor Law. Employees can work for no more than eight hours per working day, but are able to exceed this amount under certain circumstances. According to Article 41 of the China Labor Law, employers should consult with trade unions in order to grant overtime. If permission is granted, employees can work longer hours than the usual eight hours per day, but no more than an extra three. In

addition, accumulated overtime cannot exceed 36 hours a month, which equates to nine hours a week.

That said, overtime that exceeds the Chinese maximum of 36 hours a month is common, especially in factories. This in turn has led to an increase in labor disputes in the country. If overtime is paid in the form of cash, it is supposed to be paid at the rate of 1.5 times the rate of your regular pay and 2.0 times if on the weekend or your day of rest and 3.0 times if occurring on a national holiday. An alternative to paying cash is the granting of time off in lieu of the OT earned, usually on a par level or accumulated to be used for extra days off. These labor laws regulating overtime are similar to the US. Except, especially where employees are paid a fixed monthly salary the lines of where overtime begins is often blurry. Since salaried employees are not being paid “per hour”, there may not be the automatic limit of 40 hours/week where after additional hours are automatically considered as OT and therefore eligible for higher pay rates.

In practice though, many employers expect that employees will put in extra time on their own, work done at home is usually not recognized as OT. Coming in early and staying late is usually considered your dedication towards your job unless your company has a “Flex Hour” policy that allows you to work your 40 hours per week at alternate hours. These flexible full-time positions are on occasion available in the States, although certainly not considered the norm. An example of a flex schedule would be working 4 days per week, 10 hours a day, so as to meet the weekly “40 hour” requirement. Particularly when it comes to getting health benefits paid by the employer and meeting these different hourly requirements are important.

Service Industry

When you look at people working in hotels and restaurants, the issue of OT is well documented, since they are usually using a punch-in work card that accurately reports the time they punch in and out of work, at least in the larger establishments. Of course the waters get real muddy in terms of when OT begins if a time-tracking system is not used, or when the system is used mainly to ensure employees don’t “arrive late” and “leave early” with its main purpose not being to track OT.

We spoke with Maggie who is the Director of Rooms at an international 5 star hotel chain, who said that her hotel is very good about OT. She is given extra time off for extra work, her staff is paid equal time for weekday OT and double pay for OT on weekends. However all OT must have prior approval and she has a labor cost budget which she must keep in mind so OT is carefully used. It should be noted, this was at a high-end international hotel. Therefore management would likely be following processes set by the overseas parent company not simply the whims of a local manager. In addition, generally speaking, foreign owned corporations are quite diligent about following local labor laws in an attempt to avoid legal litigation.

Ms. Li who is a sale representative in a local Chinese hotel indicated that they are seldom paid for overtime so she avoids it and only on special occasions as requested by her boss. These examples aren’t meant to “pick on”

BE THE MANAGER OF A DEPARTMENT, OR THE BOSS OF THE COMPANY, AS THE “LEADER” HE HAS EMPEROR LIKE AUTHORITY TO DEMAND PRETTY MUCH ANYTHING OF THOSE WORKING BENEATH HIM.

Chinese businesses, rather from an editorial perspective help readers to understand the difference in “OT culture” as is often found between local and foreign firms. Since foreign funded firms may be tied into a larger international management system, they may be quite sensitive about legal liability. To them, if OT happens, it is viewed as a “cost” and needs to be managed closely. Local firms on the other hand may pay nothing for OT, as with Ms. Li’s example. Thus for them, OT is seen as something the company is “entitled” to in exchange for giving you the job.

OT culture does seem to be strongly linked with views on employer and employee relationships. In China, many relationships have been influenced by the “Emperor” system of long ago. In such a social system, whatever the Emperor requested, no matter

when or where, those beneath him were required to respond immediately and without even a sense of disagreement. This Emperor like mentality has to some extent influenced Chinese bosses. They feel, in many cases like they are the “Emperor”. Be the manager of a department, or the boss of the company, as the “leader” he has Emperor like authority to demand pretty much anything of those working beneath him.

Thus, in a social system that has been strongly infected with the “Emperor syndrome”, bosses can be quite quick to demand long hours of workers. Especially in service related industries. Support jobs like cooks, waiters, cleaning staff, and the like are given little opportunity to “rebel”. After all, many of these depend on the employer for a paycheck, place to live, and even food to eat. This makes losing a job a huge deal. Service jobs are done mainly by migrants. Therefore, when they come to a city they could have little resources financially and in terms of family. Thus, in the big scheme of things, working some “unpaid” overtime isn’t a big deal when compared with the consequences of provoking the “Emperor’s” rage.

Government Jobs

Most government jobs in China will not have overtime as office hours are very strict and working over 40 hours a week is not a usual requirement. I spoke with Ms. Cai an officer at TEDA and she said: “I am in government and never think about OT, just do what your boss asks you to do.” She is also in a manager position and as mentioned, overtime is usually expected to be performed without compensation. For the clerical positions, overtime is usually compensated with time off.

Drivers and cleaning staff will likely be paid for extra time worked and in fact, many drivers will depend on OT in order to make sufficient income in a position that traditionally pays the minimum wage. In many cases the OT earned is as much the regular salary. As will be discussed later, this is where OT can be a debated subject. Namely, some may argue that overtime is a burden or intrusion on the workers right to free-time. Others however may actually “want” OT due to the opportunity to earn extra money at a significantly higher pay rate.

This example also reflects how the “emperor mentality” is strong in Chinese culture. Ms. Cai thinks less in terms of OT and



Is working OT frequent in your company?

more in terms of obedience to her superior. Another interesting aspect of OT culture in China is that it seems to be a bit of a “rite of passage.” Namely, lower level workers are expected to accept OT as normal, and not really something that is to be questioned regardless of whether or not due compensation is involved. Without this willingness to go the extra mile, a worker would hardly be considered for a raise or promotion. In addition, it could be seen that they haven’t paid their “dues” so to speak, needing more time to prove their loyalty and desire to sacrifice-self in behalf of the greater good.

OT Culture in Other Countries

In USA and Canada, overtime is paid on any work performed over the 40 hours per week but usually has to be pre-approved and if the company has a labor union, there will be strict rules applied to who will receive overtime. In most cases, managers will not receive overtime, as they are on a salary base and it is expected that some overtime will be

incurred as part of the position.

This point shows that some prefer hourly wages versus a set salary. Especially if overtime is going to be a frequent issue. On the flip side, hourly wages tend to be lower than “salary” pay. This is because salaries may actually have some “overtime” built in. So as to say, that expected overtime often associated with management positions is because the base pay is sufficient enough to merit it. Thus both pay options have their pros and cons. For many, the key is making sure the total compensation is sufficient. Since overtime isn’t guaranteed, and in tight times might even be done away with in order to control costs, a fixed salary may be the more desired option even if this means working overtime without additional pay.

In France 35 hours per week is the normal work week and most European countries have 28 days annual vacation so while overtime is paid or time off is given, the system is very generous to labor and you can see why costs are so high.

In the United Kingdom UK, there is not overtime, but hardworking employees are

usually provided additional time off, known as time off in lieu. Unless agreed to, UK employees should not work more than 48 hours per week.

In most western companies, private life takes a priority over work. You will hear the common saying: “Family before work!” In China many business deals are finalized after hours over dinner or at a social event. This is not as common in the west and business is usually completed during business hours at the office. Eating and drinking with colleagues and clients does occur. However, in comparison to China, it rarely happens into the wee hours of the night. Most managers don’t want to go drinking with vendors after work, instead want to get home to the family. Therefore, if overtime happens, a lot of time it is because they have to “stay late at the office” to take care of some important matter, prepare for a big meeting the next day, or have to finish research or a report. This is totally different than working overtime to wine and dine a client afterwards.

Although things are changing somewhat in China, as we spoke with Joyce at



Would you work OT in the office or take your work home?

a private company with international connections, she recently had her second child and tries to spend more time with her kids. She said that she will work overtime if there is a special project and the boss requires it, but prefers not to and will take time off by combining this with a weekend or other holiday to spend more time with her children. Her husband works for a local SOE, State Owned Enterprise and he also works overtime but does so to help them financially.

Notice Joyce works for a company with “international connections.” This is no doubt a catalyst for the changing overtime culture. Those looking for less OT or at least overtime that is compensated or has certain boundaries may want to consider international firms or those with strict OT policies. A good tip is to get to know people that already work at the company before making a move. By means of them, you can understand how OT is being handled. In general though, this difference in OT culture is linked with East and West. In the West, workers tend to have clear lines between family and business. This isn’t necessarily so in China. China is well known for

its “relationship” based business, whereby people don’t just do business with strangers, but rather friends and family. Therefore, it is common that OT is seen as “part of the job,” not something “extra.” Why?

Simply because, social events like eating and drinking are often done as part of getting the deal or working together, after all partnerships are between “friends and family” and what kind of friend or family doesn’t eat and drink together? Likewise, since everyone is busy “working” during the day, the best time to meet up, relax, and strengthen the “relationship” is after “5 pm.” This is where Chinese OT and Western OT may not be exactly the same. In a strict sense, anything work related done outside of normal business hours such as “9-5” is “overtime.” However, in China the overtime work isn’t as black and white as sitting at a desk handling company issues thereby this time may get overlooked in terms of considering it true “overtime” which needs to be compensated for by the company.

This OT expectation isn’t limited to China. Korean’s for example are also well known for

their late night business related activities. Korean bosses are thought of as fairly demanding, with the possibility of calling at any hour, requiring work to be done. Plus, as with China, a good bit of business is handled by means of social interactions like sharing a meal or drink together, which yet again will usually happen “after work hours.” Still, one’s participation in these events may not carry with it any additional OT pay.

In broad terms, overtime work in the West is usually going to involve real work, such as being stuck at the office, or completing some hands on labor at a factory. Therefore it may likely involve additional company compensation. In the East, since overtime may involve quite a bit of socializing with business implications, the line gets blurry as to compensation. After all, how do you clock, report and compensate an employee for a night out on the town?

China Factory Controversies

There has been a great deal of media about overtime abuses in Chinese factories.

FEATURE

Reports of Pegatron workers, one of Apple's supplier in China and Foxconn, one of China's largest employers with an estimated 3-400,000 employees in 12 factories in China manufacturing consumer electronic products. Many of the reports indicated that employees work over the legal limit of 36 overtime hours per month, some as high as over 100 hours per month since they work 12 hours a day, 6 days a week.

As a result of these media exposures, the large factories doing business with high profile multinationals have vowed to monitor their labor standards and adhere with China's labor law regulations. However, this is not a simple issue, in our previous feature article on "The Mighty Migrant Worker", the majority of factory employees come to these urban factories to improve their low economic standards. In most cases, they will only earn a few hundred RMB monthly at home and by taking a factory job as described above, they can earn as much as 2,000 RMB a month and with OT double or triple that amount.

As reported by Reuters, a Foxconn 24 year old employee from Hunan, Chen Yamei, has worked there for 4 years and is quoted: "We are here to work not play, so our income is very important. We have just been told that

we can only work a maximum of 36 hours of overtime a month. I tell you this, all lot of us are unhappy with this. We think that 60 hours of overtime a month would be more reasonable and that 36 hours would be too little."

You have to remember these migrant workers are willing to make sacrifices while they are young and with an opportunity to make sufficient money to start a better life, opening a business, supporting family and a large nest egg to get married. They will have no other interest than work for the next 5 years, living in a cramped dormitory with meals and going home once during Spring Festival. Probably saving over 250,000 RMB (\$40,000 USD), which is unthinkable if they stayed in their rural village hometown.

So it is a fine line of between economic development and worker abuse and safety in China. In the white-collar sector, many lawyers and medical doctors, especially new interns are subjected to ridiculous working hours but these are not brought to light as an abuse as it is accepted as the norm for the profession. Just make sure that the surgeon that is operating on you is not at the end of a 12-hour shift. A top surgeon at a local Tianjin hospital for example shows up at around 7 am to begin routine rounds of checking patients. Then

either handles new patient inquiries or surgeries for the rest of the day. After everything is said and done it could easily be 7 or 8 pm before heading home, only to repeat the same routine the next day. Thus overtime is hardly limited to blue collar workers.

Overtime culture between East and West does differ. Money minded migrants may see overtime as the more the merrier. Keep in mind though they will likely say they are working as much as they are "for the family". Western workers think less in terms of money and more in terms of quality of life. This very well could mean working less, thereby getting paid less, but enjoying more time off.

Conclusion

For some jobs, safety issues need to be considered when overtime is considered. For example, if the worker in question were a driver, would it be safe to have him or her drive 12 hours in a day? A machine operator working on a dangerous piece of equipment may be prone to have an accident, dangerous to them and others if they become tired and careless after long hours without a break.

The question of efficiency comes into play when overtime becomes too prevalent.



OT brain storming.

How much work is actually being done from 9 to 5? Instead of posting and checking moments on WeChat during office hours could more time be spent completing necessary tasks? Less extended lunches, or cutting down on frequent coffee and smoke breaks throughout the day could lend to work being completed within normal work hours. In this respect, outside of "culture", inefficiency should be considered as a top culprit in why overtime is so prevalent.

Just remember that if you are the boss and are requiring a lot of OT, make sure at minimum to provide suitable meals for them, such as ordering takeout or arranging for an onsite cook depending on the scale of the operation. The food culture in China is extremely important and one best not overlook this if desiring to maintain a positive relationship with staff. That being said, the age old "Emperor mentality" may actually result in workers being required to work overtime regardless. Overtime is commonplace in China. Few are shocked to hear a worker was required to stay late or work over the weekend. In addition, overtime may or may not be compensated. If it is, the worker may actually want the OT more than the boss. Still, there are others who are looking not for higher pay, but a better work life balance. In which cases, OT ideally will be kept to an absolute minimum.

加班的烦恼

作为一个上班族，加班是不可避免的，而在中国谋职的外国人可能也要融入中国的加班文化里。有些人对加班并不排斥，因为这体现出自身工作的重要性，但是对于珍惜自己私人时间的人来说，频繁加班的工作会让他们产生辞职或换岗的想法。

中国的劳动法规定职员每周加班时间不得超过9小时，休息日和法定节假日加班要付1.5至3倍的工资，以加班费或倒休的形式进行补偿。天津一家五星级酒店的客房部总监 Maggie 说，她供职的酒店有很好的加班政策。对于平日的加班，可以获得同等时长的倒休，周末加班有双倍的加班费，但是加班要提前申请获批才算数。酒店对她手下员工的加班费预算有要求，所以在批准加班这件事情上 Maggie 要非常谨慎。总体来说，外资企业的内部流程和制度比较完善，而且与总公司保持一致。而在一家内资酒店工作的李先生表示，所有加班都是无偿的，所以他不会轻易加班。我们并不是要把中国和外国企业做个比较，而是想要让外国人了解中国的加班文化。

在外企的管理制度下，加班费作为额外成本要谨慎管理，而在没有加班费的企业，加班会作为员工义务的一部分，包含在工资内。在中国的企业中雇主和员工的关系有点像皇帝和子民的关系，皇帝永远是说一不二，而臣民则是无条件服从。企业的老板或主管难免会有高高在上的思想，利用权力要求下属做各种事情。像服务员、清洁工这样的工作，

从业人员大都是外来务工人员，这份工作可能不但有工资还能提供住宿，所以他们更不会违抗领导和老板的指令，被要求无偿加班并不算什么，因为如果激怒老板而丢掉工作是得不偿失的。

政府部门的工作加班并不那么频繁。蔡女士在泰达的政府机关里工作，她说：“没有想过加班的问题，领导让我做什么我就做什么。”这也体现了中国人的阶级观念，蔡女士不会计较加班费，但会在意自己是否出色地完成了领导交代的任务。另外一个有趣的现象是，人们认为职位越低越应该自觉自愿地加班，而不该计较得失。那些对加班怨声载道的人是很难获得升职加薪的机会的，这体现出他们对工作不够热忱，对公司不够忠诚，也缺乏牺牲精神。

在北美，任何超过每周40小时的工作都有加班费，但是通常加班要提前获得批准。管理层大部分没有加班费，因为他们的工资标准包含了一部分加班补偿。无论是更加灵活的周薪制度还是固定工资制，人们都希望他们的加班时间能获得合理的补偿。但这也和经济形势有关，企业总是会想方设法控制这方面的成本。

欧洲的福利会更好一点，每周只有35小时工作时间，而且每年有28天带薪年假。在英国几乎没有加班制度，对于异常勤奋的员工，公司还会奖励休假。在大部分西方国家，大家都把私人生活看得比工作重要，而在中国，很多生意都是在工作时间外的饭局上谈成的，这和国外的习惯大相径庭，人们加班都是留在办公室处理公务或准备转天的重要会议。

中国人对加班的态度也在发生变化。Joyce 在一家有海外业务的私企工作，她刚刚生了第二个孩子，希望能多些时间陪孩子。她说除非是为了特别重要的项目或领导要求加班，有倒休的时间也会在周末凑在一起方便陪伴孩子。她的丈夫在国企工作，经常要加班，但也没有加班费。

如果你在找工作，你想去拥有何种加班文化的企业呢？做决定之前不妨先去打听一下，毕竟东西方的加班文化差异还是很大的。对中国人来说，工作与家庭生活之间的界限更模糊一些。受长久以来的“关系”文化的熏陶，人们不止和陌生人做生意，很多生意伙伴都是亲戚朋友，所以和亲朋好友的沟通可能也是为工作做铺垫，那又何来“额外”二字呢？

不仅仅是中国，其他亚洲国家例如韩国也有类似的文化。下属对老板唯命是从，无论是否是上班时间，老板有吩咐就一定要去做。下了班之后，同事或者合作伙伴也会一起去吃饭喝酒沟通感情或谈生意，当然这也不会有加班费。

在中国的制造业工厂里，加班工作更是家常便饭，每天工作12个小时，每周工作6天已经不是新闻。这些为世界知名企业供货的制造商们在媒体曝光后也保证会遵守中国的劳动法，但这不是一个简单的问题，因为这些工厂的工人大都来自贫困的农村，急切地想要提高收入，而加班是其中一个重要手段。

一位富士康的24岁工人陈亚梅说：“我们到这里来是挣钱的不是来玩的，现在工厂告诉我们每个月加班不能超过36小时，说实话我们并不感到高兴，对我们来说每月加班60小时更加合理一些。”

这些务工人员是愿意趁着年轻多挣些钱改善家庭经济状况的，他们不怕苦也不怕累，只是希望能够养家糊口或攒钱做点小生意。

工厂工人的工作状况经常得到社会的关注，但律师、医生这样体面的职业就不存在超时工作了吗？在这些行业里，尤其是新入行的实习生，他们的工作状态是很疯狂的。在天津的医院里，一个医生在早上7点钟就会出现医院病房查房，然后就是门诊接诊或做一整天的手术，下班时间大约在晚上7、8点钟，天天如此。所以超时工作并不只存在于底层蓝领工人中。

超时工作不仅仅牵扯到个人利益问题，还关乎安全问题，一个连续开车12小时的司机会面临巨大的安全隐患。提到加班，人们还会想到工作效率。在工作时间少刷朋友圈、缩短抽烟和茶歇的时间，把工作在8小时之内完成。所以“文化”的因素之外，工作效率低下是导致加班普遍的首要原因。

如果你是老板或者领导，当你要求下属长时间加班的时候，别忘了给他们买饭，因为中国人最重视一日三餐，照顾好了他们的胃也是维护上下级关系的法宝。

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A STORYTELLER'S STORY

by **Carmen King**
photo provided by **Han Meng**



Han Meng

For most producers of content, be it artists, photographers, or writers, their time is spent telling someone else's story. Every so often though, they get a chance to share something about themselves. Mrs. Han Meng is one such creative individual who has dedicated her life to sharing stories of others by means of different mediums, such as paper, photo and video. Han Meng has experience living, working and studying both domestically and internationally. She has also played a key role in telling the story of Chinese orphans adopted by American parents. JIN had the opportunity to discuss these matters and more with Han Meng.

JIN: Please introduce yourself.

HM: My name is Han Meng. I was born and raised in Tianjin. I studied textiles and trade at the Tianjin Polytechnic University from 1997-2002. After graduation I worked in the photography department at The Beijing News for 11 years. During my tenor there, I also obtained my Master's degree in Sociology from Renmin University in 2011. From

2014-2015, I received the Hubert H. Humphrey Fellowship, an educational opportunity provided by the US Department of State. This gave me the chance to study journalism at the University of Maryland. In September of 2015 I returned to China, spending about half a year as an independent photographer. Over the years, my work has been published in Chinafiles, Lens, the New York Times, and South China Morning Post.

JIN: Please introduce your current work.

HM: In March of 2016 I joined a digital media project known as the Sixth Tone. It is part of the Shanghai United Media Group which also publishes "The Paper". I'm responsible for video production as well as reporting. The Sixth Tone is a unique project that focuses on publishing Chinese related news and events exclusively in English for expat readers. Our content revolves around "Today's China" (日常中国). The goal is to tell stories about everyday China life which will interest western readers. We aim to establish our own identifiable reporting style and

AMERICA IS NO LONGER JUST THE PLACE I'VE HEARD ABOUT IN THE NEWS OR SAW IN MOVIES AND T.V. SHOWS. IT IS NOW A PLACE I EXPERIENCED PERSONALLY.

become the main means by which the English speaking world will keep pulse on the ever changing Chinese society. This has me traveling all over the country. Along with choosing the topics, I handle the writing, interviews and video. While most of the interviews are done in Chinese, the final copy is always published in English. In addition to my fulltime position with the Sixth Tone, I'm also working on a project called "Jiangnan Orphans". This is actually the second installment as a follow up to the original piece called "Chinese Orphans in America".

JIN: Please introduce the "Chinese Orphans in America" project.

HM: It has been about 25 years since the Chinese government granted approval back in 1991 for American's to adopt Chinese orphans, which has resulted to nearly 90,000 adoptions. American's have adopted more Chinese orphans than any other country. As part of the program, the American family must make application to the China Center for Child-ren's Welfare and Adoption (CCCWA). There are currently 54 CCCWA approved adoption agencies throughout various states in America. As per the CCCWA's revision of adoption requirements in May of 2007, heterosexual couples must be between the ages of 30-50 with personal annual income of at least 10,000 USD in order to qualify as adopters. Data reveals on average it takes around 54 months to complete the entire adoption process. However, this interval may be shorter when disabled orphans are involved.

Back in April of 2014 while studying in Montana, I met several Chinese female adoptees. After making the long journey to America, they began a new life with their

adoptive parents. While their ethnicity is Chinese, they grew up in America where they assimilated into Western cultural. I found this to be a fascinating topic of investigation. My inter-views have focused on the finding answers to questions like: How do they find their own identity? How do they feel about their Chinese parents who abandoned them? How do they feel about China? How do they feel about finding a home in a "better place" than the orphanage they used to live at? While the general topic of "Chinese orphans" is widely known, their personal stories are not. My goal is to shed light on who they are as individuals and what life is really like for them. Only but a few stories have been shared in the media, most are still virtually unknown. Plus, the photos that have been published only share what I "saw". There is still so much more about the experience that I want to convey. I feel the matter which needs discussed further is the difference in views between America and China on the subject of adoption. From the work I've done, it has become very clear there are big differences in culture and values between the two. So as to take this investigation to the next level, I feel the next best thing is to produce a documentary on the subject.

JIN: Please describe your experience in America.

HM: As part of the Hubert H. Humphrey Fellowship program from April of 2014 to September of 2015, I was able to live in America. My first destination was Montana, where I stayed from April to August studying English. Then I head-ed off to Maryland University to study journalism from August to

April, 2015. Later I spent 6 months (April-September) in New York for an internship. The trip was life changing. My opinions about both America and China are different now. It was an extremely diverse and dynamic environment that opened my eyes to a lot of things, along with reducing prejudice. The way I consider problems now is totally different. My whole way of thinking has been altered. Having content published in the New York Times was a learning experience as well. I realized how different the thinking of the editor there was in comparison to Chinese editors.

America is no longer just the place I've heard about in the news or saw in movies and T.V. shows. It is now a place I experienced personally. I now know what Americans really live like. For example, to reach my goal of impartially re-orting on Chinese orphans adopted by Americans, I took to the road and personally visited 11 different states, 20 different families, and 35 different orphans. I met those adopted by different ethnic groups such as Africans, Asians, and Jews. Some families had even adopted more than one child. As part of the project I wrote over 4,000 emails and took over 19,000 photos. The first family visited was in Missoula, Montana on August 10, 2014. The last one was in Manhattan, New York on September 14, 2015.

JIN thanks Han Meng for taking time out of her busy schedule to share with us details on her trip to America, profes-sional career and extensive work on Chinese orphans. There are many more fascinating details to share on the subject. One of the biggest goals Han Meng has is to produce a video documentary which includes the process of a Chinese orphan

returning to China to find her biological parents. Additional topics that could be explored further are the psychological challenges these orphans face. For example based on Han Meng's observations, most of these orphans around the age of 6 will start facing the issue of "why do I look different than my parents?" Still later in life around the ages of 12-14 they struggle with identity and abandonment, leading to the biggest question of all, "why didn't my parents want me?" Of course the challenge with reporting on the subject, is finding a way to do so which doesn't exacerbate the issues at hand but rather is both respectful and unintrusive.

Please read the orphans' story in Tianjin in Photograph on Page 52!

讲述者自己的故事

大多数内容制造者,比如艺术家、摄影师或作家,他们大部分时间都用来讲述别人的故事,偶尔也会分享自己的故事。韩萌就是一个运用文字、照片、视频等各种媒介分享他人故事的人。近年来,韩萌一直专注于拍摄被美国家庭收养的中国孤儿的故事。

韩萌是天津人,大学毕业进入北京《新京报》工作,2011年获得人民大学社会学硕士。2014年远赴美国马里兰州大学进修新闻学,现任澎湃新闻新媒体的多媒体记者。在美国学习的时候,韩萌接触到视频制作,这项新技能也运用到现在的工作中。“江南弃婴”就是腾讯谷雨故事的一个新闻项目,跟踪报道被中国家庭收养的中国婴儿的故事,是“中国孤儿在美国”项目的延续。

从1991年中国允许美国公民收养中国孤儿至今25年,有近9万中国孤儿被美国家庭收养。目前,美国是中国孤儿最大的海外收养国。每个想收养中国孤儿的美国家庭都必须向中国唯一的国际领养中心(CCCWA)递交申请。2014年4月,韩萌在美国蒙大拿州学习时,遇到了几个中国女孩,经过了解,她们是被美国家庭收养的,这让她想起了曾经在中国孤儿院遇到的那些孤儿们。他们远渡重洋,来到美国,与和自己完全不一样的美国父母长大。他们的血缘来自中国,在美国文化中成长,介于两者之间,他们如何认同自己的身份?他们对中国的父母抛弃他们,是怎样的看法?他们对中国的看法会是什么样?他们来到了比中国孤儿院的条件更好的地方重新生活,他们是否认为自己是幸运的?带着无数的问题,她开始了这个群体故事的采访。

韩萌在美国学习期间的经历让她体验了文化多样性的环境,开阔了她的眼界,也消除了一些偏见,考虑问题的角度也不同了。在《纽约时报》发表作品的经历让她体验到中美两种编辑部的氛围和工作方式。美国也不再是她从电影和电视剧里看到的那样了,是她自己用脚步丈量出来的。

韩萌还想继续跟拍这些中国孩子,尤其是他们到中国寻找亲生父母的经历。另外这些孩子所经历的心理挑战也是可以继续发掘的选题。这些孩子从12-14岁就会开始产生身份归属感困惑,包括“我的亲生父母为什么丢下我?他们现在在哪里?”一类的问题。这也是中国孤儿被跨国领养后,体现出的最集中的问题,成为他们回国寻亲的重要原因。

本期“画说天津”栏目将特别推出韩萌的摄影作品“两者之间——中国孤儿在美国”。



Han Meng was present at Somewhere Between exhibition and lecture in Shanghai.



Controlling costs is important for entrepreneurs.

ENTREPRENEURS NEED TO ASK THEMSELVES, HOW LONG CAN THEY SURVIVE WITH LITTLE OR NO INCOME?

Money is easy to spend and hard to make. Anyone who tells you otherwise is simply stupid. They are living in a bubble.

Control = Survival

It is for this reason that entrepreneurs everywhere need to know the value of cost control. Controlling costs is as important, if not more so than having a good sales plan. Why? Invariably as the old adage goes, what goes up must come down. This phrase is common among experienced investors that don't lose their minds when a stock shoots up seemingly overnight to some record new high. It is also, why the same financial gurus don't jump head first in the shallow end by buying some ridiculously over priced real estate. Around the world the same sad story has been relived by countless companies who don't get the most basic of business principals, control costs.

The latest in tales of terrible investments was Uber's bleeding cash in China. As CEO Kalanick shared in a DAVOS interview, Uber hadn't seen black for some time, and perhaps was never going too, at least in the near future when it came to their China investment. When costs are soaring like an eagle in the sky, what do most savvy executives do? They cut the fat. That is, they find a way to get the monkey off their back by cost control. This comes in the form of sell-offs, lay-offs, restructures and even bankruptcy in the most dire of times. Whatever they can do to get the debt down and starting, that's right, what a business is supposed to do in the first place, make some money.

The irony of it all is that this roller-coaster ride could be avoided if entrepreneurs had a little self-control. Instead of spending money faster than it is being made, control costs. This should start from day one and stay in the fore

SURVIVAL BY COST CONTROL

by **Carmen King**

It is all about the bottom line. When the going gets tough, the key to survival is cost control. Back in the hay day when .com's where the rage, millions of VC was being handed out like free fliers at the front of a grocery store in Tianjin. It was as if temporary insanity had struck all, the investors and the investees. Especially the investors should have known better. They seemed to throw caution to the wind and start signing over wads of cash as if every geek in a garage was going to be the next Bill Gates or Steve Jobs. It seemed for a time that guys everywhere were going from zero to hero overnight. All they needed was to find a greedy and gullible VC to back some pie in the sky idea. Then they were off buying a new hot ride and renting a contemporary office space complete with fuse ball tables and video

games. All of sudden guys where showing up to the office in flips flops and a t-shirt instead of the long-standing tradition of neatly pressed white dress shirt and tie.

As with most bubbles that get too big, the .com bubble popped. When it did, some cried, some died. Sadly, huge sums of "paper" money went down the proverbial drain in an instant as stocks crashed after news of one .com after another announcing bankruptcy. It was a surreal time. Many were going from the highest high to the lowest low in a matter of moments. The truth be told, the writing had been on the wall all along. Why? No one can just spend money like water and get away with it forever. Sooner or later, everyone's got to pay the piper. Bank notes come due, car payments, office rent, employee payroll, gas, water, electric and the list goes on and on.

front for the life of the business. Instead, the best of the best often fall prey to the same mistake. When a big influx of cash comes in, be it because of record sales or some sort of funding, they go and spend money like wild-fire. They ridiculously rationalize it as "marketing" or even "expansion". In reality it is just bad business. Before a dollar is ever spent, let alone hundreds, thousands or even millions, the return on the investment better be crystal clear. Plus, have a contingency, whereby if things don't go according to plan, the company can still survive.

In many cases, this is where cost control saves lives. As markets morph from bull to bear, the veterans know how to tighten down the hatches and weather the waves of financial insecurity to come. Entrepreneurs need to ask themselves, how long can they survive with little or no income? Chances are, most businesses won't last for long. Why? They are burdened by heavy debts in the form of advertising, payroll, and rent. Sure, these are standard operating expenses for any business. However the key to cost control is how to get each of these things done at a reasonable rate.

Control vs. Cheap

Do not confuse cost control with being cheap. Cheap is using electrical tape to fix an extension cord that has been cut in two. Cost control is using an iPhone 5. Don't follow fads. Do stick to sound business practices. One of

the most important is identifying purchases that are true needs and not just wants. Wants can easily be confused for needs. In business, a need is something that literally would prevent the organization from being able to deliver services. For example, McDonald's needs hamburgers. Things that directly impact the viability of the core offering make the need list. When it comes to a bigger and better office space though, most likely that is more of a want or even nice to have than anything else.

In fact, controlling real estate costs without comprising basic standards of decency can be really challenging in China. Especially for entrepreneurs, figuring out where they will work can be a big issue. Rents are sky high. Buying property is even more unrealistic in the current market. Therefore, a key to controlling costs in China comes in good space utilization. Identify what is truly the smallest space necessary to run the business. Realize that rent is only one part. Factor in related costs such as the management fee, and heating fee. Bigger spaces mean more furniture is needed, yet another cost. More workers mean more computers, which will use more electricity and water. Plus all those mouths need fed so get ready for a rising payroll. This is how a small-startup starts bleeding red real fast. Understanding how, when and where to spend money on behalf of the business is really what it's all about. Even Apple has

proven the point, endlessly leading the pack is tough. They have been riding on the coattails of Steve's iPhone for a long time now, with new iPhone's seeming less and less "game-changing" and more of the same old oatmeal. They have even gone so far as re-releasing what is essentially the old-iPhone 5 and calling it the SE. Really? Its sad when that's the best Apple has to offer. The point, every company has its hay day. As the bumper crop comes in, don't ever lose sight of the bottom line. Control costs from beginning to end. Keep the operation lean and mean. Don't confuse wasting money with investing money.

成本控制生存

众所周知，当事物进展变得艰难的时候，生存的关键则是控制成本。在网站发展的巅峰时期，每个人都像着了魔一样，无论是投资商还是被投资的对象，人人都在渴望着成为下一个伟人。于是，我们看到了一个又一个新颖办公室出现，人字拖和 T 恤取代了传统的白衬衫和领带成为现代办公的新潮装扮。然而，这一切都只不过是泡沫而已，当泡沫破灭之后，人们无一例外全都损失惨重。网站接连破产，许多人在一夜之间倾家荡产。于是我就在想，为什么明明近在眼前的危机征兆，人们就是视若无睹呢？钱财易花不易赚，但凡有人告诉你钱财好赚，那他一定是活在泡沫之中。

基于这个原因，企业家们需要知道成本控制的价值及意义。控制成本的重要性不亚于拥有一个好的销售计划。为什么？我们都知道盛极必衰的道理，而它更是有经验的投资者们时刻谨记的一句至理名言，它帮助商界大佬们在市场动荡的时候继续保持理智。纵观商界风云，我们看过了太多因为不考虑商业原则，即控制成本，而导致失败的悲惨故事。

在很多情况下，成本控制可以拯救生存。从“牛市”到“熊市”，老兵们永远知道危机该在什么时候到来，而他们也该在什么时候拧紧舱口。创业者们需要思考一个问题：在没有收入或者说在收入很少的情况下，我们究竟能生存多久？遗憾的是，没有人能坚持很长时间。因为他们无一不背负着沉重的债务。因此，对于企业来讲，控制成本的关键就在于如何把事情都维持在一个刚刚好的刻度之上。

成本控制不等同于廉价。廉价是将就，而成本控制则是不追求时尚，坚持遵守商业惯例。当你决定购买一样东西的时候，你应该是真正的需要它而不仅仅是想要它。

在中国，控制成本的关键在于如何控制空间的使用效率。在我们经营业务之前，我们需要估算出最小的使用空间面积，即房租成本。再除去房租问题之后，我们还会有其它一系列费用，比如管理费、供暖费等。空间越大，开销越多，相对的成本也会越高。每个企业都有自己如日中天之时，当大丰收来临的时候，我们更应该守住自己的底线，自始至终遵守控制成本原则。用最小的成本创造出尽可能大的财富。当然，也不能混淆浪费和投资的概念。



Controlling real estate costs without comprising basic standards of decency can be really challenging in China.

Past Events

Exclusive Company Tour to Tianjin Custom Wood Processing Co., Ltd.

Thursday, September 8 – Tianjin Custom Wood Processing Co., Ltd.

AmCham China Tianjin Chapter, in its series of advanced manufacturing company tours, took members to Tianjin Custom Wood (TCW) this month get a glimpse at the highly technical processes involved in making a pencil. Located in Tianjin's Dongli district, TCW is currently celebrating its 20th anniversary.

Attendees were greeted by Jon Reed, Executive Vice President of TCW and the Vice Chair of the Tianjin Chapter of AmCham China. Attendees then got the chance to see how TCW makes pencil slats, thin wood components used to produce wood-cased pencils. A surprising amount of technology and expertise was involved in making the high-quality cedar pencils.

CalCedar, the California-based parent company of TCW, is the world's leading supplier of pencil slats. TCW produces pencil slats in a variety of wood species, from China to California and Russia. Each species has particular advantages and disadvantages and offers a variety of economic, ecological and technical performance benefits to the pencil manufacturer and to the consumer. And, each species requires a specific TCW manufacturing process in order to produce pencil slats that will meet the demands of the global pencil manufacturing industry.

This tour is the 17th stop in AmCham China Tianjin's series of company tours introducing our members to the world of advanced manufacturing, with previous stops at Toyota, Caterpillar, Boeing, GE, ADM and many more.



Upcoming Events

Tianjin's Second Joint Chamber Golf Tournament

10:00AM – 8:30PM, Saturday, October 15

Golf Tournament Venue – Tianjin Panshan Golf Club

Awards Banquet Venue – Jixian Marriot Hotel

The golf tournament will be held at **Tianjin Panshan Golf Club** and the format of this tournament will be **Two Person Best Ball Scramble**. In addition to an excellent day of golf and all-day free flow drinks, the event will also feature a buffet dinner and lucky draw prizes during the **Awards Ceremony at the Jixian Marriot Hotel**. Don't miss your chance to enjoy a round of golf, meet new and old friends and relax with your family.

We have designed different packages that include hotel rooms at the **Jixian Marriot Hotel**, golf on October 14th and 16th. Room rates are as below:

- RMB750 net – One night stay at Deluxe Room, inclusive of up to 2 daily breakfasts and round trip transportation to and from Panshan Golf Course. (Room rate valid from Oct. 14 to 16)

- RMB1250 net – Two nights stay at Deluxe Room with up to 2 daily breakfasts and round trip transportation to and from Panshan Golf Course. (room rate valid from Oct. 14 to 16)

Tickets

- Individual - RMB 1100 *

- Non-golfers: RMB300 to attend the awards banquet.

* The fee includes greens fee, golf carts, facilities and caddies (does not include caddy tip and golf clubs), registration pack, sack sandwiches, awards banquet, return transportation and lucky draw.

Tee times for this event are limited to 80 people, so book your spot early! Tickets will not be sold at the door and need to be paid in advance.

For more information on booking tickets or sponsorship, please call the AmCham China, Tianjin office at 022-23185072, or send an e-mail to amandahe@amchamchina.org. Contact person: Amanda He

Tianjin Monthly Executive Breakfast Briefing

7:15-9:00 AM, Thursday, October 20 – Tangla Hotel, Tianjin



Scan the QR code; learn updated events and information of AmCham China, Tianjin
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Past events

Seminar - Finance, Law and Tax: A Brief and Practical Explanation of the Most Important Chinese Regulations for Foreign Managers

01.09.2016

If foreign managers take on a leading position in a company in China, they have to make decisions on a daily basis to maintain the company's operations. In order to give an overview about finance, law and taxation basics for foreign managers in China the German Chamber of Commerce offered a seminar on these topics on September 1, 2016.

The speakers Dr. Martin Seybold and his colleague Ms. Tanja Fuchs from Roedel & Partner introduced law, finance and tax issues such as forms and legal structures

of foreign invested enterprises and senior management liabilities in China. They also provided advice for Chinese accounting requirements and explained characteristics of Chinese annual financial statements. At the end participants had the chance to discuss and ask questions.



Upcoming Events

October 11, 2016, 19:00 – 22:00: Biz-Socializer, The Ritz Carlton Tianjin

October 13, 2016, 14:00 – 17:00: VAT Seminar, GCC Tianjin

October 26, 2016, 19:00 – 22:00: Kammerstammtisch Tianjin, Drei Kronen 1308 Brauhaus Tianjin

SAVE THE DATE: German Soccer Championship 2016

23.10.2016

Come to the yearly Soccer Championship of the German Chamber of Commerce in Tianjin and enjoy a full day of fun with colleagues, family and friends! Every year the event attracts more than 300 visitors and spectators and is already a highlight for members and friends of the German Chamber.

In exciting games 10 teams will compete for the title of the German Soccer Champion 2016. Additionally, there will be a variation of Chinese and Western food, German beer and other beverages. At the game area you have the chance to win amazing prizes by scoring at the Soccer Target Shooting (Torwandschiessen). For the little ones there will be two kids programs with soccer related games and sportive activities.





EUROPEAN CHAMBER IN TIANJIN

Upcoming Events

European Chamber's Support for Your Business

F&T Seminar: Tax and Legal Challenges Arising from Global Employee Mobility

Forthcoming on 13th Oct, 2016

Under the economic development, employee mobility certainly will be more competitive and complicated given the availability and locations of the talents and thus effective talents deployment will become the key to a business' success. In order to be effective, companies need to coordinate each aspect properly. In this seminar, the European Chamber Tianjin Chapter invited the experts from PwC, who will share the latest global mobility and IIT trend, by using various case studies, explores solutions to some of the typical issues and challenges other companies face in the mobility process.

European Chamber's Support for Your Networking

2016 European Business Gala Dinner - The Light of Art (Tickets available!)

Forthcoming on 21st Oct, 2016

Join us for the glamorous European Business Gala Dinner this year in Ritz-Carlton Tianjin and indulge yourself in the air of festivity. The glittering Business Gala Dinner promises an evening of breath-taking lucky draw prizes and excellent cuisine, whilst providing a quality networking time to socialize with our members and invited guests, and a perfect opportunity to make new contacts, entertain key clients and get-together with your colleagues. Expect a night with our live band, fun on the theme of "The Light of Art" for interactive EU Culture quiz, typical European food prepared by the French Chef, surprising luck draw prizes, and the elegant environment of Ritz-Carlton!

European Chamber's Care for Your Well-being

2016 European Chamber Badminton Tournament!

Forthcoming on 19th Nov, 2016

The European Chamber Tianjin Chapter First Ever Badminton Tournament is coming! Feeling tired of the regular business schedules? Wanting to move away from meeting tables? Thirsty for some quality fun time with friends and colleagues? Then you should NOT miss this refreshing Badminton Tournament - an excellent opportunity for team building and friends bonding. Refresh your body and soul while meeting those who share your interest in sports!

Sponsorship opportunity is available for this event! For more information, please contact Ms. Lorraine Zhang @ 022-5830 7608 OR via lzhang@european-chamber.com.cn

Follow us through **Events App & WeChat** and stay tuned for our upcoming events!



* To download the **Events App**, you may *Scan the QR code* or *Search for "European Chamber" in your App Store.*

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European Chamber
中国欧盟商会

2016 European Business Gala Dinner “The Light of Art”

Ticket Purchasing

022-5830 7608

lzhang@european-chamber.com.cn

Tickets will not be available at door

Date & Time

Friday

October 21st, 2016

18:30-21:30

Ticket Pricing

Corporate table: rmb4500 (10 persons/table)

Individual: rmb500/person

Venue

2nd Floor, Grand Ball Room

The Ritz-Carlton Tianjin

No.167 Dagubei Road, Heping District, Tianjin

Come to the European Chamber “The Light of Art” Gala Dinner, where we take you on a first-class journey to Europe in one night. Meet friends and enjoy an evening of delicious European cuisine, wines classic cool cocktails, great entertainment and prizes! We look forward to welcoming you to what will surely be a night to remember!



2016 FIRST CHINA ENTERPRISE TRAINING ANNUAL FORUM HELD SUCCESSFULLY

2nd September, the First China Enterprise Training Annual Forum successfully held at Tianjin Sheraton Hotel, many founder CEOs, CEOs, Deans of Business Schools and training experts whom are famous in the training industry attended the forum, discussed the future trend of the training industry.

This forum held by HR CLUB Enterprise Collaborate University and HR CLUB Beijing-Tianjin-Hebei, Bofeng Training was the title sponsor. European Chamber, American Chamber, Germany Chamber, Trainin Magazine, Training Manager Guide, Online Education Information Website, Jin Magazine, Tianjin University Management and Economics Department sponsored the forum as well. Managers and HR managers from YunXuTang, DDI, RenZhongRen, XiaoMi, Secop and other enterprises gave speeches, talked about personnel management practice skills, leadership development, team cohesiveness and other topics, gave practical suggestions for enterprise training. Thousands of executive managers and HR managers from Beijing, Tianjin, Shanghai, Shenzhen and other places of the world's top 500 enterprises, large state-owned enterprises, central-owned enterprises, well-known private enterprises participated.

There were main forum in the morning, and three sub-forums in the afternoon which titled management and talents cultivation, training internet new technology, talent team building and leadership development. It is worth mentioning that the forum live online, more than one thousand people watched. Audiences could participated the discussion online directly, give likes for the spokesman



as well.

At the opening ceremony, professor Feng Xiliang, co-principal of HR CLUB enterprise collaborate university, dean of labor economics department, Capital University of Economics and Business gave a enthusiasm speech as well as Mr. Xu Yongge, executive principal of HR CLUB enterprise collaborate university.

Ms. Zhang Liying, secretary of HR CLUB, shared the excellent results of the university. 20th May 2016, HR CLUB enterprise collaborate university formally established. During the short four months, the university organized three law lectures, three trainer's salons, three office training classes, four career English salons, one Jing Dong headquarters lean management visitation, fifteen enterprise customized trainings etc.

The first presenter was Na Ge, director of Training Manager Magazine, his topic was Redefine the Organization Learning Ecology. He is the founder of Training Manager

Magazine, famous self-media author in training and talent development area, the main research areas are agile learning, learning ecology design and organizational leadership development.

Mr. Li Zhe, founder of Bo Feng Training brought the speech Enterprise Training, Four Classic Strategy You Should Not Miss. He is a practical trainer, specializes in customized training course development, the creation of enterprises across the building, health, the Internet and other industries.

Mr. Qi Wenkai, national training manager of Xiao Mi gave a speech which was Internet Thinking to Support the Transformation of Traditional Enterprise Training, shared thoughts about new self-style training module, his speech impressed the audiences.

Three sub-forums in the afternoon were popular as well, ten presenters gave speeches, hundreds of audience enthusiasm of the speeches.

So far, the First China Enterprise Training Annual Forum ended successfully. Participants harvested usefully information, had a brain storm and enjoyed a feast of thoughts. Let's look forward to the next forum, write the new chapter of training career together.



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sex a tough subject to discuss

APPROPRIATE SEX EDUCATION

by **Carmen King**

Kids grow up. As they do, parents face the ever real challenge of appropriate sex education. Seeing that experience is not always the best teacher, parents do well to research the topic to gain an understanding of exactly when, where and how to teach their children about sex.

The Challenge

The challenge begins with the awkwardness of it all. Who doesn't start to squirm a bit at the sheer idea of discussing sex with their parents? Sure, it isn't the easiest conversation to have, but like that dentist visit, sooner rather than later it needs to happen. Putting off sexual education can be as

disastrous as never getting a physical. As the saying goes, knowledge is power. Without proper knowledge of one's body, which includes the private parts, and how they should and shouldn't be used is essential to the long-term success and happiness of anyone.

Not only is sex a tough subject to discuss, it also can be confusing who to listen to in terms of what's appropriate. The ever changing standard of what is "socially acceptable" in terms of sexual behavior has not proven to be a sound basis for educating youth. Why? Simply put, not all recommendations can stand the test of time. Therefore it is extremely important that parents first are well grounded in terms of

AS THEY GET OLDER STILL, BEFORE PUBERTY HAPPENS, AGE APPROPRIATE SEXUAL EDUCATION WILL INCLUDE PARENTS EXPLAINING WHAT TYPE OF PHYSICAL CHANGES CAN BE EXPECTED IN THE FUTURE.

suitable sexual conduct before they start sharing things with their children. Simply passing on information that hasn't been checked for accuracy and long-term viability will do more harm than good. Parents can make it a practice then to routinely read reliable research on what actually can be termed "appropriate sexual education".

Progressive and Routine

As the parents understand the matter of sex more clearly, they are equipped to begin a progressive and routine sexual education program within the home. Sexual education is much like the child's diet. It needs to be age appropriate. While a piece of steak may satisfy the hunger of a teenager, it hardly could be thought of as reasonable to give to a baby. Similarly, sexual education shouldn't be confused with telling children too much too soon. Commensurate with their age and maturity, children need to understand their body. This is especially true when it comes to the sexual organs. Sadly, now more than ever young ones are at risk of exploitation. Therefore, while a young one may not need to know "how babies are made" in explicit terms, they do need to know the proper names of all body parts and most importantly that certain areas are absolutely off limits to others.

In this respect, the way parents handle their children, including their clothing can actually help children build a healthy sense of self-awareness, which in turn can be a solid foundation for ongoing sexual education. For example, if parents are going to help a child understand some parts of the body are private, it would perhaps be advisable to train the child from infancy in this respect by not randomly, or repeatedly in public exposing the child's genitals. From changing a diaper, to using the bathroom, children learn both consciously and subconsciously. By parents

ensuring the child has a measure of privacy and is generally out of sight when activities such as those just mentioned are occurring likely it will aid in the child having a realization that not all body parts are the same. An infant or young child wearing “split-pants”, those without a crotch, not only is unsanitary, but is also subconsciously telling the kid it is “ok” to let these areas be seen, even touched by others. The same can be said for letting children urinate or defecate in public. Pulling down a child’s pants in a crowd of people and letting them pee into a bottle hardly helps them establish proper inhibitions. Nothing positive can be said about holding a child over a drain, sink, trashcan or the side of the road as they relieve themselves in front of those passing by. None of these actions provides a suitable basis for future sexual education. From the earliest of days, children need a healthy self-awareness. This is especially true in terms of their private parts. As this “awareness” increases with age along with linguistic abilities, sexual education can go beyond training by deed, and continue with training by word. Having appropriate discussions about sex is mandatory.

Discussing sex is important. As mentioned it begins with something as simple as teaching children proper body part names. It continues by helping children to understand private parts are just that private. Regardless of age, they shouldn’t be shown to just anyone, anywhere, anytime. Children need to know who and when it is acceptable to expose themselves, for example to the

doctor while a parent is present. Early sex education can include who doesn’t have a right to them and where. Let the little one know they have the right to say “no”. Without proper guidance, children naturally feel obligated to obey adults. Tragically, predators prey on this. Thus children need training and even practice sessions with parents to grasp not all adult requests are appropriate. They can and should yell for help, leave the scene immediately, or physically resist if certain lines are crossed. What are these lines? That’s exactly what parents need to teach the child.

As they get older still, before puberty happens, age appropriate sexual education will include parents explaining what type of physical changes can be expected in the future. A child also needs to understand that mental and emotional changes will occur as well. This means, they may suddenly realize instead of that boy being stupid, he now looks cute. Children need to be taught how to manage both the physical and mental changes. This means teaching them self-control, proper limits, and boundaries. While it may have been ok to wrestle around and make close physical contact as little kids, as they grow up, they need to actually start avoiding being too close or too much touching, or even any at all, so as prevent sending the wrong signals or inadvertently crossing the line. Children will not “automatically” know what proper conduct is. They need taught.

Proactive Protects

When it comes to the specifics, yes, even this needs to be covered at the right time as part of the sexual education provided by parents. Children are becoming sexually aware, and disturbingly “sexually active” at younger and younger ages. This means, parents need to be careful they don’t wait until it is too late before teaching children about the actual act of sex and what is considered appropriate actions. The last thing a parent wants is for a child to learn about sex from another kid, or from some other unsavory source. It has been noted that children who lack age-appropriate sexual education could actually be at greater risk of sexual abuse. So by all means, be proactive about identifying when is the right time to introduce each “stage” of sexual education, not just waiting for a problem to occur, or the child to come asking questions. Instead of thinking of “sex ed” as that one big infamous “birds and the bees” talk, handle it progressively and proactively.

恰当的性教育

随着孩子一天天长大，很多家长都会面临一个难题：如何恰当并适宜地向孩子灌输有关性的知识。考虑到经验可能未必是个好老师，因此本期的教育，我们就来谈谈有关性教育的话题。

当我们开始面对这个话题的时候，可能会有些尴尬。诚然，这也不是一个轻松的话题。但这就和我们看牙医一样，越早治疗，越能防患于未然。没有对身体构造的全面知识，我们将很难为自己和他人带来幸福。随着社会的不断发展和进步，性行为的“社会可接受”标准也在不断改变。因此对于青少年的性教育而言，它也不是总一成不变。如果只是简单地向青少年传递性方面知识，结果有可能会弊大于利。

鉴于父母会更清楚性的知识，因此建议父母可以在家里对子女进行循序渐进的性教育计划。性教育知识不宜过快过多的一次性传授给孩子，而是应该遵照身体的生长发育规律，适当教授给他们。比如，我们可以先不告诉他们“孩子的由来”，但至少他们应该知道身体部位的正确名称。

父母在教育子女方面，可以从某些具体问题入手，因为实际问题可以真正帮助子女建立一个健康的自我意识，并为未来的性教育问题奠定良好的基础。父母可以从认知器官开始，教育孩子男生女生的不同之处。孩子的自我意识也应尽早给予培养，且随着语言能力的提升，性教育也可以逐步转为书面教育。恰当的性教育是我们成长中不可缺失的一部分。

当我们把性教育问题具体化，我们可以看到“性行为”正逐年呈现出年轻化的趋势。这就意味着，家长要时刻注意孩子的行为，切莫等到出现问题才意识到自己对性教育这块的缺失与忽略。有人指出，那些缺乏性教育的青年更容易遭到性侵犯的危害，因此，我们要时刻注意，做好对子女各阶段性教育的工作，正确引导孩子的性意识。不要忌讳和子女谈论性话题，作为监护人，家长有责任把危险扼杀在摇篮里，把健康和未来留给未来。



It should be noted that, children who lack age-appropriate sexual education could actually be at greater risk of sexual abuse



international hospitals are more comfortable? but Local Chinese hospitals are inexpensive and generally efficient.

WHY I GAVE BIRTH IN CHINA

by Charlotte Edwards

As a child I was always proud of the fact that I'd never been a patient in the hospital, aside from when I was born. Little did I know that as adult with two kids, I'd still be able to say that I've never been a patient in an American hospital. That one little qualifying word ensures that my childish statement is still true.

I have, in fact, been hospitalized twice. Once for each of my two children's births...in China. But why would one give birth in a public Chinese hospital when international hospitals are popular choices for local citizens or ones in your home country seem more comfortable?

For me, the first time, it was a no-brainer. I'd been married three months when I got pregnant and we'd determined to pay off my student loans as soon as possible. That meant living on my husband's salary and sending my higher one to the bank. There was little money left for a plane ticket, and I wasn't going through birth without my husband in the same country. Local Chinese hospitals are inexpensive and generally efficient. Blood tests that take a week to get analyzed in the USA are done same-day here, and they know how to handle lots of patients in

their limited work hours.

While I wasn't able to get them to let my husband in the delivery room, they did let him translate and the hospital gave us a two-patient, rather than eight, room. The bed was narrow; it was hot with no way to cool off; there were mosquitoes coming in through the open, screen-less window. But the price reflected the fact that I wasn't in a homey Western hospital room. I paid just over 1000 yuan for the 36-hour stay.

Three years later, with my second child, we did seriously consider having me return to the USA due to vagueness over the former family planning policy. We were debt-free by that time, but we didn't feel that we could justify the cost of a plane ticket and maternity costs. Plus, if I had the baby in the USA I would have to go there two months before birth, then wait 8 weeks for a passport, then another week for documents from my husband to be sent to me, then another week to receive my daughters' travel book to return to China. Not that I'd have minded staying with in my home country for that long, but I'd have missed out on many weeks of work since my job didn't offer maternity leave.

So, I had my daughter in another

public hospital, and since fewer people gave birth this one, I got a room all to myself. My husband even had a bed (but he was still forbidden from the delivery room) and was able to stay with me that night. Upon seeing how well I recovered, they let me leave less than 24 hours later. Total cost: 800 yuan!

When you have a baby in China, you do have to do a bit more work when it comes to getting your child citizenship. For Americans, we have to document the pregnancy in pictures, fill out applications, have proof that we are indeed American. Plus there were a few other requirements since my husband is Chinese. It's not difficult, it's just an extra day of preparation and going to the embassy. The huge benefit was that the American Embassy processes passports very fast for expats. We've had four done here and each one was completed in less than 7 days!

Having a baby in China can be rather cost effective; public hospitals are cheap and expensive international ones may be not covered by your insurance. You'll certainly find many different practices, but you'll also get great, affordable care.

我在中国分娩

我有两次住院史，都贡献给了我两个在中国出生的孩子。很多时候我都在想，为什么相对于环境好、条件设施更舒服的国际医院，很多家庭会更喜欢在公立医院分娩呢？

我怀第一胎的时候正值我们结婚三个月，当时我还在还助学贷款。当我发现我用我先生的工资还清贷款之后，我们的积蓄几乎所剩无几的时候，我就决定我要在中国把孩子生下来。中国的医疗费用相对合理，并且大多数的医护人员工作都有效率。我在医院待了36个小时，住的是两人间，费用只有1000元左右。尽管环境有些差，但医疗费还是很公道。

三年后，当我怀第二个宝宝的时候，因为还面临计划生育政策，于是我们就商量着是否可以回到美国生产。面对高昂的机票和住院费用，以及繁琐的手续办理，最后我们决定还是留在中国进行分娩。

这次我找到了另外一间公立医院，因为待产妈妈少，所以我可以独自享用一个房间，在产后不到24小时内，医护人员在确认了我的恢复情况后，就批准了我的出院，而这次的费用居然只有800元。

当然，对于一个国际家庭在中国进行分娩之后，很多工作还需要妥善处理，比如孩子的国籍问题。我们只需要多跑一趟大使馆，问题就会迎刃而解。每个家庭都有自己的选择方式，即便不能去国际医院进行治疗，很多公立医院也可以帮你解决问题。而就我自己的经历而言，公立医院也能提供完善的护理。

Some suggestions for autistic children without language

Difficulty with speech and language is one of the main characteristics of autism. Speech therapy is very important in autism rehabilitation training.

For the parents of children with speech and language difficulties, "opening their mouths" is the most urgent objective. For those children with speech and language difficulties, the teachers of the Jian Hua Autism Rehabilitation Center have the following suggestions summing up their daily teaching experiences.

First, the most urgent goal is to improve the child's ability to cooperate. Before beginning speech therapy, we need to ascertain the child's ability to interact with others. Many children with autism have a hard time cooperating with others, and speech therapy requires that the child has a high level of cooperative interaction skills. If a child has a hard time with basic skills such



as sitting quietly and following directions, and refuses any requests from others, the child will not be able to sit quietly and imitate pronunciation according to direction.

Secondly, the child who has the ability to cooperate and interact needs to establish an awareness of imitation. Imitation is the basis of learning. In speech therapy, the child needs to imitate the shape of the mouth, movement of the tongue, the sound, the voice, and the tone of the voice, among others. All of these are based on the act of imitating.

Thirdly, the child's motivation to speak needs to be cultivated after cooperation and interaction skills and an awareness of modeling have been established. We need to create opportunities to cultivate their motivation to speak. Of course, speech

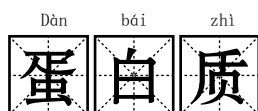
therapy should be step by step. The number of words can be added over time.

Finally, the teachers need to help the students with their language understanding. Language is comprised of comprehension and expression. Language comprehension means that the child can understand what is spoken. Speech therapy must therefore improve language comprehension, enriching the child's scope of language. We can start with following directions and pointing out objects.

Children's language development is a complex and interesting process. We are confident that if we guide them with the scientific method, and tirelessly persist, more and more children with autism will be able to speak, expressing their thoughts with their own words.

PROTEIN

by Zheng Hong Xiang and Kate King



Mrs. Wang: Is there you something you want to talk about?

Wáng Jiě Nǐ shì bu shì zhǎo wǒ yǒu shì
王姐：你是不是找我有事
A
啊？

David: You guessed right! I do have something I wanted to get your advice on.

Dà wèi Bèi nín cāi zhōng le! Yǒu gè shì
大卫：被您猜中了！有个事
Xiǎng qǐng jiào nín yī xià
想请教您一下。

Mrs. Wang: We're all co-workers here, no need to beat around the bush, if you want to say something just say it.

Wáng Jiě Zán men dōu shì tóng shì, kè qì
王姐：咱们都是同事，客气
Shén me Yǒu shén me shì nǐ jiù shuō
什么，有什么事你就说
Ba
吧。

David: My sister's daughter is 10 years old this year, but she is exceptionally short. They went to the hospital

and got some tests done. Everything came back normal. Since you have two children, I was wondering if you have any tips on how to help them grow taller?

Dà wèi Wǒ jiě jie de nǚ ér ba jīn
大卫：我姐姐的女儿吧，今
nián dōu shí suì le, kě shì gè zǐ tè
年都十岁了，可是个子特
bié āi qù yī yuàn jiǎn chá gè xiàng zhǐ
别矮，去医院检查，各项指
biao dōu zhèng cháng nín shì liǎng ge hái zǐ
标都正常。您是两个孩子
De mā ma yǒu méi yǒu shén me cù jìn
的妈妈，有没有什么促进
Hái zǐ zhǎng gāo de mì jué?
孩子长高的秘诀？

Mrs. Wang: Haha, no real secret, but, I know it's always good to make sure they are getting enough protein.

Wáng Jiě Hā ha mì jué shì méi yǒu,
王姐：哈哈，秘诀是没有，
Bù guò kě yǐ shì dāng de gěi tā bǔ chōng
不过可以适当地给她补充
Dàn bái zhì
蛋白质。

David: Why is protein so important?

Dà wèi Dàn bái zhì shì shá dōng dōng?
大卫：蛋白质是啥东东？

Mrs. Wang: Protein is really important in terms of the human body. You can find it in muscle tissue, our bones

and in our skin. It's vital to the body for growing.

Wáng Jiě Dàn bái zhì shì zǔ chéng rén tǐ
王姐：蛋白质是组成人体
De zhòng yào chéng fèn tā cún zài yú rén
的重要成分，它存在于人
De jī ròu gǔ gé pí fū lǐ
的肌肉、骨骼、皮肤里，
Shì rén tǐ shēng zhǎng bì xū de wù zhì
是人体生长必需的物质。

David: I see. What's the best way to get the proper amount?

Dà wèi ò nà zěn me bǔ chōng ne?
大卫：哦，那怎么补充呢？

Mrs. Wang: Just eat more foods containing protein, like, dairy, meats, eggs, beans and nuts.

Wáng Jiě Duō chī hán dàn bái zhì de shí
王姐：多吃含蛋白质的食
wù a bǐ rú nǎi lèi ròu lèi
物啊，比如奶类、肉类、
Dàn lèi dòu lèi jiān guǒ děng
蛋类、豆类、坚果等。

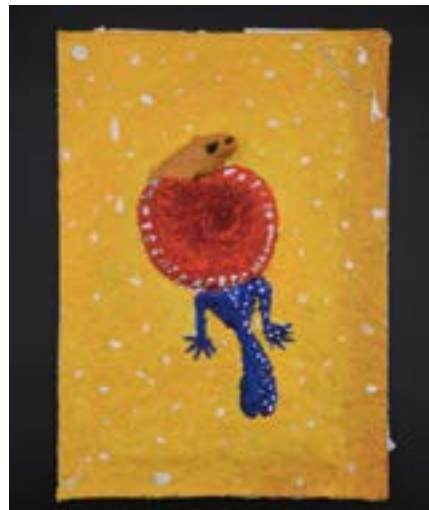
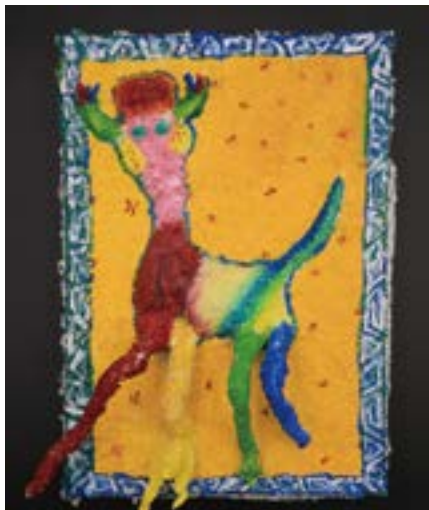
David: Ah, I knew I could learn a few things from all your experience.

Dà wèi ò nín guǒ rán shì guò lái
大卫：哦，您果然是过来
rén dōng de kě zhēn duō a
人，懂得可真多啊！

PROMOTION

Sculptures on Display at Wellington College: 'Surrealist Creatures'

The current set of sculptures on display in the atrium were made by last year's year 9 group. Exploring the theme 'Surrealist Creatures', students were inspired by the fantastical animals of Dutch medieval artist Hieronymus Bosch, the weird and wonderful creations of Czech filmmaker Jan Svankmajer and the dynamic collages of African artist Wangechi Mutu. Such a rich spread of influences led the classes to draw animals in high observational detail which were then collaged together to create surrealist creatures. The students turned their



designs into three-dimensional works using paper clay and completed them with a finish of primary colours in acrylic paint. A project which undoubtedly tested the imaginative sculptural skills of our students we are delighted with the strangeness and peculiarities of these surrealist creatures.

PROMOTION

Wellington College Senior School pupils take the stage to deliver the College's first round of 2016/17 WELLINGTON Talks

On Monday 5th September, three brave Senior School pupils delivered the College's first round of WELLINGTON Talks, addressing an audience of over 200 staff and pupils in the Seldon Theatre.

The first speaker chose to speak on the use of Nanotechnology in the fight against cancer; the second speaker spoke on the importance of making time management personal, and the final



speaker spoke on the importance of abolishing stereotypes explaining key differences between the US and Canada.

The WELLINGTON Talks will continue to be led by Senior School pupils at the College throughout the 2016/17

Academic Year, allowing as many pupils as possible to discuss topics and issues that are important to them as individuals, whilst allowing their fellow pupils to gain insight and inspiration from this snappy and appealing style of presentation.

PROMOTION

Learning in Style: Junior School Fashion Show at Wellington College

Pupils in the Junior School at Wellington College International Tianjin recently hosted their own Fashion Show, acting as their Entry Point to the topic 'Fashion' as part of the International Primary Curriculum (IPC). Year 4 teacher Oli Fowler explains more about the learning outcomes of the exercise:

"Milepost Two kicked off our Fashion topic last Monday 29th August with a vibrant and diverse Fashion Show. Children exhibited an incredible range of designs from popular culture, in addition to a number of wonderful cultural outfits from China, Korea and India. There were some incredibly professional and unique 'catwalking' styles; who knows, perhaps Milepost Two has some fashion designers and models in the making?"



and models in the making?"

This topic will be the area of focus for the next 7 weeks and will culminate in a Fashion Exhibition that will allow pupils to share their own designs and creations with the entire College community.



PROMOTION

Music and Sports at Wellington College with St. Florian Boy's Choir and Tianjin Grand Theatre

During September, the College were delighted to welcome the St. Florian Boy's Choir for an afternoon of performance and sports with our pupils, parents and staff.

The Junior School attended a short performance in the Seldon Theatre, for which the Choir performed traditional Austrian choral and dance routines. Following the performance, the Boy's Choir and year 7 pupils from Wellington College took to the football pitch for a friendly match.

The following evening, pupils and staff in the Wellington College Chamber Choir were delighted to attend the official



performance of the St. Florian Boy's Choir at the Tianjin Grand Theatre as part of a trip led by the Music and Performing Arts Department.

The College looks forward to working more closely with local and visiting cultural institutions in order to enhance the learning experience for our pupils and wider community.



The Qinghai Library A picture of service at Teda International School By Aaron Falzerano

When I saw the pictures of the library being built at the school in Qinghai, it was not what I had imagined. In my mind, this library had magically popped up in this northwestern province overnight, full of shelves, colorful books, and (in my mind) even a librarian! Although we raised the money here at TIS, the pictures reminded me that things don't get fixed magically, and there is a lot of hard work that goes into everything around us. At our school, the Service Club has made itself an important part of the hard work that it takes to build a good world.

The library in Qinghai was built by volunteers in the community, who meticulously removed shelves from boxes and pieced them together. On a cloudy day, with the mountains in the background, they used the money raised by children at TIS to build their library. Understanding what it took to build this library makes it that much more meaningful.

The school in Qinghai educates students from grade 1 to grade 6, with a total of 305 students. It is a Tibetan and Chinese bilingual school in a very remote area of the province. There are four floors in the building. With the donation from TIS, one of the floors can have a book-borrowing area, so students have easy access to the materials. With just 5,000 RMB, we at TEDA International School were able to equip this school in Qinghai with an invaluable resource: books!

These funds were raised by the students at TIS in the primary school during



the 2015 – 2016 school year. Each class held a fundraiser to help fund Service Projects in the local and national community. Besides being able to aid this school in Qinghai, we were also able to provide a special needs school in Tanggu with 40 new mattresses; the mattresses are being used by the younger students in the school. Although we've done service at TIS in the past, last year was the first time that all of the elementary students at TIS participated in Service. This year we will continue that work!

Service is an important part of life at our school and it is growing. The primary, middle school, and high school divisions are part of the larger Service Committee, which does a lot of hard work throughout the community. Week in and week out, members of the service community, along with students from all grades, work tirelessly to make the community a better place. As we have learned, this does not happen magically, but requires dedication and effort. At TIS we enthusiastically meet that challenge!



National Honor Society at Teda International School

On Thursday September 1st, Teda International School held its 6th annual National Honor Society induction ceremony, whereby nine students were inducted into the Society. Students in the NHS are chosen based on their exemplary academic performance, as well as by their service, character and leadership qualities. Our 2015-2016 graduates who were part of the NHS were accepted into top universities from around the world such as Duke University, New York University, The University of Toronto, The University of British Columbia, The University of Waterloo, The University of California – Berkley, Notre Dame, Korea University and the City University of Hong Kong. We wish our seniors good luck as their university application season approaches.



Making Our Own Mooncakes!

The day before the traditional Chinese Mid-Autumn Festival, many students in Teda International School had the opportunity to make their own mooncakes during Chinese classes. They achieved this, by following the teachers and in using their own hands. Some students could not wait and ate the yummy mooncakes right away, while others took them back home and shared with their families. The students learnt that the spirit of the Mid-autumn Festival is about the idea of reunions and sharing with family. Students in the secondary school even had a moon cake tasting and voting event, where different varieties of moon cakes were tasted and students voted for the most popular flavor. They did a project called, "The Most Popular Mooncake Flavors".



PROMOTION

Special Moon Festival Show at IST

IST Elementary students of the Chinese Program put up an amazing show at a special assembly on September 9 to celebrate the Mid-Autumn Moon Festival. This special cultural event of our wonderful host country China was celebrated with many wonderful student performances including special rhymes and songs, a puppet show, a fan dance and even a Kungfu performance.



PROMOTION

IST's Secondary Week Without Walls (WWW) Trips

Each year at this time IST's secondary students (Grades 6-11 or Years 7-12) head 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. This year students headed off on the following trips:
Grade 6: Survival Island
Grade 7: Baihe
Grade 8: Yanqing
Grade 9: Shaolin
Grade 10: Inner Mongolia
Grade 11: Some students supported the Grade 6 trip, while the rest were engaged in a range of activities in Baihe and Yanqing.



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 it be team and confidence building, adventure activities such as rock climbing, horse riding, and rafting, or mountain hiking and Kung Fu, all of the students returned to school, having pushed their personal limits, and having developed new friendships and greater self-assurance.



PROMOTION

IST PFO Picnic

The weather gods seemed especially pleased with the International School of Tianjin (IST) and awarded the community with a perfect weather day, especially after the loud thunderstorm the previous night, to hold the annual IST PFO picnic on Saturday Sep 17, 2016. It was a glorious day and there was a wonderful turnout of IST parents, students, teachers and staff to celebrate and appreciate the beautiful fall weather and to spend some leisurely family and community time together. There were food and goodies stalls (including one from an Indian restaurant from Beijing), stalls by student community service groups and the CSA as well. The little kids had a fun time on the bouncing castle and playing on the play equipment. The highly competitive but fun Tug of War was of course a feature, but the culminating event was the friendly football match between the students team and the parent-teacher team!! The PFO (Parent Faculty Organisation) Committee, who were in their identical black T-shirts, did an amazing job once again in organizing such a memorable family event this year.



JIN LIFE ADVISOR
LIFE ADVISOR IN TIANJIN

LIFE ADVISOR IN TIANJIN

About Us

JIN advisor is an APP about local life and services jointly produced by Tianjin's JIN Magazine English and Japanese versions. The APP focuses on providing information about local hotels, restaurants, entertainment, community services and other business services to help expats. It is the first service APP for expatriates in Tianjin.

Supported by the resources of Jin Magazine and Tianjin Today, JIN advisor is totally independent of traditional paper media. JIN advisor provides a convenient life tool for expats in Tianjin.

JIN advisor also provides an English and Japanese language interface with content that includes local business information, consumer reviews, promotions and other information. In the future, the APP will also be able to take restaurant reservations, provide vouchers, give access to networked communities, offline activities and other trading services. At the same time, it will also provide online consulting services for any expat who has questions about living in Tianjin.

JIN advisor will launch in English and Japanese first. Soon there will be German, French and Italian versions. JIN Advisor is the first step in providing services for local expats in Tianjin but we plan to expand to other second and third tier cities and explore the potential of the Chinese service market for expats. We want to be an ever expanding influence in all of China.

JIN advisor provides services for business such as accurate consumer information, direct product marketing and an effective display platform for its featured products. It will be an essential marketing tool for all our business partners.



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Please leave me alone with my cereal!

IF YOU REALLY CAN'T EAT SOMETHING YOU CAN TAKE A PIECE OF IT AND PUT IT ON YOUR PLATE AND LEAVE IT THERE. THEY WILL GET THE MESSAGE THAT YOU DON'T LIKE IT AND WILL NOT FORCE YOU TO EAT IT.

DON'T GIVE ME FOOD, PLEASE!

by **Paula Taylor**

"What even for breakfast?" I asked her. She couldn't see why I should differentiate between the different meals, eating is eating.

I have a hastily prepared bowl of cereal – that is when I get time for breakfast. I usually have the same thing every day because I can't be too bothered to think about food at that time in the morning. Whilst Yiling didn't say that she would die if she ate what I ate, she did use the words 崩溃 which basically means that she would explode or fall apart. Really? That serious? Apparently so.

Endlessly Talking about Food

Mary once phoned me up in the morning when I was extremely busy, this is how the conversation went. (Her) "Have you eaten breakfast?"

(Me) "No I am a bit busy at the moment."

"Oh. What will you have for lunch?"

"I don't know, I haven't eaten breakfast yet. I am really busy at the moment, did you phone for something specific?"

"Yes, do you want to eat dinner together? What would you like to eat this evening?"

Mary could not understand two things, 1. Why I couldn't think about what I wanted for dinner when I hadn't eaten breakfast, and 2.

should understand the Chinese preoccupation/obsession with food but I am afraid I don't. Mary who is not widely travelled, upon ascertaining what area someone comes from will immediately say "Oh you have good dried chicken there". She knows each region's 特产 or speciality. She had such an influence on me that I find myself doing it too. Someone told me they were from Shanxi and I said "Oh your vinegar is very famous".

Endlessly Cooking Food

I have been objecting recently to the

smells that come from my kitchen when Yiling my Chinese flatmate is cooking. They pervade the house and I carry them on my hair and clothes, which I find really annoying. Every day she is in the kitchen chopping vegetables, onions and garlic, frying meat, boiling noodles and adding pungent things from jars. You may think that this sounds delicious and maybe it is, but the problem is that she is preparing her BREAKFAST! Hence these smells early in the morning are driving me crazy. I keep asking her how she can put so much effort in. She tells me that unless she eats rice or noodles she doesn't feel she has eaten,

Why I was too busy to discuss food, as she thinks about it and talks about it all the time.

Endlessly Giving Gifts of Food

As you have probably found out, Chinese people are generous to a fault when it comes to providing hospitality, to the point that it is difficult for us sometimes. They express affection through presenting their loved ones with food. A husband may not tell his wife that he loves her, but she already knows because he will cook for her and worry about what she will eat. When I was first in Tianjin, each time Mary came to my house she would never come empty handed, she would always bring something to eat. As I was not yet used to the food and was still getting to grips with using chopsticks, I didn't really appreciate her thoughtfulness. The things she brought were unrecognisable to me and my stomach was already protesting, so I told her repeatedly not to bring me anything. She was very hurt because she was trying to show that she cared about me and wanted me to try out Tianjin's delicacies, which without her I might not have known about. Herein lies another cultural difference. From her point of view I was her beloved foreign friend, she was expressing her care for me and I was rejecting it. Her gifts were food, as far as she was concerned, she was giving me her best. From my point of view, she was a student of limited financial means. She kept spending money that I didn't want her to in order to give me things that I could not possibly eat. I wanted her to stop wasting her money and told her so. She didn't listen and one day brought something that

really, really made me heave. I told her I would not eat it and so it would be best if she ate it herself. She would not eat it as she had bought it for me. I got upset with her and told her if she did not take it away (I really could not bear the pungent aroma), I would throw it away. She became almost tearful and asked me why I had to tell her that. She said "You can throw it away when I have gone but you didn't have to hurt my feelings by telling me you would do so". I explained to her that I did not want her to waste money buying things that ultimately would be thrown in the bin, that I had told her on several occasions that I was not used to the food yet and my stomach was suffering, that if I wanted to try something I would cautiously, over time do so. I didn't want to be deceitful, accept her gift and secretly throw it away when she was gone. She remained hurt and unable to understand for a long time. I felt that I was being truthful and thoughtful but instead ending up injuring my best friend's feelings.

I don't show my affection for my friends through food, I don't care enough about food to think about it too much. I eat when it is eating time and I think about what to eat at that time and not before. I enjoy my food when I am eating it but that is it.

If you don't know why the Chinese are so obsessed with food, it stems from when China was going through hard times and many people starved to death or went hungry. Now that people can buy all the food they want, at restaurants they order to excess and waste vast amounts.

I don't know about other Western countries but in England we will just have one meat main dish. When I go to eat with my Chinese friends, they order pork, beef, seafood, tofu – the list goes on. Sometimes when I see the table groaning with food I am defeated before I can even start eating. My stomach cannot cope with so many different types of protein at one sitting.

If you are new to China, you will find out that your Chinese friends will want to feed you. Try to accept their hospitality in the spirit that it is offered. If you really can't eat something you can take a piece of it and put it on your plate and leave it there. They will get the message that you don't like it and will not force you to eat it.

I had better go and shut my kitchen door, Yiling has just got up and soon will be active in there. By the way, I haven't had my breakfast yet but I have read the newspaper – more important!

请不要强迫我吃!

中国人对吃饭的执着和重视程度恐怕是我不能理解的。我的朋友 Mary 并没有去过很多地方,但她能迅速说出每个地方的特产小吃是什么。我也耳濡目染受了她的影响,如果有人告诉我他老家是山西,我会脱口而出:“哦,你老家的醋很出名。”

我很不喜欢做饭的油烟味,尤其是中餐,那种味道会黏在头发和衣服上,久久不退。我的室友每天都忙着切菜煮面,还会放各种味道刺鼻的调料,也许听起来会是一顿美味佳肴,但那只是一顿早餐!所以,我每天早上都会被她做饭的声音吵醒。对于我不断的投诉,她说如果没吃到米饭或面条就好像没吃过饭一样。但我的早晨只是一碗简单的麦片,365天日日如此,因为我只有吃一碗麦片的时间,而且不喜欢花心思去想吃什么。

中国人最闹心的事就是今天吃什么。Mary 经常在我最忙的时候打电话问我早饭吃了什么,午饭想吃什么,晚上又要吃什么。他们还喜欢经常送给我他们认为好吃的东西,这是他们表达关爱的方式。我刚到天津的时候,对中餐还不适应, Mary 经常会给我带些我不认识也吃不下去的食物。我无数次地告诉她,我吃不下了这个,我的肠胃会难受,但她无法理解而且感觉很受伤。她完全出于好心,想和这个外国朋友分享最美好的东西,但这个老外完全不领情还威胁她下次再带来就会直接扔掉。我的诚实深深地伤害了我最好的朋友。我就是个到了点就吃饭,吃饭的时候再想吃什么,不管吃什么都可以的人。

如果你曾经和我一样不理解中国人对食物的感情,你应该多了解一些历史。中国人经历过饥饿的年代,现在人们生活富裕了,可以吃到任何想吃的东西,但这也经常导致铺张和浪费。在英国,我们通常只有一道荤菜作为主菜,但在中国,人们每餐要点上猪肉、牛肉和海鲜等,最后往往都会剩下很多。

在饭局上中国朋友会热情地给你夹菜,如果碰到你不喜欢的食物不要当面直接拒绝,只要留在自己的盘子里就好了,你的朋友就意识到你不喜欢这个而不再勉强你了。



A sumptuous Chinese banquet



STUDYING SAFETY SHOULD BE A PRIORITY

by Paula Taylor

Avoid walking alone late at night.

I worry for the tens of thousands of Chinese students who go abroad every year as they are ill prepared for life outside of China. I have lost count of the number of times I have advised Chinese students not to walk the streets of London late at night on their own, only for them to tell me “Oh London is safe, it’s ok”. I am a Londoner born and bred, I should know better than them whether it is safe or not and I would not be out after 11 p.m on my own. The problem is Chinese people will always trust other Chinese people, particularly if they are in the same situation as they are, i.e. students will always trust other students. This

HER MEANING IS I SAY IT IS NOT SAFE BUT SHE DOESN'T BELIEVE IT, PROBABLY BECAUSE THANKFULLY SHE HAS NOT BEEN THE VICTIM OF A SERIOUS CRIME.

is a dangerous practice, as these students have left their safety nets in the form of their families behind in China, and it is the first time they have ventured out on their own. When I ask “Would you walk alone on the streets in China at 2.00 a.m?” they tell me of course they wouldn’t as it is too dangerous, but that London is safe. I would take my chances walking the streets of China at 2.00 a.m. rather than London or any other Western city.

TOO TRUSTING

Unfortunately some students have forfeited their lives because of being too trusting and naive. One such notorious case was particularly horrifying. Meng, a man in Beijing was speaking to his girlfriend Quan via Skype who was in Canada studying English. It was past midnight when somebody knocked on the door of Quan’s apartment. She told her boyfriend to hang on whilst she went to open the door. Through the computer Meng saw a man enter Quan’s room, attack her, turn off the computer and then rape and kill her. Simultaneously, for some reason Meng and Quan were also

communicating through their mobile phones and he was able to sound record everything. Although he could not see, he forced himself to listen. I can’t imagine the trauma he went through as he tried all night to contact friends who were in the same city. Unfortunately because of the time difference everybody was asleep and so it wasn’t until hours and hours later that Meng was able to raise the alarm. Quan had answered the door to the killer as he lived in the same building as her so she knew him. I probably would not answer the door so late at night. I have even told Yi Ling my flatmate that if she is in on her own during the day and somebody knocks, not to answer the door. We live in very dangerous times.

Another case was of two students, Ming Qu and Ying Wu who were shot whilst sitting in a car in a bungled street robbery in Los Angeles. Nothing particularly unusual about this you may think, it can happen to anybody, they can be in the wrong place at the wrong time. However, the victims’ parents brought a lawsuit against the university as they said they were misled about the safety of the area

surrounding the school. On its website the university is described as being in an urban area. The lawsuit was filed on this basis: "The 'urban' representation misled Chinese students, including Ming Qu, into believing the area is safe since in China, the more urban the area, the safer the area; the lawsuit states, claiming the university understood that this is how Chinese students would interpret the description". For most of us, urban translates as being an inner city area, not safe, and in this case rife with gun crime and gang activity. Actually the university sits in what is described as "a seedy area of Los Angeles". Worryingly Chinese students make up for 35% of the school's overseas students and if they are all under the wrong impression that their area is safe, I fear there will be many more casualties.

NOT AS SAFE AS THEY THINK

Meanwhile back in London, I live in an "urban" area. My housing estate comes equipped with its own provider of "substances", and his customers come at all hours of the night and day. All the tenants have received letters stating that our housing authority knows that this kind of business is going on and that they are going to involve the police to catch the culprits. I have lived in this area for most of my life and even when I was a child, it was known for its murders and stabbings. However Yi Ling refutes this and thinks that I am exaggerating. The other

night at around 3.00a.m. I was awoken from my sleep as there was a stabbing just outside my buildings and three police vans, as well as an ambulance came, all sounding their sirens. Yi Ling did not stir, she did not hear a thing, and I think that subconsciously she is already used to these kinds of noises. Tonight I asked her if she still believed this area was safe and her reply was "You said it's not". Her meaning is I say it is not safe but she doesn't believe it, probably because thankfully she has not been the victim of a serious crime. She came home one day and said her friend was very upset as she had had her phone stolen. She said "We were in the coffee shop and her phone was on the table. A man came over to ask us for directions, put a map down on the table on top of her phone and then when he left we discovered her phone was missing". I told her that this was a common tactic and that obviously he had picked her phone up along with the map. In a bewildered voice she asked "How could he do such a thing?"I really had no words.

I told another Chinese student that her habit of going out to nightclubs and then coming back on her own at 2.00a.m. is going to get her into trouble. She said "No I don't think so, it's quite safe round here". She lives not far from me. I gave up trying to reason with her.

TRUST ME, I AM A LOCAL

Instead of asking me something, Yi Ling

will go on the internet to find out what other Chinese people are saying about the subject. I am like a broken record, I keep saying "I am a local, I should know better than someone who has just been here for a year or two". Even more ridiculous, some of the people with opinions about London are still in China and have never been here in their life. In frustration I asked Yi Ling "Rather than believe me, you would take the advice of a Chinese person just because they are Chinese right?" Sadly her answer was "Yes". Of course Chinese students are not being targeted by murderers and robbers, but their naivety makes them easy pickings for the vultures that plague our societies. I definitely think that students should have some preparatory classes before going abroad and that these classes should be given by locals of that country.

上好安全的第一课

每年中国有成千上万的留学生走出国门，但他们真的准备好了吗？仅仅是安全问题，我就已经无数次提醒伦敦的中国留学生，晚上不要独自出门，但他们都跟我说：“没事，伦敦很安全。”我在伦敦出生长大，我从来不敢在晚上 11 点以后独自外出。我问他们，在中国你会在夜里两点还在外游荡吗？他们说：“当然不会，那太危险了，但伦敦很安全。”

中国学生太容易相信别人。曾经有这样一宗刑事案件，一对中国情侣一个在北京一个在加拿大，他们视频聊天的时候，女孩家里有人敲门，她就起身去开门，通过视频，男孩看到一个男人进来，袭击了女孩并且强奸杀害了她。这个男孩试图联系加拿大的其他朋友，但那时是夜里，大家都睡觉了。几个小时后，男孩才叫来救援但为时已晚。而那个闯入的男人是死者认识的人，就住在同一栋楼里。

另一个案件里，两个洛杉矶的中国留学生坐在车里就被枪杀了。学生的父母状告学校，因为在学校简介里，提到学校位于“市区”，对中国学生是一种误导，因为对这两个学生来说“市区”意味着安全。但对于外国人来说，市区反而是枪击案和黑社会作案的高发地。而这所学校 35% 的学生都来自中国，所以如果不纠正这个观念的话，还会有更多惨剧发生。

我就住在伦敦的“市区”，从小我就知道这里谋杀和抢劫案件频发。我住的大厦管理员给每个租户都发过邮件，提醒大家警惕大楼内的犯罪分子，但是我的室友并不当回事，仍然觉得很安全。有一次夜里，大楼外面有人抢劫伤人案发生，出动了三辆警车，警笛声大作。我室友居然不为所动，依然睡的很香。

对于安全问题，我室友宁愿去和其他中国人讨论也不愿意相信我这个“老伦敦”。虽然中国人不是刑事案的主要目标，但是他们过低的警惕性很容易成为小偷小摸的受害者。我觉得在走出国门之前，留学生们应该先上好安全这门课。



Urban area tends to have more crimes.

SOMEWHERE BETWEEN

by Han Meng



The Greens, from Maryland, have adopted four Chinese orphans from Shanxi, Shaanxi, Wuhan and Tianjin.

When I first arrived in America, I was invited to a party. At that party, I came into contact with the plight of Chinese orphans in America for the first time.

Using my camera, I was able to record the experiences of these families and now I want to tell readers how the international adoption of Chinese children has become a common phenomenon. I want people to know how life is going for these adopted children.

From an adoption website, I found some

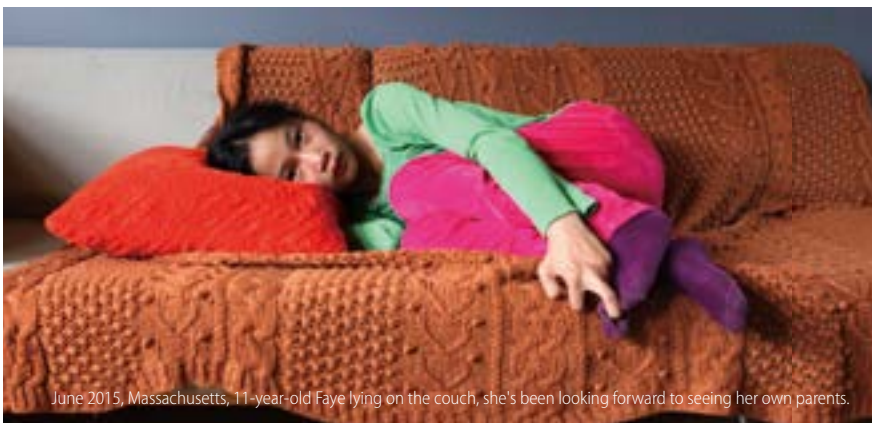
people who were willing to be interviewed from different areas of the United States. After speaking to ten adoptive families, I found that most children at around the age of six years old will experience some doubt as they begin to ponder the question "Why I am different from my parents?" When they learn that they are adopted orphans, they often are confused about their identity. As they get older and reach the beginning of their teens they usually wonder "Why did my biological parents leave me?" Another question commonly asked is

"Where are my parents now?" These questions are the biggest issues for the majority of transnationally adopted Chinese orphans and become the most important reason for them to eventually come back to China to look for lost relatives.

American parents think that tracing their child's journey back to its roots is good for both the child and the family's relationship. It can help them better integrate into their social life and culture and find a sense of belonging in American society. In addition, most adoptive parents do not want their children to unthinkingly become a complete "American"; they want the child to learn about and retain some of their traditional Chinese culture to enrich their lives and influence their thinking.

As to these special children, whether they are willing to look into their past or not and, if they do, will they get any satisfaction from discovering their early life journey? Well, these are all issues I will explore in my films in the future.

We had a special interview with the author, Tianjin photographer Ms. Han Meng, in "People" column, if you're interested in her story, don't miss it.



June 2015, Massachusetts, 11-year-old Faye lying on the couch, she's been looking forward to seeing her own parents.



The children are learning Chinese.



In 2005, when Sean was 7 years old, he was adopted at the Tianjin children's Welfare Institute. Now, his cleft lip and palate has been cured, and has a life of his own.



December 2014, Florida, Jie Li and her sister.



April 2015, Bridge (left two) as the flower girl in her foster parents 25th wedding anniversary.



January 2015, Maryland, five adopted Chinese orphans families had birthday party together.

两者之间

我是在初到美国时的一次聚会上第一次见到中国孤儿的，我拍摄这些家庭是想告诉读者，在跨国领养已经成为一个普遍现象的时候，中国收养儿童在美国生活得怎么样。我通过收养网站找到了一些愿意接受采访的收养人，他们横跨美国东西部。在接触了 10 个左右的收养家庭后，我发现大部分孩子会在 6 岁左右经历“为什么我和父母长得不同”这样的疑问。而得知自己是被领养的孤儿后，从 12-14 岁就会开始产生身份归属感困惑，包括“我的亲生父母为什么丢下我？他们现在在哪里？”一类的问题。这也是中国孤儿被跨国领养后，体现出的最集中的问题，成为他们回国寻亲的重要原因。

美国父母认为尝试寻亲的旅程有利于促进孩子与家庭的感情，能够帮助他们更好的融入美国社会生活，找到自己在美国的身分归属感。此外，大部分收养孤儿的父母并不希望孩子彻底成为“美国人”，而是保留一定的中国传统文化赋予他们的思想。

这些来自特殊环境的孩子们，他们是不是愿意寻亲，在寻亲之后能否从中释怀，都是我接下来继续拍摄专题所要探寻的问题。

本期“人物”栏目对本文作者——天津摄影师韩萌进行了专访。



Tianjin Exit & Entry Administration Bureau, in Hebei District

THE LENGTHY Q1 PROCESS

by Bryce Cristiano

Anyone who has had a visa processed for entering China (which should be just about any foreigner reading this magazine) knows of how tiresome and arduous the process can be. Visas can be attained hiring the help of an agency and sending your documents to them so that they may complete the process. If you attain your L visa through an agency you have the benefit of not dealing with any state employees (which is a huge plus) and if anything is out of the ordinary your agency will work to resolve it. What happens when you're applying for a visa other than that for

tourism and what happens when you decide to forgo the agency in order to save a bit of cash? Also, while there is plenty of information available about the Z working visa, there aren't too many personal experiences about attaining the Q1 visa.

The Q1 visa is a category alongside the short-term Q2 visa that allows for reunion or a lengthy stay with family members residing in or from China. It should be noted that a Q visa does not allow a foreigner to work in China and only allows for residence, kind of an oversight for those who wish to assimilate into China and start a family but most companies can provide working visas to

foreigners with ease. If you're either not working or doing projects which can't be defined as a job, then a Q1 visa is a good course of action for those looking to stay in the country with their family or significant other. Similarly to the L visa, you are not required to pay taxes back to the US since you should not be working and thus should not be making any taxable income. While this is the case for the US, it is safe to check in with the embassy websites for your own home country to see the specifics on the taxing process. Even if you wish to stay in the country for years while not making income, there may be paperwork that you have to

upkeep in order to avoid having complications upon arriving back into your home country.

The Q visa process is one which does not require returning to your home country to file for, which is very convenient. If you married a local Tianjiner while on an L visa, you will be given the option to change to the Q2 visa which can extend your stay by another two months (a good move if your L visa is nearing its end and you need time to arrange for a trip out of the country for the Q1 process). The necessary documentation for the Q2 visa for those who are married will be copies of and the original marriage certificates issued by the Tianjin government, a copy and the original passport, a visa application form, an invitation letter from the spouse, and passport styled photos of yourself to affix to the visa application form. If you're under prepared, the Public Security Bureau located just north of the Italian Style Town plaza, can provide photographs and copy services for a small price. One week from submission, you will be required to return to the PSB with the receipt in order to pay for your Q2 visa. Make sure you keep an eye on your phone following submission of your documents in case the office needs to reach you for any reason. Also keep in mind that the Q2 visa process is not at all required for attaining the Q1 visa, so if you don't need the extension, you're free to skip right ahead to the Q1 visa.

Here where things get a little complicated. The Q1 visa is a two part process that involves procedures similar to the working visa. Part one of the process will be attaining the Q1 visa, which actually only lasts for 30 days and basically serves as a way for you to switch over to the Temporary Residence Visa. Step one will be locating the location of a Chinese embassy in Japan, Hong Kong, or Korea to file the form, the cheapest option is to fly straight into Hong Kong with Hong Kong airlines. Upon arrival in Hong Kong, you'll need to take your passport, a copy, passport photos, another visa application form, both marriage certificates with copies, copies of your latest a visa pages, and a copy of your Hong Kong visa to the embassy. If you've chosen Hong Kong, be careful with your arrival visa to Hong Kong, it's a tiny slip of paper that they don't bother to staple into your passport and if you lose it, you're basically without a paddle since you don't have any documentation to prove

you're legally in Hong Kong. Once filing the documents you can choose from different processing times that of course have an escalating price to reflect a short processing time. I chose the next day processing and was told "it will probably be 1400 Hong Kong dollars at the most." While I couldn't wake up to make their morning shift the next day from 8am-12pm, I managed to get to the embassy at 2pm, just after their lunch shift. With the Q1 visa in hand, I strolled my way onto the plane bound for Tianjin. Upon arriving, you need to make it to the police station as soon as possible. Your spouse should bring along their family hukou and you will be able to register as a resident of their household.

The police station will then give you a form which you will need in part two of the Q1 process. From here, you will need to

IT SHOULD BE NOTED THAT A Q VISA DOES NOT ALLOW A FOREIGNER TO WORK IN CHINA AND ONLY ALLOWS FOR RESIDENCE, KIND OF AN OVERSIGHT FOR THOSE WHO WISH TO ASSIMILATE INTO CHINA AND START A FAMILY BUT MOST COMPANIES CAN PROVIDING WORKING VISAS TO FOREIGNERS WITH EASE.

perform a Chinese Medical Evaluation, which used to be done in a hospital in the heart of downtown just south of Galaxy Mall. In order to inconvenience and convolute the process, they moved to hospital to the port at BinHai. The hospital only performs the procedures from 8am-11am, so you're forced to wake up early and take the one hour subway ride to BinHai. From Citizens Plaza, you can take a short taxi ride or make the 30 minute walk to 天津国际旅行卫生保健中心 (Tianjin International Travel Healthcare Center). The medical evaluation will cost you about 600RMB and you will be required to pick up the results the next day or you can have them delivered to your address back in the city.

Upon receiving the results, you will need to take the medical forms, a copy of your passport, colored photos, yet another visa application form, another invitation letter, the marriage certificates, and the police registration paper to the PSB one final time. After another week of waiting, you will return to the PSB with the receipt in hand and fork over the money which varies depending on the length of the visa but is 400 RMB for one year. With at least a months work behind you, thousands of Rambos later, and at least one tree processed into paper for your cause; you can now remain in China without leaving every 60-90 days, congratulations! While the Chinese government is looking to streamline the working visa process for foreign talent, it's dubious that the Q visa process will ever receive such reform.

Q1签证经验谈

但凡办过中国签证的朋友就会知道, 申请中国签证绝对是一个艰难而痛苦的过程。如果你想图省事, 那么找一个代理机构就可以解决所有问题, 而且有代理机构的帮助, 你也可以免去和工作人员直接交涉的烦恼。但假如你决定要自己处理这些签证问题的话, 那么这里我也整理了一些个人建议和攻略, 希望能给未来有需要的人们提供一些帮助。

Q1 签证是发给因家庭团聚申请赴中国居留的中国公民的家庭成员和具有中国永久居留资格的外国人的家庭成员, 以及因寄养等原因申请入境居留的人员。Q2 签证发给赴中国短期 (不超过 180 日) 探亲的居住在中国境内的中国公民的亲属和具有中国永久居留资格的外国人的亲属。值得注意的是, Q 字签证只允许停留居住而不允许合法工作。和 L 签一样, 持有 Q1 签证的美国公民不需要再向美国政府缴税。但是如果你想长期留在中国但不产生任何收入进账的话, 那么最好也时时刻刻更新你的文件状态, 以免在归国后再产生相关问题。

Q 字签证不需要回国办理, 只需在当地国家办理即可。如果你以 L 签留在中国, 并在有效期限内和当地人结婚, 那么你可以直接申请到 Q2 签证。申请 Q2 签证, 需要很多相关手续和证件, 如结婚证原件、复印件, 护照原件, 签证申请表, 配偶邀请信以及护照尺寸大小的照片等。办理地点位于天津市河北区的公安局出入境管理局。提交材料后的一周, 你就可以去到当地所在派出所办理相关 Q2 签证的支付事宜。

相对于 Q2 签证而言, Q1 签证略显复杂。Q1 签证包含两部分, 它有点类似于工作签证, 在我们获取 Q1 签证之后的 30 天内, 我们需要换取暂时居住签证。这个需要我们去到驻日、港、韩三国中的任意一个中国大使馆去填表, 递交资料。在签证到手之后, 我们需要尽快将它们递交到派出所去备注。当然, 千万不要忘记让你的配偶携带好他们的家庭户口本。

接下来你还需要一个医疗评估来完成全部签证过程, 医疗评估的价钱大约在 600 元左右。在医疗评估下来之后, 你需要带着评估证明以及各种证件再次去到派出所递交材料。在所有的程序都走下来之后, 恭喜你, 你终于可以不用再每 60-90 天离开中国一次了。尽管中国政府正在寻找简化工作签证的方案, 但不知 Q 字签证是否也会迎来它改革的那一天。

5 TEA CIDERS FOR AUTUMN

by Dell H. Johnston IV

Herbal teas can improve your mood and health.

Now that autumn is officially here, it is time to prepare yourself for those cold days and nights ahead. After spending a long day of packing away your summer clothes and unpacking your winter clothes, nothing says relaxation like a hot cup of tea.

For centuries, tea has been used for improving our moods, our health and our overall well being. Whether you prefer a cup of green tea or black tea, these tea ciders will get you in the autumn mood and the holiday spirit.

Throughout Tianjin, you can find many tea shops that sell a variety of different teas. A favourite to most of my friends is the tea shop located inside the Farmers' Market located on Fu An Da Jie.

You don't have to be a tea enthusiast or know the proper way to make these ciders. They are simple to make and whether you like it bitter or sweet, they can all be made to your preference. The following ciders are original recipes but can be changed to your preference.

Honey Suckle Cider

This cider comes with many health

benefits. But what makes it most appealing is the fact that the colours remind you of fall. The orange from the honey suckle and the fire red colour from the saffron gives off the illusion of autumn leaves falling from a maple tree.

This cider is perfect for those rainy cold days. Saffron can help boost your mood because of its active components that fight off depression and if you start to put on some winter weight, the high level of serotonin can suppress your appetite.

Honey suckle cleanses the liver and helps aid in the elimination of infection causing germs that cause strep, tuberculosis and salmonella.

HOW TO MAKE

7 honey suckle flowers
2tbsp Saffron
3 table spoons of honey
1/2 fresh lemon squeezed

In a sauce pan boil 3 cups of water. Once the water begins to boil, add the honey and lemon juice. As soon as the honey is dissolved, turn off the heat and add the honeysuckle and saffron. Place a lid over the sauce pan and let it

steep for 5 minutes.

Kumquat White Cider

For those that love a citrus cider, this is the one for you. Kumquat is a citrus fruit that originates from southern China. Rich in vitamin C, this fruit also helps fight off cancer causing radicals and with high calcium and potassium levels, they help protect your bones, teeth and hair.

White tea has many of the same benefits of Kumquat. White tea helps protect bones and also helps aid in the prevention of cancer. White tea also has antioxidants that help fight infection.

If you feel a cold coming or you suffer from achy joints in cold weather, this is the cider for you.

HOW TO MAKE

8 dried kumquat slices
2 table spoons of white tea leaves
1 cup peach juice

In a sauce pan boil 2 cups of water and 1 cup of peach juice. Before the water starts to boil, add the kumquat slices. After boiling for 3

minutes covered, turn off the heat. Add the white tea leaves then cover and let steep for 5 minutes.

Rose Apple Cider

Not only does this cider get you in the holiday mood, but it also makes you feel warm and fuzzy inside. This cider can be used for any occasion. Whether you are wanting a relaxing night at home or wanting to share it with friends.

Rose tea helps aid in many ways. The most common way it has been used in Chinese medicine is to alleviate pain and cramping for women. It is also known to cure sore throats and infections that cause urinary tract infections.

Apples are considered one of the healthiest fruits in the world. Everyone has heard of 'An apple a day keeps the doctor away.' There is a reason why this is said. Apples are known to protect bones, protect brain cells, lower cholesterol and fight of cancer causing agents.

HOW TO MAKE

- 3 apples sliced
- 1/2 cup of dried rose buds
- 1 cinnamon stick

In a sauce pan add 5 cups of water. Add the cinnamon stick and apples and bring to a boil. After boiling for 3 minutes, turn off the heat. Carefully remove the cinnamon stick and add the rose buds to the pan. Let them steep covered for 5 minutes.

For an added perk. Place the apple slices in a bowl and have them as a snack as you drink this amazing cider.

If you need help sleeping, add a bit of whiskey for a little night cap

Honey Suckle Mum Cider

This flower cider is great after a hot shower or right before bed. The peach juice adds a sweetness that is lighter and healthier than granulated sugar. It also pairs nicely with the flower notes.

Mum (Chrysanthemum) tea in traditional Chinese medicine has been used to treat an array of ailments. It has been used for the treatment of respiratory problems, high blood pressure and hyperthyroidism. The most common use for this in western society is to calm the nerves.

Whether you prefer it hot or cold, this tea is perfect after a long stressful day.

HOW TO MAKE

- 1/3 cup of dried mum
- 9 dried honey suckle flowers
- 1 cup of peach juice

In a sauce pan, bring 2 cups of water and one cup of peach juice to a boil. After boiling for 3 minutes, turn of the heat. Place the dried flowers into the sauce pan and cover. Let steep for 5 minutes.

Have it iced for a nice afternoon drink.

Apple Green Tea

Start your day off right. This is perfect to pair with your breakfast. Not only the delicious health benefits of apples and kumquat, but also the added antioxidants of green tea.

Most people know of the many benefits of green tea. It can help with new cell growth and increase the body's natural metabolism to promote weight loss. It is also believed to help fight against cancer and other infectious diseases.

The added apple and kumquat gives it a citrus and sweet flavour perfect for waking you up in the morning.

HOW TO MAKE

- 2 apples sliced
- 1/2 cup of green tea
- 8 dried kumquat slices

In a sauce pan bring 5 cups of water to a boil. Add the apples and kumquat and continue to boil for 3 minutes. Turn off the heat

and let sit for 2 minutes. After it has cooled, add the green tea. Cover and let steep for 3 minutes.

Don't add green tea to boiling water.-WEBMD.COM

These tea ciders can help you to enjoy the autumn and winter ahead. Even if you aren't a tea drinker, the infused teas can help you to experience tea in a new way and maybe start you on the path to becoming a "Tea connoisseur"

Even though teas and their benefits are controversial in the west, there is no arguing that they are an enjoyable beverage to share during the holiday season.

For more information on the benefits of teas and fruits. Check out the resources below that added to the research of this article.

bewellbuzz.com, livestrong.com, health diaries.com, webmd.com

自制秋日茶饮

秋天到来之后，我们都感到了气温的迅速下降，漫长的冬天即将到来。在这样的日子里，能喝上一杯暖心暖胃的茶饮才是真正的放松。从古至今，茶饮都是改善我们情绪、健康和身体状况的良药。天津有很多卖茶的市场或商店，我和朋友经常去位于福安大街的茶城。自己制作茶饮其实非常简单，只要根据自己的口味和想要达到的功效来搭配原料即可。

金银花茶

首先这款茶的颜色就让你想起了金黄的秋天和落下的枫叶。这款茶饮中的藏红花可以抵抗抑郁还可以抑制食欲，防止冬季变胖。金银花可以清洁肝脏，减少细菌感染的几率。

金桔白茶

很多人都喜欢香橙口味的饮品。金桔富含维 C，抑制致癌因子，可以保护骨骼、牙齿和头发。白茶和金桔的功效相似，还可以抗感染。如果你预感到感冒的侵袭或关节疼痛，那就泡一壶金桔白茶吧。

玫瑰苹果茶

这款茶不但可以帮你放松身心还可以用来招待朋友。玫瑰茶在中医中可以帮助缓解女性痛经，治疗喉咙痛和尿路感染。苹果则是最廉价的良药，可以帮助保护骨骼和脑细胞，降低胆固醇和抗癌。

金银花菊花茶

洗一个热水澡之后再喝一杯金银菊花茶再合适不过了。桃汁带来了甜的味道，而且比砂糖更健康。菊花在中医里可以入药，治疗呼吸系统疾病、高血压和甲亢。

苹果绿茶

这款茶饮适合搭配早餐。我们都知道绿茶的功效是帮助细胞生长，增强新陈代谢。加入了苹果和金桔之后带来酸甜的果香，唤起你一天的活力。

也许茶并不是你的日常饮品，但这样的混合茶饮会打开你的味蕾，也许你会爱上茶。即便你不相信以上所谓的功效，那也不妨在假期冲泡一杯可口的茶饮，放松身心。



Make your recipe of tea

GANJI XIAOYUAN



If you're new to Tianjin, you can't miss the chance to try some authentic local food. Ganji Xiaoyuan, which literally translates as market courtyard, is the place to start your culinary adventures. On entering the restaurant, you will see an elderly gentleman who is waiting patiently and ready to make flour figurines or create a sugar painting at your request. This is the first example of Tianjin customs on display. Next, there is no menu in this restaurant. Everything is displayed and/or cooked on both sides of the aisle which makes the atmosphere very much like that of a typical scene in a market. There are cold dishes, seafood, stewed dishes, teppanyaki, BBQ and hot dishes. So because you are free of the trouble of reading a menu, you can not only see the offerings but smell

them as well before making your decisions.

The first signature Tianjin dish is called A Taste of Tianjin (RMB 38), which is a collection of local staple foods, including jianbing guozi, sesame sauce pancake, egg pancake wrapped with scallion and prawn sauce. The Stewed Fish Head (RMB 68) is another Tianjin specialty. The head, which weighs about 1-1.5kg, is stewed in a strong flavored broth which is a little bit spicy. This is all done in a huge clay basin and the long time simmering makes the flesh a succulent delight. Of course, you can watch it cook.

The decor could be described as modern vintage which means it has a modern feel but is peppered with objects that remind one of the past such as antique posters and clocks. The seating is comfortable and the volume of noise can be a little high but as that is also a part of the delight of Chinese dining culture, why would one complain? If the noise is a problem, you can shut it out if you have ten people or more people and book a VIP room.

来到天津的老外一定要体验一些天津特色，尤其是美食。赶集小院就是一家主打津菜的餐厅，在这里你可以体验包括煎饼果子在内的“天津味道”主食拼盘，大锅炖鱼头以及各类平价海鲜。这里没有菜单，所有菜品都展示在外，有些还是现场烹制的，透明放心。

赶集小院

📍 1 Zi Jin Shan Lu, Hexi District

河西区紫金山路1号

☎️ 23511488 🕒 RMB 70

Freshly delivered every day direct by air to Din Tai Fung restaurants.

Din Tai Fung's locally cultivated hairy crabs from their own farm in the golden white waters of Yangcheng Lake.

The crab's distinctive bronze coloured shell, white belly, yellow hair and golden claws ensure that Din Tai Fung dumplings are just delicious.

Hairy Crab Gift Box
 6 pack box - RMB 850
 12 pack box - RMB 1070

Bin Shui Dao Store: No. 18 Binshui Dao, Hexi, Tianjin (intersection of Binshui Dao and Zijin Shan Road) Tel: 022-2613-8138
 Riverside 66 Restaurant: 6F, Riverside 66, 166 Xing An Lu, Heping District Tel: 022-5990-5166



THE POWER OF PROTEIN

by **Kate King**

It seems we hear constantly to make sure we have a well-rounded diet. We're reminded to eat our fruits and veggies. But, no diet is complete without some form of protein.

Protein is a really important component to a healthy diet. Why? For instance, do you want healthy, luxurious hair? How about strong fingernails? Did you know that they are made up mostly of protein? So, not enough protein in your diet will directly affect these two visible areas. That's not all, protein is used in building and repairing tissue in the body, like muscle. Our bones, skin and blood also depend on protein. It seems like it would be easier to discuss the things in the body not affected by protein rather than try to list everything that needs it. Since it so important, let's take a moment to discuss ways to get protein and how much we actually need.

What kinds of foods should we eat to help in our protein intake? The obvious answer is meat, right? While meat is a good source of protein we should actually be

careful as to what kind of meat we are eating. For instance, white meat is ideal. 1 cup of chicken breast is a whopping 43 grams of protein! Darker meat, while it may be a bit tastier, is higher in its fat content, so stick with white meat. If you are a beef lover though, be sure to choose a lean portion, the less white the better. The white part is the fat. Seafood is another great source of protein because of its low fat content. A piece of salmon, approximately 200 grams, is about 40 grams of protein. We also can't underestimate the mighty bean. A cup of dry beans contains roughly 16 grams of protein and is full of fiber to boot, so don't forget about this little treasure. A rather inexpensive way to fill up on protein is eggs. Each egg contains about 6 grams. There is also the ever popular protein shake. Protein shakes come in a variety of flavors, just make sure to read the label and choose one with good quality ingredients.

Of course there are even more sources of protein available than those

WHILE EVERYONE'S PROTEIN NEEDS ARE DIFFERENT, A GENERAL NUMBER ACCORDING TO WEBMD® IS 46 GRAMS A DAY FOR WOMEN AND 56 GRAMS A DAY FOR MEN.

listed here, but this list is at least a start. The question remains, though, how much protein do we need? While everyone's protein needs are different, a general number according to WebMD® is 46 grams a day for women and 56 grams a day for men. There are extenuating circumstances that will change these amounts, for instance, if someone is involved in any type of exercise that is breaking down muscle tissue, protein would need to be increased so as to help build and repair the muscle tissue. Also, women that are pregnant or nursing would need to increase their protein intake.

Protein is our friend. It does not store in the body like fat for later use, it is taken in and used up, so make it a goal to consume the proper daily amount!

References: WebMD®

生命的物质基础——蛋白质

我们常听人讲，饮食要全面，营养要均衡。这话一点不假。但凡我们吃进嘴里的食物，几乎没有一样是不含蛋白质的。蛋白质是一切生命的物质基础，是机体细胞的重要组成部分，是人体组织更新和修补的主要原料。人体的每个组织：毛发、皮肤、肌肉、骨骼、内脏、大脑、血液、神经、内分泌等都是由蛋白质组成，所以说饮食造就人本身。蛋白质对人的生长发育非常重要。

蛋白质如此重要，那么我们可以通过何种食物来帮助我们进行正常的蛋白质摄入呢？首先，肉类。相对于脂肪含量过高的红肉，我们可以尽量选择吃一些白色的肉，比如鸡肉、鱼肉等；其次，大豆。一杯干豆的蛋白质含量可高达16克，因此千万不要忽视这低调却不低营养的大豆价值。当然除此之外，海鲜、鸡蛋等都会含有丰富的蛋白质，我们可以适当进补。

蛋白质虽好，但每个人对它的需求量也不尽相同。研究表明，成人女性每天只需46克的蛋白质，而男性则是56克。蛋白质是人类的好朋友，它不会像脂肪一样，可以堆积在体内留待以后再用，蛋白质是随着摄取就消耗殆尽的。因此，估算好自己的摄取量，及时补充蛋白质，为自己的健康加油，为我们的生活提供基础保障。蛋白质的重要性不可忽视。



Tianjin now provides various health supplements.

HEALTH SUPPLEMENTS

by Carmen King

Not so long ago, buying health supplements was a big challenge. While the variety of brands available locally are still limited in comparison with what many expats are used to overseas, there has been a big improvement in terms of availability of various health supplements in Tianjin.

A reason for this is the two popular shopping sites/applications Jingdong (京东 jīngdōng) and Taobao (淘宝 táobao). Both of these online stores make it possible to order some products that previously were completely unavailable locally. Of course, expats will need to do a little homework as sometimes searching for the product using the English name will bring up no results, while using the Chinese name will. So before giving up on a product, be sure you have the correct Chinese translation of the name and check both sites as some are only available at

one and not the other.

Using Jingdong as an example, when searching for protein powder, (蛋白粉 dàn bái fěn) it gives the option of filtering search results by Chinese (国产 guó chǎn) or imported (进口 jìn kǒu) products. A few of the big import brands available are GNC®, Muscletech®, and Met-Rx®.

Although import brand availability is somewhat limited, something is certainly better than nothing. A few lesser known, decent brands may be found too, like Isagenix (爱身建丽 aishēnjiànlì). Also, products bought via these sites tend to reduce the hassle associated with delivery. Some products are already in China, so it simply needs shipped from a warehouse within the country. This cuts down on delivery time and delays with customs. Note though, experienced local shoppers do warn about “fakes”. To assist with getting around buying fake goods, a tip is to try limiting purchases to those that are

AVOID BUYING FROM SMALLER STORES OR THOSE THAT SIMPLY SETUP TEMPORARILY IN THE VICINITY OF A BIG MALL OR GROCERY STORE ENTRANCE.

directly delivered by Jingdong instead of third party suppliers by enabling the (京东配送 jīngdōng pèisòng) filter. Another tip is to look for products that have the characters (自营 zì yíng), (全球购 quánqiúgòu), or (qíjiāndiàn旗舰店) in the ad as this indicates the product is being sold directly by the supplier.

In addition to the online options, check local import stores and the import section of supermarkets. Each store usually has some unique stock. Be sure to check the label, especially the expiration date. Avoid buying from smaller stores or those that simply setup temporarily in the vicinity of a big mall or grocery store entrance. These tend to be fly by night operations and may have questionable sources. There have been claims of using “real bottles” to sell “fake contents”. Therefore, the key to buying imported products in Tianjin is trying to a reasonable extent to confirm both the product is legit and the source is reliable.

选购保健品

过去，我们选购保健品的确是个不小的麻烦，但现在随着人们认知度的提升以及进出口贸易的发展，购买保健品已经不再是个难题。如今，我们购买营养品可以选择在线网站，公众普遍信任的网站有京东和淘宝等。但在选购之前，你还需要做些中文的功课，因为很多时候如果你输入的是英文，结果很可能是无果。

当我们搜索蛋白粉的时候，网站经常会显示国产和进口两个选项，当然尽量选择自己熟悉的品牌而过滤掉没听过的牌子。在供应商货品储备充足的情况下，我们只需等几个工作日就能收到产品。但很多朋友都提出疑问，如果商家保证几日到达的话，那么我们很可能选到的就是假货。因此，可以的话，我们还是尽量选择大网站的自营产品。

除了在线购买，我们还可以经常光顾线下超市和进口商店，很多商店都会有自己的促销活动。最后，不论我们在哪里选购，重要的是一定要检查商品的标签，避免买到虚假产品和不良药品。

TAX REFUND SHOPS

ANY CUSTOMER THAT MAKES OVER 500 RMB IN QUALIFYING PURCHASES WITHIN ONE DAY CAN APPLY FOR THE SALES TAX REDUCTION.

DUTY FREE SHOPPING IN TIANJIN

by Carmen King

This month we are introducing the duty free Friendship Xindu Shopping Center (友谊新都百货 yǒuyì xīndū bǎihuò). The address in Chinese is: 天津河北区狮子林大街200号. The nearest subway stop to the shopping center is Line 3's Golden Lion Bridge stop (金狮桥站 jīn shī qiáo zhàn). After exiting the subway it is a walking distance of about 1 kilometer. There are two options for arriving by bus. The first option is take one of these buses: 15, 600, 633, 653, 675, 681, 804, 856, 907, or 908 to the bus stop named: 望海楼站 wàng hǎi lóu zhàn. The second option is to take: 849, 863, 903, or 954 to this bus stop: 新都市百货站 xīndū shì bǎihuò zhàn. Stores are open Monday to Friday 10:00-21:30. On Saturday and Sunday hours are 10:00-22:00. Be aware that currently no onsite English translation services are being offered to shoppers. Purchases can be made using cash, check, credit card (银联, Visa, MasterCard), WeChat or AliPay.



Any customer that makes over 500 RMB in qualifying purchases within one day can apply for the sales tax reduction. As usual, an official tax receipt for all goods must be provided along with a properly filled out tax refund application. Note, the name on the receipt, application, and official form of identification must all match. This application must be presented to the proper Customs Agency and be stamped by them. One's date of departure must be within 183 days of arrival. Application for the tax refund must be submitted within 90 days of arrival. Application can be made on the same day of purchase on the fourth level of the shopping center. Once information has been registered in the system, on the day of actual departure and going through Customs, shoppers can get the refund processed.

The Friendship Xindu Shopping Center is the only high end shopping center in Tianjin's Hebei district. It offers a variety of goods, such as: accessories, alcohol, alteration services, artwork, clothing, daily house wares, electronics, furniture, hats, knit goods, office supplies, shoes, and watches. Plus there are a number of places to get something to eat. The shopping center has 6 levels. From top to bottom, the floors are as follows: 4th level offers gift items, health supplements, alcohol, and electronics; 3rd level offers men's clothing, sportswear, and suits; 2nd level offers women's clothing; 1st level

offers jewelry, cosmetics, watches, high end shoes and purses; 1st underground level offers shoes and bags; 2nd underground level is for parking. Bathrooms are on the 1st and 4th floor. Each floor has suitable spots to take a rest. A few of the brands available within are: Baume & Mercier, Chow Tow Fook, Clarks, Cyma, Enzo, Franz, Liedow, and V.E. Delure.



友谊新都百货

友谊新都百货，位于天津河北区狮子林大街200号，它作为河北区的唯一高端百货店，在周边区域有着不错的人气和客源基础。友谊新都百货共有六层，地下二层为停车场、地下一层经营鞋包品牌；一层经营黄金珠宝、翡翠玉石、化妆品、手表、高档鞋包；二层经营女装、女士内衣、羊绒商品；三层经营男士服装、户外运动、男式内衣、正装西服；四层经营生活礼品、保健品、床品、烟酒、大小家电品牌；其中一、四层设有卫生间，每层均有休息的地方。具体退税流程：1)、本人持当日在友谊新都百货购买的商品及有效身份证件至四层服务台申请退税；2)、正确填写《离境退税申请单》；3)、出关时在海关进行退税。



Jin Li Street.

CHENGDU: WHERE IT'S AT

by **Mike Cormack**

With wages in the eastern seaboard cities rising quickly, companies are relocating to central China to manage costs, and because these provinces will be the sources of growth in the near future. The "One Road, One Belt" initiative is spending serious cash in infrastructure in central and western China. The time for the region to take center stage is upon us. And what better place to start than the provincial capital of Sichuan, Chengdu? Not only is the city the leading transport and logistics hub for the entire region (with one of the busiest airports in the world, and even a direct rail link to Poland), Chengdu is now attracting investment and business at a scorching rate, with industrial parks home to French, German and South Korean businesses. And with that growth and development comes talent, attractions and style. Chengdu swings!

But as you'd also expect, Chengdu is steeped in history: it's the only major Chinese

city to have had the same name and location for over two thousand years. It's believed to have been the first to use paper money, around AD 900. Invasion by Mongolians in 1279 is estimated to have led to the death of a million of the city's inhabitants - at a time when London had a population of just 80,000. It was the source of the 1911 Railway Protection Movement, a political campaign against the Qing government. The movement demonstrated popular discontent and contributed to the 1911 Revolution, which overthrew the Qing Dynasty. The city was briefly also the national capital, in 1938, as the national government withdrew west during the war against Japan.

But it's not been all war and conquest. Chengdu's cultural heritage is especially rich. China's first local public school was founded there in 140BC, during the Han Dynasty; the site has remained home to schools ever since. During the Five Dynasties period (AD 970-960), Huang Quan developed the

Fine-Brush Flower-and-Bird Painting school, whilst the city was then also home to China's first royal academy. Chengdu also gave birth to Sichuan Opera, which originated around 1700 and typically features elements like face-changing, sword-hiding, fire-spitting and beard-changing, though it is more play-like than other forms of Chinese opera. But culturally, Chengdu is perhaps best known for its poets and writers. Sima Xiangru, Yang Xiong, Li Bai and Su Shi were all nationally eminent poets. (Li Bai described Chengdu as: "The city scene is like something from a painting. The grass, trees, mountains and clouds are like embroidery on silk; the scenery from Chang'an to Qinchuan is no match for Chengdu.") Chang Qu assembled some of the earliest local historical records during the Jin dynasty (AD 265-420). Zhao Chongzuo, a poet from the Later Shu Kingdom period (AD 934-965), edited the first anthology of Ci poetry (a type of Classical Chinese lyric verse), *Among the Flowers*.

As a result of its lavish cultural heritage, Chengdu is home to a treasure trove of heritage sites and antiquities. More, perhaps, remain than in most Chinese cities, where the historical sites are often rebuilt and remodeled, so give yourself plenty of time to take in as many as you can. The Wenshu Yuan Monastery is a well-preserved and stunningly beautiful Buddhist temple that encompasses 60,000 square meters and originally dates from the Tang Dynasty (AD 618-907), though its modern incarnation was built under the supervision of Zen Master Cidu Haiyue in 1697, during the Qing Dynasty. Today, the Monastery is a quadrangle courtyard with exquisite classical Qing architecture, seen in buildings such as the Hall of Heavenly Kings, Mahavira Hall, and the Three Persons Hall, while a Bell Tower and Drum Tower face each other (the former home to a bronze bell weighing over 4500kg). Audio tours are available to help get a sense of the history within. The Monastery will set you back around RMB60 for entry and is located at Wenshuyuan Jie, with Wenshuyuan the nearest subway station.

Wuhou Memorial Temple meanwhile is a temple dedicated to Zhuge Liang (AD 181-234), who remains one of China's famous historic figures, a legendary minister and military strategist for Emperor Liu Bei (to whom the temple is also dedicated) during the Three Kingdoms period. Built in 1672, the temple is one for history buffs (being the finest museum for Shu Kingdom relics in China), but it's also just a pleasant, exquisite place to wander around, with fine gardens, ponds and water features, and stone tablets

with inscriptions by calligraphy masters. The Temple is in the south of the city, with Huáxī Bā the nearest subway.

For those seeking a more spiritual outing, Mount Qingcheng is the birthplace of Taoism in China. A UNESCO World Heritage site, most of the essential elements of Taoism emanated from the Jin and Tang dynasty temples built on the mountain. The mountain reaches 5200 feet, The eleven Taoist temples on the mountain reflect the traditional architecture of western Sichuan. Few places in China can have more importance, the equivalent of Jesus Christ preaching the Sermon on the Mount. The mountain is easy to get to (any cabbie will take you there for a reasonable price, if you haggle properly), but is a 90-minute drive (about 85km) away. There is a cable car for those who might find the steepness or the heat of Sichuan too much for them, while there are shops with refreshments at various levels. The views are stunning, but it will get very busy, so don't expect a solitary climb.

And don't forget the pandas! The Giant Panda Breeding Research Base (1375 Xiongmao Dajie, Chenghua District) is just northeast of the city and afford the greatest chance to see pandas in something like their natural habitat. It is of course enclosed rather than wild, but it's far more natural than a zoo. You can get right up close to the pandas, and see them play and climb, and there are plenty of souvenirs of your time with them available. After Chengdu's history and spiritual side, a little animal frolics might be just the thing.

Chengdu is perhaps most famous, of course, for its Sichuan food – indeed, it's a

UNESCO City of Gastronomy. There's a good array of foreign and other restaurants, but when in the locus of a food culture, it's probably wise to try as much of that as possible. So most neighborhood restaurants will offer Sichuan dishes like fatty pork, spicy fish or mapo tofu. Some of the most renowned, however, are Laoma Tou Hotpot Restaurant (27 Yulin Zhong Lu), Chen Mapo Tofu (97 Xi Yu Long Jie) and Xiao Jing Si Fang Cai (Room 902, Unit 2, Building 11, #2 Luofu Shijia, Gaoshengqiao Lu). For those still seeking Western food, Chengdu boasts branches of two Beijing stalwarts, the Bookworm (2-7 Yujie Dong Lu, off Renmin South Road) and Blue Frog (1307 & 2308, Taikoo Li, 8 Shamao Zhong Lu).

Whatever you do there, you'll fall in love with Chengdu. I guarantee it.

行走芙蓉城

随着“一带一路”的提倡和发展，很多公司企业都将重点转移至中国的中西部城市。没有哪个地方能像成都一样，可以带给我们如此大的希望和感动，现在就是抓住机遇的最佳时刻。成都交通的发达与壮大加上自身的不断发展吸引着众多海内外有志青年和企业的目光，而除了机会和挑战外，在这样一座崛起的时尚都市里，它还蕴含了怎样的魅力呢？

“九天开出一成都，万户千门入画图”，在中国偌大的历史版图上，成都是惟一建城以来城址以及名称从未更改的城市。这座西南重镇，巴蜀之都，历代都是西南的政治、经济、文化中心和长江流域的重要城市。

2000 多年的历史遗迹留给我们的的是数不清的文化遗产。尽管很多文物和遗址都经历了重建和改造，但它们留下来的意义却被无限保留。文殊院，清代川西“四大丛林”之一，它的前身是唐代的“妙圆塔”，宋时名“信相寺”，明时毁于战火，清康熙三十年重修之后改称“文殊院”。寺内藏有自唐宋以来古今名人书画 500 余件，珍藏各类经书 12 万余册，还有自汉代以来的碑刻、雕塑、刺绣等实物珍品。文殊院现位于文殊院街附近，游客可在文殊院地铁站下车。

武侯祠博物馆是闻名海内外的三国文化圣地，武侯祠是全国最负盛名的诸葛亮、刘备纪念地和惟一的君臣合祀庙宇，是全国影响最大的三国遗迹博物馆。武侯祠博物馆位于城市的南边，附近的地铁是华西坝站。

当然，成都最著名的还应该要说它独一无二的川菜美食。川菜口味清鲜醇浓并重，以善用麻辣著称，烹调方法和浓郁的地方风味别具一格，是中国四大菜系之一。联合国教科文组织更是授予成都“世界美食之都”的称号，因此如若来到这里，切莫错过品尝。

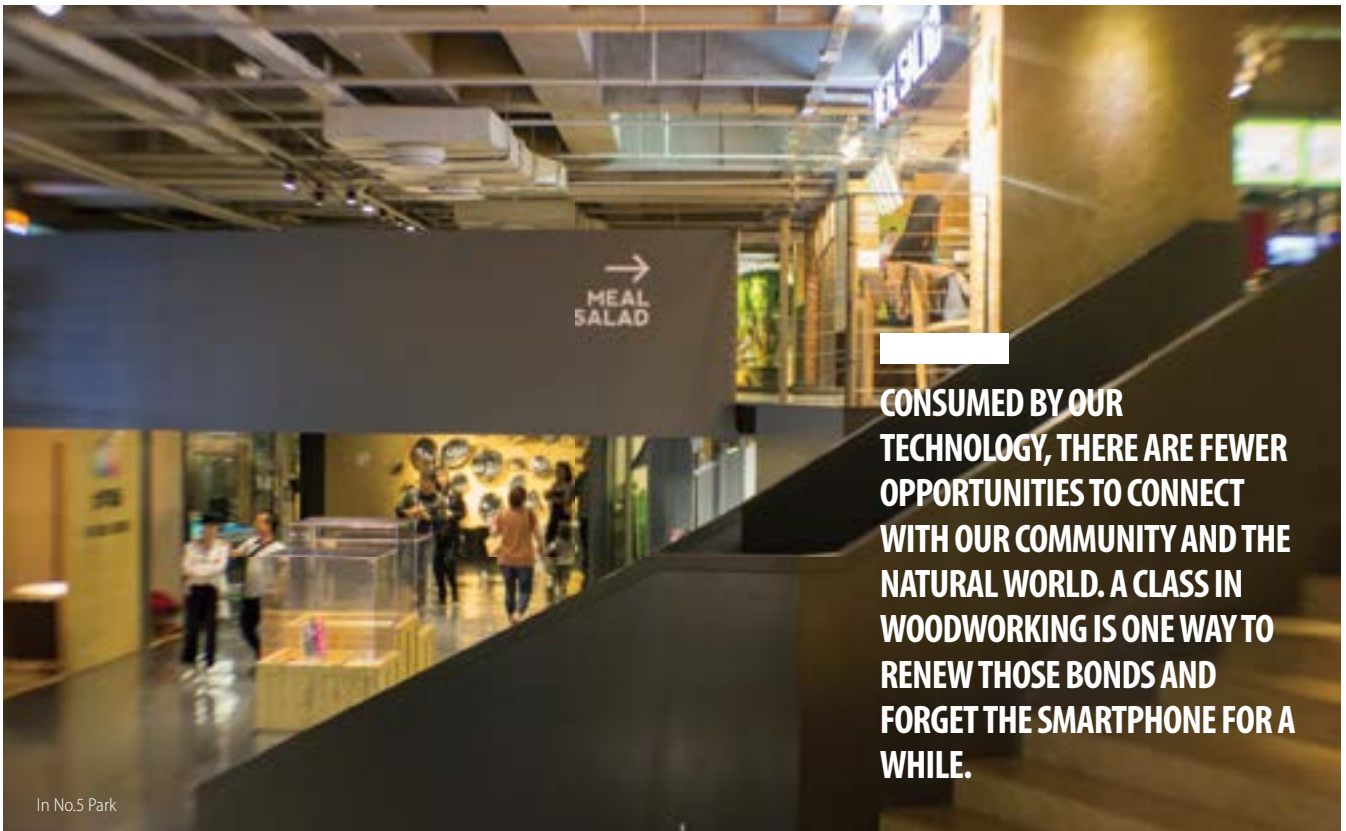
成都，一座来了就不想走的城市，一个让时间慢下来的“休闲之都”。在这里，只要你愿意，就可以穿越贡嘎雪山，就可以领略三星堆的神秘，就可以在康巴的转经筒前许下今生的诺言。来到这座城市，与其忙于参观城内外的景点，不如在其中悠闲地享受着生活，不如将自己抛向遍布风霜的征途。



Dou Hua, one of the most famous snacks in Chengdu.

JOY CITY'S NO. 5 PARK PROVIDES AN ARTISTIC HAVEN FOR CITY DWELLERS

Text and photo by **Adriana Hammond**



CONSUMED BY OUR TECHNOLOGY, THERE ARE FEWER OPPORTUNITIES TO CONNECT WITH OUR COMMUNITY AND THE NATURAL WORLD. A CLASS IN WOODWORKING IS ONE WAY TO RENEW THOSE BONDS AND FORGET THE SMARTPHONE FOR A WHILE.

In No.5 Park

Each morning as I step out of my gated apartment compound I am greeted by the grey maze of sleepy high-rises. I do my typical dance dodging the chaos of commuter traffic hoping over metal rails and skipping by street cleaners while trying to ignore the oppressive beeping. The city cars and buses project a wall of noise that make a peaceful walk almost impossible. A skillful shutout the frenzied milieu would be a meditative undertaking, and I am distracted by it all. This is Tianjin. It's not always picturesque, but it's interesting in its own right.

Surrounded by the clamor of industry, I often ask myself where I can find some relief. If only I could stumble upon a quiet art gallery with some contemplative whispers echoing from its high ceilings. If asked, many locals would attest that Tianjin is not an art city. You

will have to go to Shanghai for that. However, Tianjin has a few places to satisfy your artistic cravings.

Surprisingly located in one of Tianjin's commercial centers' busiest areas, Joy City holds tucked away on its third level a corner market called No. 5 Park. I spend most of my days off there writing in one of its cozy coffee shops. Its design evokes the modern marketplace and provides a unique escape from the city streets. An element that certainly stands out is its offerings of DIY projects. You can come to buy, but you are encouraged to create your own piece. Here is a list of a few suitable spots to try your hand at craftsmanship.

RECLASSIFIED

This franchised boutique perfumery by

Shanghai Xiang Miao Trade Co., Ltd. carries a collection that reaches back in time for inspiration with scents that recall the Chinese glamour of the early 20th century and even further into the realm of 17th century France to reminisce beauties like Madame de Pompadour.

Their scents are inimitably named things like "LESS IS MORE""简"; "WRITINGS FROM HER BALCONY""在阳台上抽烟的女作家/阳台上的女作家", and "IMMORTAL LOVE" 不腐的爱恋". The perfumery says it "endows each perfume of RE with philosophical significance through literature, so as to make it simple, good-looking and easy to use". Each purchase comes with a short description aimed at those who enjoy a certain creative nostalgia.

Undeniably, the best part is the opportunity to mix your own. This month, the



Wu Mo's woodworking studio

No. 5 Park location will once again have the ingredients key to the art of olfaction. Rather than dull one's individuality with the prepackaged, mass-marketed perfumes of recognizable name brands, one can mix a bottle that agrees with his or her true identity.

Augusmith

The blacksmith holds a significant role not only among the gods of ancient Greek and Roman mythology but within the traditional Celtic and Saxon tales. Known as a mechanical art form, the medieval smithy was an essential business. Each village of the time had one. No. 5 Park, which serves as its own little village, has Augusmith, a jewelry shop, which invites clients to cultivate the metal smithing skill. Augusmith has the tools and the teachers to assist you in making copper silverware, personalized necklaces, and distinctively shaped rings.

Encased along the wall of the shop are the personal creations of the teachers and selected pieces of a featured artist. If you are interested in purchasing hand-made jewelry be sure to ask for the clerk to specify, as some of the jewelry on display is machine manufactured and imported. Of course, the best way to ensure individuality and quality is to conceptualize and craft your own piece with the guidance of an experienced artist.

Wu Mo Handmade Furniture

Wu Mo is a little corner shop with handmade furniture designs, which can be customized to one's wood preference. The shop has its own designers and factory where it builds the clean, minimalist pieces it describes

as "Boren European." To be environmentally friendly, the pieces are left unpainted.

Not unlike the sophisticated simplicity of the Scandinavian style home, Wu Mo's neutral atmosphere carries fabric accent colors that generally stay within a range of grays, whites, browns and pinkish-mauves.

Additionally, the shop regularly fills one of its long tables with individuals eager to get their hands carving. Woodworking like smithing is an organic, ancient craft. Consumed by our technology, there are fewer opportunities to connect with our community and the natural world. A class in woodworking is one way to renew those bonds and forget the smartphone for a while. Your hands will be too busy with the intricacies whittling demands.

Wu Mo's options for creations are diverse from wooden tableware like chopsticks, forks and spoons to hair combs and jewelry. Prior experience is not necessary as there are classes for various levels. You pay per piece and have unlimited time to complete your design so you can fully enjoy the process of your creation.

Other Shops To Explore

In addition to RECLASSIFIED, Augusmith, and Wu Mo there is plenty to explore. No. 5 Park offers pottery making, leatherworking, and a recording studio for musicians.

It is also difficult to keep from wandering through Flower Too, a flower shop plus café where one can sit and sip beneath a ceiling blanketed with dried flowers, or the bookstore with such a thorough collection of art and design topics I wish I could indulge an afternoon in a foreign language section.

Unfortunately, there are no books in other languages. Sorry to those like myself who cannot read Chinese.

The No. 5 Park motto is "Reading Thinking Creation". Today, creation that gives personal gratification, interconnectedness, and a sense of usefulness through hands-on craftsmanship like the offerings at No. 5 Park has never been more rare.

Explore No. 5 Park located on the 3rd floor of Joy City Shopping Mall.

5号车库

Address

(Nanma Intersection) 2-6
NanmenWaiDajie, Nankai District, Tianjin
天津市南开区南门大街2-6号(南马路口)
天津大悦城3层

5号车库——艺术爱好者的 小天堂

每天从小区大门走出来，我就被灰色的水泥建筑和繁忙的交通所包围，各种车辆发出的噪音筑成一道围墙，让我无法安静地走路。我不停地寻找能让我放松和解脱的地方，比如一个安静的画廊。虽然很多人都说天津不是一座有艺术气息的城市，但并不代表没有艺术的存在，在这座城市最繁华的商业广场大悦城就有一个让你能躲避喧闹的地方。位于3楼的“5号车库”就是我的世外桃源，我经常在这里消磨一整天的时光。这里是由很多家店铺组成的商业区，其中有很多DIY小铺是我喜欢的。你可以买手工成品，但店家会鼓励你亲手制作一件工艺品，体验动手的乐趣。

RECLASSIFIED 是一家香氛店，搜罗了体现上世纪20年代中国魅力的一系列香型以及17世纪法国蓬巴杜夫人最爱的香氛。RECLASSIFIED 会赋予每一种香水独特的文学气质，简单、好看并且方便使用。但是最好玩的部分当然是制造自己钟爱的味道。如果你已经厌倦了商业品牌的招牌式味道，你可以用自己的配方来彰显个性。

Augusmith 是一家首饰店，在这里客人可以体验金属加工技术。这里为客人准备了一切必备的工具，有老师教你如何制作金属首饰，包括个性化项链和造型各异的戒指。店铺墙上的展示架上有一些老师和设计师的作品。如果你想购买手工首饰，一定要和店员确认好，因为有些首饰是机器制造或进口的。当然最好的方式还是把自己的构想通过双手变成实物。

物手工具拥有自己的设计师和工厂，主打简洁大方的家具风格。物末的中性风以灰、白、棕和紫粉色为主要色系。物末的手工长条桌两旁总是坐满了想要亲手打磨家居的爱好者。木工活也是一项古老的技能，随着科技的进步，人们很少有机会能如此近距离地接近天然物料。这样的木工课堂能让你暂时放下手机，弥补和自然接触的机会。你可以选择制作木质餐具或首饰，而且可以按技能水平分班。

除了以上三家，5号车库还有陶艺、皮革制造和歌曲录制的店铺。花也咖啡厅让人不禁驻足感受花香，品一杯咖啡。言几又书店有丰富的艺术和设计类以及外文图书。

创造能给人无限的愉悦和满足感，连接人与自然，通过双手的创造让人们发现自己的潜能和力量。



public buses are now provide wireless internet for riders!

ACTUALLY, CABS PROVIDING WI-FI ISN'T TOTALLY UNPRECEDENTED, AS EVEN SOME PUBLIC BUSES ARE NOW ADVERTISING THAT THEY HAVE WIRELESS INTERNET AVAILABLE FOR RIDERS!

seemed to have plans on continuing to provide this unique onboard amenity. Actually, cabs providing Wi-Fi isn't totally unprecedented, as even some public buses are now advertising that they have wireless internet available for riders! While providing such a service does increase the cab drivers already rising cost of operation, now it is yet another attempt to stay competitive as taxi's are facing fiercer competition than ever before. That being said, it also shows how many are almost "addicted" to being online these days, as if they simply have to be online at all times!

WI-FI ENABLED

by **Carmen King**

Believe it or not there was a time when the internet didn't exist. Yes, humans lived without being online 24 x 7. In this day and age, having a cell phone isn't even enough. We can't just be audibly available we need to be visually and electronically available as well, as if ready to respond to any email in minutes not hours, much less days. Of course all this availability requires us to have internet access. In terms of cell phones, the big cost isn't minutes anymore, but data. Yet, mobile phone data certainly isn't free. Therefore most folks seem to become a bit like Wi-Fi bloodhounds! No matter, when or where, the first question on their mind is, "is there free Wi-Fi?"

Usually when it comes to catching a cab, it means any internet usage is going to come at the cost of the rider, as the typical taxi is good for moving people not data. That is except for at least one cab out there, where the cabbie had the novel idea to make free Wi-Fi available to passengers! No doubt internet junkies are quick to turn off their data and connect to his wireless signal.

The cabs Wi-Fi setup included a mini-wireless router that a mobile SIM

card is inserted into. This device transmits a wireless signal available within a 10 meter radius. It supports at least 5 devices being connected at one time. The driver needs to either charge the router at night for the next day's use, or connect it to some sort of power supply. The cost of the unit was about 600 RMB.

Internet service was through China Telecom (电信 diànxìn). It has been commented by some that China Telecom offers decent surfing speed with the bonus of a low radiation signal when compared with other cellular service providers. The cabbie was spending 30 RMB per month for 20 Gig of data. In this day of digital everything, 20 Gig's isn't really all that much. A few internet power users, especially if streaming video, would deplete that reserve in no time. Therefore, the driver did mention he asks riders to limit big downloads and high-resolution streaming. However with passengers in the back seat and perhaps wearing earphones, it would be all too easy for users to ignore such requests and abuse the access.

At the time of riding in the Tianjin taxi though, the cabbie hadn't encountered any serious issues and

车载无线网

从无网络时代到信息化飞速发展的当今，我们的一切活动都好像被打上了“快”的标签。对于手机的功能，我们也不再只满足于它声音的功能。当我们期待手机可以带给我们更多惊喜的同时，我们需要考虑一个问题：手机数据的流量费。因此，现代人都好像变成了无线网的侦探，无论走到哪，他们总会第一时间询问，是否有免费的无线网络。

通常情况下，天津的出租车都不带免费无线，但是最近打车的时候却发现，天津的出租行业里居然还存在一两个有创意的司机师傅，他们会向乘客提供免费的上网条件，可想而知这样的举动会为乘客带来多大的便利。

出租车无线装置包括一个迷你无线路由器以及一个移动SIM卡。该设备发送一个10米半径内可用的无线信号，它支持至少5个设备在同一时间连接。司机需要在晚上为第二天的使用充电，或连接到电源上。它的成本费用大概是600元人民币左右。

出租车配备无线网并不是交通行业的先河，很多公交巴士在此之前就已经为乘客提供无线网的使用。尽管配备无线网会让司机开车的成本上升很多，但相对的，在日益激烈的竞争环境下，他们也保持住了自己的优势。看着那些每时每刻都要在线的青年朋友，你就知道配备免费的无线网该是多么正确的一件事。

THEY ARE EVEN MORE COMPACT THAN A BICYCLE AND VIRTUALLY SILENT. IT WOULD BE RIDICULOUSLY EASY TO GET CAUGHT IN THE BLIND SPOT OF A CAR DRIVER.



Tianjin expats know one thing, locals love to move! Be it cars, buses, bikes, mopeds, motorcycles, quads or scooters, if it has wheels, or in the case of the latest addition, even one wheel such as the electric unicycle it will likely be seen on the streets of Tianjin.

With cabs and like services always having issues with availability, car quality, and driver attitude, many choose to take matters into their own hands, and rely on a form of transportation that is not dependent on a third party, such as a bike, moped, or the topic of this month's article, the unicycle.

Unicycles in themselves are nothing new, having long since been associated with certain circus acts, or even athletes looking to improve their sense of balance. What is new though is the idea of adding a motor to it, and using it as a form of daily transportation to get around town.

As with all "inventions," there are usually pros and cons. The portability of the electric unicycle certainly is one of its biggest pros. After all, bike storage is about as big a problem as car parking. There is a huge deficit in terms of convenient, trustworthy, and "stay open late" bike storage locations. Finding a parking space is even more impossible. For this reason buying an electric unicycle is great. Upon arrival at the destination the rider can simply pick it up and carry it inside with them. This relieves any worry about theft, or even getting it stuck overnight in a storage spot because it closed before the riders return.

The con though, and it is a big one, is

ELECTRIC UNICYCLE

by Carmen King

safety. There is zero case for saying that someone can effectively make emergency stops, or be able to absorb any type of high-speed impact without getting seriously maimed. It would be virtually guaranteed that unicycle riders would be looking at some major scrapes even breaks if any type of accident would occur. Not to mention, these riders are extremely hard to "see" in terms of size. They are even more compact than a bicycle and virtually silent. It would be ridiculously easy to get caught in the blind spot of a car driver.

The blatant safety issues of this type of electric device, includes those with two wheels instead of one, (滑板车 huábǎnchē) has not escaped the notice of traffic police, especially as seen on the September 15, 2016 news.youth.cn site reporting on numerous instances of riders being fined for "illegally" riding on the road. The fine was a whopping 10 RMB. While the fine may be laughable, the risks of riding aren't. The traffic bureau issued a statement stating related injuries are almost always serious, including broken bones, not to mention it can be very hard to determine

who is at fault. In conclusion, like many other attempts at finding a cheaper and more convenient way of transportation, these electric unicycles aren't nearly as "smart" as they claim to be.

电动独轮车能上路吗?

天津人的出行借助各种交通工具，汽车、公交、自行车、电动车、摩托车等等，有四个轮、三个轮、两个轮，甚至一个轮，电动独轮车作为一种新兴的交通工具已经在马路上屡见不鲜了。独轮车大家都不陌生，是马戏团表演中经常使用的道具，也有人用它来锻炼平衡能力。用电池驱动独轮车，让它变成日常的交通工具则是一个全新的概念。

比起传统交通工具，电动独轮车更加方便使用，而且你不必担心存放和偷盗的问题，因为它体型小巧轻便，可以随身带到室内，不用为它找公共存车处。

虽然方便，安全性则是它最大的软肋。没人敢保证紧急制动百分百有效并且骑车人不会受伤。由于独轮车体积小不易被察觉，运转的时候几乎静音，所以马路上的汽车很难注意到它，成为行驶中的盲区。

除了电动独轮车，还有一种滑板车也十分流行，但是交管部门对这类车辆上路是明令禁止的，而且会对违规上路者处以罚款。所以还是小心为上，不要为了方便让自己受伤。



MOVIE: Book of Love 北京遇上西雅图之不二情书



This may be a bit confusing because the movie has 2 different titles, the second title is meant to be a sequel to the 2013 movie titled "Finding Mr. Right" which was a big hit, however this 2016 release has no relationship to the first movie other than it is the same director and same main cast.

Director: Xue Xiaolu 薛晓璐 was born in 1970 in Beijing and is a teacher at the Beijing Film Academy. She also has been a volunteer for 14 years with "Beijing Stars and Rain", a non-governmental educational organization for autistic children.

Starring: Tang Wei 汤唯 born in October 7, 1979 in Wenzhou, Zhejiang province, made her big break in the 2007 movie "Lust, Caution" by Ang Lee. The male lead is Wu Xiubo 吴秀波 born in September 5, 1968 in Beijing also is an accomplished singer and a billiard enthusiast.

Plot: Jiao Ye (played by Tang Wei) is a casino hostess in Macau who accompanies customers as they gamble and earns a living from their tips. Her father, who has since died, leaving her with a large pile of debts and a gambling habit of her own. Despite this, she is a good-natured girl who balances her money problems with a longing to find some meaning in her life and a boyfriend she has feelings for.

Daniel Luo (Wu Xiubo) is a real estate broker in USA but his parents' divorce when he was young still affects him, and he refuses to get into any kind of close emotional relationship.

Both Jiao and Daniel come across an old book, "84 Charing Cross Road" (an actual place based on a 1970 novel) and start corresponding thru the owner. Without giving away the ending, the chemistry between these two acting makes the movie worth seeing.

《北京遇上西雅图之不二情书》是薛晓璐编剧执导的爱情故事片，由吴秀波、汤唯主演。电影讲述了澳门少女以赌场为家，遇上洛杉矶房产经纪人，千百次错过，终换来一见钟情的故事。



TV SERIES: A Love for Separation 小别离



Director: Wang Jun 汪俊 born in 1963 in Nantong, Jiangsu province.

Starring: Huang Lei 黄磊 was born in Nanchang, Jiangxi province on December 6, 1971 and is very versatile, in addition to being an actor, he is a singer, director, screenwriter and model. He has several successful movies including "Where are we going Dad?" in 2015 with his daughter. Hai Qing 海清 (Christina) is the female lead, born January 12, 1978 in Nanjing, Jiangsu province. She starred in the movie "Finding Mr. Right" in 2013. Last year, she was appointed the first UN Women National Ambassador for China in

support of gender equality for women.

Plot: The series revolves around three Chinese families based in Shanghai and each is facing the challenges of sending their child to United States for study. The three families cover the spectrum of wealthy professionals and one family where the father is a taxi driver.

This is a 45 part series so a great deal of detail and psyche of parents and children is presented. The sets are very realistic and Hai Qing's wardrobe is quite funky. The acting is superb and very believable.

This subject is very topical as last year over 500,000 Chinese students studied abroad and most without scholarships. Average costs amount to 200,000 renminbi per year. In no other country will you see the sacrifices that a parent will make for their child regarding schooling and education. Many will choose the location of their apartment dependent upon the proximity of a good school. It is not uncommon that families will move several times to accommodate their child's commute to their school. Many Chinese students will go abroad for schooling as young as junior high school and continue to university for another four years. This series deals with all the challenges of separation. Very well done.

《小别离》是汪俊执导的都市家庭情感剧，由黄磊、海清、朱媛媛、韩青、汪俊、陈小纭、张子枫、胡先煦、赵今麦主演，TFBOYS 特别出演。该剧围绕中学生出国展开，讲述了三个家庭面对孩子升学、留学、青春期的故事。



TIANJIN MALLS - Elelife Shopping Center



yí lè tiān dì gòu wù zhōng xīn 怡乐天地购物中心

Just North of the Jinhe River along the Eastern side of DaGu South Road, is the Elelife Shopping Center. From Exit C or D from XiaWaFang Subway stop, it's only a 10 minute walk down the DaGu South Road. Resting just alongside the Jinhe canal, the Elelife Shopping Center acts as a community center for the surrounding developments. This modest four-storey mall does not offer anything out of the ordinary but as far as a local mall goes, it is a great establishment. It has all your typical finds that are offered at any of these community type malls that cater towards those in the vicinity rather than offering luxury brands that many would be willing to travel across the city to find. This mall has a good

selection of dining places like the typical XiaBuXiaBu Hot Pot, seafood, and Korean establishments. A Starbucks on the first floor can offer a nice place to cool off during the sweltering summer time. Not only that is the cinema on the four floor and the KTV on the third floor which can offer hours worth of entertainment.

Catering to the local community, the stores here are your ordinary ensemble of little known brands alongside Jack Jones and La Chapelle. A couple training schools dots the aisles of the mall on the second floor offering English and arts training. With an emphasis on the community, Elelife is a great mall for those living in the area or looking to kill some time along XiaWaFang. Besides that, there is really no particular reason to venture here rather than the malls of BinJiangDao.

怡乐天地，大沽路首家一站式精品购物中心，是时尚中心，更是优质元素汇聚地，都市生活体验场，它地处大沽路商街核心所在地，津河畔与大沽路交叉口，周边交通四通八达。四层临街商业广场，是一个集精品购物、休闲娱乐、时尚家居、特色餐饮、影视空间于一体的全生活商业广场。



TIANJIN METRO - Line 1 XiaWaFang 下瓦房地铁站



The third stop south of the central transfer station of YingKouDao is XiaWaFang. Being only 640 meters from the Hai River, this stop can offer a great opportunity for a stroll along the river at night and the less viewed southern reaches of the waters sprawling between Hexi and Hedong districts. From just outside of Exit A you can make a straight walk North-East up Fenghua Road to the riverside and just north of the riverside is the NingBo Ferry Station, making for a great opportunity to hit the high-seas of Hai River for an hour or so. If you are in the market for books, a stroll up DaGu South Road from Exit B towards the XiaoBaiLou are will lead you just

past the massive Tianjin Book Building where you can find massive amounts of Chinese material, as well as some English books.

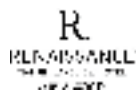
Another good evening outing could be to the People's Park which rests just West of Exit B (the southern gate of the park only being a mere 430 meters away). Further down the road next to People's Park is Guangdong Road, offering a great selection of eateries from fast food to more respectable locations. Nearby is the great Ichiban Maple Sushi restaurant (一番风味寿司) just up North along Guangdong Road. Heading out south down DaGu South Road from Exit C and D, you'll pass right alongside the Elelife Shopping Center. Crossing over the JinHe canal and continuing south makes for a pleasant walk past NanLou (南楼地铁站) to the Tianjin Daily. The area south of the JinHe canal is very peaceful and while not boasting any particular landmarks besides the Tianjin Daily, it can make for a good afternoon stroll on a cool day.

下瓦房站位于天津市河西区大沽南路与奉化道十字路口处，是天津地铁车站之一。该站为天津地铁1号线和建设中的天津地铁5号线的中途站。该站附近有很多景点和休闲娱乐项目，非常值得大家前去一游。出口A可欣赏奉化桥的美丽景象，出口B可直达人民公园和天津图书大厦，当然除此之外还有更多好玩的地方等待大家去发现。



Spectrum Lunch Set Menu

Monday-Friday
Price starts from RMB 48 net/set
Chinese, Western & Japanese set menu for your selection!
Reservation: 8319-8888 Ext. 3570
Venue: 7F Spectrum, Hotel Nikko Tianjin



You Are My Perfect Match

This October, be my perfect match @ The Lounge of Renaissance Tianjin Lakeview Hotel! Buy one coffee and get one FREE dessert! Varieties of cakes, cookies and cupcakes will make your days prettier than ever.
Promotion valid from 01 to 31 October 2016, 10:00 to 18:00 daily. For more information and reservation please contact The Lounge: 022-5822 3130.



Autumn Drink

With the weather slowly getting chillier, the beverages we drink change too, from something cool and refreshing to warm and soothing. These will be especially great for chit-chat time at our Lobby Lounge.
RMB38 net/cup
Operation Hours: 8:00am-23:00pm
Venue: 1F Lobby Lounge
For reservation, please call 022 2317 5107



Wanda Vista Tianjin Launches All About Seafood at Cafe Vista

Wanda Vista Tianjin carefully choose the seasonal seafood, launches the All About Seafood buffet in this golden season, not only bringing you the famous crab, but also a taste feast with all kinds of seafood by the extraordinary cooking of our chef.
How can we miss this fresh feast in this harvest autumn? Purchase on market price and receive a glass of white wine, and Free Beer.
Priced at RMB 228 Nett / Person.
Valid on every Tuesday, Wednesday and Saturday from Sept. 1st to Oct. 31st
For inquiry or reservation, please contact the hotel at +86-022-2462 6888.



Halloween Carnival

On the night of monsters and elves, come to TGI Fridays to enjoy a candle lit dinner. On October 31, come to have dinner in Halloween costumes to enjoy a free drink or a decoration from the monster. Let's rock the Halloween night!
Tel: 58695555—8456
Add: 7+2 Fu Kang Lu, Nankai District



Feast on Tasty Thai

Featuring a variety of classic Thailand favorites, Feast invites you to indulge in the mouthwatering treasures of Tom Yum Kung, Curried Crab, Pineapple Fried Rice and more. Take a fabulous tropical food journey at Feast.
Venue: Feast
Date: 12-30 October



DJ Night

FLAIR has invited two celebrity DJs on Friday night to bring you a special night of excitement and passion. Chief Bartender Frank Li will showcase his talents with his signature cocktails and share information about the cocktail culture. This is a perfect start to your weekend.
Date: 5pm – 1am, October 21, 2016, Friday
Venue: 1st Level, FLAIR Bar and Restaurant of The Ritz-Carlton, Tianjin
Tel: 86-22-5857-8888



“Viva Italia” Afternoon Tea

The Victorian Lounge located in the ground floor of the Astor Hotel, a Luxury Collection Hotel, Tianjin. In autumn afternoon, the sky is azure, sunshine goes through the huge glass dome and shines the garden. From October to December, relax and savor a creative “Viva Italia” Afternoon Tea while enjoying the garden view at Victorian Lounge.
RMB 301/ 2 person
Above price is in Chinese Yuan
October to December, 2016
Victorian Lounge, 1F, 33, Taier Zhuang Road, Heping District,
The Astor Hotel, a Luxury Collection Hotel, Tianjin
Enquiries 022-5852 6888 ext. 8909

The Fortune Heights National Cup 2016 (10-12 Goal) Kicks off at this Golden Season in Tianjin



Tianjin Goldin Metropolitan Polo Club has announced that The Fortune Heights National Cup (10-12 Goal) will take place from 5 to 7 October, 2016.

Gathering four teams rated from 10 to 12 goals with the Patron of each team hiring the best professional players available in the world at this level. This will produce amazingly competitive polo matches, providing all the excitement and glamour that the game of polo has to offer. Tianjin Goldin Metropolitan Polo Club is keen to use this platform to encourage more interest and enthusiasm in polo, as well as provide an opportunity for polo players to improve their skills in authentic competitions and for polo fans to feel the charm of the sport and its chivalrous spirit. Therefore, polo is fast becoming more than just a game, but a way of life.

The Ritz-Carlton Debuts Prestigious Executive Residences In Tianjin

The Ritz-Carlton Executive Residences will debut world-class luxury designer homes unlike anywhere else in the heart of Tianjin on September 28, 2016. Twinning exceptional facilities and design with the legendary service of The Ritz-Carlton, the 118 residences will rank among the most prestigious in Tianjin's historic former British Concession and Central Business District.

"The opening of The Ritz-Carlton Executive Residences, Tianjin in one of China's most strategically important cities reflects our desire to meet the growing demand for luxury experiences of international standard," said Hugo Montanari, General Manager of The Ritz-Carlton, Tianjin. "The Residences will accelerate our guest recognition in Tianjin for service commitment to creating memorable residential experiences that stay with guests for life."



Holiday Inn Tianjin Aqua City Appoints Mr. Sam Lin As General Manager



Holiday Inn Tianjin Aqua City officially announced its appointment of Mr. Sam Lin as General Manager. Mr. Lin has almost 30 years' experiences in hospitality industry. He successfully oversaw all of the operations of Food & Beverage, Sales & Marketing and Human Resources. Before joining Holiday Inn Tianjin Aqua City, he worked for another IHG Hotel in Shanghai and as a General Manager for 9 years. With his senior hospitality management experience, Mr. Lin will exert his leadership at Holiday Inn Tianjin Aqua City to bring the hotel to further develop legend in Tianjin and provide guests with service that is beyond expectation.

Let's party at the MPT

On September 17th, hundreds of fashion trendsetter gathered at Tianjin MPT for the "Normcore Fashion Ceremony" which was much enjoyed by the enthusiastic audience.

From September 24th to September 25th, Tianjin MPT and Bai He Wang will jointly hold a blind date activity to showcase their new platform that allows singles to meet and get to know each other.

From October 1st to October 31st, all customers who spend more than 88 yuan can participate in the scratch card lottery promotion. It will be available every weekend and throughout golden week.



LISTING

咖啡 COFFEE

红酒 WINE

餐厅 RESTAURANT

酒吧 BAR

购物 SHOPPING

- E** =English Menu 有英文菜单
- CC** =Credit Card 可信用卡付账
- ¥** =Cost per person 人均消费
- ★** =Editor's pic 编辑推介
- P** =Parking 有停车位

RESTAURANT

[Western 西餐厅]

Tianjin Downtown

Café BLD

餐廊西餐厅 ★ **P E D3**
Offers buffets with open kitchen.
1F, Renaissance Tianjin Lakeview Hotel,
16 Binshui Road, Hexi
河西区滨水道16号
万丽天津宾馆1层
Tel: 5822 3388
Hrs: 06:00am-10:30am
11:30am-14:00pm
17:30pm-22:00pm

Pacifica- All-day Dining

帕西非嘉西餐厅
Address: Pan Pacific Tianjin 1F1 Zhang
ZiZhong Road, Hongqiao District
Tianjin, China 300091
天津泛太平洋大酒店1楼
Tel: +86 22 5863 8888 Ext. 8718

element fresh

新元素餐厅
No.59, 1F North Area, Joy City, 2 Nan
Men Wai Da Jie, Nankai
南开区 天津市南开区南门外大街2号天津大
悦城购物中心【北区1F-59】号商铺
Tel: 022-87353372
Hours: 11:00 -22:00

Promenade Italian Restaurant

河岸意大利餐厅 **¥200 P E C7**
Cuisines are showcased in a sumptuous
à la carte menu. International favorites
comprising fresh produce are prepared
by a dedicated team of savvy chefs.
1F, St. Regis Tianjin, No. 158 Zhang Zi
Zhong Road, Heping
和平区张自忠路158号
天津瑞吉金融街酒店一层
Tel: 5830 9959
Hrs: 05:30am-10:00am
17:30pm-21:30pm

Cholito

西班牙餐厅
Offers elegant, comfortable afternoon
lunch and evening dining, featuring
Spanish music and interior design.
Address: at the crossing of Hebei Lu and
Luoyang Dao, Heping District
和平区五大道河北路和洛阳道交口
Tel: 58352833
Hrs: 11:30am-15:30pm
17:00pm-22:00pm

Venezia Club Italian Restaurant & Winery

威尼斯酒吧
The recipes ensure traditional homemade
Italian cuisine as the owner is from the
north of Italy. The products and raw
ingredients are imported from Italy.
Add: No.48 Ziyu Avenue, Former Italian
Concession Area, Hebei District
河北区意大利风情街
自由道48号
Tel: 022-87613413

Terrace Café

燕园咖啡厅 **C4**
Offers both buffet and à la carte service.
Western and Asian specialties featured
at the buffet and theme nights are
offered nightly.
1F, Sheraton Hotel Tianjin, Zi Jin Shan
Lu, Hexi
河西区紫金山路天津喜来登大酒店1层
Tel: 27313388
Hrs: 06:00am-23:00pm

Drei Kronen-1308 Brauhaus

路德维格1308 德餐啤酒坊 ★ **P E D7**
Good sausages, awesome pork knuckle
and nice beers.
1F, BLK5, Jinwan Plaza Jiefangbei Road, Heping
和平区解放北路津湾广场5号楼1层
Tel: 23219199
www.ldwg1308.com
Hrs: 11:00am-24:00pm

TGI FRIDAYS

星期五餐厅 **P E B4**
Great place to have tasty burgers,
french fries, chicken and steak.
No.7-2, Fukang Lu, Nankai
南开复康路7-2号
Tel: 23005555
Hrs: 11:30am-22:00pm

PAULANER Tianjin

普拉纳啤酒坊 **D7**
A unique journey experiencing
authentic Bavarian food, flair and
coziness.
Venice Square, Italian Territory,
No.429-431, Shengli Lu, Hebei
河北区胜利路429-431号意大利风情威尼斯广场
Tel: 24468192
Hrs: 10:30am-01:30am

Brasserie FLO Tianjin

天津福楼
Everything here is centered on the style
and ambiance of a traditional French
brasserie and reflected in its 1920s
Parisian Art Deco style. Every detail has
been meticulously crafted, from the
crystal chandeliers to the marble
flooring, with each piece being an exact
replica of the Brasserie FLO in Paris.
Add: No.37 Guangfu Road, Italian Style
Town, Hebei District
河北区意大利风情区光复道37号
Tel: 022-26626688

VistaQian Cheng

Vista黔城
Elegance and modern design combine
with a European layout. The must have
dishes are the Donkey Meat and Fish in
Sour Soup. Undoubtedly, this is one of
the best Chinese restaurants in Tianjin.
When you are in the Drum Tower area,
you must check it out.
Add: 25 GuLou North Street
鼓楼北街25号
Tel: 022-27255798

Wei Xun Cafe

味寻
The proprietor learnt all about coffee while
in Wuhan in southern China. Her great
passion for coffee and desserts were further
enhanced when she ran her own cafe. Not
only is the coffee great but the delicious
hand-made Wei Xun cake is mouth-watering
and uses only natural cream butter, strictly
fresh ingredients without any artificial
additives, colourings or preservatives.
Address: 6 Xi Zang Lu, Heping District
和平区西藏路6号
Tel: 18322127418

YY CRAFT BEER HOUSE
Xiamong Courtyard, No.4, Jiumen Rd,
Heping District, Tianjin
022-26352835 185-2225-5354 (En)
11:00-24:00

YY BEER HOUSE
No. 3 Ao Men Road (behind the
International Building), Heping,
2339 9634
1382118292 (En / JAP)
11:00-24:00

Drei Kronen 1308 Cuisine: German

The main feature here is the German
cuisine and, of course, the beer. Drei
Kronen 1308 presents a large range of
specialist craft beer styles including
lagers, dark and wheat beers brewed
according to recipes more than 700
years old. They are able to provide the
drinker with a brew that will suit any
special occasion. Besides serving the
most authentic beer in Tianjin, the
restaurant also provides traditional and
delicious Bavarian food.
Add: 1F, BLK 5, Jinwan Plaza, Jiefang Bei
Lu, Heping District
和平区解放北路48号津湾广场5号楼D座1-2楼
Tel: 022-23219199

Hola Tapas Coffee

Cuisine: Spanish
The decor is elegant and graceful in this
establishment which serves Spanish
cuisine. The chef has 13 years working
experience in Spanish restaurants and
personally selects all the ingredients.
Recommended dishes: the traditional
saffron paella and devilled eggs with
smoked salmon. All bookings have to
be made at least 24 hours in advance.
Add: 1F, Building 25, Ying Chun Li, Wu
Jia Yao Er Hao Lu, Heping District
和平区吴家窑二号楼迎春里25号楼底商
Tel: 23356748

MammaMia

Cuisine: New Zealand
With a menu focussed on New Zealand
and Australian food, MammaMia has
developed a lot of yummy dishes,
amongst which - I think - the best are

the smoked New Zealand lamb chops
and steaks, the pasta with mussels, the
hamburgers and French toast. The
customs quarantine certificate
guarantees that the meat is all
imported. The chef has more than eight
years' experience in cooking food while
he was living in New Zealand.
Add: 54 Cheng Du Dao, Heping District
和平区成都道54号
Tel: 13001388089

[Thai&Malay 泰国&马来西亚]

Tianjin Downtown

YY Beer House

粤园泰餐厅 ★ **¥100 P E D6**
The best Thai Restaurant in Tianjin
offers the fantastic Thai food and beer.
3 Ao Men Lu, (behind the International
Building), Heping,
和平区澳门路3号(国际大厦后)
Tel: 2339 9634 / 1382118292(English)
Hrs: 11:00am-24:00pm
If need be, we have a designated driver
to take you to your next destination.

YY Craft Beer House (NEW OPEN)

粤园泰餐厅 ★ **¥100 P E D6**
Xiannong Courtyard, No.1, Hunan Lu,
Heping District, Tianjin
天津市和平区五大道先农大院
湖南路1号粤园餐厅
TEL: 58352835 / 185-2225-5354 (En)
Hrs: 11:00-24:00
If need be, we have a designated driver
to take you to your next destination.
Happy hour: Monday~Sunday,
2:00pm~6:00pm, YY craft beers, Buy 1
get 1 free (for 1 person)

[Japanese 日料]

Fuku Sushi

福寿司

Add: 167 Shanxi Lu, Heping District
(at the crossing of Shanxi Lu and Yingkou Dao)
和平区山西路167号(山西路与营口道交口)

Tel: 022-8321-9509

182-0225-5286(Mr.Maeda)

186-2229-6209

Hours: : 17:00 -23:30 (L,O)

[Vietnamese 越南餐厅]

YULU Vietnamese restaurant

鱼露越南餐厅

Beside TAPAS, A3, Magnetic Capital
Business Area, Nankai District
南开时代奥城A3区美滋味旁边
Tel: 2385-5317

[FRENCH 法餐厅]

Tianjin Downtown

Nice To Meet You

很高兴认识你

Specializes in French style seafood,
serves around 15 types of oysters
including Gillardeque and Greay from
France, Tasmanian oysters from
Australia as well as oysters from South
Africa, Canada and Japan.

278 Hebei Lu, Heping District

(near Chengdu Dao)

和平区河北路278号(近成都道)

Tel: 2339-0409

Hrs: 11:30-22:00

FLO

福楼 ★ ¥ 350 P E D7

The best French Restaurant in Tianjin
offers the most authentic French cuisine.
Brasserie FLO is the first restaurant in
Tianjin to offer fresh oysters from France.
河北区意大利风情区光复道37号

No.37 Guangfu Road, Italy Style Town, Hebei

Tel: 2662 6688

Fax: 2445 2625

Hrs: 11:00am-23:00pm

[Italian 意大利餐厅]

Tianjin Downtown

Prego

意大利餐厅 ¥400 P E D6

Prego's cuisine is rustic yet refined,
rooted in tradition while producing
innovative creations using only the finest
and freshest ingredients available.

3F, The Westin Tianjin, No.101, Nanjing

Lu, Heping

和平区南京路101号

天津君隆威斯汀酒店3层

Tel: 23890088

Hrs: 11:30am-14:30pm

18:00pm-22:00pm

Idea Restaurant & Lounge

埃迪亚意式餐厅酒吧

Idea Restaurant & Lounge specializes in
providing authentic Italian food at a
reasonable price.

215 Xiao Cheng Du Dao, Heping District

(opposite No.90 Middle School)

和平区小成都道215号

(九十中学对面)

Tel: 23374869

Hrs: 11:30-14:00

18:00-21:30

[Chinese 中餐厅]

Tianjin Downtown

Shang Palace

香宫

Specializes in authentic Cantonese
cuisine and local specialties, Dim Sum
and Peking Duck

1F, Shangri-La Hotel, Tianjin, No. 328

Haihe East Road, Hedong

河东区海河东路328号

天津香格里拉大酒店1层

Tel: 8418 8111

Hrs: 10:30 to 14:30 /17:30 to 22:00

Din Tai Fung

鼎泰丰 ★ ¥ 150 P E

Steamed Bread made of choice ingredients
are the main attraction. The Special desserts,
steamed glutinous rice pudding and
almond togu, will melt in your mouth.

18 Binshui Dao, Hexi.

河西区宾水道18号

(宾水道与紫金山路口)

Tel: 2813 8138

Ext 8001

Hrs: 11:00am-14:30pm/17:00pm-21:30pm

Tian Tai Xuan

天泰轩

Savor dishes from the renowned
Cantonese tradition in concert with
innovative creations exploring seasonal
local ingredients, together forming a
culinary experience which is not only
extraordinary but quite possibly the
most unique in the entire world.

The Ritz-Carlton, Tianjin, 1st and 2nd

floor, No. 167 Dagubei Road, Heping

和平区大沽北路167号

天津丽思卡尔顿酒店一楼和二楼

Hrs: 11:30am-14:00pm

17:30pm-21:30pm

Tel: 5857-8888

Seats: 160

Noodle Bar

面馆

Address: Pan Pacific Tianjin 1F1 Zhang

ZiZhong Road, Hongqiao District

Tianjin, China 300091

天津泛太平洋大酒店1楼

Tel: +86 22 5863 8888

Ext. 8716

■ Wine 红酒

Tianjin Downtown

Montrose Wine House

名特公司进口葡萄酒

Imported wines.2nd floor YY Beer

House, Montrose(Tianjin) Office

粤园餐厅二楼名特(天津)办事处

Tel: 139 200 21679

Hrs: 09:00am-18:00pm

■ BAR

Tian jin Downtown

Lobby lounge

大堂酒廊

Provides fine wines from all over the
world, cocktails, snacks, coffee and
other soft drinks

1F, Shangri-La Hotel, Tianjin, No. 328

Haihe East Road, Hedong

河东区海河东路328号天津香格里拉大酒店1层

Tel: 8418 8111

Hrs: 09:00 to midnight

River Lounge

瑞吉畔吧 ¥100 P E D7

One of Tianjin's premiere destinations,
you can enjoy High Tea or artisan
cocktails at the gleaming bar or in
conversation areas furnished with rich
leather seating overlooking the sparkling
Hai River. The signature cocktail features a
blend of unique Chinese flavors and
seasonings, including Fujian lapsang
souchong tea, Sichuan pepper, and soy
sauce with fine vodka.

1F, St. Regis Tianjin, No.158 Zhang Zi

Zhong Road, Heping (Next to Jin Tower,
the opposite side of Ha Mi Road)

和平区张自忠路158号,

津塔旁, 哈密道正对面,

天津瑞吉金融街酒店一层

Tel: 5830 9958

Hrs: 10:00am-01:00am

O'Hara's-authentic British lounge

海维林酒吧 - 经典英式酒吧 E6

Offers the intimacy of an English
gentleman's lounge with regal Winchester
styled sofas and an oversized bar counter.

1st floor Astor Wing, A Luxury

Collection Hotel, Tianjin, 33 Taier

Zhuang Road, Heping

和平区台儿庄路33号

天津利顺德大饭店豪华精选酒店,

酒店一层

Tel: 58526888 ext. 8919

Hrs: 06:30pm-01:00am

Qba

Q吧 P E D6

Qba's Latin-inspired décor creates an
authentic ambience where delicious
tapas and Latin-style snacks are shared
among friends.

The Westin Tianjin, No. 101 Nan Jing

Road, Heping

和平区南京路101号

天津君隆威斯汀酒店

Tel: 2389 0088

Hrs: Tue-Sat 6:30pm-01:00am

Flair

★ P E E5

East Asian cuisine, the menu combines
playful snack-style dishes with richly
flavorful entrées, designer desserts and
the freshest of seafood.

The Ritz-Carlton, Tianjin, 1st floor, No.

167 Dagubei Road, Heping District,

Tianjin China

和平区大沽北路167号

天津丽思卡尔顿酒店一楼

Tel: 5857-8888

Mon-Fri 17:00-24:00

Sat-Sun 17:00-01:00

Seats: 118

■ SHOPPING

[Department Store 百货]

Tianjin Downtown

Galaxy Mall

银河国际购物中心

Featuring the most famous luxury
brands in the world.

No.9, Le Yuan Road, Hexi

河西区乐园道9号

Tel: 8388 9577

Fax: 8388 9733

Web: www.galaxy-mall.com.cn

Hrs: 10:00-22:00

Mighty Source

美琪·源

B1-13, ITC Mall, 39 Nanjing Road, Hexi

District

天津市河西区南京路39号

天津国贸购物中心B1-13

Tel: 022-59006108

Tianjin Joy city

大悦城

Stocks a number of popular brands
including Sephora, H&M, supermarket
and plenty of restaurants.

No.2, Nanmen Wai Da Jie, Nankai

河西区南门外大街2号

Tel: 5861 8888

Web: tjjoycity.com

plaza66

天津恒隆广场

The mega department store in Tianjin,
customer can enjoy the forefront of
fashion here.

160 Zhangqizhong Lu, Heping District

和平区张自忠路160号

Tianjin Aeon Mall

天津永旺购物中心

Aeon Mall is a specialist shopping mall

developer.

Zhongshanbei Store 中山北店 (10:00-22:00)

No.1, Fushan Dao, Zhongbei Industrial

Park, Xiqing

西青区中北工业园区阜盛道1号

Tel: 8719 5700

TEDA Store 泰达店 (10:00-22:00)

No.29, Shishangdong Lu, Development Zone

开发区时尚东路29号

Tel: 5985 7000

International Trade Centre Mall

天津国贸购物中心

Stocks various items from clothing to

household necessities.

39 Nanjing Lu, Hexi District

河西区南京路39号

Tel: 87136868

Riverview Place

天津嘉里中心嘉里汇

A newly opened huge shopping mall
stocks many different items.

Riverview Place, 238 Liu Wei Lu, Hedong

District

河东区六纬路238号嘉里汇

Tel: 24230101



SHOPPING 购物

BAR 酒吧

RESTAURANT 餐厅

WINE 红酒

COFFEE 咖啡

LISTING

HOTEL

[Hotel 酒店]

Tian jin Downtown

The Westin Tianjin

天津君隆威斯汀酒店
No.101, Nanjing Road, Heping District
和平区南京路101号
Tel: 2389 0088
Fax: 2389 0099
Website: westin.com/Tianjin

Wanda Vista Tianjin

天津万达文华酒店
No.486, Ba Hao Lu, Da Zhi Gu, Hedong
河东大道大直沽八号路486号
Tel: 2462 6888

HYATT REGENCY TIANJIN EAST

天津帝旺凯悦酒店
126 Weiguo Road, Hedong District, Tianjin,
300161, People's Republic of China
中国天津市河东区卫国道126号 邮编300161
Tel: +86 22 2457 1234
Fax: +86 22 2434 5666
Email: tianjin.regency@hyatt.com
tianjin.regency.hyatt.com

The Ritz-Carlton, Tianjin

天津丽思卡尔顿酒店
No. 167 Dagubei Road, Heping
和平区大沽北路167号
Tel: 5857-8888
Fax: 5857-8899
www.ritzcarlton.com

Sheraton Tianjin Hotel

天津喜来登大酒店
Zi Jin Shan Lu, Hexi District
河西区紫金山路
Tel: 27313388

Shangri-La Hotel Tianjin

天津香格里拉大酒店
No. 328 Haihe East Road, Hedong
District, Tianjin, 300019, China
天津市河东区海河东路328号
Tel: (86 22) 8418 8888

Renaissance Tianjin Lakeview Hotel

万丽天津宾馆
16 Binshui Dao, Hexi District
河西区宾水道16号
Tel: 58223388

Crowne Plaza Tianjin Meijiangan

天津梅江中心皇冠假日酒店
East to South Youyi Road (Opposite to Tianjin
Meijiang Conference&Exhibition Center),
Xiqing District, Tianjin, P.R. China 300221
天津西青区友谊南路东侧
(天津梅江会展中心正对面)
Tel: 5857 6666
Fax: 5857 6688
Web:www.crowneplaza.com/tjmeijiangan

TEDA International Club Tianjin

泰达国际会馆
7+2 Fu Kang Lu, Nankai.
南开复康路7号增2号
Tel: 5869 5555
Fax: 2300 5656

Pan Pacific Tianjin

天津泛太平洋大酒店
Address: 1 Zhang ZiZhong Road,
Hongqiao District Tianjin, China 300091
天津市红桥区张自忠路1号
Telephone: +86 22 5863 8888
Email: info.pptsn@panpacific.com
Website: www.panpacific.com

The St. Regis Tianjin

天津瑞吉金融街酒店
1F, St. Regis Tianjin, No.158 Zhang Zi
Zhong Road, Heping (Next to Jin Tower,
the opposite side of Ha Mi Road)
和平区张自忠路158号, 津塔旁, 哈道正
对面, 天津瑞吉金融街酒店一层
Tel: 5830 9999
Web: Stregis.com/tianjin

Banyan Tree Tianjin Riverside

天津海河悦榕庄
34 Haihe East Road Hebei
河北区海河东路34号
Tel: 5861 9999
Fax: 5861 9998
Web: banyantree.com

Holiday Inn Tianjin Aqua City

天津水游城假日酒店
No. 6, Jieyuan Road, Hongqiao
红桥区芥园道6号
Tel: 5877 6666

Tangla Tianjin

天津中心唐拉雅秀酒店
No. 219, Nanjing Road, Heping
和平区南京路219号
Tel: 2321 5888

Renaissance Tianjin downtown Hotel

滨江万丽酒店
105 Jian She Lu, Heping.
和平区建设路105号
Tel: 2302 6888
Fax: 2302 8530

Hotel Indigo Tianjin Haihe

天津海河英迪格酒店
No.314, South Jiefang Rd., Hexi Dist
天津市河西区解放南路314号
Tel: 88328888/4000380666
Web:www.indigohotel.tianjin.com

Hotel Nikko Tianjin

天津日航酒店
189 NanJing Lu, Heping.
和平区南京路189号
Tel: 8319 8888
Fax: 8319 2266
Web:www.nikkotianjin.com

The Astor Hotel, A Luxury Collection Hotel, Tianjin

天津利顺德大饭店 豪华精选酒店
33 Taier Zhuang Road, Heping
和平区台儿庄路33号
Tel: 2331 1688
Web: www.luxurycollection.com/astor

Holiday Inn Tianjin Riverside

天津海河假日酒店
Phoenix Shopping Mall, East Haihe
Road, Hebei (Nearby " Eye of Tianjin ")
河北区海河东路凤凰商贸广场
(“天津之眼”摩天轮旁)
Tel: 2627 8888 Fax: 2627 6666

TEDA &Tanggu

Holiday Inn Binhai Tianjin

天津滨海假日酒店
86 First Ave., TEDA.
经济技术开发区第一大街86号
Tel: 6628 3388

Crowne Plaza Tianjin Binhai

天津滨海圣光皇冠假日酒店
55 Zhongxin Avenue, Airport Industrial
Park.
空港物流加工区中心大道55号
Tel: 5867 8888
Fax: 5867 8899
Web: www.crowneplaza.com

Renaissance Tianjin TEDA Hotel & Convention Center

天津万丽泰达酒店及会议中心
29 Second Ave., TEDA.
经济技术开发区第二大街29号
Tel: 6621 8888

Sheraton Tianjin Binhai Hotel

天津滨海喜来登酒店
No.50, 2nd Avenue, TEDA, Binhai New Area
滨海新区天津经济技术开发区
第二大街50号
TEL: 6528 8888
FAX: 6528 8801
Web: www.sheraton.com/tianjinbinhai

Tianjin Goldin Metropolitan Polo Club

天津环亚国际马球会
16 Hai Tai Hua Ke Jiu Lu Bin Hai Gao Xin
Qu, Tianjin 300384, China
中国天津滨海高新区海泰华科九路16号
Tel: 022 8372 8888
Web: www.metropolitanpoloclub.com

Tiancheng Hotel Tianjin

天津天诚酒店
66 Xinkai Road, Hedong District, Tianjin
天津市河东区新开路66号
Tel: +86 22 2457 8888

[Hotel Apartment 酒店公寓]

Tianjin Downtown

Ariva Tianjin Binhai Serviced Apartment

天津滨海·艾丽华服务公寓
No. 35 Zi Jin Shan Road, Hexi District
河西区紫金山路35号
Tel: 5856 8000
Web: www.stayariva.com

Green Park Villa

格林园
No.34, 1st Avenue TEDA, Tianjin
天津经济技术开发区第一大街34号
Tel: 2528 0670

Shangri-La Hotel, Tianjin Full-serviced Apartment

天津香格里拉大酒店服务式公寓
No. 328 Haihe East Road, Hedong
天津市河东区海河东路328号
Tel: 8418 8888

Fraser Place Tianjin

天津招商美伦辉盛坊国际公寓
No.34 Xing Cheng Towers Ao Ti Street, West
Weijin South Road, Nankai District, Tianjin
天津市南开区卫津南路西侧
奥体道星城34号楼
Tel: 58920800



Ascott TEDA MSD Tianjin

天津雅诗阁泰达MSD服务公寓
No.7 Xincheng West Road, Tianjin
Economic-Technological Development
Area, Tianjin 300457 China
天津市经济技术开发区新城西路7号
邮编: 300457
Tel: (86-22) 5999 7666



Somerset International Building Tianjin

天津盛捷国际大厦服务公寓
No 75 Nanjing Road, Heping
和平区南京路75号
Tel: 2330 6666

EMMAKIDS
Emma International
Montessori Kindergarten

爱玛国际
蒙特梭利幼儿园

EMMAKIDS is an international
Montessori kindergarten
which enrolls preschool children
from age 2 to 6.

Address: No. 9 Macao Rd.,
Heping District, Tianjin City
Tel: (86)-22-23399168
(86)18622551659
Website: www.emmakids.com.cn
E-mail: emmakids@163.com

Somerset Olympic Tower Tianjin

天津盛捷奥林匹克大厦服务公寓
No 126 Chengdu Road, Heping
和平区成都道126号
Tel: 2335 5888

Somerset Youyi Tianjin

天津盛捷友谊服务公寓
No 35 Youyi Road, Hexi
河西区友谊路35号
Tel: 2810 7888



Just Living by Savills

天津尚翌服务式公寓
和平区西康路36号
Tel: 6018 0222
www.JustLiving-Apartments.com

SCHOOL

Tianjin Downtown

Tianjin International School

天津国际学校
No.4-1 Sishui Road, Hexi
河西区泗水道4号增1号
Tel: 8371 0900
Fax: 8731 0400
admin@tedainternationalschool.net
www.tedainternationalschool.net

Tianjin Translation College

天津翻译学院
No.5 Pinghu Road, Anshanxi Street,
Nankai District, Tianjin
天津市南开区鞍山西道平湖路5号
Tel: 2737-9758
Email: jenny_tj@126.com

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.
Weishan Nan Lu, Jinnan District, Tianjin
天津市津南区(双港)微山南路
Mon-Fri 07:30-16:30
T: +86 22 2859 2001
W: www.istianjin.org

SmartKidz International Tianjin

童慧国际
5F, Building C, He Zhong Building, You Yi
Bei Lu, Hexi District
天津市河西区友谊北路合众大厦C座5层
Tel: 18622496466
Landline: 022-83860916-0
Email: smartkidz@foxmail.com;
934971182@qq.com
WeChat: smartkidz-tj
Website: www.smartkidz-tj.com

Wellington College International Tianjin
 天津惠灵顿国际学校
 NO.1 Yide Dao, Hongqiao District
 红桥区义德道1号
 Tel: 8758 7199 / 187 2248 7836
 Email: admissions@wellington-tianjin.cn
 www.wellington-tianjin.cn

Hopeland International Kindergarten
 华兰国际幼稚园(海逸园)
 No.5 Cuibo Road,
 Meijiang Bay, Tianjin, China
 天津市梅江湾翠波道5号
 Tel: 022-6046-2555

Hopeland International Kindergarten
 华兰国际幼稚园(梅江园)
 No.7 Huandao Middle Road, East Side of
 Jiefang South Road, Tianjin
 天津市解放南路西侧环岛东路7号
 Tel: 022-5810-7777

Shuoba Chinese Academy
 说吧汉语
 Tianjin Heping District Chengdu Dao
 No.126 Somerset Olympic Tower 403
 天津市和平区成都道126号
 盛捷奥林匹克4层403室
 Tianjin Heping District Nanjing
 Rd. No.75 International Plaza 1802
 天津市和平区南京路75号国际大厦1802室
 Tel: 022-2335 0585
 139-1079-8835 (Mr. Lu Tong)
 187-1017-7191 (Sandra)

Tianjin Golden Collar Translation Center
 天津金领翻译中心
 No.5 Pinghu Road, Anshanxi Street,
 Nankai District, Tianjin
 天津市南开区鞍山西道平湖路5号
 Tel: 2737-9758
 Email: jenny_tj@126.com

TEDA & Tanggu
Teda International School
 泰达国际学校
 72 Third Ave, TEDA,
 经济技术开发区第三大街72号
 Tel: 6622 6158
 6622 6157
 Fax: 6200 1818
 admin@tedainternationalschool.net
 www.tedainternationalschool.net

MEDICAL FACILITY
Tianjin Downtown
Tianjin United Family Hospital (TJU)
 天津和睦家医院
 No. 22 Tianxiaoyuan, Tianjiang Road,
 Hexi District, Tianjin 300221
 河西区潭江道天潇园22号 300221
 Tel: (022) 58568500
 Web: http://www.ufh.com.cn

ARRAIL International Dental Clinic
 瑞尔专业口腔医疗机构
 Rm 302, Tianjin International Building No.75
 Nanjing Rd. Heping District, Tianjin
 天津市和平区南京路75号
 天津国际大厦302室
 Tel: 022-2331-6202
 Fax: 022-2331-6215

Raffles Medical - Tianjin
 1F Sheraton Tianjin Hotel, Zijinshan Lu, Hexi.
 河西区紫金山路
 天津喜来登大酒店公寓楼首层
 Tel: 2352 0143
 6537 7616
 Hrs: 09:00-18:00 (Mon-Sat)

Raffles Medical - TEDA
 102-C2 MSD, No.79, 1st Avenue, TEDA
 天津经济技术开发区第一大街79号
 泰达MSD-C区2座102室
 Tel: 6537 7616

CHAMBERS
Tianjin Downtown
European Union Chamber of Commerce in China, Tianjin Chapter
 中国欧盟商会天津办公室
 41F, The Executive Center, Tianjin World
 Financial Center, 2 Dagubei Lu, Heping
 District, Tianjin 300020.
 天津市和平区大沽北路2号
 天津环球金融中心41层德事商务中心
 Tel: +86 (022) 58307608
 Website: www.eurochamber.com.cn
 Email: tianjin@euucc.com.cn

The American Chamber of Commerce, Greater Tianjin Branch
 美国商会天津分会
 Rm 2918, the Exchange Tower 2, 189
 Nanjing Road, Heping
 和平区南京路189号津汇二期2918室
 Tel: 23185075 Fax: 2318 5074
 Website: www.amchamtianjin.org

German Chamber of Commerce in China - North China
 中国德国商会
 Rm.1502, Global Center, No. 309
 Nanjing Road, Nankai
 南开区南京路309号环球置地广场1502室
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 Tel: 88294330 / 13512489654
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 河西区浦口道22号
 Tel: 2313 5080

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 Tel: 2313 7919 / 136 821 90233
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 Hrs: 09:00-17:00

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This month, Jin Magazine's "The Helping Hand" is identifying a volunteer service in Tianjin, in the Heping District 和平区 that is giving back to our community. We hope to help shed light on their efforts, let people know what they are providing and why and how you can participate and also lend a helping hand. If you would like to let us know of other volunteer organizations, please contact us.

Heping Incubation Center for NGOs of Tianjin 天津市和平区社会组织孵化中心 Tiānjīn shì hépíng qū shèhuì zǔ zhī fūhuà zhōngxīn. This organization is very new, having registered only in December 2014 as a private non-enterprise organization and renamed as a unified social service agency on September 1, 2016 under the Charities Act.

The Center has four floors, with a total area of 4,500 square meters and is targeted at organizations relying on professional social needs investigation, and social service organizations to provide timely solutions to the people's needs. The first floor is comprised of help workstations and the command center to help the public to discuss and resolve problems. Located on the second floor is staff available to solve the pension problems of professional social organizations. The third floor has 20 independent studios and public incubators. The fourth floor is the training area.

The Incubation Center operates with through financial support from government and social public philanthropy. No project or organization is too small and their objective is helping organizations become stronger and more effective. It is currently with 32 social organizations, and 42 are under review. The Centre follows a strict screening procedure for projects.

Some of the Incubation Center's areas of assistance are directed at disaster planning and assistance such as earthquakes and fires. Services to the elderly in the form of a wills library capable of assisting more than 9,000 people and have received nearly 400 so far. In the Heping District, the center has assisted the emergency call center.

They have also provided assistance to pension program administration and home



The interior of Heping Incubation Center for NGOs of Tianjin

HEPING INCUBATION CENTER FOR NGOS OF TIANJIN

by David Wong

economic services for elderly. One of their future plans is to identify special services for foreigners.

The main criteria for qualifying to be accepted by the center is if the project serves the Heping community and the incubation center will be able to enhance the ability to provide assistance and add to the capabilities.

The Center hopes to provide a high quality of service. This will not only greatly improve the efficiency of government and to meet the diverse needs of the public. Another important main theme is to solve the question of sustainable services.

The Center maintains its service

standards by reviewing the professional social organizations through questionnaires, public opinion analysis, random street interviews and other forms of community extensive collection of public opinion. This is extremely important and the public opinion provides the Center with its direction and its mission statement: "If you have needs, We have the means" "你有需求, 我有办法" "nǐ yǒu xūqiú, wǒ yǒu bànfǎ".

天津市和平区社会组织孵化中心

在和平区荣安大街, 有一个与众不同的底商——和平区社会组织孵化中心。它是和平区培育公益慈善类、社会服务类社会组织的基地。中心按照“按需定供、有求必应”的建设理念, 对社会组织进行孵化、提升、督导。中心大楼共有四层, 总面积4500平方米。一层定位于依托专业组织开展社会需求调查, 并对接提供社会服务的组织, 及时解决老百姓的需求。由连心桥问需工作室、及时帮工作站、蓝天救援指挥中心和公共洽谈区组成。二楼定位于解决养老难题的专业社会组织的孵化和提升。三楼定位于20个独立工作室和公共孵化推介区。四楼是开展培训、会议的场所。孵化中心通过专项资金扶持、政府购买服务以及社会公益创投项目三种形式实现“孵化、提升、督导”三项功能。具体来说, 社会有需求但目前还没有的社会组织, 中心让它“无中生有”; 小的、能力弱的社会组织, 中心让它“小变大, 弱变强”。孵化中心目前正在孵化的社会组织有32个, 正在执行的公益创投项目有42个, 有80个待选的公益创投项目。有需要帮助的读者可前往基地或致电联系。

Address

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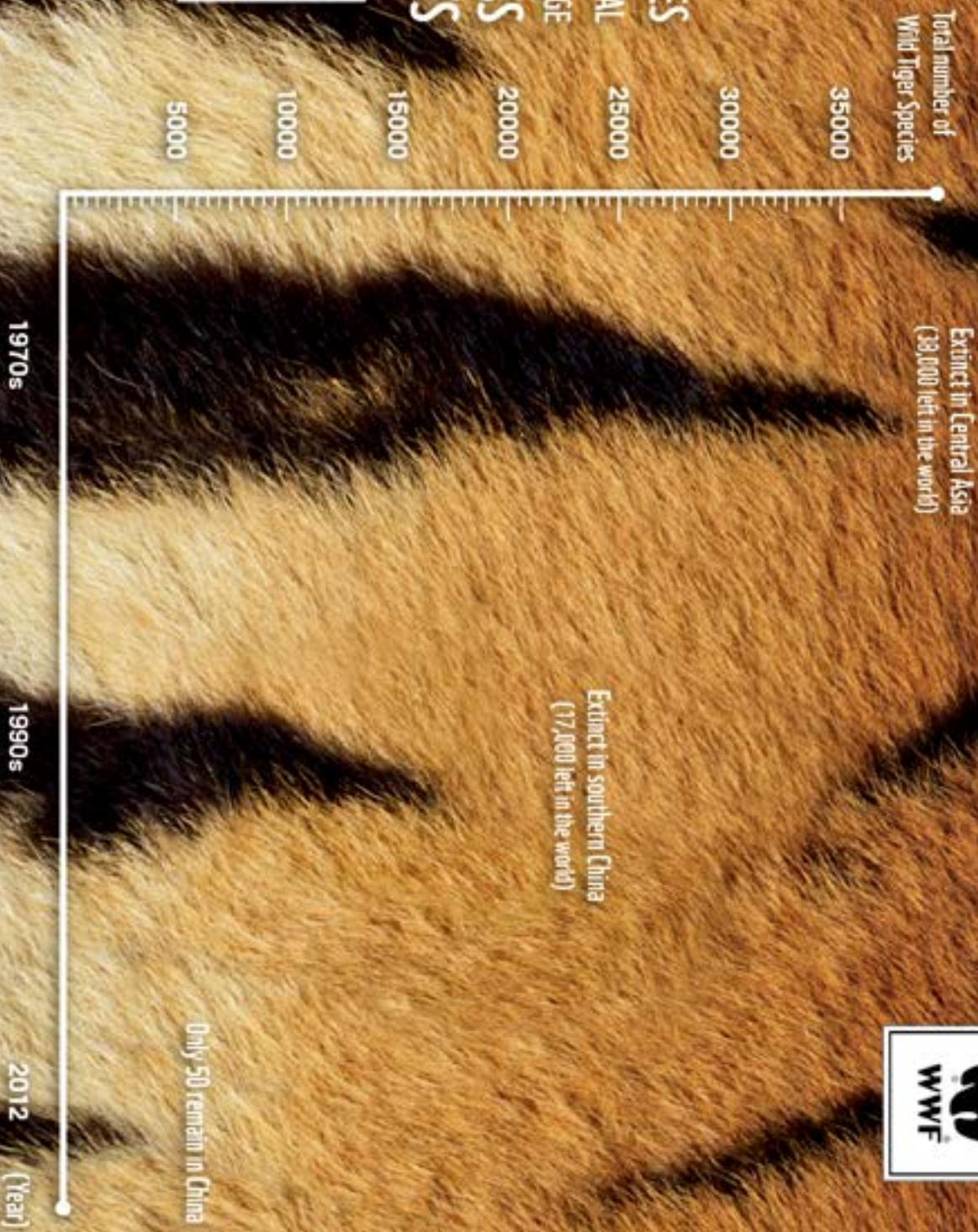
Tel: 5906-3731 (Their website is under construction)

Expats are welcome to call and visit the Center and share your ideas and if your organization has any special needs that are related to community service, they would love to help.

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STUDENTS STARTING

by Mike Cormack

This month Tianjin greets a new generation, as the city's many universities and colleges welcome fresh generations of international students. On behalf of all Tianjiners, we welcome you, the students, to the city and hope your time here is enriching and enjoyable. Please explore, study, think, and make friends. Visit the zoo, Ancient Culture Street, the Aircraft Carrier theme park, Wu Da Dao and Tianjin Museum; go up the TV Tower, take a boat in the Water Park, and practise haggling at Da Hutong; try as many different Chinese cuisines as you can (Xinjiang remains my own favourite). So many avenues of new experiences are available to you – what a gift to have in the palm of your hand!

This month also, coincidentally, marks twenty years since I started my own undergraduate degree. It's bemusing to look back at my former, slender 17 year-old self (I went up a year early) and see how far my life has veered what I expected. Back then, I really didn't have a clue. I had no desire to ever live abroad. I had no concept of a career. I didn't want to get married or have kids. I didn't know what I was good at, or bad at. At the time, to try to articulate whatever nebulous ideas I had, a steady job in some communications field,

with a nice middle-class lifestyle, was all that I hoped for.

Things didn't quite turn out as I hoped, as life somehow seemed determined to send me on the scenic route. I worked for two dreary years as a hotel night porter, then trained as an English teacher, working for two years in Scottish high schools. This also proved unsatisfying: I looked at the people further ahead of me in the profession and realised I just did not want to be like them. So I almost randomly moved to China in 2007, to Hua'an in Jiangsu province, when offered a job teaching at a university. There I met the woman who would become my wife. We moved to downtown Tianjin (where we got married), to Tanggu, and then to Beijing. I somehow found a job copywriting for an advertising agency, then as managing editor of a magazine. We had a daughter in 2011 who makes me happier than I could ever have imagined. And now, twenty years later, I finally feel like I'm where I want to be.

It all took so much longer than I could have imagined. But that's alright. Life is like that: full of unexpected adventures and veerings, mistimed incidents and sudden tilts. Some of the questions you may find yourselves most often answering are "Why did

LIFE IS LIKE THAT: FULL OF UNEXPECTED ADVENTURES AND VEERINGS, MISTIMED INCIDENTS AND SUDDEN TILTS.

you come to China?" or "What made you choose Tianjin?" It can be hard to pinpoint exactly what prompts people to move abroad, beyond a desire for adventure and new experiences, unless you have some family heritage calling you. For you, it might be the university, or the chance to see China, or it being a large city if you're from somewhere smaller. But however you came to be in Tianjin, China presents new vistas that rarely fail to be inspiring and invigorating. We all hope you make the most of it. Maybe you'll zoom to success, maybe it'll take you longer. Maybe you know what you want from life and are intently studying your way there; maybe you're still reading and exploring and discovering. Maybe Tianjin will be the springboard to an extended stay in China (like happened with me), or maybe it's just a staging post on the way to new countries. Whatever happens, part of you will always be Tianjin – and Tianjin will always be part of you.

从校园开启中国生活

进入大学开学月，又有一大批外国留学生来到天津这座城市。作为一个“老天津人”，我欢迎你们的到来，希望你们能充分探索这座城市，认真学习，多交朋友，这都会是你受用一生的体验。

回想我升入大学的前夕，我对自己的未来毫无规划。我从来没想过出国，也不知道将来做什么工作好，我不想结婚生孩子，甚至不知道自己的长处和短处。反正只要能过上普通的中产生活就知足了。

我毕业后在酒店值过夜班，在学校里当过老师，但内心却并不快乐，看着周围的人，我仿佛也看到了自己的未来，于是命运的车轮把我带到了中国。2007年，我来到江苏淮安开始了在中国的第一份教师工作。

在那里我结识了现在的太太，然后一起来到天津，后来又去了北京，从英语教师一直做到杂志主编，4年前又有了可爱的女儿。20年过去了，我变成了我期待中的样子。

人生就是充满了未知的冒险、转折以及难以预料的故事。很难说是哪一件具体的事让我们做出出国的决定，我想对我来说，我只是看中了让我认识中国的机会，去感受她的博大和宽广，而中国总能给我全新的视角和启示。无论你决定留在天津继续生活还是要搬去其他城市，天津都会永远在你的生命中留下烙印。



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