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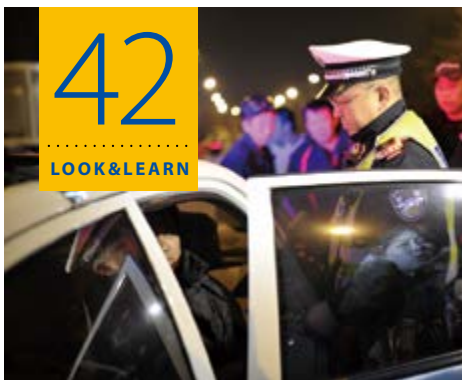
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Alcohol And Cars—A Deadly Mix
酒驾—通向危险之门



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- SOMERSET
- Green Park Villa

- Others 其他**
- Fellowship
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- JINGS STUDIO
- TNC

Jan 1 !

▶▶▶ Tianjin Grand Theatre 天津大剧院

2017 New Year's Concert: Symphonia Vienna

维也纳管弦乐团2017新年音乐会
演出: 维也纳管弦乐团
Time: 19:30

The Vienna Symphony is an orchestra from Vienna, Austria. Founded in 1995, it was conceived with the idea that its future was to be in its uniqueness - a youthful international ensemble where every musician has an experience in the Viennese tradition of music making. Today, Symphonia Wien comprises exceptional musicians from all over the world. Whether they are principally soloists, chamber musicians or leading orchestral musicians, all share the passion and joy of making music together. The ensemble is equally comfortable performing the most intimate chamber music, as well as the classics, as part of their large symphonic orchestral repertoire.



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

Jan 2 !

▶▶▶ Tianjin Grand Theatre 天津大剧院

TianJin Station: "Riverdance" 2016 World Tour

《大河之舞》2016全球巡演天津站
演出: 大河之舞爱尔兰舞蹈团
Time: 19:30

Riverdance is a theatrical show consisting mainly of traditional Irish music and dance. It is rooted in a three-part suite of baroque-influenced traditional music called Timedance composed, recorded and performed for the 1981 Eurovision Song Contest, which was hosted by Ireland. Now the Riverdance sensation continues its successful journey around the world, however in a diminished format and in smaller venues. At the beginning of 2017, all of us in Tianjin should consider ourselves lucky to have the chance to watch this fantastic performance.



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Jan 2 !

▶▶▶ Tianjin Auditorium 天津大礼堂

Tianjin New Year Concert: "Waiting for you" 2017 - Lisa Ono

“waiting for you” 2017小野丽莎天津新年演唱会
演出: 小野丽莎
Time: 19:30

Lisa Ono is a popular Japanese-Brazilian bossa nova singer. Lisa began singing and playing the guitar at age 15, and her debut as a professional bossa nova singer was in 1989. Her natural voice, rhythmic guitar playing and her charming smile have led her to a huge international success and popularized bossa nova in Japan. Her 1999 album "Dream" sold more than two hundred thousand copies in Japan, and, since then, she has established a celebrated position in the Japanese bossa nova community.



ADD: Tianjin Auditorium, 24 You Yi Lu, Hexi
河西区友谊路24号
Tel: 28351443

Jan 3

▶▶▶ Tianjin Auditorium 天津大礼堂

New Year Concert: Wiener Truhlingsstimmen Symphoniker

维也纳之声交响乐团新年音乐会
演出: 维也纳之声交响乐团
Time: 19:30

ADD: Tianjin Auditorium, 24 You Yi Lu, Hexi
河西区友谊路24号
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Jan 2

▶▶▶ Tianjin Jinwan Grand Theatre 天津津湾大剧院

Russian State Ballet: Swan Lake

爱乐汇·2017俄罗斯芭蕾舞国家剧院芭蕾舞
《天鹅湖》
演出: 俄罗斯芭蕾舞国家剧院
Time: 19:30

ADD: Building 4, Jin Wan Plaza, 48 Jie Fang Bei Lu, Hepin
和平区解放北路48号津湾广场4号楼
Tel: 23219966

Jan 7

▶▶▶ Tianjin Jinwan Grand Theatre 天津津湾大剧院

Piano Recital: Ning An

安宁钢琴独奏音乐会天津站
演出: 安宁
Time: 19:30

ADD: Building 4, Jin Wan Plaza, 48 Jie Fang Bei Lu, Hepin
和平区解放北路48号津湾广场4号楼
Tel: 23219966

Jan 7

▶▶▶ Western Shore Art Salon 西岸艺术馆

Concert: Kunqu
华章雪韵, 如花美眷
——纪念汤显祖逝世400周年
昆曲经典唱段清唱会
Time: 20:00

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

Jan 13

▶▶▶ Western Shore Art Salon 西岸艺术馆

Concert: String Quartet
因你而悦——让音乐属于每一个人
Vivace弦乐重奏音乐会
Time: 20:00

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

Jan 14

▶▶▶ Western Shore Art Salon 西岸艺术馆

Concert: Chamber music
一路有你
——原创星座作品室内音乐会
Time: 20:00

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



Jan 1

▶▶ Binhai International Convention Center
滨海国际会议中心

**Binhai Station:
Hao Yun National Concert Tour**
冲动-郝云全国巡回演唱会滨海站

演出: 郝云
Time: 19:30

ADD: The 5th Avenue, TEDA
天津经济技术开发区第五大街
Tel: 65301311



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Jan 1

Movie: Bridget Jones' Baby

Release Date: 1 January 2017 (China)
Genres: Comedy, Romance
Director: Sharon Maguire
Stars: Renée Zellweger, Gemma Jones, Jim Broadbent



Bridget's focus on single life and her career is interrupted when she finds herself pregnant. However, there is more than one hitch ... she can only be fifty percent sure of the identity of her baby's father.



Jan 6

Movie: Rogue One: A Star Wars Story

Release Date: 6 January 2017 (China)
Genres: Action, Adventure, Sci-Fi
Director: Gareth Edwards
Stars: Felicity Jones, Diego Luna, Alan Tudyk



The Rebellion makes a risky move to steal the plans to the Death Star, setting up the epic saga that follows.

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Zhongguancun opens branch park in Tianjin 天津滨海—中关村科技园揭牌

The Tianjin (Binhai) Zhongguancun Science Park was inaugurated on Nov 22. At the same ceremony, 45 Beijing enterprises committed to investing in Tianjin. The Administrative Committee of Zhongguancun Science Park in Beijing selected the Beitang enterprise zone, located in the Tianjin Economic-Technological Development Area, to be the home of a Zhongguancun Science Park branch, a result of cooperation between Beijing and Tianjin.

11月22日, 天津滨海—中关村科技园正式揭牌, 科技园入园项目暨北京企业投资滨海新区项目集中签约仪式同期举行, 共有45个项目集中签约。

Selected Subway Stations Now Support Online Ticket Purchasing 部分地铁站可网上买票

Recently, Tianjin Metro Operation Company installed two cloud ticket machines at Gu Lou Station on Line 2 and at Da Xue Cheng Station on Line 3. After a trial operation period of one month the two machines are running well and meeting travellers' demands. From December 2nd, Cao Zhuang, Binhai International Airport, Tianjin South and Hua Bei Ji Tuan Stations also received the new machines. This enables passengers to buy their tickets on the internet and then print them out at the cloud ticket machines at these stations.

日前, 天津地铁运营公司在2号线鼓楼站和3号线大学城站安装“云购票”机, 经过一个多月的试用, 两台“云购票”机运行良好。从12月2日起, 地铁2号线曹庄、滨海国际机场站和地铁3号线天津南站、华北集团站也各投放一台“云购票”机, 乘客可在网上购票, 然后到“云购票”机上取票。

Spring Airlines Begins Tianjin - Tokyo Flights 春秋航空开通天津—东京新航线

China budget airline Spring Airlines will begin flights from Tianjin-BinHai to Tokyo' s Narita airport on January 28. The Boeing 737-800 will have 189 seats and will commute between Tianjin and Narita on Mondays, Wednesdays and Saturdays according to a statement from the airline. The flight number will be IJ1032 and the planned departure time from Tianjin- Binhai Airport is 16:35 which will see arrival at Tokyo' s Narita at 20:50. The return flight number is IJ1031, with a planned departure time from Tokyo' s Narita of 12:20 and it will arrive in Tianjin- Binhai Airport at 15:25. The opening of these new flight routes to Narita will help meet the growing demands of tourists and business people needing to travel to Japan.

国内最大的低成本航空公司春秋航空将于2017年1月28日开通天津至东京成田航班, 采用波音737-800执飞, 座位189座, 每周一、三、六执飞。航班号为 IJ1032, 从天津滨海机场出发为16:35, 抵达东京成田为当地时间20:50。回程航班号为 IJ1031, 从东京成田出发时刻为当地12:20, 抵达天津滨海为15:25。本次开通东京成田航班后春秋航空更方便了游客赴日商务及观光旅游出行。

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



China approves railway plan for Jing-Jin-Ji megacity 发改委批复京津冀城际铁路网规划

China has approved a 247 billion yuan railway plan to improve transport links between the capital Beijing, the port city of Tianjin, and the neighbouring province of Hebei, part of plans to integrate the three areas into a mega-city. The National Development and Reform Commission said that the plan will span nine projects that total 1,100 kilometers long. These projects will be built over the years to 2020, and are part of a wider plan that will stretch to 2030. The current population of the three areas is estimated at around 110 million, and by the time it's complete, the so-called Jing-Jin-Ji project will span 212,000 square kilometers, or more than twice the size of South Korea.

国家发改委近日批复了“京津冀地区城际铁路网规划”。到2020年前，将以“京津、京保石、京唐秦”三大通道为主轴，基本实现京津石中心城区与周边城镇0.5-1小时通勤圈，2030年，基本形成以“四纵四横一环”为框架的城际铁路网络。总里程约1100公里，初步估算投资约2470亿元。

Tianjin to open Luban workshop in India 天津在印度建设“鲁班工坊”

Seven professional teachers from Chennai, India, have recently finished their training in Tianjin and will become the first teachers at their local Luban workshop to share their vocational education achievements. The overseas Luban workshops are intended to help local schools train certified skilled talents. In addition to providing teachers returned from China, the new Indian Luban workshop will open online courses to benefit more students. Both Tianjin and Chennai will organize China-India skills competitions and promote internationalization of the workshops and the contests. The first Tianjin Luban Workshop was established in Thailand in April, 2016 and the second one will be established in India next April, signaling that Tianjin vocational education has started to influence other countries.

近日，7位来自印度金奈理工学院的专业教师结束在津培训，他们将作为天津在印度建立的“鲁班工坊”的首批专业教师，把天津的优秀职业教育成果带到国外、与世界分享。这也是本市在海外建立的第二个“鲁班工坊”，并将于明年4月在印度落成。

Tianjin Binhai area's GDP exceed 1 trillion yuan became the first national zone 天津滨海新区成为首个GDP过万亿元的国家级新区

The gross output of Tianjin Binhai New Area, is predicted to exceed 1 trillion yuan (\$144 billion), becoming the most productive of the country's 18 national zones. In the first three quarters, the GDP of Binhai New Area hit 680 billion yuan, up 10.7 percent year-on-year, data for Binhai New Area government. The area in the northern port city of Tianjin was officially inaugurated in 2010. It covers 2,270 sq km and has a population of nearly 3 million. It also contains major parts of Tianjin Free Trade Zone. The growth of the area is closely related to its manufacturing and scientific research transformation, said Jiang Ning, vice president of Binhai Research Institute. Fixed asset investment in the area has reached 1.5 trillion yuan and foreign investment hit \$33 billion. In order to boost regional development, China has 18 national "new areas" -- seven in the east, two in the central region, three in the northeast and six in the west.

2016年，预计滨海新区地区生产总值将突破1万亿元，实现三年年均增长13%，成为国内首个GDP过万亿元的国家级新区。据滨海新区发展改革委统计数据显示，新区累计完成固定资产投资1.5万亿元，实际利用外资332.5亿美元，实际利用内资3120亿元。新区先后承载了30多个国家级、市级改革试点，还是天津自贸区的主要载体。



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LETTER

FROM THE EDITOR

As we start the new year of 2017, I want to wish all the readers and clients of Jin Magazine all the best in the coming year of the Rooster. Thank you all for your support and thanks to all the staff, writers and our board of directors for making 2016 a very successful year and we look forward to continued success in the coming year.

In this issue, our feature will look at what our community will be doing for the coming Spring Festival holidays or Chinese New Years, which this year begins on January 28th and celebrate a 7-day holiday. Many will use this long period to return to hometowns outside of Tianjin and outside of China but for those that choose to stay, there are many local activities.

January and February are usually the coldest months of winter, so our Parenting article will focus on how to keep our children healthy during this period. Not able to hang your clothes out to dry in this cold weather? Read about the right clothes drying rack. The Dining column tells us all about noodles and I'm sure a hot bowl of noodle soup will help break the cold. If too cold to venture out, our Life article will describe how it can be delivered to your home.

Starting in this issue, we will introduce new section that describes a new app for your smart phone. This month is the travel app Ctrip. The Helping Hand profiles the Hui Ling Center for the Intellectual Disabilities. The travel suggestion is to the little known Anhui province, which is not so difficult to get to and has a lot to offer. Our Parting Shot will review 2016.

During the holiday season, there will be many occasions for celebrating and our Look and Learn feature will deal with drunk driving. So please don't drink and drive and have a safe holiday.

新年伊始，祝愿每一位读者朋友都能有一个美好开始。我们在这里感谢所有人的帮助，是你们的支持与关爱才让 2016 有了完美的结束。期待 2017，让我们可以有更加精彩的生活。

本月的主题我们自然要关注有关中国新年的话题，2017 年的春节将在 1 月 28 日到来，为此我们也有了长达 7 天的假期，我相信很多朋友都会利用这段时间返乡，但对于留下来的朋友，我们也准备了很多本地活动，希望大家不要错过。

1、2 月通常是最冷的月份，因此关于如何保证孩子们的冬季健康将会是我们育儿栏目的重点。本期的生活文章，我们将介绍外卖服务的应用程序，如果你也喜欢这种新颖的生活方式，那就不要错过我们的文章。从今年开始，我们将开启全新栏目，希望可以为大家的生活带来更加便捷的体验。

假期就要到来，朋友之间肯定少不了各种聚会。我们在这里也友情提醒各位开车的朋友，切莫酒后驾车！好了，最后祝愿大家假期愉快，未来也要多多支持我们。

Monica Wang
Editor



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Responsible Institute

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Publisher

Jinwan Media Newspaper Office

Editor-in-Chief

Miao Qiyuan

Assistant Editor-in-Chief

Liu Zheng

Editors

Monica Wang, Leticia Zhang

Regular Contributors

David Wong, Carmen King, Bryce Cristiano, Robert Watt, Paula Taylor, Charlotte Edwards

Design

Sun Xiao, Joker, Wang Xiaomin

Sales & Advertising

CandyYang, LuHuiqing, Li He

Distribution

Chen Pengyu

Advertising

Tianjin Fenghua Advertising Co., Ltd.

Tianjin Office

8F, Jinwan Media Building, 358 Nanjing Lu, Nankai District

Tel +86 22 2750 0877

Fax +86 22 2750 9201

E-mail editorial@jinmagazine.com.cn

@jinmagazine

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地址 天津市南开区南京路358号今晚传媒大厦8楼

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传真 +86 22 2750 9201

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Mr. Xu Yongge

Tel: +86 22 60336055
13902115987
E-mail: xyg@tjgrlaw.com

Managing Partner of Sino-Credit
Director of Tianjin Human Resources Labor Dispute Mediation Center
Executive Chairman of HRCLUB
Legal Adviser of Tianjin Human Resources and Social Security Bureau
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天津共融律师事务所
SINO-CREDIT 共赢 互信 超越

TEL: 022-60336055 / 13902115987

Address: Room 805-806 Sanlian Mansion, Intersection of Shiyijing Road and Shiwei Road, Hedong District, Tianjin, PRChina



Celebration of Chinese New Year. photo by Jane Liu

THE VARIOUS FESTIVALS OF EAST AND WEST

by **David Wong** and **Carmen King**

Some wait all year for these festivities, considering Christmas and New Years as very special times. Christmas is considered a religious holiday celebrating the birth of Jesus Christ, thus the name, “Christ Mass” and is recognized each year on December 25. There are several churches in Tianjin and all will have a Christmas Midnight Mass. Despite its continued popularity an online search about the real birthdate of Jesus will reveal a number of results. In fact there is evidence that December 25 isn’t even his real birthdate, but rather was

adopted around the 4th century as a means to give existing festivities a “Christian” flavor. While the exact date of Jesus birth may not be known exactly, this tradition of Christmas has spread from West to East.

Old China hands, a term some use to refer to expats who have lived here for 10 years or more, likely remember a time when few if any public Christmas events were held. Holidays which were considered “Western” in nature may only have existed within small circles. It is incredible though, how much the December 25th date has been integrated into

modern China life. This includes big holiday sales at the malls and as mentioned a huge Christmas feast at pretty much every major hotel in town. This is just one of the ways that living in China is nowhere near as “foreign” as it used to be.

While the main festivities around this time of the year vary based on culture and religious belief, it may be of interest to review the main activities associated with each. The food, practices and dates differ. However, there are a number of common threads. One, they seem to bring attention to the time of year,

that is an end of one year and the beginning of another. Two, they stress festivity, big gatherings and lots of group activity. Three, they all are quite commercial. The seeming mandatory nature of gift giving, eating out, hosting events and attending parties ensure there is plenty of economic exchange going on. It generates a massive amount of profit for businesses. So too it can create a tremendous amount of stress on folks trying to keep up with the Jones' or simply desiring to be a part of everything. Four, they have ties to worship or veneration of some deity or sacred ritual. Below we will discuss each festivity and their popular practices.

Festive Gifts

Aside from the spiritual nature of these holidays, with each of the nationalities having their own routines, the general feeling of goodwill and a positive attitude is prevalent. The commercial and retail sectors have certainly capitalized on these festive seasons as well. Shopping malls, hotels and restaurants will have displays of Santas, Christmas trees and decorations as early as November.

Expats that celebrate Christmas will exchange wrapped gifts on the eve of the holiday, December 24th or the morning of the 25th. During Hanukkah, Jewish families will give money to their children, called Hanukkah Gelt. The Chinese will celebrate the New Year or Spring Festival by handing out "Red Envelopes" (红包 *hóngbāo*) to the almost everyone, including children, colleagues, friends and parents. These envelopes will contain cash usually in an even count and not odd numbers.

If expats are visiting local Chinese friends during the Chinese New Year, giving red packages to their children will be custom. The rule of thumb is as long as the child is not married; they are entitled to a gift. The amount will depend upon the relationship. If they are very close friends probably two 100 RMB notes will do. If not so close and the children are younger, two 10 RMB notes are fine. If visiting Chinese friend's at their home, it is understood that one will not go empty handed. In addition to the "Hong Bao" guests are expected to bring gifts of fruit, wine or flowers. However traditionally flowers are colorful and not white. Despite the overseas acceptance of white lilies, be aware white flowers are linked with death in Chinese culture, thus are only suitable for funerals.

REALLY, IT IS QUITE TRAGIC THAT A TRADITION CLAIMING TO BE ALL ABOUT GIVING HAS A HISTORY OF FOSTERING GREED IN SOME.

Every year tends to have its "hot" gifts. Especially during Christmas time this results in no small amount of drama. For example the Hatchimals have made the news not just for their popularity as gifts but for their being hoarded and then exploited. Time.com reported on a number of different Hatchimal "resell" cases. Some stories are fairly straightforward, being nothing more than the usual buy low and sell high. The one person everyone seems to have taken the biggest issue with is Sara Gruen. Previously known for literary exploits, now she has found herself on the front page because of her Hatchimal exploits! Based on Time.com's report she did so not with selfish motives, but an altruistic one, allegedly looking to use the profit from Hatchimal resales for freeing a supposed wrongly accused individual. This holiday gift-giving related scandal is nothing new though. It brings back memories of the Tickle Me Elmo incident. Really, it is quite tragic that a tradition claiming to be all about giving has a history of fostering greed in some.

Even if stuff isn't being given, passing around cash stuffed envelopes doesn't get any

less dramatic. For one it creates a level of responsibility, even inescapable pressure to prepare a huge amount of money just for the holiday season. Going to a holiday dinner at a friend's or family's home is more like going to a top concert. Don't expect to get in without spending some cash! It would be unthinkable for guests to show up simply to "share a meal". From young to old, from East to West, there would be disappointment, even anger over failing to give the obligatory monetary gift. Not only must one give, but giving the correct amount is critical in the East. It can be as simple as avoiding the wrong "number" of bills or include the more complex challenge of discerning how much money is considered respectful.

While movies and media love to play up the festive nature of giving gifts during these times, on a personal level many people feel a real stress. In talking with locals about Spring Festival, especially some of the older folks, they explain that it has become far more commercial these days when compared with the past. Before, a decent meal shared with family was the big event. Now, the amount of red-backs in that envelope is the main issue. This is disappointing to some. Being fed up with gifting pressure and perceived hypocrisy surrounding these events has even motivated some in the West to pass on Christmas all together.

Festive Food

For the Christmas crowd, turkey and



Diao Qian, a traditional Chinese New Year decoration.



Massive Christmas celebrations have been happening intensively in Tianjin recent years.

hams are the traditional fare during this period. It is not likely this food tradition will ever catch on in China. Turkey is considered a very low-end type of food and unless turkeys are imported, the local ones are quite skinny and old. The imported ones are very expensive and the Chinese generally do not like white meat. A roasted turkey is not as flavorful as many Chinese dishes. A traditional Jewish festive food is potato pancakes called "Latkes" and doughnut pastries filled with sweet fillings called "Pontshkes". Hotels will feature turkey and ham dinners with Christmas trimmings such as stuffing, cranberry sauce and mint jelly. In order to attract more customers, special gifts and prize drawings are usually offered.

Chinese cuisine is the cornerstone of culture and life, represented by so many different regional dishes and varieties. During Spring Festival, there is no holding back, this is a period of abundance and a Chinese dinner during this time will feature fish. In Chinese fish is "Yu" 鱼, the homonym for abundance or surplus Yú 余. Chicken is also a must because it is a custom that no matter how poor a family is they have to have at least chicken to eat

during the New Year. "Nian Gao" 年糕 "New Year Cake" is another homonym for a surplus year and is a sweet pudding made of glutinous rice. On the last day, families will eat "Yuan Xiao" 元宵 or Tang Yuan" 汤圆 sweet glutinous rice balls served in a soup.

The list of foods and significance is endless and will depend upon regional customs and tastes. Don't expect to finish all the food, as there will definitely be leftovers, especially during this festive time. In general, Chinese hosts do not like to leave a table with no food remaining when the dinner is finished because it may mean a loss of face that there was not enough to eat. At least recently, they

have accepted the idea of taking home leftovers, in the past even this was frowned upon.

Most restaurants and supermarkets will close early on New Years Eve and all day New Years day so stock up and prepare to cook at home those two days but after this, all eating places except for your favorite food stands probably will be back in business. The food stand operators are probably from other cities and will be away at home for at least two weeks during this time of the year.

Food is unquestionably one of the top traditions associated with holiday festivity. There are countless tales of endless spreads and never ending liquor. Especially around these times of the year, driving under the influence gets monitored. It is usual in the West for there to be more Police action in terms of catching drunk drivers. In recent years, China is likewise stepping up the effort to stop inebriated partiers from taking to the road. In fact, now more than ever the penalty for driving drunk in China is not to be taken lightly. Some expats do have their Chinese driver's license, therefore be warned. Regardless of

**STILL, THE BEST SOLUTION IS
SIMPLY NOT TO GET DRUNK.
CONTROLLED DRINKING
PROVIDES JOY WITHOUT
HEARTACHE.**

legal consequence, as a responsible member of society there is zero place for driving under the influence.

There are number of apps now that provide “designated driver” services specifically targeted at intoxicated individuals. Didi Chuxing (滴滴出行 didi chūxíng) has such a service called: 代驾 dàijià. These services are quite interesting in that guys hang around on scooters with cell phones waiting for a customer request. When a driver request comes in they take off, going to where the drunk person is at. There they fold up their mini-scooter putting it in the customer’s vehicle and then driving the client and their car to their desired location. Upon arrival, they hop back on their scooter, waiting for their next request. This is significantly different than a taxi driver who comes and picks up the rider leaving behind the person’s car. Still, the best solution is simply not to get drunk. Controlled drinking provides joy without heartache.

Festive Fun

Since most International Schools observe the Christmas holidays and have a school break of at least two weeks. This is when some expats will either go home to see their families or choose to take a trip to some other Asian location. This helps to reduce travel time and avoid the chance of winter conditions which can disrupt flights when flying overseas. A winter retreat to places like Thailand, Singapore or Malaysia will mean fun in the sun but it since it is considered peak season, expect correspondingly higher prices. For the Chinese, Spring Festival is the major holiday for the family and schools will be closed for almost a month. K to 12 schools will likely be off starting January 21 to February 19th, universities will even have a longer break, some as early as January 9 to March 6th.

This is the time that most Chinese will make their trek back to their hometowns for family reunions. Air, train, bus and highways will see the highest volumes of the year. An estimated 2 billion trips will be made, another good reason for most expats to leave China during this period. Although if you decide to stay put in Tianjin, local traffic will be quite pleasant, except for the tourist spots. If visiting local temples be prepared for crowds. For example Tianjin’s Dabeyuan (大悲院 dàbēiyuàn) is the largest and oldest Buddhist temple in town. Historically during the holiday season a staggering number of people visit.



Wines are indispensable in festival banquets.

Vacation time for Spring Festival goes as follows. There are three official days off. People also work the weekend prior. This is so they can take two more days of the following workweek off. Finally, there are the two days off for the upcoming weekend. This adds up to a total of seven consecutive days off. The actual period of celebration is 15 days starting with the New Year’s Eve and ending on the 15th day which is February 11th. That is called the Lantern Festival or “Yuan Xiao Jie” 元宵节. Don’t plan to do any big business or have meetings a few days before or after this holiday period as it takes Chinese time to get back into a business frame of mind.

Fireworks will be a main activity during this period. The setting off will start with New Years Eve and continue each evening coming to a crescendo on the final evening of February 11th. Some of these firecrackers are quite significant such as rockets which can easily go astray. Children are easily susceptible to injury and have sensitive skin. Each year, several people are injured or sustain burns. If the pollution levels are high, the government will implement bans on setting off fireworks.

In North America and Europe, the day after Christmas is also a holiday and is called Boxing Day. This is a special shopping day when everything goes on sale. But here, it

seems that there is not such a frenzy of sales. Promotions tend to just continue until the Chinese New Year which is in February.

The Christmas break in the East and the Spring Festival break in the West represent the two longest official vacation periods respectively. Yet the Chinese festivities can easily extend for what seems to be a month or so. As noted above, especially for collegiate students, they virtually “move home” during the break. Colleges can become like ghost towns and even big cities like Tianjin feel noticeably different during that time of the year. It could be said that the time around “Chunjie” is when Tianjin is at its purest. Namely, many foreigners and non-Tianjin Chinese leave town. The people remaining for the majority are Tianjin born and raised residents. This is their home town, and they don’t leave during the long holiday break. For expats wanting to get a full dose of Tianjin, sticking around during this time is a great way to see what the city would be like without all the non-locals.

As to what activities each culture finds festive, there is a gap. Particularly when it

comes to the firecrackers and staying up all night, some expats struggle to keep up. It can be very noisy and even a bit alarming as firecrackers randomly start going off anytime, anywhere. For the Chinese this is a big culture point. Firecrackers are thought to ward off evil spirits and represent the excitement associated with the Spring Festival. While firecracker activity has seemed to lessen somewhat in recent years, at least at current it is improbable they will completely go away. Learning how to cope with the noise is something some expats find challenging.

When it comes to the extra time off though, usually this is hardly difficult to accept. In fact, expats that work as teachers look forward to and plan for the extended break. Though planning where to go and how to go is extremely important.

Festive Sports

With all the eating and special foods during these festivals, it is hard not to gain weight. Hopefully the weather is not too cold,

because there are many outdoor activities to be done. A simple walk around the park or along the Hai He River is very nice. If you are looking for something more active, tennis and badminton are other alternatives and if the weather is too cold for playing outdoors, there are some indoor facilities. A simple retreat to a facility that has a ping pong table will get your sweat dripping. Then you can finish with a quiet game of snooker. These are just a few ways to burn off those extra calories. Hotels do offer some of these services, but at a price. Speaking of hotels, why not spend a weekend at a hotel that has these facilities or a spa and swimming pool. Just make sure to book in advance and look for some special seasonal promotions.

Though it should be noted, be careful if one is usually inactive. Suddenly starting up intense exercise can spell trouble. It would be advisable to be moderate in all things. This means, try not to overeat. Plus, keep a good exercise routine going all the time, not just at certain times of the year. This is the best way to stay healthy and avoid trouble related to



A father and son are posing at a Lantern Festival fair. photo by Jane Liu

random high intensity exercise. Instead of using time off to eat to death, try to think of ways to stay active.

Festive Wrap-up

With so many days off in the near future, there are many options, if you are up to the crowded tourist areas in China, to book a tour of the famous spots. Booking a tour in a warm Southeast Asian resort is another option or going back home to North America or Europe if you book well enough in advance is an option. Or just doing nothing and staying in Tianjin to take a break and enjoy the down time with your partner is always an option. Reading a book that you always wanted to finish is another good choice. Whatever you decide, take the time to reflect on what is important to you and recharge yourself for the forthcoming year.

Living in one country with one set of festivals to contend with can be challenging. Living in China where there tends to be a mix of two different festival schedules simultaneously going on can be even more overwhelming. Often expats find that when family back home has time off, they don't and vice versa. Not to mention like everything else in China, when there are official holidays, it means an incredible number of people will simultaneously attempt to be active. Expats need to plan in advance how they will manage this phenomenon. For those that have a number of friends that are not local Tianjiners, plan to miss seeing them during these vacation periods. In some cases it is as if they disappear, returning to their home town with little to no contact during the entire time away. Expats may also find fellow foreign friends are either taking a trip home or off seeing the sights. While some people look forward to all the festivities, others may find them a very lonely time of the year. This loneliness can be coped with by filling one's time with meaningful activities and expanding one's network of friends. As with many things in life, this time of year tends to be a double edge sword.

过年了，你能做什么？

最近两个月，人们沉浸在各种节日的欢乐气氛中，有些人每年就是盼着这两个月的到来。12月我

们刚刚大张旗鼓地庆祝了圣诞节，一些在中国生活了十多年的老外们还记得当年几乎没有圣诞庆祝活动，但看看现在，每到圣诞季商场都会打折促销，餐厅酒吧也早早打出了圣诞大餐的广告，已与西方无异。圣诞节过后，紧接着是全世界人民都要庆祝的元旦，和28天后的中国传统新年。

在这个多文化的国际社区里，不同文化和信仰的人都有自己的节日，日期和庆祝习惯不同，但也会找到一些共同之处，比如重大节日都在年初或年尾，会和家人团聚或和朋友一起庆祝，都起源于神仙崇拜，而且已经发展得非常商业化。

不论是哪种节日，人们都会互相祝福，表达美好心愿，其中一个方式就是互送礼物。圣诞节的习俗是把礼物借圣诞老人之手放到袜子里，让孩子们一觉醒来能够看到。中国人会把钱放在红色的信封（红包）里送出去，象征着压岁或者祝福。

如果你的中国朋友邀请你春节期间去家里做客，千万不要空着手上门，提前了解一下主家有几个孩子，除了红包，你也要带上点水果或礼品作为上门礼。

这样的习俗让出席节日宴席变成一种财政负担，去“吃白食”无论在哪个国家都会遭人白眼。你不仅要给钱，还要注意钱数一定是偶数且寓意吉利！很多中国的老人们回忆，小时候过年很简单，就是一家人聚在一起吃顿饭，但现在人们更关注红包的薄厚，这是不对的，有些人因为这些压力干脆不再过节了。

说到节日大餐，圣诞节的传统食品是火鸡和火腿，但是中国人吃不惯味道清淡的火鸡肉。而中国人在过春节的时候，也会准备丰盛的佳肴，这些菜肴不但味道可口，而且还要讨个好彩头。比如，除夕家宴上必须有一道鱼，因为“鱼”谐音“余”，象征着年年有余，而南方人爱吃年糕，象征步步高升。

节日期间宴席、酒席增多，按照中国人的传统，亲朋好友聚在一起不喝几杯就不能算过节。这个时候，很多人会放松警惕，酒驾的现象会有所上升。警察叔叔也在节日期间异常忙碌，加大对酒驾的处罚力度。既想出行方便，又不能违反交规，你可以通过手机APP叫代驾，代驾司机会把你和爱车都安全地送到家。

大部分国际学校在圣诞节前后就已经放假了，学生们要么回国，要么会出国旅游，东南亚国家比如新加坡和泰国是他们的首选，因为可以躲避冬天的寒冷。春节期间，中国的学校也放假了，外地大学生们刚一放假就忙着往家赶，成为春运大军中的一员。如果你在春节期间待在天津，你能享受到7天安静的时光，因为马路上的交通要顺畅很多。但是如果你在大年初一想要游览大悲院的话，你会看到另一番景象，因为很多天津人要在初一一早到庙宇祈福。

按照中国人的传统，过年要放炮。但是近几年严重的雾霾让政府不得不下令限制烟花炮竹的燃放，即使在最重要的春节期间，放炮也有时间和地点限制。首先你要注意安全，不论是自己放炮还是路过放炮的人，都要当心别被炸到或烧到。其次，你要做好早上被鞭炮吵醒的准备。

每逢佳节胖三斤，吃得太多的你肯定想要运动运动。如果天气已经开始转暖，你可以沿着海河散步，不但能锻炼身体还可以欣赏美景。如果你想要更激烈一些的运动，可以考虑羽毛球和网球这些室内运动，天津这样的场地很多，价格也不是很高。不过你若想继续享受度假的感觉，不妨找一家高档酒店度个周末，酒店的健身房有更加私密的环境，运动过后还可以做个SPA放松一下。很多酒店都会有节日和周末的特价，别错过好机会！

如果你平时不经常运动的话，在开始运动之前一定要做好热身，而且注意不要运动过猛对身体造成伤害。与心血来潮的运动相比，养成健身的习惯才是最重要的。

生活在中国，你可能会享受到两种文化的福利，意味着更长的假期，但是你要提前规划好如何度过假期，要么充分享受各种节日活动，要么看着周围人纷纷回家度假留你自己孤零零在天津。多为自己安排一些有意义的活动，多认识一些朋友，你就不会觉得孤单了。

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SWIMMING TO SUCCESS

by **Carmen King**
photo by **You Sihang**

Swimming star Fu Yuanhui in a white gown gifted by TMU.

Not many doctors find fame outside the operating room. For a young doctor to be though, it looks like her success will come from swimming, at least for now that is. Herein we share the story of swimming superstar Yuanhui Fu. She was born January 7, 1996 in Hangzhou of Zhejiang Province. She is a member of the Chinese Female Swim Team and has enjoyed quite a bit of swimming success. In 2011 she won a silver medal at the World Youth Swimming Championship. Following that she won a gold at the China National Championship. Also in 2011 at the Seven City Meet she won a gold medal as part of the 4x100 meter women's freestyle relay team.

Fast forward a few years to January 31, 2014 where in Australia at the Five Country Women's Swimming Division she took top place in the 50 meter backstroke. At the 2014 Incheon Asian Games she placed first in the 100 meter backstroke. On August 6, 2015 at the FINA World Championship in Kazan she finished first in the 50 meter female backstroke with a time of 27.11 seconds. At the Rio Olympics on August 9, 2016 in the 100 meter female backstroke she placed third, winning a bronze medal with a time of 58.76 seconds. Immediately after the win, during a poolside

interview an extremely excited Yuanhui Fu said "I've been utilizing prehistorical powers!" This quote went viral online making her an overnight sensation.

Most recently in November, 2016 at the Asian Swimming Championship in Japan she won two gold medals. Apart from all her swimming success, Yuanhui Fu started studying Rehabilitation Medicine at Tianjin Medical University since 2011. On November 22, 2016 she took time amidst her busy training schedule to visit her alma mater. There she conducted an hour interview with reporters. Below are some excerpts from the conversation.

Q: Why did you choose Tianjin Medical University?

A: I'd say it was fate really.

Q: Online you've been given a lot of nicknames. Which do you like best?

A: I don't like any of them actually. The last time I was in Japan I ran into some older Chinese tourists. They recognized me saying: "Isn't she that 'I've been utilizing prehistorical powers' swimmer from the Olympics?" Personally, I don't want to be labeled by something I just happened to say. I'm perfectly happy being

Yuanhui Fu.

Q: Why before competition do you scratch yourself twice?

A: It isn't self-mutilation or anything like that. It's just a thing I do when I'm not in the zone. It's a tactic I use to get myself to snap out of a funk. I have a do or die attitude. I'm willing to die in the swimming pool. I think you need this type of mindset to place well. To me the pain of scratching fires me up. The extra pain makes me more alert when I'm in the water in comparison to others.

Q: Do you consider yourself a nerd?

A: No, I'm a loser really when it comes to study. Unless it's something I'm really interested in, than it's easy for me to remember things. It depends. Sometimes I find studying really tough while other times I'm really into it.

Q: What was it like to attend all the post-Olympic events?

A: We are athletes, not celebrities. So when it comes to training, we isolate ourselves from the outside world. When I do get a break though, I'll pick a few events to attend. Still, my priority is training. It's about being yourself and not getting off track.

PERSONALLY, I DON'T WANT TO BE LABELED BY SOMETHING JUST HAPPENED TO SAY. I'M PERFECTLY HAPPY BEING YUANHUI FU.

Q: There's talk you will attend this year's Spring Festival Gala. Is it true?

A: That's up to the people in charge. As far as I'm concerned, I don't think I will. Today I'm here because I wanted to be. When it comes to events, I like to pick upbeat positive ones that don't interfere with training. There aren't any more big competitions this year, so the coaches said I can rest a bit.

Q: What do you think about your major of Rehabilitation Medicine?

A: I think there are a lot of similarities between medicine and sports. In both you have to be the best. Every time a doctor goes to work it's like going to war, they've got to perform at the top of their game, yet at the same time find a way to continuously surpass what they've done before. Doctors also have to protect their own health too. I really appreciate what doctors do.

Q: You've done some online broadcasting. Lots of fans liked you. Do you plan on doing more?

A: I'm not sure. If it was up to me, I would.

I really like it. I've got some serious training coming up though and more competitions, so I will probably have next to zero free time.

Q: You already aren't just an athlete you feel about. How do you feel about this multi-faceted persona?

A: As far as this big persona goes, it really was something the outside world created. If you ask me, I'm just an athlete. I've always been like this, it's just who I am. It isn't done for entertainment or to be funny. My primary identity is an athlete. All those big titles, I don't buy into. At the Olympics I only got third, but I was thrilled as it was a new best for me. Trying to wear too many hats will affect training. Trying to get big or be famous is huge pressure. I'm doing my best to avoid all that. Still, no matter how hard I try, there is a lot of pressure. After getting famous, everyone is analyzing you. I really feel the pressure. Before my goal was just to do my best at every event. Now ever since the Asian Championship, there's just a ton of pressure.

My view on life is pretty extreme. I've dealt with a lot devastating things. The kind of things that just make someone want to die. I live every day like I'm going to die tomorrow. I live every day to the full as if it were the last and I want to die with my boots on. I'll never give up on my dreams. From the time I was little, I've always been my own idol.

The above is only a portion of the interview. Due to space, we can only share so much. However from what we've read so far, no doubt it is obvious Yuanhui is as she puts it

“pretty extreme”. It proves the point that behind all the fame is usually a lot of pain. She could have never imagined getting famous overnight because of something she blurted out poolside. Yet that's how these tales usually go. It is some random thing, some random moment that gets broadcast to the world and then the rest is history. Yuanhui's story also proves the point that being famous isn't all it's cracked up to be. Fame means pressure and getting lots of labels slapped on you. It also means facing many a demon and knocking on death's door. For us watching from the sidelines let us not forget that the girl swimming to success name Yuanhui Fu isn't much different than you and I, so give her a break and think of something nice to say.

拒绝贴标签，做真实的自己

2016年巴西奥运会一战成名的傅园慧，目前正就读于天津医科大学康复医学系。11月22日，傅园慧回到母校天津医科大学，接受了天津媒体的集体采访，举行了1小时的校友见面会。

傅园慧正如奥运会比赛完毕接受采访时的表现一样，真实、不造作，看似没心没肺的小丫头其实对游泳事业用尽了“洪荒之力”。每次比赛之前她都会用力在手臂上挠两下，外界看到这两条深深的血印纷纷猜测其有自虐倾向，她解释说：“这个不是自残自虐，是我个人的特点，只有在自己状态不特别好的时候，不得不以这种方式激励自己。我愿意用生命去比赛，抱着我今天愿意死在这个游泳池里的心态去游，没有这个心态就不会游出好水平。用这种方式给自己疼痛的刺激，比一般人还会更疼，在水里能更清醒一些。”

泳池之外的傅园慧也是异常忙碌。成名之后的她经常被邀请参加社会活动，甚至上了直播，成了网红。但是傅园慧并没有忘记自己的身份和主业，她说：“因为我们是运动员，不是娱乐明星，我们训练时，不接受外界信息。在休假时，选择一些活动，但是该专注训练还是专注训练。首先要做好自己。”

只有20岁的傅园慧喜欢小动物，爱搞怪，天性活泼直爽，但多年的训练生活也造就了她更加成熟的心理素质和承受力。她说：“我的人生观是比较极端的，可能经历了很多让人想死的挫折吧。我每天过的就是明天就要死掉了、过好今天的生活。生命不息战斗不止，不要自己放弃自己的人生。我每次经历了绝对低谷都会有突破。到了绝望的时候只有自己能帮助自己，只有不放弃自己，才能走出来，不然一辈子就卡在这里。因为我从小离开父母比较早，竞争激烈，一切都是成绩说话，我性格比较强，我宁可把自己燃烧到死去，也不要单躬屈膝地生活。在运动队，如果不突破，就只能单躬屈膝地生活。”

真的很难想象印象中那个古灵精怪的姑娘其实经历过如此深的绝望、觉醒和重生。对于四年后的下一届奥运会，傅园慧并没有抱太大希望，她说“首先希望有资格参加奥运会，四年后的状态无法确定，有可能已经老了。竞技体育有多惨烈，我现在已经是前浪了，后面一旦有浪一推，我就死在沙滩上了。”我们相信傅园慧的所有努力都会有回报，不论是否再次征战奥运会，我们都希望这个可爱的姑娘坚持真我，不留遗憾。



Fu Yuanhui in the meeting with students from Tianjin Medical University



Apps become trends today.

THE INS AND OUTS OF APPS

by **Carmen King**

It seems like there is an app for everything these days. That said, it doesn't look like that is slowing anyone down from creating the next app! Apps today are much like websites of yesterday. There was a time when "no one" had a website and well, they seemed to do just fine. Then came the trend. Like usual having a website was seen as "new", "fresh", and "innovative". Little by little the train picked up steam, and soon it was as if having a website, especially a corporate website was mandatory.

Fast forward to today. The website buzz has cooled. Yet understanding the website trend is helpful in the context of considering the app trend. Apps are like the new website.

It seems everyone is in a hurry to put one out or else be seen as "left behind". The problem though is that many apps are like many websites of old. Little more than a digital placeholder. The app itself is ridiculously simple, providing few if any "can't live without" features. It was poorly produced and sorely lacks creativity. Of course, like websites of old, the reason is cost. Apps like websites in their heyday can cost a pretty penny. In addition, even if someone has the cash to develop an app, there is the problem of intellectual property (IP). Again, history repeats itself as companies with a "good idea" want to put out an app (like launching a great new website years ago) but they lack the technical know how to do it themselves. In such a scenario

THE APP ITSELF IS RIDICULOUSLY SIMPLE, PROVIDING FEW IF ANY "CAN'T LIVE WITHOUT" FEATURES. IT WAS POORLY PRODUCED AND SORELY LACKS CREATIVITY.

they often face outsourcing the development.

The Risks

This is where the risk of app development may become a bigger barrier than cost. Risk of "losing" that idea via the development process is quite real. Especially for entrepreneurs in Tianjin where digital copyright laws are still maturing. There is a huge risk to lose control of the content, that is, the Intellectual Property (IP) itself and watch as the folks who were paid to develop that amazing app run off with the idea and profit themselves. Of course this doesn't happen in every case. However, it cannot be overlooked. The risk of losing IP is a huge consideration when thinking about outsourcing. In addition to having an ironclad Non-Disclosure Agreement (NDA) be sure the contract for services specifically states who owns the IP. If not careful, in some cases, by default the developer has some claim to the IP. After all, while the "idea" was someone else's, they "created" the code. Therefore, get the developer to sign off on any and all claims to the IP, including future revenue generated by the app.

Let's say though, a savvy entrepreneur either has the tech skills personally, in-house, or via a trusted third party vendor to proceed with app development. Next to IP risk the biggest barrier arguably could be cost. What are some ranges for app development costs? Well, it seems virtually impossible to get an app out there for less than a few thousand USD. This would be a very basic app at that. On the high side, apps can range in the tens of thousands, even hit six figures. Apps can be a bit of a black hole. Those looking to turn that "idea" into profit via an app need to go in with their eyes wide open. Sadly, a lot of apps are little more than a modern "website", doing little to nothing in actually generating income. Yet, because of the current trend, the

company feels obligated to “put out an app”.

Overseas vs. Local Development

For expats hiring an overseas developer, meaning they are in Tianjin and the developer isn't, could create a few challenges. First, costs may be higher if contracting with someone in the States per say. Some may choose this option despite increased costs because it gives the app owner a greater feeling of legal security in terms of not getting the IP stolen. Regardless of location signing a NDA with any potential app developer, even if it is just to “get a quote”. That said, especially in Tianjin, contracts need to be based on solid relationships. In Chinese culture, it is best to have someone feel committed to not stealing your “idea” both legally and emotionally. This may come as a surprise to expats who trust more in the “letter of the law” to get legal justice. Of course having things in writing should be “standard protocol” no matter what. However, when doing app development in Tianjin, don't simply rely on what's in print. Rather, make it an aim to sign contracts with “trusted” partners. That is, vendors who have passed the test of time. They need to prove over a period of time they are reasonably reliable and trustworthy in terms of providing a service. Of course, this is where app development may get tricky for Tianjin based entrepreneurs as their existing “relationship network” may not include any app developers.

Second, be aware of payment issues. If running a Wholly Owned Foreign Entity

(WFOE) in Tianjin the currency problem is likely to rear its ugly head. Imagine hiring a trusted overseas app developer whereby services are provided based on payment in USD. The question becomes, how will the company in Tianjin pay that overseas developer in USD, or perhaps even in some other foreign currency, from their corporate account? The answer, not easily. Ideally, both parties will have a Chinese entity. This makes payment, receipts for services, and accounting for both parties a whole lot simpler. The caveat though, is it will take time and effort to find a trusted intra-China resource for app development. In some cases, it may actually be worth considering arranging for a foreign resource to come to Tianjin for the project. Whereby, the Tianjin WFOE would issue a letter of invitation, employment contract and make payment to them via RMB. This not only relieves accounting issues due to overseas payment, but also brings the developer on to home turf in Tianjin. Theoretically making it easier to account for their time and possibly even lowering the risk of losing the IP.

The Bottom Line

Having a corporate app could be the next step in unlocking new market opportunities. Yet, like developing websites of old, don't develop an app simply to “jump on the bandwagon”. Be careful not to damage a brand by releasing a sub-par, copy-cat app that simply says: “I tried to save money on development.” Weigh the risks associated with losing the IP during the development process

along with the cost of writing the code. Understand in-house resources may be the most ideal scenario, but also requires more work from the company in terms of arranging local employment, especially if they are coming from overseas, however could reduce headaches associated with overseas payment. Do sign an NDA with any party who the idea is disclosed to. Yet, know what it means to do business in Tianjin. Don't just rely on a piece of paper for protection. Partner exclusively with relatively trustworthy vendors who have proven themselves loyal over a period of time. Don't forget to get a written release on IP so as to avoid any future claims to ownership or profit.

了解应用程序的来龙去脉

现在看来，好像有应用程序就万事足一样。今日的应用程序如同昨日的网站，人们从无到有，从不知道到渐渐了解，最后演变成企业存在所不可或缺的一部分，植根于人们心中。

不过几年光景，如今的网站早已不是人们热衷的话题。我们不妨借由网站的兴衰来探索新型媒介——应用程序的发展与未来。应用程序如雨后春笋不断涌现，于是越来越多的人想要借此分得一碗羹。问题的关键是大多数的应用程序都像过去的网站，它没有一个伟大到让人们觉得可以“不得不去使用”的功能，它简单而单调，缺乏新意，究其原因大致离不开成本的因素。对于那些有钱却没技术能力的企业来讲，他们若想开发自己的应用软件，很多时候只有选择产品外包。

当我们考虑开发程序时，外包可能会比成本带来更大障碍。在这个如此注重知识产权的时代，你的付出和思想很可能被别人窃取走。因此，一旦你选择外包服务，务必确保合同中有保密协议的条款，以此来保证自己的合法利益。

我们再来看成本。究竟研发一个程序的成本可以是多少？事实证明，没有个几千美元我们是不可能造就一个程序的，而这也只是程序的最基本阶段。应用程序形如黑洞，每一个对此有想法的投资商都需要睁大眼睛。应用程序不过是一个现代化的网站，它在创收方面实则没有任何作用。

对于外国朋友而言，他若想开发一个应用程序挑战也许会更大。成本上升、支付难关，他都需要考虑清楚。一个外商独资企业若想聘请一个值得信赖的海外应用开发人员就需要向对方支付美元薪资。天津公司向海外开发商支付美元或外币不是一件容易的事，理想情况下，企业会考虑将海外技术人才引进到中国，但诚然这又需要一系列繁琐的手续和程序。

拥有企业应用程序可能是开启全新市场的一个途径。然而，应用程序的开发不能像淘汰的网站一样“一哄而上”，欲速则不达。我们应时刻提醒自己不要因为急于求成而让自己的现有品牌产生任何负面影响。积极了解企业内部资源，合理安排人员配比，选择靠谱的合作伙伴，签署有效证件文书，为自己和企业的利益争取最大限度的保障。



Having a corporate app could be the next step in unlocking new market opportunities. Yet, like developing websites of old, don't develop an app simply to “jump on the bandwagon”.

Past Events

AmCham China, Tianjin celebrates at the Annual General Meeting and 2016 Appreciation Reception

AmCham China, Tianjin held its 2016 Annual General Meeting on December 1st to review the year 2016, introduce plan for 2017 and announce the 2017 & 2018 Executive Committee Members. In addition, Martin Winchell, Chairman of the Executive Committee, expressed warm greetings to all members and presented Tianjin Chapter 2016 Awards to the following companies and individuals:

AMCHAM TIANJIN MEMBER COMPANY ACHIEVEMENT AWARDS:

PPG Coatings
JPMorgan Chase Bank
Procter & Gamble
Hyatt Tianjin
OTIS Elevator
Motorola Tianjin

SPONSORSHIP AWARDS 2016:

Tianjin United Family Hospital & Boeing Tianjin Composites Co., Ltd.

COMMITTEE AWARD 2016:

Environmental and Sustainability Committee

THE LEGEND:

Douglas Red and Jon Reed

After the meeting, members and friends joined Renaissance Tianjin Lakeview Hotel's Christmas Tree Lighting ceremony and enjoyed Christmas carols from the Tianjin International School choir.

The Appreciation Reception began with opening remarks by Martin Winchell, followed by presentations from Roberta Lipson, CEO of United Family Healthcare and Alan Beebe, President of AmCham China, to express congratulations to AmCham Tianjin's 20th birthday and Tianjin United Family Hospital's 5th Anniversary.

We would like to thank all the sponsors of this event. It would not have been possible without their support.



Upcoming Events

Inter-Chamber Business Networking Event in Tianjin —Jin Magazine Charity Ball & Awarding Ceremony

18:30-10:00 PM, Wednesday, January 11 – Tangla Hotel Tianjin

AmCham Government Affairs Certification Program: Business Advocacy and Policy Research for Results

8:45 AM - 5:30 PM, Thursday, January 19 – Tangla Hotel Tianjin

Monthly Executive Breakfast Briefing -- 2017 Business Climate Survey Release

7:15-9:30 AM, Friday, January 20 – The Astor Hotel



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Past events

Seminar – Aktuelle Rechtsprechung im chinesischen Arbeitsrecht – Eine Big Data Analyse

24.11.2016

Dr. Florian Kessler, Attorney-At-Law at Wülfing Zeuner Rechel law firm and head of the Beijing office of WZR, held a seminar on the topic “Current Jurisdiction in Chinese Labour Law” in the German Chamber office in Tianjin. More than ten participants attended the event and got a deep insight into Chinese labour law on the basis of case studies from Tianjin. Dr. Kessler’s presentation included topics like success rates and typical obstacles when it comes to employee termination, as well as consequences after illegal termination and important company-internal labour law procedures. After a very comprehensive presentation, participants of the seminar had the chance to ask questions and discuss ongoing law related issues.



Special Event - German Christmas Market

04.12.2016

On Sunday, December 4, the Sino-German community gathered at The Ritz-Carlton Tianjin to celebrate the upcoming Advent season with the traditional German Chamber Christmas Market. More than 100 visitors came to enjoy a day full of joy in festive ambience along with a buffet, including traditional Christmas dishes, delicacies and mulled wine. The colorful kids area and beautifully decorated Christmas selling booths made the event attractive for both young and grown-up visitors. Santa Claus also showed up, giving sweets and fruits to the children. Finally, all guests had the opportunity to win one of numerous prizes at the lucky draw.



Special Event – Charity Christmas Bazaar

15.12.2016

To spice up the annual traditional holiday the German Chamber organized a Christmas Charity Bazaar at WE Brewery on Thursday, December 15. In a rather casual and relaxing atmosphere visitors could enjoy homemade mulled wine and craft beer, while buying Christmas decoration, handmade bags and more for a good cause. Proceeds and entrance fee of the event were fully donated to Jian Hua Autistic Foundation.



Upcoming Events

January 6, 2017, 18:30 – 22:00: Special Event – German Movie Night: Colonia, Paulaner Tianjin

January 11, 2017, 18:30 – 22:00: Biz Socializer, Tangla Hotel Tianjin

January 18, 2017, 7:30 – 9:00: Healthcare Breakfast Seminar, Astor Tianjin

January 25, 2017, 19:00 – 22:00: Kammerstammtisch Tianjin, Drei Kronen 1308 Brauhaus Tianjin

German Chamber Tianjin Office: Room 1502, Global Center, No. 309 Nanjing Road, Nankai District, Tianjin 300073

Tel./Fax: +86 22 8787 9249

Email: tianjin@bj.china.ahk.de Website: www.china.ahk.de

EUROPEAN CHAMBER IN TIANJIN

Policy Interpretation: Social Insurance Policy Updates

25th Oct, 2016

The European Chamber Tianjin Chapter, in cooperation with the HR Club, successfully held the policy interpretation seminar regarding the recent updates of the regulations for Social Insurance. The half day seminar attracted over 100 HR managers. During this seminar, experts from Tianjin Social Security Fund Management Center introduced the recent updates on social insurance policy, especially for foreign employees. And also answered specific questions HR managers raised.



Finance and Tax Forum - Sharing on B2V Policies in Gradual Improvement

28th Oct, 2016

B2V Pilot Program had implemented about 5 months, companies may have encountered lots of problems since May 2016. Now European Chamber Tianjin Chapter inviting taxpayers from real estate sector, the construction sector, the financial services and the consumer services sectors to share their practical cases in relation to B2V policy and tax administration. And professional experts from PwC Tax & Business Advisory Services are also invited to host the case sharing and provide their latest observations and exchange viewpoints.

2016 Annual Tax and Regulatory Review

25th Nov, 2016

Tax and regulatory review often held on a yearly basis and this year the seminar covers 2016 hot topics. Professional experts from PwC are invited to present and share their latest observations. Finance people had the opportunity to share experience and exchange views. In addition, together with PwC experts, participants discussed the complex tax, customs and legal issues which were encountered by enterprises during operation.



European Chamber 2nd Education Roundtable: Education Tour + Roundtable

2nd Dec, 2016

The European Chamber Tianjin Chapter hosted an exclusive education tour and roundtable on 2nd December, 2016, including visits to Tianjin Haihe Education Park, Tianjin Sino-German University of Applied Sciences and followed by the roundtable to exchange opinions about strength and weaknesses of the "Tianjin Vocational education system". The motivation and mission of the Education Forum of European Chamber Tianjin Chapter is to find out how local education could meet industry needs on a neutral platform. Representatives from member companies of European Chamber and university/vocational college partners came to this event.

2016 Year-End Inter-Chamber Business Match-making

8th Dec, 2016

European Chamber Tianjin Chapter together with German Chamber Tianjin Chapter hosted the last Business Match-making event of 2016 on 8th of December. Following the match-making rules, participants conducted intensive conversations with each other while enjoying the delicious food and beer. In the coming year of 2017, we will continue to host the popular match-making event and benefit more of our members and friends. Meet People, Make Connections!





European Chamber
中国欧盟商会

The European Chamber Tianjin Chapter 2016 Badminton Tournament



The European Chamber held the 2016 Badminton Tournament in Tianjin on 20 November 2016. The first ever badminton tournament turned out to be a great success with 8 teams over 100 participants joining this one-day event. Big congratulations to Airbus team for standing out through the intense competition and won the championship of the tournament. Also, we would like to extend our special thank you to our generous Title Sponsor “北大国家发展研究院 MBA” and our Venue Sponsor “International School of Tianjin”.



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The European Union Chamber of Commerce in China, Tianjin Chapter
中 国 欧 盟 商 会 天 津 分 会

41F, 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, 邮政编码300020

Tel: +86 (22) 58307608 Email: tianjin@european-chamber.com.cn Website: www.european-chamber.com.cn

HRCLUB peer advisory group forum held successfully

On November 18th, the annual forum of HR Private Board of Directors was held at Binhai No.1 Hotel. More than 50 senior executives from Nankai University, Capital University of Economics and Business took participate in this forum. With Ms. Zhang Rong, Senior Director of Human Resources from Standard Chartered, Mr. Christoph, General Manager of Airbus Delivery Center, and Mr. Xu Yongge, HR CLUB Executive Chairman, they talked about the training of key talents, the lean management and the revision of China Labor Contract Law.



The forum was chaired by Ms. Zhang Liying, Secretary - General of HRCLUB and Chief Secretary of Human Resources' Private Board. The opening ceremony was warmly welcomed by Mr. Xu Yongge, Executive Chairman of HRCLUB, and he introduced the previous private board briefly.



After a short introductory, HRCLUB peer advisory group forum officially kicked off. First of all, Ms. Zhang Rong, senior director of human resources at Standard Chartered, shared the strategy of training key talents. As we all know, talent is the first enterprise productivity and makes enterprise future. "What is investment? Investment is to do the most unsound things with the most solid people, and it is terrible if we choose to do the most solid things with the most unsound people!" Yang Bin, Professor of Nankai

summed up the importance of talent to enterprise development in this sentence.



Mr. Feng Xiliang, Dean of the School of Labor Economics in Capital University of Economics and Business, gave a presentation on the annual selection of the Best Employers in China's Labor Relations. The 2016 China Best Employers Award for Labor Relations will be launched in December 2016. It aims to summarize the experiences of enterprises in building harmonious labor relations, promote the advanced models of caring employees and employees, and create a common concern, support and participation in the construction of the whole society. Harmonious labor relations in a good atmosphere.



During the tea break, we did not forget to exchanging ideas with each other!



In the second half of the forum, Mr. Christoph, the general manager of the Airbus Delivery Center, shared the details of the lean management of office from the view of a

general manager, which led to a resonance among the CEOs.



The highlight of this forum is the signing ceremony at which HRCLUB, Tencent big Yan network and Easy Employment build a strategic cooperation. We invited Ms. Li Zhenyi, Tencent Da Yan Network Management Vice President and General Manager, to the scene and share the way of building a good employer brand with we-media.



At the end of the forum, Mr. Xu Yongge, Executive Chairman of HRCLUB and Chief Partner of Gongrong Law Firm, expounded the prospective of "China's Labor Contract Law" from a professional point of view.

After the forum, all the private board members went to dinner at the buffet restaurant at Binhai No.1 Hotel while this forum ended in a relaxed and pleasant conversation. I would like to thank the great support of Binhai One Hotel, Chi-line and Diwang Hyatt Hotel on this HRCLUB peer advisory group forum.



Hotline: 022-6077-5860
HRCLUB website:
<http://www.tj-hrclub.org>

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From East to West it appears marriage is under attack.

MARRIAGE IS UNDER ATTACK

by **Carmen King**

A successful marriage is hardly an accident. It is the result of hard work and skillful direction. The skillful direction however at times can be hard to come by. As the old saying goes, the numbers don't lie. The American Psychological Association at www.apa.org states: "In Western cultures, more than 90 percent of people marry by age 50." From this statistic, we can see the popularity of marriage. Yet, they follow up with this additional piece of information: "However, about 40-50 percent of married couples in the United States divorce." Marriages aren't without their challenges in China either. According to Wikipedia the divorce rate in China was 30% in 2015. From East to West it appears marriage is under attack. Why?

Legal and Social Acceptability

From a legal standpoint, it wasn't always so simple to get a divorce. Wikipedia reports: "Before the latter decades of the 20th century, a spouse seeking divorce had to show cause and even then might not be able to obtain a

divorce." Psychologytoday.com timelines China's legalization of divorce with the key date being in 1950 for allowing a divorce, but only if certain conditions were met. In more recent years additional policy changes appear to be making it even easier to get a "legal" divorce.

From a social standpoint, things are following a similar trend going from "never divorce" in the old days to "divorce at whim" these days. Manmade laws at some level reflect the current state of humanity, in essence, legalizing what the "people" are often already doing. Thereby making an attempt to govern the activity and prevent utter lawlessness. In terms of divorce, it certainly seems that society has given folks the green light. Legally speaking, the barrier essentially no longer exists.

With the legal and social barriers to divorce removed, perhaps now we are seeing what's really in the hearts of people. Namely, they want the right to self-determination in the sense of being able to marry or divorce when and if they want to. This "freedom" is

DUE TO THE ABSOLUTE OBSESSION WITH HAVING OFFSPRING IN CHINESE CULTURE, NOT ONLY MUST A CHILD GET MARRIED BUT THEY IN TURN MUST HAVE A CHILD OF THEIR OWN.

certainly not without its consequences. Complex social issues are certainly not lacking. Things like child custody and asset allocation top the list. When it comes to deciding which parent gets legal custody of the child or children, it can turn ugly fast. Even without offspring, money is fought over by the splitting couple.

Reasons for Divorce

Dr. Mark in the article about "Divorce in China" at psychologytoday.com states a reason for Chinese couples calling it quits is "A New Mindset: Younger people feel less committed to traditional marriage than their parents." He goes on to cite particularly those born in the 80's who usually are an only child, have a tendency to be more "me" oriented. A case could certainly be made for these rather self-centered children lacking the humility, patience, and restraint needed to make a marriage work. In talking with Tianjin parents, a number will admit they have "spoiled" their child. In many cases it appears they lacked the proper education on "how" exactly to raise a responsible child. For example, it isn't unheard of for an unmarried adult age child to have their mom washing their clothes. One mother even confessed to hand washing her son's socks!

The trouble doesn't stop there. Tianjin has a tradition whereby the son's parents "should" buy him a house. If not, it is said they risk becoming so undesirable that they can't find a wife. The marriages of today seem more like a financial transaction than a tale of two people falling in love. In situations where parents have failed in educating children on what marriage is really all about, an overemphasis is placed on material assets rather than determining true "capability" for marriage. The problem is compounded with each child having being pampered for over

two decades. It would be next to impossible for the new mate to live up to the previous pampering power of up to six adults in some cases! This is based on two parents plus both sets of grandparents, a total of six, who may have catered to every little whim of one child. With such an upbringing it would be hard for either mate to have a realistic expectation of what it means to “not get their way” every second.

Another major reason for marriage related complexities in China is the emphasis on having children. Due to the absolute obsession with having offspring in Chinese culture, not only must a child get married but they in turn must have a child of their own. This is considered a basic responsibility. It goes a bit like this. Grow up, go to college, get a job, get married, have a kid. Pretty much in that order too. Only after each of these “tasks” are completed will a Chinese child have been seen to “honor” and “respect” their parents. With each child feeling this intense pressure to get married and then reproduce, it leaves little time to “get to know each other” and “make sure he or she is the one.” No doubt, this sets the stage for a number of challenging marriages. After the two newlyweds have finished their job and had a kid, it might just be the perfect time to sit back, relax, and realize they can’t stand each other. It doesn’t take a rocket scientist to guess what the result of that situation will be.

Marital Education

Anyone wanting to get an idea of what

this all looks like in real life can watch a few episodes of Tianjin’s very own show: “The Battle for Love” (爱情保卫战 *aiqing bǎowèi zhàn*). It won’t take long to figure out that many Chinese relationships are quite complex, which in turn breeds complex marriages. If there is a point to this whole discussion it is as follows: Now more than ever there is a huge need for solid marital education. This must begin with the parents. They in turn can instill these proper concepts of marriage in their children instead of overemphasizing money or the economic elements of matrimony. Marriage isn’t about what one “gets” from the other person. Instead it is about two great givers coming together in an effort to make the other mate happy versus simply seeking self-gratification.

Relatively speaking the availability and access to professional marriage counselors in China is limited when compared to the rather mature market overseas. There are countless gurus claiming the ability to resolve marital conflict and a plethora of books written on the subject. In China, though, this form of education is still rather new and has huge room for further expansion. An American expat for example is involved in the translation and publishing of textbooks related to marital success into Chinese. He is also providing relationship counseling here in China. Now more than ever, staying married is far more difficult than getting married. In years past many never even considered getting a divorce. Was this because it was considered socially unacceptable and nearly impossible

to do so legally? Or due in part to marriages in the West previously being based on a mutually accepted moral code such as contained in the Bible? Or is it linked to couples long ago in the East having loyally subscribed to the tenants of Confucius? Times have changed though and the holy institution of marriage is under attack.



With the legal and social barriers to divorce removed, perhaps now we are seeing what’s really in the hearts of people.

婚姻危机

成功的婚姻不是偶然，它是共同努力、耐心经营的结果。美国心理协会曾在网站上声明，“在西方文化里，有超过 90% 的人选择在 50 岁之前结婚”，数据中，我们不难看出婚姻的普及，但另一方面，我们也不能忽视后半句声明所带来的问题和隐患，“超过 40-50% 的美国夫妇会选择离婚”。在中国，婚姻危机也如实在存在，究竟是什么因素导致了人们的婚姻屡屡受到挫败？

从法律的角度来看，离婚并不总是那么简单。有数据表明，中国的离婚合法化是在 1950 年才有了转机，但前提也只有在满足离婚条件下方才被允许。但随着政策的不断演化，如今的家庭，离婚似乎变得越来越简单。

离婚的法律和社会壁垒的消除让我们看到了真正的人心。人们有权利决定自己的婚姻状况，无论是结婚亦或是离婚。当然这样的“自由”也带来了一定的后果，除复杂的社会问题外，还有诸如儿童监护、资产配置等一系列问题。

有人总结了关于中国人离婚的大致要素。首先，现在的年轻人要比父母一辈的人缺乏使命感，由于独生子女政策的实施，使得现在的年轻人大多都以自我为中心，因此在面对婚姻瓶颈的时候，个体往往会表现出不负责任的态度。其次，中国的结婚传统历来有男方买房的说法，这样的做法导致了今天的婚姻更像是一种金融交易而不是两情相悦。最后，让婚姻变得更为复杂的我们不得不归功于孩子的出生。中国人向来循规蹈矩一路沿着“长大，上学，找工作，结婚，生孩子”的路线行走。中国人通常说人只有在自己成为父母的时候才能体会家长的不容易。其实这样的思想早就为婚姻埋下了层层隐患。最终当他们完成这些任务的时候，婚姻的漏洞早就大到不可弥补。

相对来说，中国的婚姻咨询市场要比其它海外市场显得不那么成熟。中国人关于婚姻的教育仍然相当新颖，因此在未来它还有很大的发展空间以及扩张空间。有一本美国人涉及翻译和出版的关于婚姻成功的书籍可以提供给有需要的朋友。当今的社会，维持一段感情的确要比结婚付出更多心血。时代在改变，人的思想也在改变，不知道你的婚姻是否也在经受着严峻考验？



TV show—The Battle for Love



Eating well and drinking lots of water is essential in staying well.

KEEPING KIDS HEALTHY IN WINTER

by **Charlotte Edwards**

Kids attract cold germs easily, and it's pretty obvious as to why. They aren't the best at washing their hands before eating, even though parents remind them to do this multiple times a day; they are prone to putting toys in and near their mouths and, for those who are in school, they're exposed to dozens of other kids who are the same, or worse, about personal hygiene.

In China one of the most common treatments for illness is an IV. While this does help the child recover faster, antibiotics are harmful to the body's natural healing mechanisms, so over time the body becomes more resistant to the healing effects of antibiotics. While I've kept my kids from having IV's when ill, they have had several courses of oral antibiotics. I admit that they're helpful, I'd rather the kids not need, so here's what we do to keep illness to a minimum.

I've been giving my kids a high-quality 500 milligram vitamin C tablet each day, in addition to the fruits and vegetables they eat. Sometimes I give them two tablets if they're showing signs of a cold.

We bought a dishwasher this year and

I realized that only one child has had a minor runny nose since then. It's nearly Christmas, as I write this, and usually by now we've had at least one fever and a constant stream of runny noses. I've always washed dishes with hot water, but this extra long washing with very hot water is clearly better. For cleaning the table and surface areas in the house, I've started using a homemade cleaner that's a mixture of vinegar, water and essential oils. It's non-toxic, the oils kill germs and it smells great.

While pollution is a concern year-round, it's more noticeable in Tianjin's winters when there's hardly any precipitation to take the tiny PM 2.5 particles out of the air. To combat pollution, we keep our house very green with nearly two dozen plants in our home. Each room, except the kitchen, has a Golden Pothos plant which is great at cleaning the air, as are bamboo and ivy. We also use air purifiers in each room when necessary.

My kids are out of the stage where they put toys in their mouths, but when they were younger, I'd wash down their toys each week. I just used hot soapy water, but now I'd add a drop or two of essential oil to better kill the germs.

I love that most of our previous homes had lines on which we could hang the blankets and air dry the sheets and duvet covers, even when it meant carrying them up and down 105 steps from our sixth floor house. Since our current community doesn't have clothes lines, I take advantage of our porch and just hang them to air inside. I leave them up for at least a day, in full sunlight.

Finally, eating well and drinking lots of water is essential in staying well. When the kids are feeling a bit under the weather, I give them warm water with lemon juice, sliced ginger and a bit of honey. This really helps if they're not feeling well and refuse plain water; at least they're being hydrated and getting some vitamins from the lemon and ginger. We're also drinking a lot of bone broth this winter, made in a crockpot from bones and vegetables, which warms the body on cold days and is rich in minerals.

While I still expect a runny nose here and there, I believe that doing all these things will keep the whole family healthy all winter long.

冬日健康小妙招

冬天是孩子们易患感冒的季节，他们被细菌侵害的途径往往都很简单，比如饭前不洗手、玩具放进嘴里，又或者和其他小朋友间接传染。

在中国，生病最常见的治疗方法就是静脉注射。尽管这样的治疗手段可以让孩子恢复的更快，但频繁使用抗生素对人体没有任何好处。一直以来，我都坚决反对孩子们注射抗生素，但当他们生病的时候我还是会忍不住让他们口服抗生素类药物。究竟怎样做才能让孩子远离疾病并减少伤害呢？

我的做法是，第一，坚持每天给孩子们吃维生素片，如果有要生病的迹象，那就增加两片；第二，坚持用洗碗机为碗具消毒；第三，坚持用醋、水、精油的混合物为房间表面消毒。

污染是一个全年性问题，但在天津的冬天它尤为明显，因此我们会在家里摆放绿植以达到空气净化化的作用。对于孩子们的玩具消毒，我会在热肥皂水里再加上一两滴精油来让它更好地杀菌消毒。

很多时候我都会怀念我们过去的小区，因为楼下会有晾被子的绳子可以让我们在阳光充足的时候为寝具消毒。尽管现在已经没有可以晾衣服的地方，但我还是会晴朗的日子里将衣物挂到阳台，进行消毒。

除此之外，我们还应时刻保持孩子们的饮食健康，如果孩子们感觉不舒服，不妨给他们喝柠檬水或姜丝水。当然冬天的话，我们还可以熬制一些骨头汤来保证寒冷天气下的温暖。

感冒不可避免，但提高全家免疫力的功课我们还是得该做就做。

Love shines among the stars

The Tianjin Jian Hua Autism Rehabilitation Center held the annual Christmas program at the Hua Xia Wei Lai Di Rong financial conference center. With the colorful lights, the wonderful performances and the laughter of the audience, the children, parents, teachers and volunteers spent a memorable Christmas program together.

We began our program with some lovely music. All the children in the preschool classes performed the song "The Most Charming Light" for the audience, highlighting the results of the year's training and showcasing the growth and the harvest of the past year. With the past year's studying and training, the children have learned more, understood more truth; they have become more confident and happier.

The little drummers from the day-care class performed the African drums. Cheerful rhythm and passionate drums led

to the climax of the whole gala. This was an extension of the daily teaching of music programs. In the daily training, the teachers found that some children had a gift for musical rhythm, and arranged the performance to showcase the children's special talent. After several months' rehearsal, the children did not disappoint, giving a wonderful performance in front of the audience.

In addition to the African drums show, there was the warmth of a concert during the program. Ze Ze (preschool class)'s mother illustrated the song "This world's only you": "This world's only you, warm my uneasy heart, you in the distant planet, let me use a sweet whisper to tell you I will always be here." The affectionate lyrics sang out of selfless maternal love, expressing in song the mothers' hearts.

At last year's Christmas program, the parent-children's Fashion Show left a lasting impression on the audience. This year the most fashionable parents from the preschool class confidently came on stage with their adorable babies. What an optimistic attitude and energy to convey persistence and hope!

This year, we added an award session

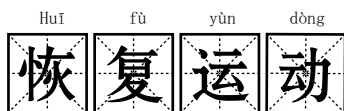


to the program. The teachers prepared an appropriate award for each child. Between every two programs, parents and children came to the stage to be awarded. These awards encouraged the children and included the teachers' hopes for them to be happy and confident as well as strong and inspired in the new year.

Finally, all the teachers and volunteers of the Jian Hua Autism Rehabilitation Center sang "Silent Night" and "Ode to Joy" together, ending the Christmas program in the melody of Christmas carols. Lovingly accompanying the growth of our "children of the stars" and filling their hearts with your love, the well-prepared party took us together to look back on the children's progress, the teachers' efforts, the support of parents, and the trust and love of the community over the past year. In this environment of selfless help and love, the children's future is bright with hope.

RESTARTING EXERCISE

by Zheng Hong Xiang and Kate King



Coach Wang: Long time no see! Why haven't you been coming to the gym lately to exercise? How long has it been?

Wáng jiào liàn : Hǎo jiǔ bú jiàn , nǐ zuì jìn zěn me méi lái jiàn shēn fáng yùn dòng a ?
Tíng le duō jiǔ ?

David: About two months!

Dà wèi : Chā bù duō liǎng ge lái yuè ba !

Coach Wang: No wonder, you look like you've put on a few.

Wáng jiào liàn : Nán guài , nǐ kàn qǐ lái hǎo xiàng yǒu diǎn fā fú le .

David: You're not kidding! I've put on about 3 kilograms. I've simply must get back in shape.

Dà wèi : Kě bú shì ma , wǒ pàng le chà bù duō sān gōng jīn 。 Suǒ yǐ , wǒ tòng xià jué xīn , huī fù yùn dòng !

Coach Wang: Getting back into exercise is something that has to be done slowly, step by step. You can't just jump right in and be back in tip top shape. Doing strenuous exercise too soon can lead to pulled muscles, joint damage and can even tax the heart.

Wáng jiào liàn : Huī fù yùn dòng yě yào xún xù jiàn jìn , bù néng yí kǒu chī gè pàng zǐ 。 Tū rán jù liè yùn dòng , róng yì dǎo zhǐ jī ròu lā shāng , guān jié sǔn shāng shèn zhì xīn zàng fù hè jiā zhòng děng 。

David: So what do you suggest I do?

Dà wèi : Nà wǒ yīng gāi zěn me zuò ne ?

Coach Wang: I suggest you come up with a reasonable exercise plan. Especially when first starting back, you need to begin with low intensity activities. Then gradually increase until eventually reaching to your previous fitness level.

Wáng jiào liàn : Wǒ jiàn yì nǐ zhì dīng yī fèn hé lǐ de jiàn shēn jì huà gāng huī fù yùn dòng chū qī , xiān jìn xíng yī xiē dī qiáng dù de yùn dòng xiàng mù , rán hòu , zhú jiàn jiā dà yùn dòng liàng , zhí zhì huī

fù dào zhī qián de shuǐ píng 。
复到之前的水平。

Vocabulary:

Cǎnkuì: Adjective; It is used if you have a weakness or have done something wrong and feel ashamed or embarrassed.

Cí huì :

Cán kuì xíng róng cí zhǐ yīn zì jǐ yǒu quē diǎn huò zuò cuò shì ér gǎn dào bù hǎo yì sī huò zhě bù ān 。
惭愧：形容词；指因自己
有缺点或做错事而感到
不好意思或者不安。

Fā fú means to put on weight. It's a verb. It's a roundabout way of saying someone has put on weight.

Fā fú dòng cí wēi wǎn de biǎo dá rén fā pàng 。
发福，动词，委婉地表达
人发胖。

Language tip:

"Kěbúshì ma" means what you said is true, makes sense. Conveys the thought of agreeing with what was just said.

Yǔ yán diǎn :
语言点：

Kě bú shì ma "nín shuō de yǒu dào lǐ dōu biǎo shì tóng yì duì fāng de huà 。
“可不是嘛”、“您说的有道
理”都表示同意对方的话。

This month, Jin Magazine's "The Helping Hand" is identifying a volunteer service in Tianjin 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.

The Community Service Center of Hui Ling Persons with Intellectual Disabilities in Nankai District of Tianjin was established in 2005, mainly serving 14 year and older clients. There are currently 23 students in the Hui Ling Center. Hui Ling mainly uses social work methods and uses the wealth of community resources to provide real learning environment. The Center tries to improve the self-care ability and social adaptability of clients to improve, while helping them to establish and develop good relations between the community.

In this manner, clients can really integrate into the community life. Through these community integration services, clients have different levels of life skills, not only to reduce the burden of family and society but can also make their own way to return to their families and society. Hui Ling's vision: to promote community-based service model, improve the quality of life of people with intellectual disabilities Hui Ling mission: people with intellectual disabilities to participate in community building, sharing the fruits of social civilization.

Tianjin Hui Ling won the Ministry of Civil Affairs in 2013 and was awarded the first recognition of a national social work standardization demonstration unit and the Tianjin Federation of Volunteers as "public role model" Organization Award.

Since 2015, the Hui Ling Center services has benefited 918 people and targeted beneficiaries of 1407 people for their continued second phase of operations.

There are approximately 20 volunteers and 9 people are required to carry out services. The biggest problem for the Center is the challenges of meeting the tight financial requirements. Hui Ling's services are required to be paid services. Some families with



Community activities.

TIANJIN NANKAI DISTRICT HUI LING PERSONS WITH INTELLECTUAL DISABILITIES COMMUNITY SERVICE CENTER

by **David Wong**

special needs are exempted from paying. Service charges accounted for 33.5% of the total operating funds, most of the other funds from social donations; the Center's service sites are leased, so the financial pressure is challenging.

All clients go to Center and are not called patients but called trainees, or clients because they are not sick, but have obstacles. "All of our students come to the Center to accept the service".

The Hui Ling organization was started in February 1990 originated in Guangzhou, by the founder of Meng Weina 孟维娜. By the spring of 2000, Hui Ling institutions entered Beijing. Hui Ling is a unique non-profit, non-government community for people with intellectual disabilities services. As one of the earliest social welfare organizations in China, after more than 20 years of development, it has carried out branches in Beijing, Guangdong, Shaanxi, Qinghai, Tianjin, Chongqing, Hunan, Gansu and Hong Kong, municipalities and special administrative regions, A total of more than 1,000 affected students have benefited in Hui Ling and accepted the services.

JinMag asked if expat foreigners can volunteer and what can they do to help? "You

can participate in our daily volunteer service, keeping in mind that there may be differences in Chinese and foreign culture and other aspects of communication but otherwise are welcome".

天津市南开区慧灵智障人士社区服务中心

天津市南开区慧灵智障人士社区服务中心，成立于 2005 年，注册于南开区民政局民非企单位，主要服务于 14 岁以上的心智障碍者。慧灵主要采用社会工作手法，运用丰富的社区资源，为智障人士提供真实的学习环境，使他们的生活自理能力和社会适应能力得到提高，同时帮助他们建立和发展社区、邻居等良好关系，让他们能真正融入社区生活。通过社区融合服务，服务对象都有不同程度的生活能力的提高，不仅减轻了家庭和社会的负担，而且心智障碍者也可以用自己的方式回报家人和社会。有热心的读者朋友如若想提供帮助可直接致电。

Address: Nankai District, Tianjin, northeast corner of Longting home 12-412; Xiqing District, Tianjin Ruixin home nest 46-102

Tel: 022-5865-0207

Website: <http://tj.hlcn.org>

Shakespeare Lives at Wellington!

After the recent series of Shakespeare-related workshops, lectures and performances, staff and students from across Tianjin were left both educated and inspired by the experience. Wellington hosted lectures and training for teachers and students by renowned Shakespearean scholar Duncan Lees, together with practical drama workshops by practitioners from the famed Globe Theatre on London's South Bank.

The Globe educators also prepared a wonderful "Showcase" performance, starring pupils from Years 8 and 11. They performed memorable scenes from A Midsummer Night's Dream and Macbeth in front of a packed house of VIP guests, students and parents.

Ada (Year 12) said of the December 2nd showcase: 'It was the first time we ever had something like this in the school. But seeing Year 8 pupils Nicole as Lady Macbeth, Nickolas as Macbeth and Caleb as Puck made me want to see more



Shakespeare because they were great and they're not even professional actors! Yet!

Wellington's English and EAL Departments are planning for many more activities and events to celebrate



Shakespeare's life and work, as well as further collaboration with the Globe and schools across Tianjin. So stay tuned to these pages for more news about what we have in store.

Charity Christmas Market

Wellington College International Tianjin was turned into a wonderland of adventure and surprise on December 7th with our second annual Charity Christmas Market. Over 50 seasonally decorated stalls offered a wide range of seasonal gifts and refreshments throughout the afternoon.

The Junior School Year 6 Choir and College Wind Band entertained over 600 guests, pupils and parents around the Christmas Tree with renditions of Christmas songs, including Rudolf the Red Nose Reindeer and Silent Night.

To the surprise and delight of the younger pupils, the event closed with the visit of Santa Claus himself to check who had been naughty and who had been nice and wish good health and happiness to all who attended. A wonderful event to wrap up 2016.



IST's Elementary Winter Show

IST's Elementary Winter Show "The World of Celebrations" was a spectacle to behold and a colourful and musical way to usher in the festive winter season. Whether it was the singing or the dancing, the music or the rhythm, the costumes or the story, everything came together beautifully to revel in the celebratory season. This is one of several annual shows that are staged at IST every year. Although each of the shows has its own uniqueness, this one is special as it comes just before the start of the winter holiday season and the start of a new year.

All of the elementary students from the tiniest 3-year old Nursery kids to the 10/11-year old Grade 5 students enthusiastically took part in this bonanza of winter holiday songs and dance. This year the show included a mini musical based on stories from various parts of the world that helped students explore and understand how different cultures/religions/regions celebrate Christmas. The students outdid themselves and the team of teachers and staff under the able direction of Elementary Music teacher Ms. Marina Babaeva worked well together to serve up this masterpiece for the audience to enjoy. What better way to get everyone in the holiday spirit!



Teda International School Annual Fall Festival and Craft Fair

On Saturday November 26th Teda International School held its annual Fall Festival and Craft Fair. Teachers organized over 20 games and activities for our community members to participate in. The Parents and Friends Association worked hard to bring over 20 vendors to TIS, which provides a valuable service for our community in having access to unique crafts which can be bought as gifts for the Christmas season. Our PFA also had their annual bake sale and for the first time TIS teachers barbequed hamburgers and hotdogs. We wish to thank all those who volunteered as well as those who attended. This was a very successful community event!





SLOGANS— A CHINESE THING

by David Wong

Our mother earth is too tired to take care of so many kids.-- a one-child policy slogan.

Slogans have been part of the Chinese Culture from many centuries. It was a way of disseminating information to the public and conveying government policy to the masses. In Chinese it is called “Xuan Chuan” 宣传 also referred to as propaganda. Nothing new to the western world with our “Spin Doctors”, government Public Affairs Bureaus and public programs. However, in China, the government control of media makes it much stronger.

History

The history of Chinese slogans and banners can be traced back to the Three Kingdom Dynasty during 220-280 AD. Although it was after Chairman Mao and the Communist Party ascent in 1949 that the use of slogans in the form of banners became prominent and used extensively to support Chairman Mao and the government policies.

You have probably seen the red banners that hang in neighborhoods and wonder what they mean. The most prominent

slogans are found in many public venues such as in Tiananmen Square under the portrait of Mao.

Throughout the development of China during this era, there have been significant slogans that have become historical statements of China’s history.

实事求是 Shishi qiu shi : “Seek truth from facts”

This was the credo of the reformers who from 1977 onwards began to set the political agenda for China after the death of Mao. It meant that facts rather than ideology should be the criterion of the ‘correctness’ of a policy; the policy had to work in practice. Deng Xiao Ping himself had said, ‘It doesn’t matter whether a cat is black or white, as long as it catches the mouse.’ Mouse-catching (expertise) was now at a much higher premium than political coloring

只生一孩好 Zhi sheng yi hai hao : “It is good to just have one child” marked the beginning of the “One Child Policy” to curb China’s over population trend.

为人民服务 Wei renmin fu wu : “To serve

the People” is a timeless slogan that can still be seen today.

Modern Slogans

It is amazing that in this modern day of smartphones, Internet and world of information overload, you can still see the traditional slogans displayed in public areas, although not so much emphasis on political thought but more on public policy. The slogans tend to be more appealing as can be seen by some recent postings in a local Tianjin neighborhood, which are brightly framed and quite artistic.

The local Tianjin slogans were: 创建全国文明城市 树立南开文化自信 国是大家
Chuangjian quanguo wenming chengshi
shuli nankai wenhua zixin guo shi dajia

“Create National civilized city Establish Nankai cultural self – confidence that the Country is for everyone”. The slogans are an effort to encourage cooperation for everyone to work together and improve the community. They are also displayed in an artistic format that appears more pleasing to

the eye than the traditional cold red banners.

So who puts up these banners? Probably each community has its own public relations office and tries to promote its local policies but likely they all come under the jurisdiction of the CCPD the Publicity department of the Communist Party of China.

More recently, slogans are promoting policies that relate to environmental sustainability, health and food safety. Things that are becoming more important to the public as they have more disposable income and priorities of lifestyle rise above subsistence. One recent campaign launched by the present government was not to waste food. In many restaurants now, you will see posters suggesting that customers order less and promote taking leftovers home.

光盘行动 不剩饭 不剩菜 文明餐桌从我做起
Guangpan xingdong bu sheng fan bu sheng cai wenming canzhuo cong wo zuo qi

"Leave an Empty Plate – No Leftovers – Be responsible, you can do it" This policy seems to have caught on very quickly, restaurants are now advising customers not to over order, patrons are taking leftovers home when in the past this was regarded as not appropriate and a "loss of face" but now is an accepted practice because even the slogans promote it.

What about public opinion?

I asked two expats what they felt about the use of slogans. Nathan who is a journalist and living in China for the past three years and travels extensively thru China felt it is a common propaganda tool. He sees banners and slogans all over China and remarked at some that are obviously quite old are still

displayed. He also indicated that this might have the power of suggestion as it is seen repeatedly.

Jordi who has lived in China over 30 years also has seen the transition over the years from political slogans to more present life style slogans. He also thought that this was also a display of power of the government and shows their presence in the community.

Edward is a middle aged Chinese native from Wuhan and felt that present day slogans are toned down from the ones in the past and not dictating to the people what must be done. However, he also believes that all slogans are in line with what are government policy and a reminder to people of what is acceptable.

For the majority of expats, they probably cannot read sufficiently to decipher the slogans only that they are government edicts and propaganda as mentioned previously. They are so common place that most residents and long time expats do not pay as much attention as newcomers to China. For most, it is almost a way of life and even the government has become accustomed to using slogans on banners as a form of communication.

Conclusion

In this modern age of instant communication, it seems that a physical banner expressing a slogan is probably more powerful than instant message that is sent to millions and can be forgotten or erased also instantly. The advantage of some slogans are in a few words that meaning can be transferred effectively and can be easily remembered.

Some of the slogans get lost in translation and foreigners do not understand the meaning. This just reminds you that it is difficult to understand all cultural aspects if you have a different cultural background. Taking a Chinese word or sentence and running it through a google translates app won't always give you the true meaning of the phrase.

A study of Chinese slogans will give you a broader understanding of Chinese history and help supplement your vocabulary. It also shows the power of the written word and how it can infer stronger meanings to thoughts. For example, you see that the words "Wan Sui" 万岁 is used for "Long Live" the literal translation is 10,000 years.

So the presence of banners and slogans may be a drawback of the old but in a way it is comforting that some things don't change, at least in China.

中国标语，你看得懂吗？

标语口号是中国的一个独特文化现象，政府通过广泛派发和悬挂标语向公众宣传国家政策。虽然在西方国家也有类似的做法，但在中国这样的标语会给人们留下更深的印象。

从 1949 年新中国成立开始，政治标语就成为主要的宣传手段之一。“实事求是”、“只生一个好”和“为人民服务”也曾经是写满街头巷尾的标语。

几十年过去了，标语口号的内容和形式也发生了很大变化，政治类的口号在减少，公益类和政策类标识在增多。这些宣传材料在设计上也更注重艺术性，更接地气，比如“创建全国文明城市”、“树立南开文化自信”等，号召人们与人为善，一起改善社会环境。

公益类的标语广告也日渐增多，比如在很多饭店的桌子上都能看到“光盘行动”的公益广告，倡导人们杜绝浪费。这样的宣传起到了很好的效果，从餐厅服务员开始就会规劝客人不要过度点菜，用餐客人也会自觉把剩饭打包带走。

外国人如何看待这些标语口号呢？Nathan 是一名记者，在中国生活三年了。Nathan 经常在不同的城市出差，也看过很多的标语，他说，在有些地方，许多很有年代感的标语还依然保留着。他认为这些标语会有一些的影响力，因为人们每天都会重复看到很多次。在中国生活超过 30 年的 Jordi 见证了标语口号的风格变迁，他认为这显示出政府的强大能力。Edward 是武汉人，他说现在的标语不像以前那样语气强硬了，而是代表了政府政策，同时引导大众。

对外国人来说，他们可能看不懂这些口号标语是什么意思，时间长了也习以为常了，但对刚来中国的外国人来说，这也算一个中国特色。

在互联网时代，挂在墙上的宣传标语似乎已经过时了，但那些即时发送的信息很快会被遗忘，其影响力反而不如长期悬挂的宣传条幅。有些标语如果翻译成英文很难保存原文的全部含义，所以除了字面意思，你还应该多了解一些历史和文化背景。



Slogans in a new image.



ALCOHOL AND CARS —A DEADLY MIX

by **Paula Taylor** photo by **You Sihang**

The death of a loved one is a traumatic time whatever the circumstances. We understand if someone has been diagnosed with a terminal illness, there is nothing anyone can do. If somebody dies in a plane crash that was nobody's fault, and by that I mean maybe freak weather conditions and not pilot error, or a plane that because of its condition should not have even been up in the air, we understand. Deaths are tragic and mostly unavoidable so we find a way to cope. However senseless deaths that could have been avoided surely increase the pain they bring.

Take a recent case in England. A family of four were killed in a car smash by a lorry driver who was busy changing the music on his phone, and had not noticed that the traffic had come to a stop. As he was driving a huge vehicle capable of causing devastating damage he should have been more

responsible. Four lives were lost needlessly and he has ruined his own life, as apart from the fact that he was given a ten year prison sentence and lost his livelihood, his first child was born 5 months ago and so he will miss those precious important early childhood years, and his wife has become a single parent. And not to be overlooked is another heavy consequence of his actions – the guilt he will have to face for the rest of his life is by far the biggest punishment. Meanwhile, the bereaved father, his wife was also killed, said that he thought the worst day of his life was when he got the news that his children had died, but these feelings were totally eclipsed by the grief he felt when he actually saw them in their coffins.

We all know that vehicles can be deadly weapons if not handled correctly, or are driven by the wrong person. In these cases a car can be likened to a loaded gun. Youngsters that drive too fast in order to impress their friends,

people driving cars that are too powerful for them to handle, drivers not paying attention on the roads like the driver mentioned earlier, are all recipes for disaster.

SHOCK TACTICS

If we stick with the illustration of a car in the wrong hands being likened to a loaded gun, then a car being driven by somebody who has drunk too much, or is under the influence of some other substance is the same as a loaded gun that is pointed and ready to have the trigger pulled. It is a totally wicked act to drink too much and then take the wheel of a car.

Drink driving is a menace that every society has to face and China is no different. Coming up to Christmas here there are numerous campaigns by the Police urging people not to drink and drive. In the past few years the adverts have been getting more and more graphic, showing pictures of bloodied bodies smashed up as a result of being killed by drunk drivers. But these are just pictures, their shock value quickly wears off and no doubt for some people the resolve not to drink and drive quickly fades.

What would be good would be to have a method of horrifying people so much about the consequences of drink driving, that they would never think of doing so again. Well

IT WOULD ALSO HAVE A TWOFOLD EFFECT, NEXT TIME THEY DRINK AND DRIVE, THEY COULD BE ONE OF THE BODIES LYING IN THE MORGUE, OR ONE OF THE BODIES LYING IN THE MORGUE COULD BE SOMEONE THAT THEY HAD MURDERED.

guess what, the Police in Tianjin have come up with a genius solution to stop drink drivers before they cause a fatal accident. Just recently the Police have been putting up roadblocks, stopping drivers and testing them for excess alcohol. In the Hongqiao district five drivers were found to be over the limit. In an effort to educate them about the possible tragic consequences of their actions, and in an attempt to appeal to their consciences, they were all taken to the Morgue, where, along with dead bodies, were also the smashed up cars of the victims of the lethal combination of alcohol and driving. This kind of education is priceless. Unless somebody is an alcoholic, which is a sickness, any person with a scrap of conscience would be shocked to their core to see the horrifying consequences of selfishness, which possibly could be their fault in the future. It would also have a twofold effect, next time they drink and drive, they could be one of the bodies lying in the morgue, or one of the bodies lying in the morgue could be someone that they had murdered.

Personally I think it will stop some people from committing murder, and I use this word instead of manslaughter

because we can choose not to drink and drive, so therefore anybody that deliberately drinks to excess and then gets into their car is lining themselves up to commit murder. Although nobody that drinks and then drives will think "today I am going to get drunk, drive and then run over and kill someone", they potentially could do exactly that. If, as a result of going to the Morgue at least one person resolves never to drink and drive again, then this campaign can be viewed as successful.

For those of you that think "I will never drink and drive, if I drink I will get a taxi", let me tell you something scary. Amongst the drivers found to be over the limit by the Police, one was a taxi driver and he was actually working driving his taxi when he was pulled over. So even though we can be determined that we will never drink and drive, we are still at the mercy of others that do.

SHOCKING STATISTICS

The Police campaigns in England start in the run-up to Christmas, as on Christmas day there is no public transport, so although someone may not have originally intended to drive whilst over the limit, the problem of getting home may influence his decision to take the risk. In a short while China will be celebrating Spring Festival so the Police are starting early in order to get their message across. Unfortunately the legendary Chinese hospitality means that people will urge their friends to drink, as not to do so

means to not be a good host. Imagine someone going home to their family and telling them that they had had a bad day, because not only had they been stopped by the Police, but they had also been taken to the Morgue. Maybe next time they would be made to look at the corpses.

On average in the UK 940 people are killed by drink drivers every year, 3,681 people are seriously injured, and, terrifyingly, 85,000 people are convicted of drink driving offences every year, and these are only the ones that get caught, so you can see the potential for more fatal accidents is huge.

I sincerely hope that this campaign by the Police is successful and I believe it definitely needs to be given publicity, although I doubt very much that the Police in England would be able to adopt this practice, as the perpetrators of drink driving crimes would no doubt complain about being traumatised after seeing forcibly being taken against their will to look at the consequences of their recklessness.

酒驾—通向危险之门

最亲爱的人离开人世是任何人都难以承受的痛苦。如果是因为疾病或天灾，我们也许只能无奈地接受事实，但如果是本可以避免的事故，则会让生者更难释怀。

最近，英国的一家四口所乘坐的小轿车与一辆大卡车相撞，四人全部遇难。两车相撞时，卡车司机正在用手机换音乐。只是一眨眼的工夫，一个无辜家庭从世间消失，而司机自己也搭上了十年牢狱之灾和家人的幸福。

汽车如果不能正确驾驶或由不合格的司机驾驶，可能会变成致命的武器。为了和朋友炫耀而开快车的小青年、车技不熟就上路的新手和开车不看路的司机都可能成为马路杀手。而最为恶劣的酒驾司机则让他驾驶的车辆成为时刻会敲响扳机的致命武器。

圣诞和新年临近的时候，伦敦警方频繁发布请勿酒后驾驶的警示。在过去几年，警方的警示广告在设计上越来越多地使用酒驾车祸中的惨烈画面，希望起到更大的震慑作用。

但是有什么更好的方法，能比图片对司机产生更长久的震慑力，让他们永远都不会再酒驾呢？天津的交警可能提供了一个很好的示例。不久前，天津警方进行了一次针对酒驾行为的夜检行动，这次行动中，天津警方出了“大招”，把酒精含量超标的司机带到了太平间门口！在酒驾车祸中面目全非的汽车摆放在太平间门口，对驾驶员是一次心灵的触动，如果再次酒驾，有可能就要踏进那扇写着“太平间”的大门了。

无论是中国还是英国，这两个月都会有重大节日发生，酒驾的发生率也会上升。在中国，饭桌上的劝酒文化会让很多人因为面子而勉为其难多喝几杯，当司机回到家沮丧地告诉家人，我今天不但酒驾被警察扣下了，还被带到太平间走了一圈，其效果应该会相当震撼。希望天津交警这样的宣传方式能够成功让司机们彻底放弃喝酒开车的侥幸心理。





Under the guidance of professor, overseas students identify the human acupuncture points and meridians.

MORE “LAO WAI” LEARNING CHINESE TRADITIONAL MEDICINE

by Wang Xiaoming, Liu Naiwen and Jiang Shan

At the Rio Olympic Games, Phelps' "cupping tattoo" successfully drew people's attention and created curiosity in many viewers to find out more about traditional Chinese Medicine. According to figures from the appropriate authorities, the number of foreign students studying Chinese medicine in China is increasing annually and it is the number one selection among the natural science subjects. At the Tianjin University of Traditional Chinese Medicine, there are more than 1,100 overseas students who are studying it or related subjects. If we add those in short-term training courses, there are nearly 3,000 students each year studying traditional Chinese medicine on campus.

Tianjin University of Traditional Chinese Medicine is China's first medicine school to accept overseas students and offer qualifications in the field. All the overseas

students are treated in the same way as Chinese students and have to follow the strict management system. This means, that for Overseas students, studying Chinese medicine is not that easy. Of all the Chinese Medicine Schools, Tianjin University of Traditional Chinese Medicine ranks in the top ten and offers many international exchange projects. Many students elect to study in Tianjin because of the popularity of the two academicians who oversee the course - Zhang Boli and Shi Xuemin.

In addition to mastering Chinese medicine theory and devising corresponding treatment plans according to the individual patient's situation and needs, overseas students also need to study the classical works of Chinese traditional medicine. For foreign students, many find the most difficult part is to understand the concept of traditional Chinese medicine. At present, Chinese

traditional medicine has been accepted in many countries and more than 160 countries and regions have formally recognized the role of traditional Chinese medicine and acupuncture treatment. After graduation, overseas students will work hard to bring Chinese medicine knowledge to their motherland, acting as envoys, and in doing so help to continue to spread Chinese culture to the world.



Looking for acupuncture points.



A doctor is going on further education.



Italy student is learning Taijiquan.



Biu, from Nigeria, is a master on cupping.



The pulse training instrument can simulate 20 kinds of pulse.



Karina, from Russia is practicing acupuncture.



Course on Traditional Chinese Medicine



Asian students from Japan, Korea, and Thailand, occupy the largest proportion.



overseas student is practicing at Bao Kang Hospital.

“老外”学中医

里约奥运会上，菲尔普斯的“拔火罐文身”引发全球再次关注中医热。据了解，来华学习中医的留学生数量长期处于自然科学类学科留学生数量首位。在天津中医药大学，接受学历教育的留学生每年超过 1100 人，加上参加短期培训的，每年都有近 3000 位留学生来这里学中医。

天津中医药大学是中国最早整班制招收留学生学中医的学校，但对留学生各项要求与中国学生一致，因此留学生学“中医”并不轻松。在中国的中医药类高校排名中，天津中医药大学名列前茅，这里国际交流项目较多，不少人因张伯礼和石学敏两位院士在中医上的成就被吸引来津学习。

除了掌握中医理论并能根据患者情况给出相应的治疗方案，留学生还必须学习中国传统医学的经典著作。仅是背诵还不算太难，对于留学生来说，最难的是理解中医的理念。目前，中医药在很多国家已经合法化，已有超过 160 个国家和地区运用中医和针灸进行保健治疗，不少留学生毕业后，将中医知识带回祖国，成为传播中医文化的使者。

SOME APPLICATIONS WILL ALLOW YOU TO PAY CASH UP FRONT ONCE THE FOOD IS DELIVERED AND WHILE THIS MAY BE PREFERABLE FOR THOSE WHO CAN'T ESTABLISH AN ALIPAY OR WECHAT WALLET FOR WHATEVER REASON, BE AWARE THE THE DELIVERY PERSON MAY REQUIRE EXACT CHANGE.



Placing deliveries via an application or by calling the restaurant directly is usually painless if you know at least a bit of Chinese to convey to the delivery driver where you're located or what you would like to order.

FOOD DELIVERY EXPERIENCE

by Bryce Cristiano

As we're entrenched in what has been described as the coldest winter since 2012, many of us may be attempting to either stave off the cold or avoid the chill temperatures at all cost. While our December issue offered a helpful article regarding clothing to wear during the winter as well as interesting means to keep warm, the chances you will be forced out into the world at some point through the day are nearly inevitable. Unless you work or study in your apartment building, you may feel overcome with hunger. Hunger that will drive you to the point of wrapping up in a scarf, knocking back a shot of baijiu for warmth, and covering half your body in adhesive warm patches.

Store you head out into the miserable cold. Tianjin and most Chinese cities are wonderful though, while the US has a terrible suburban sprawl that can make finding food turn into a 20-30 minute journey, most of us live within a minutes walk from some sort of food. Depending on where you live, you're probably within the proximity of 20 restaurants that are within a reasonable walk. If you're either stuck at work or too lazy to walk downstairs, starving to death is no longer an option. Over the years we have seen an explosion in the scale of food delivery in China with several companies competing to jam up traffic and see how many near accidents they can cause with their armies of scooter bound delivery people.

If you plan on staying here for a prolonged amount of time, it's recommended that you download at least a couple of the biggest food delivery applications for China. Even if you don't want to download a million different food delivery applications, the Chinese version of Yelp! (DianPing) allows users to place orders online through the 外卖 (waimai) option. Placing deliveries via an application or by calling the restaurant directly is usually painless if you know at least a bit of Chinese to convey to the delivery driver where you're located or what you would like to order. Some places that cater more towards foreigners like the local, DönerKebab have WeChat groups available to assist English speakers with ordering food. If you'd like to use a delivery service, you'll need at least a few things. First, it helps to have already established online payment via Alipay 支付宝 or WeChat Wallet to allow for online transactions with food delivery apps. Then comes the application and there's a great deal many to choose from. 饿了么 and 美团外卖 (E Le Me and Mei Tuan Wai Mai) are two of the most significant apps for delivery. Some fast food joints like

McDonalds have their own applications which are helpfully available in English if you want to eat subpar hamburgers everyday. Third, you'll need to know your address in Chinese to add to the address book on the app. You'll have to ability to link your AliPay to most of the food delivery services to allow for a cashless transaction.

You will need to know some basic Chinese for navigating to applications and for having your food delivered. Some of the applications will allow you to place notes for delivery, this is a good time to translate a message to Chinese telling the delivery person something along the lines of "I'm a foreigner, my spoken Chinese is not good. I'll meet you at the front gate of my building." If you know Chinese, then the situation is favorable and you won't come across any problems when the food delivery person has an issue finding your apartment. Upon establishing an account via a food delivery app, you can search for food in your vicinity. Order up some delicious food and check it out using the address of your apartment. Keep your phone at the ready as the delivery person will call you to ask questions about your building location or may need to be called up your elevator if you live in a complex that requires a card for using the elevator. Sometimes the delivery people will get horribly lost and take a long time to find your apartment so just bear with them. It may be easier to simply await the delivery person at the ground floor of your building or at the entrance of your community to save the both

of you trouble.

Some of the biggest issues that foreigners have with food delivery is how exclusively in Chinese the process is, which is to be expected. While food delivery is a great way to save time, brush up on your Chinese to allow for an easy experience for the delivery person. Some applications will allow you to pay cash up front once the food is delivered and while this may be preferable for those who can't establish an AliPay or WeChat Wallet for whatever reason, be aware the the delivery person may require exact change. Some restaurants will send their driver with no currency to give back change which is a massive oversight but it's one to keep in mind. Every business is different so like most days in China, you have to learn through experience.

Another issue that will require speaking Chinese is to resolve wrong orders or missing items from a delivery. Often times the restaurant may forget to bring a part of your order and are typically happy to correct the mistake but you will obviously need to convey that to the delivery person. While there are many apps crowding the market, find one that works the best for you. Whether you like the deals they offer, enjoy the layout of the application, or just enjoy the color palate of the app; use the service that feels natural for you. It's hard to say whether one company is better than the other but with all the competition, they do offer money off your first orders or occasionally have a special deal. Play around with a few of the delivery

apps to get all the best deals.

Food delivery can sometimes be the most frustrating situation that seems like more trouble than it's worth for foreigners. Keep working on your Chinese and learn to laugh off mistakes in orders. It's all part of the experience but with enough time anyone can learn to order food straight to their home. We're a society that's just one step closer to never having to go outdoors and deal with that overrated "sun". With these changes comes some growing pains, especially for those who do not wish to learn Chinese. If you must, stick to restaurant that cater to foreigners and allow you to place orders via WeChat which will allow for an easy translation between the customer and the business.

了不起的外卖服务

上个月的文章我们介绍了如何在冬天实施有效的防寒保暖措施，但一天中我们总会有不可避免的外出概率，比如家中没有食物的时候。天津以及大多数的中国城市，觅食不是件困难的事，但倘若你生活在美国，如若不走上几十分钟，是绝对不会有结果的。近些年随着手机应用的不断发展，“懒癌”群体有了新的生活方式以及解决饥饿的途径。外卖业务的横空出世满足了千万人群的温饱问题。

如果你是长期居住在中国的朋友，建议你不妨下载一两个最大的外卖平台。比如大众点评外送业务可以在你哪怕怕中文只懂那么一点点的情况下，将你所需要的食物送货上门。还有一些针对于外国人社区的餐厅，一般这类餐厅都会有自己的微信群。当然在你准备享受外卖业务之前，你需要完成几件事：第一，确保你的手机具备支付功能，如支付宝或微信钱包等；第二，手机已经安装外卖应用软件，如饿了么、美团外卖等；第三，你需要知道送货地方的正确中文地址以便送餐人员准确送达。

为了使快递小哥能准确无误地将食物送到你手中，你至少需要会一些简单的中文。很多外卖选项里都会有备注功能，这个时候你就可以将你的需求罗列其中，比如告知你的中文不是很好等。当一切准备妥当，剩下的只需静候手机来电。一般情况下有电梯的住宅，外来人员是没办法上楼的，因此当快递小哥即将到来的时候，不妨在楼下等候，这样会更加便捷一些。在送餐过程中很多餐厅还会支持货到付款的服务，这对于尚不能使用支付宝或微信支付的用户来说简直不能再方便。

除此之外，选择外卖服务我们还可能会遇到订单错误的情况。此时，我们就需要用中文将问题反馈给快递员。外卖的应用程序不断涌现，我们也很难分辨究竟谁比谁更好，用户不妨多下载几个选择，从中筛选出最适合自己的那一款。

外卖服务一方面丰富了我们的生活，另一方面它也在不断督促我们要更好地学习中文。改变也许会带来烦恼，但改变更多是带来美好。希望外卖服务的出现为你体验更加丰富的中国味道带来全新的感受。



delivery person



Handmade noodle

A LAND OF NOODLES

by Bryce Cristiano

China is renowned for many wonderful culinary creations which entice those from abroad. Perhaps the greatest aspect of travel outside of meeting new people and exploring new locations is the opportunity to experience the wealth of a country's cuisine. You can learn a great deal about the history and culture of China just by partaking in the vastness of Chinese food. With flavors ranging from incredibly spicy in the Sichuan region, to salty in Tianjin, and sweet in the south; the flavor profiles are all over the place in this massive country. One theme that ties all these wonderful local flavors and culinary histories together is a fondness for noodles. Noodles in China come in varieties which those in the

West may not be used to. From the regular flour noodles which can be shaped and cut to serve many different purposes in a dish to the transparent glass noodles made from rice powder, the real difference is in the preparation and flavors.

Walking down the streets of Tianjin, you've probably see the glowing green signs of the Lanzhou restaurants which remain open well into the evening for those looking to end a night of drunken shenanigans with a cheap meal. The signs usually prominently display "拉面" (la mian) as their main attraction. While Lanzhou restaurants do serve up many dishes from cheap 盖饭 (Gai fan meals with a side of rice) to giant meals for a party to enjoy, the noodles at a Lanzhou restaurant are

usually the go-to for new expats. The simplicity of the noodles offered in a Lanzhou joint make it particularly compelling for new comers as you're most likely to expect beef and lamb noodles. While it's not always the case, many of these locations will make their noodles by hand and it's always a blast to see the chefs slapping the giant globs of noodle dough onto the preparation table as they weave a glob of dough into beautiful pulled-noodles. At these locations the beef noodles are the cheapest and worth every jiao spent. You're able to add chili sauce to your own liking to kick up the flavors a bit but even without, the noodles are still amazing. While not as much as a noodle dish, perhaps my own favorite at Lanzhou locations is a bowl of 羊肉泡馍 (Lamb soup with chopped up baked pita bread). The dish itself is served with hearty chunks of lamb, glass noodles, and either chopped up pita bread on the side or thrown right into the bowl. It's a wonderful meal for the price and worth a try at a Lanzhou restaurant.

Chongqing is the massive city surrounded by the spicy Sichuan province and

WHILE IT'S NOT ALWAYS THE CASE, MANY OF THESE LOCATIONS WILL MAKE THEIR NOODLES BY HAND AND IT'S ALWAYS A BLAST TO SEE THE CHEFS SLAPPING THE GIANT GLOBS OF NOODLE DOUGH ONTO THE PREPARATION TABLE AS THEY WEAVE A GLOB OF DOUGH INTO BEAUTIFUL PULLED-NOODLES.

It should be no surprise that the food from Chongqing hot pot to Chongqing noodles are anything but spicy. Chongqing noodles stand out for being quite affordable and packing amazing flavors. While some of the small Chongqing noodle locations might seem like holes-in-the-wall, they cease to amaze.

Common serving at a Chongqing noodle shop range from 担担面 Dan Dan Mian, 麻辣小面 Ma La Xiao Mian, to 酸辣粉 Suan La Fen. There's a wealth of different noodles that are either served in soups or just in sauces that create for an exciting chance to try new things each day. Usually with prices starting around 10rmb and never really going over 20rmb per dish, it makes for an affordable meal. These locations will usually serve egg and breads on the side for those who need a little more food in their stomach.

Another benefit of noodles is the ability to use them in any kind of dish as a substitute for rice. If you're feeling particularly riced-out, you can usually change your rice orders into some kind of substitute noodle dish. A great example of this would be with 沙县小吃 (Shaxian delicacies), where most of the orders have their own noodle companion. Not feeling fried rice? Get some classic friend noodles. Tired of the typical 鸭腿饭 (duck leg with rice)? Dig into a bowl of noodles topped with a succulent duck leg. Even most 盖饭 (with rice) dishes can substitute noodles. Nothing beats a plate of tomato eggs over warm noodles for lunch.

Another delicious addition to the variety of noodles is 牛杂面 (Beef with bean noodles). Made from a variety of beans, some of these locations have fresh made noodles with a slight green hue. While they initially seem



Lanzhou Lamian

similar most noodles, the broth at a Niu Za Mian location is to die for. The noodles come in two varieties, either as thick noodles or skinny noodles which are usually freshly made to order. The noodles are topped with bits of cow meat from the intestines and stomach which cook for hours in a massive pot. With some veggies thrown into the mix and the option to add various tofu, even a large bowl of noodles at a Niu Za Mian location will only set you back about 15RMB. It's hard to place the exact flavor but the seasoned meats which cook for hours make a particularly savory broth that's hard not to enjoy. Being so cheap, you have to play around these locations in order to find the quality that suits your tastes. Some locations will unfortunately use chemicals in their noodles which stand out. The all time best Niu Za Mian that I could recommend is a small joint next to Jingong Market on the corner of 增产道 (Zeng Chan Dao) and 江都路 (Jiangdu Lu) at a place called "老老板面" Lao Da Ban Mian. Besides this, you shouldn't have difficulty finding a great noodle place near you.

This is only the start though. Noodles are an absolute staple of Chinese cuisine and while we may seem to only enjoy noodles as a lunch or dinner meal, noodles are available in almost everything. Cold meal appetizers, main dishes, and sides all have their own noodles and variety of noodles. Some of the textures of

glass noodles may weird out the tastes of foreigners but it's impressive the amount of textures that can be made with such a simple staple item.

面条之国

中国的各色美食吸引着全世界的人来此大快朵颐。除了发现美食本身，你还能通过食物了解很多背后的历史和文化。虽然中国各地偏爱的口味各不相同，但每个地区都有面条的一席之地。中国面条的形状和口味各有不同，有面粉做的也有米粉做的，有粗、有细、有扁平。

走在天津的大街小巷，你对“兰州拉面”的招牌可能并不陌生。兰州拉面是最有名的面条种类之一，也是外国人一定要尝试的。兰州拉面最特别的是抻面的方法，厨师把一个面团不停摔打、抻拉，最后变成戏如发丝的面条。手工制成的面条放进牛肉汤里煮熟，口味重的还可以加些辣子提味。我还喜欢的一种西北美食就是羊肉泡馍，虽然馍是主角，但里面也会有粉丝，我喜欢叫它“水晶面条”。

位于西南的重庆偏爱麻辣口味，担担面、麻辣小面、酸辣粉也是全国人民都喜欢的午餐选择。重庆小面价格在 10 到 20 元之间，口味以麻辣为主，根据个人口味还可以加料。

面条还是很好的伴侣，可以作为米饭的替代品搭配各种食材。你熟悉的盖饭可以摇身一变成盖面，吃腻了炒饭可以换成炒面，鸭腿饭也可以改成鸭腿面，西红柿鸡蛋面更是谁都不能抵抗的美味。

最后一种对老外来说有点挑战的面就是牛杂面了。牛杂取自牛的肠子和胃，通常是外国人不会吃的部位，但是牛杂在老汤里煮上几个小时，十分入味。我最爱的一家牛杂面馆用蔬菜汁和面做面条，所以外表呈绿色。牛杂面的味道非常浓郁，价格也便宜，所以要找到正宗的店铺都要费一番周折。

LE CROBAG



As you walk in, the smell of fresh baked croissants and other baguettes will engulf your senses. All beautifully presented in the food case, Le Crobag offers a large selection of many German breads. The favourite of most being their 'Pretzels'.

The atmosphere is inviting and makes the customers feel welcomed. Postcards of thank you notes and well wishes hang on the walls. The T.V plays different German cooking shows on loop. Thus giving the customers a more western experience when visiting. Le Crobag offers delivery to your doorstep if you live in downtown Tianjin. This delivery service is very popular with many foreign expats. Le Crobag doesn't just offer delivery to just your home. They also cater to events.

All their products are imported from Germany. Their baked goods aren't the only thing offered. German chocolate, beverages and other German goodies are beautifully displayed for customers that are curious to try other German imports. One of the great things that makes Le Crobag different and more appealing than other cookie cutter bakeries, is that Le Crobag offers authentic baked goods from Germany. Whether it is the flaky crust and moist centre of a croissant you prefer or the golden brown and soft centre of a fresh loaf of bread. Le Crobag offers some of the best breads that are true to their recipes.

So get out to the Ao cheng shopping centre and buy yourself an espresso and a croissant. This is truly the place to be if you are looking for a place with authentic breads and a fun German atmosphere. Good news for those of you out in TEDA. A new Le Crobag location just opened up.

坐落在奥城商业广场，走进店里就闻到新鲜牛角包的清香。店铺的陈列给人一种温暖熟悉的感觉，让人想起欧洲街角的小烘焙店。Le Crobag所有的面包都从德国进口，这在天津还绝无仅有。不久前，Le Crobag刚刚在泰达MSD开了新店，在开发区也能买到纯正的德国面包了。如果你需要定期购买也可以选择送货回家的服务。

Le Crobag

- Aocheng shop: No.7, Building 2, entrance of Shidai Aocheng Commercial Street** 南开区滨水道时代奥城时尚风情街入口处2号楼商7
- Teda shop: C1-105, MSD, 1st Avenue, TEDA**
天津市经济技术开发区第一大街MSD, C1-105

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When it comes to truly restarting our exercise routine, start with light cardio and lighter weights.

RESTARTING EXERCISE

by **Kate King**

Exercise is an important part in keeping healthy, few people would deny that. Moving the body, sweating, challenging your physical limits, are all part of a fitness routine. Many people have overcome the challenges of making fitness a part of their everyday life. It is not easy, but when you think of either doing some regular exercise now or not being functional later in life, which would you say is the harder option? So, while it is no small thing that many have incorporated fitness into their lives, as with anything else, life often throws unexpected events in our path. This, at times, can interfere with our exercise routine and for a time period we may not be able to continue. But, never fear, for we can always re-start this healthful habit.

If you had been consistently training previously for some time, the good news is, your body has muscle memory and it is easier to regain muscle and cardio endurance than if you had never exercised before. So, don't be too discouraged. The reality is though, that it only takes a few weeks of not exercising to begin losing strength and cardio endurance. So, if you

haven't been able to exercise for a month or more, the smart thing to do when re-starting is realizing that you will not be at the same fitness level as when you last worked out and so should not just pick up those same 50lb dumb bells and think you can continue where you left off. It may be a bit frustrating to realize you have regressed, but, with a little consistency that can be remedied quickly enough.

For an example of how to restart an exercise program, there is a personal trainer named Drew Manning who purposely stopped exercising and eating healthy for 6 months and gained about 70 pounds. When the six months were up, he then began the journey of regaining his health and restarting his fitness routine. Interestingly enough, the first month he focused solely on eating healthy and doing some stretching exercises. He did not just jump right back into heavy lifting. So, what we learn from his experience is that it is very important to prepare the body for exercise and to avoid injury by slowly getting back into our exercise routine. That way we won't finally feel we are getting back on track only to once again have to sit on the sidelines waiting for an injury to

IF YOU HAD BEEN CONSISTENTLY TRAINING PREVIOUSLY FOR SOME TIME, THE GOOD NEWS IS, YOUR BODY HAS MUSCLE MEMORY AND IT IS EASIER TO REGAIN MUSCLE AND CARDIO ENDURANCE THAN IF YOU HAD NEVER EXERCISED BEFORE.

heal. Slow and steady wins the race.

When it comes to truly restarting our exercise routine, start with light cardio and lighter weights. Because of your previous workout experience, neural pathways have already been formed from the brain to the muscle, these pathways will slowly dust themselves off and your movements will once again become like a well oiled machine.

So, don't worry too much if your fitness routine gets interrupted, you can get back on track and you can regain what was lost. The key is consistency and not giving up. Exercise today and you will be so grateful when you still have your health in your later years.

重拾锻炼

运动是保持健康的重要手段。移动、出汗，我们不停地挑战自己身体的极限。时下很多人都视健身为日常生活的一部分，这并不容易，但只要一想到未来的健康，再懒再累我们都会心甘情愿地走进健身房，为健康做出贡献。将健身融入生活中并不是件轻松的事，很多时候我们会被其它事情所累，但只要你想，无论什么时候我们都可以重拾健身，将锻炼之路走下去。

如果你一直保持锻炼，那么很高兴地通知你，人的肌肉是有记忆的，它相对于从不锻炼的人来说，会更容易得到恢复。但如果你没有坚持锻炼一个月或以上，当你再次锻炼的时候，你需要注意，此时你的能力已不再是上一次锻炼的结果。我们应根据自己的实际情况，一点点弥补，最后达成自己期望的水平。

当我们重新启动锻炼，应循序渐进，不要急于求成，慢慢恢复直至过去水平，让自己的身体形成一个良性循环。因此，当我们的锻炼被某些事项耽误所终止，不要太过担心，因为你还是一样可以从简单的动作恢复至原来效果。现在就开始你的锻炼计划，未来你会感谢那个现在就注重身体健康的你。



One kind of clothes drying rack.

CLOTHES DRYING RACK

by **Kate King**

When first arriving in China many moons ago, pretty much all shopping was done at the store. A bus was taken to the store since it was cheaper and travelers were empty handed. After shopping, it meant being loaded down with goods. Thus it was necessary to wait around outside for a cab that was willing to haul the mass of merchandise home. It was no fun. One of the things bought upon arrival was a clothes drying rack because it was quickly realized a dryer is not an appliance typically found in a Chinese apartment. Not to mention usually there isn't even a suitable location to put it, thus ruling out even buying one yourself. It is safe to say, a dryer is completely off the radar in a traditional Chinese home. So, the clothes drying rack becomes a fast necessity.

Fast forward to today. Now there exist a number of apps with which you can do online shopping. Shoppers can never leave the house, never walk through the store aisles and never wait outside to load up goods in a taxi again. These apps really

are a lifesaver. A caveat though is the need for some skills in reading and understanding Chinese characters. The clothes drying racks bought years ago had seen their last clothes drying days. They were falling apart. So, instead of buying them the old fashioned way the goal was to buy online. How do you say "clothes drying rack" in Chinese? Using the Jingdong app, the initial search was done using two characters 衣架 (yījià). They literally mean "clothes" 衣 and "rack" 架. The results proved this is actually the Chinese word for "hanger" though. Not really the intended product. After intensive research this three character combination 晾衣架 (liàngyījià) which means "dry in the air", "clothes", "rack" was the jack pot!

There are a variety of different types of racks. A pretty useful model has two side flaps that flip up, providing a large area in which to hang clothes. Based on the use of previous clothes racks a structural weakness exists in some. The low center rack which folds when being put away, has a joint that easily breaks. Ideally then, the new one would be sturdier, especially in

A PRETTY USEFUL MODEL HAS TWO SIDE FLAPS THAT FLIP UP, PROVIDING A LARGE AREA IN WHICH TO HANG CLOTHES.

that area.

There is also a wide range of prices. Depending on the type of rack you buy, it could be anywhere from 80 to over 1,000 RMB! Obviously the really expensive ones are pretty high tech and may even involve some type of installation work. That said, for about 100 to 150 RMB you can easily find a decent quality and very workable clothes drying rack. Interestingly enough, if you are into a faster drying solution you can also look up 干衣机 (gānyījī). This is a dryer that actually uses warm air to dry your clothes, but, obviously it will be a bit more expensive than the basic drying rack. While none of these compare to a good old electric dryer, they can get the job done. Happy drying!



The fast dryer.

购买晾衣架

当我第一次来中国的时候，我就发现，几乎所有的中国家庭都不会使用干衣机，因此来这里我买的第一件东西就是晾衣架。当今社会，在线购物变得越来越流行，网购的存在大大节省了我们的时间和精力。打开app的搜索栏，输入你要购买的物品，输入中文对母语非汉语的外国朋友而言可能会有稍许不便。衣架的种类多种多样，其中有一种双面折叠的衣架颇为实用。当然衣架的价格也会根据种类的不同而有所不同，大致价格浮动在80到1000元不等。我们都知道一分钱一分货的道理，价格高的自然科技含量也就高。总的来说100元到150元左右的就非常适合家庭使用。如果你想衣服干得更快，不妨考虑购买一台干衣机，尽管价格贵，但干衣的效果也绝对值得你去尝试。



An App on travel can be very convenient for travel related bookings.

CTRIP

by Carmen King

W The Ctrip app provides three core functions when opened. They are: "Hotels", "Flights", and "Trains". Today we are going to focus on the "hotel" part. Be aware that depending on which app store you download Ctrip from, the UI language will vary.

Tap on "Hotels" and then in the search bar input "Tianjin" but don't hit the "Done" button in the lower right corner. Instead, simply entering in this key word will automatically provide results. Below the search bar, search results based on area will be displayed. Such as the area of "Tianjin", as in the entire city, "Tianjin Binhai International Airport", "Tianjin West Railway Station", etc. Select one of these and it will show all the hotels in that area. Another option is to search specifically by hotel name, such as "Holiday Inn".

If only the brand name is entered, it will display all locations for that chain throughout China. This is useful if you prefer a particular hotel such as the "Holiday Inn" and want to stay at a Holiday Inn no matter which city you visit. For understanding intra-Tianjin offerings though, be sure to add the city to the hotel name, as in "Holiday Inn Tianjin" or "Tianjin Holiday Inn". While searching with English seems fairly easy, the caveat is when a

certain Hotel's name in English is totally unrelated to the Chinese name. This can create challenges when you know the name of the hotel only in Chinese but want to search it in the English based Ctrip app.

Tracking down the English name for some Chinese brand hotels can be challenging. Before giving up as though the hotel is unavailable though, be aware that Ctrip does offer assistant by phone. It can be a life saver when trying to reserve a

THIS COMBINATION OF ENGLISH WITH SOME CHINESE ACTUALLY DOES WONDERS IN COMPARISON TO SIMPLY TRYING TO TALK IN PURE ENGLISH.

room at a hotel that isn't coming up in the app. To call in, select the menu in the top left hand corner of the app's home screen. Then pick "Contact Us" to see the customer service numbers. When calling in, there is an option for "English" service. Based on experience, Ctrip's English customer service reps are fair. This means, be prepared to speak slowly and even repeat details. If you have decent Chinese, by all means provide as much information in Chinese as possible, engaging in a bi-lingual call.

A way of doing this is to pick "English" service, whereby you will get a rep that has

some English skills. However, periodically as they get stuck or don't understand what you are saying, offer up a few pieces of key information in Chinese, such as the street name or in this case the name of the hotel. This combination of English with some Chinese actually does wonders in comparison to simply trying to talk in pure English. Worst case scenario, if the rep is really linguistically challenged try calling back so as to get another agent. Generally speaking, Ctrip is a solid choice for travel related bookings. They are well known even within China, going by the Chinese name: 携程 xiéchéng.

携程在手，说走就走

携程旅行网手机客户端可为用户提供酒店、机票、火车票的预订服务。今天我们要介绍的是关于“酒店”的部分，值得注意的是，在不同应用商店下载软件，软件的界面语言也将有所不同。

在搜索栏里输入关键词，但不要点击确认，下拉菜单中就会出现相应地标附近商户。选择你需要查询的地点，结果就会出来该点附近所有的酒店。此外，我们还可以直接输入酒店名称，完成相应查找。

如果只输入酒店名称，那么出来的结果是所有中国境内该品牌酒店的结果。因此如果你想了解特定城市的酒店，不妨在酒店品牌前面加上城市名，以便查找。

用英文搜索一些中国品牌的酒店可以说相当具有挑战。但好在携程网提供电话求助服务，用户只需拨打服务热线然后选择英文服务即可获得相应帮助。

英文客服的英文水平可圈可点，当他们不明白你在说什么的时候，不妨多提供一些关键性信息，如街道名称等。在某些情况下，当你用英文夹杂着中文的方式向他们寻求帮助会比你直接用英文来得方便很多。如果你是长期商旅出行者，那么该软件就是你坚实的选择。



Tianzhu Mountain

THIS CONCEPT IS EXPRESSED IN MANY CHINESE PHILOSOPHIES AND DESCRIBES HOW SEEMINGLY OPPOSITE OR CONTRARY FORCES MAY ACTUALLY BE COMPLEMENTARY, INTERCONNECTED, AND INTERDEPENDENT IN THE NATURAL WORLD, AND HOW THEY MAY GIVE RISE TO EACH OTHER AS THEY INTERRELATE TO ONE ANOTHER.

ANHUI

by David Wong

Got a particularly well known area for tourism, with the exception of Huangshan 黄山 or “Yellow Mountain” which is a UNESCO World Heritage site in this landlocked province of a population of over 60 million. However Anhui has a lot to offer for those looking for a cultural experience in China.

Anhui is one of China’s poorest provinces with a GDP per capita ranked 26th within China’s 31 regions. In the eastern part of China bordered by Jiangxi, Jiangsu, Zhejiang, Hubei, Henan and Shandong and sometimes referred to as the “Appalachia” of China. The Appalachia region in Eastern United States is a mountainous area although blessed with resources is relatively poor because of its remoteness. In a similar manner, Anhui also has many resources but is not fully developed due to the geographic constraints of the province being divided by the Yangtze River and only four bridges and surrounded by two mountain ranges.

The climate of Anhui is considered between subtropical and the warm temperate zone and has four distinct seasons.

Anhui is rich in history and culture and almost every city will have some historical significance dating back to the Qin Dynasty.

Tourist Spots

This region is also referred to as the Jianghuai area, Jiang representing the Yangtze River, which the Chinese call Changjiang 长江. Literally “Long River” and Huai He 淮河. The Huai River lies between the two longest rivers in China, the Yangtze and the Yellow River. The significance of the Huai River is it is considered the dividing line for North and South China.

As mentioned, Huangshan is it’s most famous tourist site and is located in the southern part of the province. An airport was recently opened near Huangshan and makes accessibility easier. The mountain is extensive and you should plan to stay overnight in one of the several hotels located on the summit. This will give you an opportunity to catch the sunrise at the picturesque peaks. However, you will need some luck as the mountain is usually covered with a morning mist and the clear sunrise only can be seen 20% of the time. There is a cable car from the bottom to

top and for those who want a challenge, stone-carved steps will wind your way to the top. The former name of the city of Huangshan was HuiZhou which makes up the name of the province AnHui, “An” is from AnQing 安庆. Huizhou city 徽州 changed its name to Huangshan in 1987.

In the western part of the province is Anqing 安庆 which is also home to the Tianzhu Mountain 天柱山, literal meaning is “Heavenly Pillar Mountain”, it is also referred to as Wan Shan 皖山 and the character 皖 is the abbreviation of Anhui which you will see on all Anhui license plates. Anqing was the previous provincial capital of Anhui before 1949. Also in Anqing you should visit the Yingjiang Temple and the Zhenfeng Tower, both in the same location and called the “Ten Thousand Buddhas Monastery in ancient times. The area is known for Hui snacks and don’t miss the delicious Jiang Wan Chun wontons (dumplings).

In the northern part of the province is Bengbu 蚌埠 historically known for freshwater pearls, it is now famous as a food city of Anhui, which now makes up for over 40% of its economy. The Huaiyuan Pomegranates are considered the best in China as well as its Mitten Crabs from Tuo Lake. The Bengbu Convention and Exhibition Center is a masterpiece of architecture.

In the center of Anhui is Hefei, the capital of Anhui. In ancient times, it was always regarded as being militarily important and was known as the former location of the Three Kingdoms period. In Hefei, the Three

Kingdoms Park is considered the best restored sites for this period. The provincial museum is excellent and has over 230,000 relics. Most exhibits are in Chinese and English and if you want an English guide, you need to book in advance.

Baohu Park is a tribute to a former official during the Northern Song Dynasty (960-1126) and became a symbol of justice in China. The temple and grounds are quite extensive built in 1539. If you are interested in the history of wars between ancient Chinese dynasties, This area has many historic battle sites due to it's central geographic location in China.

While in Hefei, make sure you try Luzhou Roast Duck 庐州烤鸭 Lúzhōu kāoyā – Beijing has its Peking Duck, although not as famous, Anhui has it's Luzhou Roast Duck, Luzhou was the ancient name of the present capital of Anhui province, Hefei so this dish is also referred to as Hefei Roast Duck which has a stronger flavor than its capital cousin.

安徽菜 Anhui Cai or Hui Cai 徽菜

There are eight culinary cuisines in China listed as: Shandong, Anhui, Guangdong (or

Cantonese), Sichuan, Hunan, Fujian, Jiangsu and Zhejiang. In the November Jin Magazine issue, we described in detail the less known cuisine from Anhui province.

Since much of Anhui is remote and mountainous, many of Anhui dishes use natural wild ingredients. Their style of cooking also emphasizes stewing and braising rather than more typical deep-frying and stir-frying that is common to other Chinese cuisines. This region is also close to Jiangsu and Zhejiang so dishes have some of those region's characteristics.

Anhui cooking pays a lot of attention to Yin and Yang 阴阳 which literally means “dark and bright”. This concept is expressed in many Chinese philosophies and describes how seemingly opposite or contrary forces may actually be complementary, interconnected, and interdependent in the natural world, and how they may give rise to each other as they interrelate to one another. This is seen in Chinese Taoism, TCM Traditional Chinese medicines and even in foods, in this case Anhui cuisine will seek to balance the dishes with the use of ingredients and method of cooking.

Getting There

There is a high-speed train from Tianjin to Hefei, which is about 4 hours.

There are several direct flights from Tianjin to Hefei, or you can depart from Beijing or fly to Shanghai or Nanjing and transfer from there. Check out the Ctrip app.



Beautiful Village

地灵人杰现，景秀徽韵长

很多人了解安徽都是由其著名的世界文化与自然双重遗产的黄山开始，但鲜少有人知道，若论起中国史前文明的发祥地，安徽可谓是首屈一指旅游圣地。

安徽并不是一个富饶的省份，它地跨长江、淮河，东邻江苏、浙江，西连湖北、河南，南毗江西，北与山东接壤，素有中国的“阿巴拉契亚”之称。尽管受其地理因素的影响，使得省内很多资源都不能被充分利用，但或许正是由于这样的原因才让它宝贵的古典文化遗产保留至今，代代相传。

安徽省内旅游景点众多，其中最为人知晓的还得说远近闻名的黄山。黄山共有 72 峰，主峰莲花峰海拔 1864 米，与光明顶、天都峰并称三大黄山主峰，为 36 大峰之一。因此，来黄山旅游若想玩得尽兴，只有在这里住上一晚才能算做不虚此行。运气足够好的话，转天还有可能欣赏到风景如画的山峰日出，当然这一切都只能靠缘分。观日出的最佳地点：清凉台、曙光亭、狮子峰、始信峰、丹霞峰、光明顶、鳌鱼峰、玉屏楼。

在安徽省的西南地区有一座被称为“千年古城”的国家森林城市，它就是安庆，古称舒州。它是安徽最早的省会所在地，也是中国较早接受近代文明的城市之一。在安庆，你不可错过的旅游景点有天柱山、迎江寺、振风塔。值得注意的是，该地区也是著名的回族小吃区，特别推荐老字号吃食——江万春饺子，它皮如薄纸，馅如珍珠，形如猫耳，肉嫩汤鲜，有机会的话不要错过。

说到安徽省的美味我们就不得不提起它赫赫有名的徽州风味——徽菜。徽菜的形成与其独特的地理环境、人文环境、饮食习惯密切相关。绿树丛荫、沟壑纵横、气候宜人的自然环境，为徽菜提供了取之不尽、用之不竭的徽菜原料。徽菜在烹调方法上擅长烧、炖、蒸，而爆、炒菜少，重油、重色，重火功，与临近的江苏和浙江等地区或多或少有相似之处。除此之外，徽菜还格外注重阴阳平衡的概念，将自然和人文合二为一，以此达到互补互通的作用。

天津到合肥交通便利，乘坐动车前往也不过四个小时的车程。“一生痴绝处，无梦到徽州”，如果你短期内有出行计划，不妨来这里看上一番，说不定哪个时刻就爱上了这个人杰地灵，星转斗移的古老城市。



Hefei Snack — Ya Jiao Bao

SALT OF THE EARTH

by Robert Watt

THE AREA PRODUCES OVER A MILLION TONS OF SALT A YEAR BUT THE TAX REVENUE IT GENERATES IS TINY COMPARED WITH THE FACTORIES AND SHOPPING MALLS STEADILY ENCROACHING FROM THE DISTANCE.



Sorted salt are piled up high

I've been out this way before, out from the city towards the sea. Driving out over the flat, low lands beyond Binhai and it still strikes me how featureless, how barren, how unforgivingly hostile this area feels. Last time it was towards an isolated village and its old fishing fleet moored at the water's edge, this time it's to the ancient salterns.

Like the fishing industry, Tianjin was once famous for its salt production. It exported, what Chinese proverbs call 'one of the seven necessities of life', throughout China and beyond. It has been credited with being the driving force behind China's social development because the huge tax revenue it created necessitated the organisation and administration to enforce, protect and collect

it. Like the fishing industry, collecting salt from the sea is hard physical work, the environment is often tough and is a tradition in decline.

Culture and history

The flooding by the Bohai Sea and nearby rivers have made the soil in this region too salty for many plants. It explains the lack of trees and shrubs, the shortage of wildlife. It's a harsh environment; fiercely hot in summer and bitterly cold in winter, unsuitable for farming or rearing animals. However, there is evidence of Neolithic man and it is likely they fed on and traded the abundant fish and the natural salt reserves of the coast. The salt marshes would have protected them from invaders too. Under the dry summer sun, pools would dry out and the salt deposits

would form naturally. As time went on the natural process of collecting salt was enhanced by the creation and management of the water into ponds. By the time of the Tang dynasty, salt was the biggest source of tax revenue and remained important well into the 20th century.

I arrive by car with Mr Liu, one of the product managers at Changlu; the largest sea salt producer in China. The company traces its roots back to 935AD. His family also has a long history of working in the industry. His sister, helping me with travel and translation, remembers growing up with thousands of other families in single story housing provided by the salt companies. She tells me the old village was pulled down during the 1980s and 90s, everyone was moved into modern



The Changlu Salt Factory

facilities and the local schools closed. The Liu family story is typical of the families I met in the shrinking fishing village last year. The younger generations, now working in other careers, drifting away leaving the parents and grandparents behind.

The Salterns today

If you look at aerial pictures of land around the Bohai bay, from as recent as the early 1980's, the coastline is rimed with plumes of white like the head of a cauliflower. Today there are only 1 or 2 companies, but there are ponds as far as can be seen. From the edge of the city, marked by the sudden halt of high rise apartments, to the sea and left and right to the horizon lies dried white deposits, or the mirrored waters of the brine ponds. Each is ringed by rows of red bricks that reinforce the banks. The ponds are in different stages of production, those drained and dried of moisture a foot deep with the large crystals the area is famous for. Others are filled with the brine that will either evaporate naturally, or be pumped to drying machines to produce finer grains.

We climb down into one of the dried ponds and find the salt is surprisingly solid beneath our feet. Large patches have been scraped away to reveal the dark clay beneath. The extraction is being done by diggers and dumped into low trucks that speed continuously up and down the network of roads. The mechanisation has removed the back breaking work that was once done by men with shovels. Although it's warm today the drivers are well wrapped in scarves and

thick coats, only patches of their skin showing. In the open trucks there is no protection from the Siberian winter winds whipping across the landscape and no shade in the sweltering summer. It's unsurprising the workers are dark skinned.

In the trail of trucks we follow the freshly dug salt to where it's dumped into a machine. The contraption is a web of belts, cascading water and whirling motors which shake and sort out the soil and stones. It's a primitive piece of mechanics, but surprisingly efficient in producing a constant supply of brilliant salt creeping along a series of conveyors onto an already massive white mountain.

The effects of modernization

The principles haven't changed. The sun, the sea and the flat land uses the same natural processes. The waste produced, no more than a stream of salty water which returns into Bohai bay and a small pile of stones and clumps of dirty salt that didn't separate. A man is collecting some in a bag and I worry that this might be destined for some black market. But I'm told it's used in traditional medicine as a type of poultice.

It's hard to imagine though, how this area would have looked during the old dynasties when windmills pumped the sea water into the ponds. As well as the machines and the city standing ominously on one side, strings of thick electric cables stretch between long lines of posts. There are tufts of coarse dry grass along the rails that support the sorting machine, but mostly the ground is barren, poisoned by the salt spilled and churned into

the road sides by the wheels of trucks. Before the mechanisation, the work would have required a mass of laborers rather than the few dozen visible today. The area produces over a million tons of salt a year but the tax revenue it generates is tiny compared with the factories and shopping malls steadily encroaching from the distance.

In the same way that fish farms increased the efficiency of fishing and helped in the decline of traditional fleets, so the mechanisation of the salterns has reduced the value of the salt industry. But just as Tianjin remains famous for its sea food, its cuisine has been left with a legacy of salt preserved vegetables and the generous use of salt in its traditional dishes.

盐地探访

很多人都知道，天津出产海鲜，而紧靠渤海湾的天津也是著名的盐产地。“柴米油盐酱醋茶”，盐是中国生活中最重要的七件事之一，也是政府主要的税收来源，受到严格的管理和掌控，而海盐的开采也是一项非常艰苦的体力劳动。

渤海湾的海水和附近河水的冲刷让这片土地的盐分奇高，已经不适合植物的生长，所以这里罕见树林、灌木以及野生动物。这里的环境很艰苦，夏天酷热，冬天极冷，同样不适合农作物和动物生存。但是这里最早的居民就是靠打渔和采盐为生，同时这些盐碱滩也曾经帮他们抵御外敌入侵。在夏日骄阳的暴晒下，水塘里的水蒸发，形成了天然的盐池。后来人们掌握了更先进的采盐技术后，盐的产量大幅增长，到唐代，盐已经成为国家最主要的税收来源。

我跟随长芦盐业的刘经理来到他们的采盐场。长芦盐业是中国最大的海盐生产企业，其历史可以追溯到公元 935 年。刘经理的家族几代人也在盐场工作，他的妹妹能说英文，成为我的随行向导和翻译。她还记得小时候，盐场的几千户职工家庭都住在盐业公司提供的平房宿舍里，这些宿舍在上世纪八九十年代陆续被拆除了，职工都搬到现代化的公寓楼里。年轻一代不愿意再从事海盐开采，纷纷走出村子谋求其他的发展，只有父母和老人还留在这里。

从渤海湾的俯瞰图上，我们可以看到海岸线镶着一圈白边。目前只有一两家盐业公司还在运营，曾经用来储盐的水池依稀可见。从城郊边界到海岸线，有很多白色的盐池，每个池子的晾晒程度都不同，有些已经干涸，呈现晶莹的白色，有些还汪着盐水。

我们爬到一个干涸的盐池里，发现脚下的盐非常坚固。大块的盐层已经脱落，露出池底黑色的泥土。大型挖掘机不停工作，把池里晾好的盐装到大卡车里，机械化的流程取代了辛苦的人工挖掘。虽然天气很暖和，卡车司机还是穿着棉袄和围巾，把自己包得很严实，因为露天作业的司机要经受西北风的拷打，夏天还要忍受骄阳的暴晒，每个人的皮肤都是黝黑的。

卡车把盐池里刮下的盐倒入一个机器里，在机器中盐能从砂石中分离出来。虽然机器装置看起来简陋，但工作效率很高，分离效果也不错。不管用哪种方法开采，盐的采集原理是不变的。采盐过程中只会产生高盐度的废水，这些废水还会流回渤海或无法分离的盐堆里。

眼前的盐场已经被各种开采机械占据，鲜少能看见采盐工人的身影。很难想象古代盐场的采盐场景，那时候人们还在用风车把海水灌到采盐池。这里每年能生产一百万吨盐，但纳税已经无法和现代化工厂和零售商业相比了。

LIKE WITH A “PRIVATE CAR”, THE “SHUNFENGCHE” OPTION ALLOWS FOR POOLING WHICH FURTHER REDUCES THE RIDE RATE.

The masters of moving people, DiDi Chuxing (滴滴出行 dīdī chūxíng) are changing what it means to “hitchhike”. Didi’s version of an on-demand “hitchhiking” service is called “shunfengche” (顺风车 shùnfēngchē). The service can be used by opening the Chinese version of the Didi app and tapping on the third option which is “顺风车”. Users have the option to send out either an intra-city (市内 shì nèi) or inter-city request (跨城 kuà chéng).

Intra-city requests are handy when trying to get from one part of Tianjin to another. It allows riders to catch a ride with drivers headed in the same direction. This lowers the fare when compared with taking a cab or “private car” (快车 kuàichē). Like with a “private car”, the “shunfengche” option allows for pooling which further reduces the ride rate. However, it should be noted that if a “shunfengche” request with pooling fails to locate other riders, the addition discount will be forfeited. Depending on where and when the “shunfengche” request is sent, the probability for successful pooling is greatly affected.

When pooling, it is good to confirm that all seat belts are available before the driver arrives. A rider could end up sitting in any of the available seats, e.g. rear or even the middle seat. Didi has been conducting awareness campaigns stressing the need for every passenger to “buckle up” so as to reduce risk of injury. A great effort, but sadly some drivers don’t provide belts for all passengers, especially those in the rear. Like with cabs, the top culprit is aftermarket seat covers which cover over the seatbelt and/or buckle. Didi needs to do a better job at ensuring drivers are abiding by the rules and actually providing belts.



Shunfengche driver and passenger add each other on App.

HITCHHIKING WITH “SHUNFENGCHE”

by **Carmen King**

When it comes to inter-city travel ideally the request will be sent out the day before or even earlier. Specific travel date and time, such as “tomorrow at 2:00 pm” can be set in the app. That said, be aware that sometimes drivers will accept the ride request only to call after asking if it’s ok to leave earlier or later than the time requested. Other drivers will text the rider before accepting to discuss matters. Outside of departure time, there is the issue of space. When making the request, it can be specified how many “passengers” there will be, e.g. 1-4. This is handy when traveling with luggage or goods. Instead of using the space for a person, stuff could be placed there. Of course, it is best to clarify this with the driver before pickup. This includes use of the trunk, as in some cases the driver already has it packed full.

Finally, in terms of identity, hitchhiking in the traditional sense is quite risky because neither party can confirm the identity of the other. Didi though is requesting identity verification from both drivers and passengers. Namely, legal identification information and linking a bank card. A note on payment, “shunfengche” rides get paid for upon getting

in the car. The app will prompt the rider to confirm they have “boarded” thereby the fare will be deducted. The driver will not get the money though until the rider taps another button indicating they have “safely arrived”. The next time you need to go from Tianjin city-center to the airport, or even further like Beijing, consider a slightly less risky and technologically more advanced form of hitchhiking, a.k.a. Didi’s “shunfengche”.

顺风车

出租车和快车之后，我们又多了一种新的出行方式——顺风车。我们以往理解的顺风车都是熟人之间的举手之劳，但是在互联网时代，你可以通过 APP 把出行需求发布给更广泛的人群，有更高的成功率。

以滴滴出行为例，你可以发布市内行程或跨城行程，发布的时候要填写行程路线、出行时间、出行人数等信息。很多细节问题是可以双方协商的，APP 内有信息功能，也可以直接电话沟通。

关于安全性问题，滴滴要求乘客和司机都上传身份证确认身份。车费支付通过 APP 绑定的银行卡进行，客人点击安全送达之后，车费就会进入司机的账户。



Hongbaos.

UNDERSTANDING WECHAT HONGBAOS

by **Culturalbility**

What's big, red, and lights up your life more than anything else in the world? No, not those fireworks outside your window...

Hongbaos! Those pretty little red envelopes (with maybe one yuan in them on a good day) that show up in your various Wechat groups every once in a while which make you smile wide and feel all warm and tingly inside. You know what we're talking about.

Where did these come from and what's the big deal? How did receiving minuscule amounts of money, sometimes as low as ¥0.01, on a social media messaging platform become the cool and somewhat normal thing to do in this country? I don't know about you, but if I sent 5 cents to a group of friends on Facebook, it would definitely not have the same effect. The only possible comparison might be an online gift card to Amazon or something.

The year was 2014 and the occasion was Chinese New Year. Wechat was about to release their sleek new mobile payment system to their already huge user base, but the majority of those users were already using another trusted, convenient-at-the-time payment app.

They needed to come up with a big idea to get those envied early adopters. The powerful marketing minds at Tencent, Wechat's parent company, decided to look back at traditional Chinese culture and

nostalgically remembered the childhood feelings of receiving physical red envelopes with actual cash inside from Grandma Wang. Or they recalled their wedding celebration where they were coerced into drinking obscene amounts of liquor with Uncle Liu, the only upside being the fat hongbaos with lots and lots of sweet rambos.

That winter, during the famed Spring Festival Gala on television, they unrolled their plan. The masses were called upon throughout the evening to open Wechat and "shake their phones for hongbaos" and millions of RMB were automatically sent around the country for free. All night long, Chinese people and expats alike were shaking frantically, trying to receive something, anything really. Most of the time, all we got were coupons to different restaurants or movies that were obviously just paid advertisements. But I saw a friend post on my Moments feed that they had gotten ¥50! That was all the viral motivation I needed. Didn't stop shaking till the early morn.

Of course, the only catch for actually using that lucky money was linking your bank card to the new wallet feature and start using their payment platform. It worked flawlessly.

It was an instant hit, to say the least! A new localized cultural meme was born and the rest is tech history. Within three years, Wechat Pay QR codes have swept the country from Starbucks coffeeshops to

WITHIN THREE YEARS, WECHAT PAY QR CODES HAVE SWEEPED THE COUNTRY FROM STARBUCKS COFFEESHOPS TO EVEN SMALL FRUIT & VEGGIE VENDORS ON THE STREET CORNER.

even small fruit & veggie vendors on the street corner.

We can go weeks without using cash at all these days and if you don't use or accept Wechat to pay for things, you've become the minority. Most taxi drivers accept Wechat now, we can pay for food delivery right within Wechat, and yes, we can send hongbaos to any one we want, including strangers in the groups.

Whether it's a small or large monetary amount, we welcome you to join in on the fun and when you ask a question or post a funny article, share a friendly little hongbao, too!

Have a holly jolly hongbao holiday!

微信红包知多少

又大又红且瞬间照亮你的生活，它可不是窗外转瞬即逝的烟花。我说的可是在你微信群里每隔一段时间就能让人开怀大笑、数值也许不多、但却经常意外涌现令人心生激动的小小红包。

究竟是什么时候收发红包这样的行为开始在社交网站上流行起来？甚至哪怕只有一分钱，收款的人也会兴奋半天。我不知道你，但如果我在脸谱上发个5分钱，肯定不会收到同样效果。

时间倒退两年，也就是在2014年的新年之时，微信即将发布它们的支付功能，但在此之前，广大的微信用户却早已有了自己常用的支付软件。因此，腾讯需要一个绝对强大的营销手段来将种子用户吸引过来。可喜的是，他们想到了怀旧，他们将支付功能和中国传统文化绑定在一起，成功引起了用户们的注意。于是，也就是在那年冬天，我看到越来越多的朋友在不停地摇晃他们的手机，企图获取简单的快乐。

如今手机支付功能已经变得日益强大，出门在外几乎无需携带现金，甚至如果你不使用微信支付的话，你才有可能被淘汰。打车、叫外卖、买东西，微信支付几乎包揽了我们全部的消费圈。当然，你也可以将红包发给任何你想发送的人，其中也包括陌生人。

还不知道如何使用微信红包功能吗？扫描二维码，我们来帮你。



No idea how to send a hongbao on Wechat? Not using Wechat Wallet to pay for things yet? Scan our QR code below and we will help you get started~



MOVIE: The Bodyguard 特工爷爷



This is a Hong Kong Chinese movie released earlier this year. Directed and starring Sammo Hung 洪金宝 born in January 1952.

Stars: Andy Lau 刘德华 Liu DeHua, born in September 1961, is the most celebrated entertainer in Hong Kong winning 292 awards by the year 2000 and earning over 1 billion Hong Kong Dollars for over 100 movies. Zhu YuChun 朱雨辰 born in 1979 in Shanghai plays the police detective and Feng JiaYi plays the villain and Jacqueline Chan plays Cherry Li, the young daughter of Andy Lau.

Plot: Sammo Hung plays a grandfather that lost his granddaughter while he was babysitting and is tortured with this memory, and now suffering from Alzheimer's, it is the only memory

he has. He befriends a neighbor's young daughter named Cherry Li whose father is played by Andy Lau who is a bad gambler and owes the Triad a large debt and forced to work for them in stealing from the Russian gangsters located next to Northeast China.

Sammo plays a retired Central Security Bureau officer 中央保安局 the department responsible for the safety of China's high-level senior government officials. He is a martial arts expert and surprises all the villains with 3 fight scenes. In real life Sammo Hung is a veteran of the Kung Fu movies and has been a fight choreographer for Jackie Chan and John Woo. His nickname is "Biggest Big Brother" 大哥大 DaGeDa and is well respected in the film industry. It is not surprising that many of the famous movie stars appeared in cameo parts within this movie such as: Yuen Biao, Yuen Wah, Tsui Hark, Karl Maka and Dean Shek.

It is amazing how agile and physical Sammo is in spite of being so overweight. It is an entertaining movie if you are a fan of the old Kung Fu movies.

《我的特工爷爷》是由洪金宝执导，洪金宝、刘德华、冯嘉怡联合主演的动作片。影片故事背景设定在位于中俄边境的小镇上，讲述了退休军官老丁为营救小女孩春花的父亲无意卷入了俄罗斯黑帮团伙的争斗的故事。



TV SERIES: It Takes a Real Man 真正男子汉



Plot: "Real man" is a recent reality series, which involves the Chinese People's Liberation Army Air Force Political Department of Television Arts Center and Hunan Satellite TV joint production of original large-scale national defense education special program. The program selected eight different male and female stars and enlists them into their actual training program in the Air Force's various real military camp experiences.

Stars: The 8 stars are: Yang Mi 杨幂 born in Beijing in 1988 and is an actress, singer and producer and the sweetheart of the series; Sun Yang 孙杨 was born on December 1, 1991 in Hangzhou, capital of Zhejiang province and was China's Gold Medal swimming star in

the Rio Olympics and captured everyone's hearts during his emotional press conference, he does the same in this series; JiangJinFu 蒋劲夫 also born in 1991 in Hunan province is an actor and in the November program, he actually dislocated his shoulder during filming of an exercise but bravely continued; Huang ZiTao 黄子韬 nicknamed Tao was born in 1993 in Qingdao, Shandong province and was a member of the popular 12 member singing group EXO; Tong Liya 佟丽娅 is a Xinjiang singer and actress; Shen MengChen 沈梦辰 is an actress singer from Hunan; Zhang LanXin 张蓝心 is the national Taekwondo champion and appeared in the Jackie Chan film, Zodiac; Li Rui 李锐 is the 8th cast member and the oldest at over 40 and a very popular TV host and was lead on the successful program "Where are we going, Daddy?"

The program is obviously a promotional piece for the PLO but it is well done and the actors demonstrate their dedication. Watching this series, you will gain an understanding of how the Chinese public regards their military personnel with such high respect.

《真正男子汉第二季》是由中国人民解放军空军政治部电视艺术中心和湖南卫视联合制作的原创大型国防教育特别节目，节目共14期，记录了8位明星的真实军营体验，与年轻的部队战士同吃同住同训练，并看他们是如何历练成为一名真正的“空军战士”。



TIANJIN MALLS - AoCheng Plaza



AoCheng Plaza, while not quite being a mall is more of a collection of shops and businesses located in southern Tianjin. AoCheng Plaza hosts many concessions for foreigners, making it a prime destination for foreigners visiting Tianjin. While the area does feature a small

indoor mall that features a selection of clothing and specialty shops; the main appeal are the streets of AoCheng Plaza. The small network of walking streets that comprise this tiny district are teeming with businesses and restaurants. A boom in coffee interest

shí dǎi ào chéng shāng yè guǎng chǎng 时代奥城商业广场

has allowed for many cafes to move into the area. The cafes and small restaurants that have their own special atmosphere make for a unique experience that you seldom see around Tianjin. Usually the shopping street in commercial districts like BinJiangDao are populated by franchise cafes and restaurants rather than unique venues.

Catering more towards providing a unique experience to those residing in the area, AoCheng Plaza fills the void of locations to enjoy a pleasant stroll while doing some shopping. It's very reminiscent of the outdoor outlet malls which are more popular on the United States and while around the winter time it can be a bit unbearable to walk around the windy channels of AoCheng, the place livens up during the Spring. Like most places in China, the locations come and go so you're always certain to find something new in AoCheng. From the D-Mary import store, the multitude of cafes, Western foods, many Korean restaurants, and tattoo parlors; AoCheng is the central hub for those living in the South of Tianjin.

天津时代奥城商业广场座落于天津南开区黄金地段，它北依水上公园，西靠南翠屏公园，空气清新，自然环境优越，东侧与天津奥林匹克体育中心、天津体育馆为邻，周边大型市政及文化设施配套完善成熟，南侧毗邻城市快速路，交通路网发达，是天津最具国际化气质的都会中心。



TIANJIN METRO - Line 6 天津地铁六号线



Tianjin Metro Line 6 has now been partially open for many months with construction on the remainder nearing completion. Despite having not yet linked up, the ticket kiosks of Line 6 can be seen from over the construction walls as far north as BeiZhan 北站. It's looking like the line will be ready to go at any moment, making transportation around Tianjin just that much easier. What do we have with Line 6 though? Will it ease traffic along the already existing lines? It's hard to say. Will it make getting around the city easier? Absolutely.

Tiān Jīn Dì Tiě Liù Hào Xiàn 天津地铁六号线

Tianjin Metro Line 6 brings together the western portion of the city and while some areas just West beyond Line 6 may be a bit underdeveloped, it will be teeming with homes in time. As the city expands, property prices along Line 6 and the future additions should increase in value. While Line 6 does not hit any major locations as the other lines do, it allows for easy access into the western portion of the city. It also makes traveling to AoCheng Plaza simple where as you would have to take a bus from the subway station.

If you happen to be looking for a cheaper place to live that isn't so downtown, then Line 6 opens up a world of options in West Tianjin that will allow for cheap rent without sacrificing mobility. The coming additions to the Tianjin Metro will open up the city in ways that have not seen before and while the downtown may still be congested, we have more opportunities to explore the outer reaches of Tianjin Proper. Keep an eye on Line 6 as once the extensions are completed, it'll open up access to the beautiful BeiNing Park just near BeiZhan.

天津地铁6号线部分站点已开通数月，为市民出行提供了不少便利。地铁6号线，北起南孙庄，南至梅林路，沿线经过东丽区、河北区、红桥区、南开区、河西区、津南区六个行政区，一方面满足了城市西部稍远地区人们的出行需求，另一方面也为人们去往奥城商业街提供了全新的出行选择。

M essential Pop-up Store at Hisense Plaza

On December 4 M essential set up its pop-up store at Hisense Plaza. At the store Muki Ma, the Creative Director of M essential, shared his ideas about fashion design and his experiences as an independent designer. M essential is a local brand that explores the combination of contemporary oriental aesthetics and modern lifestyle while advocating women's independence. The pop-up store is a brave experiment which is trying to break through the conventional retail mode and promote more limited edition offers to customers. The pop-up store will continue until February 28, 2017.



Children to Play with Penguins at Riverview Place

A Winter Zootopia is happening right now at Riverview Place. In addition to the two-storey high elephant and giraffe slides, a special space has been created for our four penguins which will be available from December 21 to 25. The children will love it as it will offer them the opportunity to learn more about the polar animals and see them up close.



Shangri-la Hotel, Tianjin Presents a Baby Shower Fair with the Theme “Constellation”

Shangri-La Hotel, Tianjin presents its second baby shower show in the hotel's Grand Ballroom. In co-operation with Riverview Place shopping mall and other well-known children brands, the hotel features a baby shower show with the theme “A Constellation Carnival” showcasing a colorful feast for the senses. More than 100 families attended and participated with their infants and young ones in the morning's activities.



Riviera at The St. Regis Tianjin Launches Creative New Menus for Festival Season

Located in the heart of Tianjin, with marvelous Hai River view, Riviera highly recommended by media and professional culinary magazines launches new menus for the coming festival season. Johnny Wang, Riviera Sous Chef and his talent team create the perfect blend of taste from all over the world, the extensive new menus feature finest materials from selected areas, a wide variety of salads and starters, plus some majorly amazing desserts. New cooking skills based on the traditional ways offers you a totally new attractive presentation.



Christmas Cheer at Hyatt Regency Tianjin East



As part of Hyatt Regency Tianjin East's Christmas Festivities on 1 December 2016, we held a Christmas Celebration Event with more than 150 guests gathering in the lobby to celebrate the coming of the holiday season. A

Christmas choir from Wellington College International Tianjin welcomed guests and a wonderful rendition of Salsa Dance, while our Executive Chef and his culinary team tailor made the food for the cocktail reception in the Lobby Lounge, which included wonderful Dessert Show and traditional festival turkey. Mr. Hardy Sidney, the General Manager of Hyatt Regency Tianjin East, made a welcome speech and wished all the guests a nice evening and a merry Christmas. The party came to an end with an anticipated lucky drawing, with over 30 guests receiving a prize. Lucky drawing prizes included complimentary room vouchers, dining vouchers and spa and fitness vouchers, all of which were in appreciation for the guests' great support of the hotel.

Shangri-la Hotel, Tianjin Launches It's Christmas Tree Lighting Ceremony, Marking The Beginning Of The Festive Season



On 2 December 2016, Shangri-La Hotel, Tianjin held a Christmas tree lighting ceremony with charitable activities in the lobby, marking the beginning of the festive Christmas season. This is the season to be jolly. It is Christmas time, a time to

celebrate the festive season with family, friends and loved ones over a great Christmas feast. The hotel's talented Café Yun team has prepared traditional favourites for this joyous season, such as Salt-Baked Foie Gras, Beetroot Infused Salmon, Iced Nougat, Roasted Venison Loin with Truffle Sauce, Pannetone, Christmas Pudding, Christmas Stollen and much more, available from the 17th of December.

Banyan Tree Tianjin Riverside Christmas Tree Lighting Ceremony



The Christmas tree lighting ceremony was held at Banyan Tree Tianjin Riverside on Nov. 26th. In addition to the festive atmosphere created by the blue Christmas tree and gingersnap house, the children and teachers from Tianjin

Tongzhizhou Autistic Children Rehabilitation Center to the ceremony were invited to the ceremony and received donation from the hotel. The hotel staff choir sang Christmas songs and extended the best wishes from the hotel.

LET IT GLOW! Renaissance Tianjin Lakeview Hotel Christmas Tree Lighting Ceremony

Renaissance Tianjin Lakeview Hotel Christmas Tree Lighting Ceremony has been held on the 1st December 2016, more than 400 guests and media friends gathering together to celebrate this fantastic night. This is the 7th Christmas Tree Lighting Ceremony of Renaissance since hotel opened in 2010, and also the first Christmas celebration after the historic merger between Marriott International and Starwood Hotels. The event began with the melodious Christmas songs from the Choir of Tianjin International School. With the applause from the crowd, Mr. Steven Yau, the General Manager of Renaissance Tianjin Lakeview Hotel gave a welcome speech and festival greetings. After that all the guests counted down and lighted up the tree together. Hotel prepared various Christmas food and drinks for guests, especially the longest yule log in Tianjin among this year. To send the festival wishes, hotel prepared exciting lucky draw to all the guests, prize including iPhone 7, round tickets to the United States for 2 persons and accommodation vouchers in Marriott hotels all around the world.



Christmas Tree-lighting Ceremony At The Ritz-carlton, Tianjin

The Ritz-Carlton, Tianjin, as the most beautiful "European Castle," celebrates the festive season, and the upcoming Christmas Tree-Lighting Ceremony on Friday, November 25, 2016, marks the beginning of the Christmas and New Year celebrations.

Executive Chef Ornato and Pastry Chef have built a one-meter-high gingerbread house, which is displayed at the lobby. With the melodious Christmas carols from the choir and orchestra, and refreshments of hot chocolate and holiday desserts, guests enjoyed a heartwarming night at The Ritz-Carlton, Tianjin.



Christmas Tree Lighting Ceremony at Le Procope Lounge

On December 12, Le Procope Lounge had its Christmas tree lighting ceremony and celebrated the event with cocktails. A joyful sounding violinist serenaded the guests and enhanced the festive atmosphere and good mood of all present. Santa Claus made an appearance and was warmly welcomed. He wished everyone Merry Christmas and all the best for 2017.



HOTEL FOCUS




hotel nikko tianjin
 天津日航酒店

Spectrum Dinner Set Menu

Price starts from RMB 68 net/set
 Chinese, Western & Japanese set menu for your selection!
 Reservation: 8319-8888 Ext. 3570
 Venue: 7F Spectrum, Hotel Nikko Tianjin




天津泰達國際會館
 TEDA INTERNATIONAL CLUB TIANJIN
 ★ ★ ★ ★ ★

Celebrating Chinese New Year

From January 20 to February 3rd, a ravioli festival will be going on in TGI Fridays to celebrate the Chinese New Year. For every bill above 100RMB, the restaurant will give a portion of ravioli for free. Each table is limited to one portion.

Wish you a delicious Chinese New Year!
 Tel: 58695555—8456
 Address: 7+2, Fukang Road, Nankai District,




THE RITZ-CARLTON
 TIANJIN

Family Sunday Brunch and children's Activities

Come with your family and friends to ZEST for a sumptuous brunch on Sunday, when our chefs will showcase their talents by preparing seafood dishes, barbecue, sushi and sashimi in front of you. There will even be a children's Ritz-Kids activity area where you and your children can spend quality time having fun. RMB398+* per person, including half a baby lobster, one freshly steamed crabs, and an unlimited flow of white wine and Tsingtao beer.

Date: Sunday, January 8, 2017 – January 31, 2017
 Time: 12 pm – 2:30pm
 Venue: 1st Level, ZEST of The Ritz-Carlton, Tianjin
 Tel: 86-22-5857-8888

*The above rate is subject to 15% service charge.




Shangri-La hotel
 TIANJIN

Shangri-La Hotel, Tianjin offers the Prestige Horizon Club package

Upholding the "Shangri-La hospitality from a caring family" concept, Shangri-La Hotel, Tianjin's Horizon Club offers a new package that redefines the hotel experience, private, comfortable, personalised service, and attention to detail that has become a symbol of the hotel.

Guests who book the Horizon Package at only RMB1,388 will enjoy the following Horizon Club benefits.

* RMB300 hotel credit (may be used at the spa and selected food and beverage outlets and for transportation service)

* Access to the health club, swimming pool, and car park space.

For more information or reservations, guests may call (86 22) 8418 8888 or send an email to reservations.sl@shangri-la.com.

The price is in RMB and subject to 10 per cent service charge on top of the total price and service fees, as well as any government tax and value-added tax payable with the service charge.


Green Park Villa
 格林園



An Asian Trend in Green Park Villa

Chinese, western and Japanese set meal for sale.
 Above RMB 48 (VAT included)
 Delivery available, Green Park Villa
 No. 34, 1st Avenue, TEDA
 Tel: 022-2528-0670


Sheraton
 TIANJIN HOTEL
 天津喜來登大酒店



British Afternoon Tea @ Lobby Lounge

Spend time with friends and family or colleagues with a British Afternoon Tea at our Lobby Lounge, featuring delicious cakes, canapés and a selection of the finest tea or coffee.

Date: 1 January – 31 March 2017

Time: 14:00 - 18:00

Venue: Lobby Lounge, Sheraton Hotel Tianjin

Price: CNY 188 net /two persons

For more information and reservations, please call 022 2731 3388 ext. 1850


PAN PACIFIC
 TIANJIN
 天津太平洋大酒店



Spring Festival Set Menu

Chinese New Year family gathering in Hai Tien Lo Chinese restaurant with our master chef recommended set menus.

Validation: 27 January 2017

Price: Menu for 5 to 6 persons at RMB 1,888 per table

Menu for 8 persons at RMB 2,588 per table

Menu for 10 persons at RMB 2,988 per table

All private room are subject to 10% service charge and 6% Value Added Tax (VAT).

Venue: Pan Pacific Tianjin, Hai Tien Lo, level two

Time: Lunch 11:30-14:30 Dinner 17:30-21:30

Tel: 5863 8888 ext. 8728


CROWNE PLAZA
 TIANJIN JINNAH
 天津京基皇冠假日酒店



ALL IN ONE New Year FAMILY PACKAGE @ Crowne Plaza Tianjin Jinnan

Crowne Plaza Tianjin Jinnan is offering a special ALL IN ONE NEW YEAR FAMILY PACKAGE for only RMB768, including 1 night stay, breakfast, Sea & Land Gourmet buffet dinner, complimentary usage of kids club, gym and swimming pool, one hour play of Ping-pong, one hour play of Billiards, and late check-out till 2 p.m. for 2 adults and 1 child (under 1.2 meter tall). With all of this, you could certainly enjoy your New Year holiday with your family away from the busy and crowded city center, and your child could have an exciting time by swimming in the kid's pool, playing in the in-door kid's club, DIY a pizza, or just simply having fun running around in the huge castle. More adventures await you and your family to discover.

Address: Lingyu Road Balitai Area, Jinnan District, Tianjin

Enquiries: 022-2872 8888



R
RENAISSANCE
TIANJIN DOWNTOWN HOTEL
天津滨江万丽酒店

Chinese New Year Family Reunion Dinner

Chinese New Year is so important and widely celebrated in China and any part of the world where Chinese people can be found. Dynasty Chinese Restaurant of Renaissance Tianjin Downtown Hotel will help you experience the celebration of Chinese New Year with fully-prepared New Year Eve's dinner. Both dine-in or take-out is available, respectively pricing from RMB1888 + 15% service charge and RMB888 net. For reservation, please call 022-23026888-6420. Look forward to celebrating the New Year with you.



THE WESTIN
TIANJIN
天津君隆威斯汀酒店

Traditional British Afternoon Tea @ Exchange

Our pastry Chefs is proud to present Traditional British Afternoon Tea at our elegant Exchange Lounge. Treat yourself with a selection of specialty English Black Tea complemented by Traditional British delicacies.

RMB255/2person

January to March, 2016

Exchange Lounge, 1F, 101 Nanjing Road Heping District Tianjin

Enquiries 022-23890169



TANGLA
天津
天津塘沽泰康酒店

Monday 50% Off @ Sôu

After all that hard work on the first day of the week, reward yourself with a treat. The dishes in SôU are perfectly designed to have pop you up which will provide you a fresh life that keeps your inner glutton at bay and satisfy your craving!

From its location on level 49, SôU restaurant offers a view of the city skyline, creating an exquisite ambience be it for impressive dinners.

Sôu Special Offer:

50% discount every Monday (original price: RMB298/person)

*Above price is subject to 15% service charge

Operation Hours: 17:30-21:30

Venue: 49F SôU

For reservation, please call 022 2317 5109



Hilton
TIANJIN ECO-CITY
天津生态城希尔顿酒店

New Year's travel plan---Hilton Tianjin Eco-City

At the beginning of the New Year, are you planning the vacation of 2017 with friends or family? Hilton Tianjin Eco-City provides the new privilege for your exciting vacation in 2017 which combined the attractions nearby and hotel amenities. These privilege include Hotel deluxe room with free WiFi and breakfast, 50% discount for dinner buffet at Elements restaurant, access fitness center with swimming pool and the Hilton children's playground. Besides, you can choose the tickets for two persons at the same attraction, like Haichang Polar Ocean World, Fantawild Adventure Tianjin or Yongfeng picking garden. Travel package is starting at RMB998 net/ two persons. For more information or reservations, please dial 022 5999 8888.

ADD: No. 82 Dong Man Zhong Lu, Sino-Singapore Eco-City, Tianjin
Hilton Tianjin Eco-City

TIANCHENG
HOTEL TIANJIN



Ideal Wedding at Tiancheng Hotel

Tiancheng Hotel Tianjin ideal banqueting room (650m2), spacious foyer area to welcome your guests (272m2), large selection of wedding menus, array of wedding gifts offered upon booking (wedding cake, wedding room, etc.), unique photo shooting place on our spiral staircase.

Price: Start from RMB2,588*/table, subject to 15% service charge, includes 6% VAT.

Venue: 66 Xinkai Road, Hedong District, Tianjin 300011, China

Tel: +86 22 2457 8888 Fax: +86 22 2457 6666

R
RENAISSANCE
TIANJIN LAKEVIEW HOTEL
天津湖景万丽酒店



New Year's Chinese Pastry in Gift Box

With the traditional receipt and authentic flavor, Renaissance Tianjin Lakeview Hotel presents the New Year's Chinese Pastry in Gift Box for your year-end gathering. 4kg package with 10 selected flavors Chinese pastry, just in RMB 188 net/box. Let the sweetness make your holiday even sweeter!

Price: RMB 188net/box

Date: Valid until January 27th 2017

For more information and reservation please contact New Dynasty Chinese Restaurant via 022-5822 3110/3111.

THE ASTOR
HOTEL
TIANJIN
THE
LUXURY
COLLECTION
HOTEL



Bubbly Afternoon Tea @ Victorian Lounge

Relax and savour a splendid sparkly afternoon tea which is accompanied by two glasses of "Premiere Nederburg Cuvee Brut Sparkling Wine" while enjoying the garden view at Victorian Lounge.

RMB 301/ 2 person net

January to March, 2016

Victorian Lounge, 1F

33, Taier Zhuang Road, Heping District,

The Astor Hotel, a Luxury Collection Hotel, Tianjin

Enquiries 022-5852 6888 ext. 8909

HYATT
REGENCY
TIANJIN EAST
天津东郊喜来登酒店



Hyatt Winter Wedding Fair

Hyatt Regency Tianjin East hosted our Winter Wedding Fair at Grand Ballroom in conjunction with CARE wedding service provider. It was designed to bring our guests the combination of Chinese and western with modern and traditional wedding styles. A wonderful Wedding Dessert Show and Parade Show highlighted the wedding showcase. Guests experienced exciting concepts at our hotel.

Hyatt Regency Tianjin East has a range of tailored wedding packages that will provide everything a couple needs for a perfect wedding celebration. Prices start from CNY4588+ for a table of 10 guests. And the exclusive bridal room packages including Hyatt guestroom or suite with fruits plate, desserts and rose bathing start from net CNY1314+.

To plan a dream wedding, please contact the wedding specialists at Hyatt Regency Tianjin East on 022 2457 1234 ext.6811 or e-mail shirley.wang@hyatt.com

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
南开区域 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】号商舖
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.lidwg1308.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
南开区域复康路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
Xianhong Courtyard, No.1, Hunan Lu,
Heping District, Tianjin
022-58352835 185-2225-5354 (En)
11:00-24:00

YY BEER HOUSE
No.3 Ao Men Road, (behind the
International Building), Heping.
2339 9634
17602243371 (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 / 17602243371(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

Xianhong 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 D 7

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 D 6

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

Chantal (Tianjin) International Co.Ltd

香达(天津)国际贸易有限公司

Room 104, No.30 Building, KEYUANLI,

Hexi District, Tianjin China

天津市河西区可园里30-104

Tel: 86-13920706019



[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 D 7

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 E 6

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 D 6

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 Jin

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 E 5

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]

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

189 Nanjing Road, Heping District, Tianjin

天津市和平区南京路189号

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 中山北路 (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

Happy Soho Live Music & Dance Bar
欢乐苏荷酒吧
Live Filipino band with hot
Russian dance girls.
(Opposite of Central Hotel)
No.16, Fortune Plaza, 3rd
Avenue, TEDA
开发区第三大街财富广场16号
(中心酒店对面)
Tel: +86 22 2532 2078
Hrs: 20:00-02:00

SHOPPING
购物BAR
酒吧RESTAURANT
餐厅WINE
红酒COFFEE
咖啡

LISTING

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

HOTEL

[Hotel 酒店]

Tianjin 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
河东区大直沽八号路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
河西区滨水道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.
南开区复康路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, 哈密道正
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

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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

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天津利顺德大饭店 豪华精选酒店
33 Taier Zhuang Road, Heping
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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 ")
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Tel: 2627 8888 Fax: 2627 6666

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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

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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

Hilton Tianjin Eco-City

天津生态城世茂希尔顿酒店
No. 82 Dong Man Zhong Lu,
Sino-Singapore Eco-City, Binhai New
District, Tianjin 300467, China
中国天津市中新天津生态城动漫中路82号
Tel: 022 5999 8888

Tianjin Goldin Metropolitan Polo Club

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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

Jixian Marriott Hotel

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Somerset Youyi Tianjin

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Tianjin Dntown

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天津和睦家医院
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河西区潭江道天潇园22号 300221
Tel: (022) 58568500
Web: http://www.uhf.com.cn

ARRAIL International Dental Clinic

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天津市和平区南京路75号
天津国际大厦302室
Tel:022-2331-6219
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
Rm2918, 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
Tel/Fax ++86 (0)22 - 8787 9249
Email: tianjin@bj.china.ahk.de
Internet: www.china.ahk.de

**German Business Circle Tianjin
Deutscher Untemehmerkreis Tianjin, DUK**

天津德国人联谊会
Rm 803,Huake Center,3 Kaihua Road,
Huayuan Industrial Zone..
华苑产业区开华道3号
华科创业中心803室.
Tel:8371 7855
Fax:837 17859

Melbourne Office Tianjin

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300050, P.R.China
天津市和平区南京路75号国际大厦1008室
Tel: 23136003
Fax: 23136005
Business Hours: 8:30~17:30

MASSAGE

Tianjin Dntown

Chinese Massage Club
中国整体院
Rm. 11F, Building 1, Zijin Garden, No.15,
Binshui Dao, Hexi
河西区宾水道15号紫金山路1座11F室
Tel: 88294330
13512489654
Hrs: 10:00-24:00

A Sen Da Mu Tong

阿森大木桶养生馆
22 Pukou Dao, Hexi.
河西区浦口道22号
Tel: 2313 5080

Gudu Massage

古都按摩
1-1-607,Cheng Ji Center, Nanjing Road,
Heping
和平区南京路诚基中心1号楼11607
Tel: 2313 7919
136 821 90233
Hrs: 10:00-02:00

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ANOTHER YEAR GONE BY —NOW WHAT?

by Carmen King

Did you feel it? Just like that, another year of life is gone, forever past, never to return. Unlike the movies where superheroes' with super powers are often portrayed as going back in time and altering the outcome of significant events, we mortals simply don't get that luxury. That means we better make our time count. Incredibly the year 2016 is history. With another year gone blazing by, the question is, now what?

Probably no few amount of people started out 2016 the way they did 2015 and many other years. With high hopes and great aspirations of all they would accomplish. If you are reading this, consider yourself fortunate at least in one respect. Some folks didn't even get to see 2017. You the reader have. So what are you going to do with it?

Start by taking an honest inventory of 2016. Be brutally honest. Skip the excuses and determine what if any real effort was put forth to achieve the goals set for 2016. Unfortunately, there is a high probability we didn't do as well as we would have hoped. If that is the case, don't freak out. Instead realize 2017 is the time to do what you didn't do in 2016. This time though, really make the changes.

One of the biggest areas that change is

mandatory is in terms of setting up a healthy lifestyle. That's right, it is the broken record that has been playing since we were little kids. Be it mom, be it a teacher, coach or some other concerned individual, we no doubt have all heard many times, we need to take care of our health. For expats in Tianjin it has got to begin with what we eat and drink. There is no need to detail exactly all the challenges we face in terms of accessing decent food and beverage. Whatever the case, action must be taken. Organic vegetables are available. Dan at Fresh Farm Plus in Wuqing is shipping delicious organics directly to expats doors throughout Tianjin. Large grocery stores are offering hormone free Tyson (泰森) chicken. Jingdong has plenty of imported milk choices yet again delivered right to one's door. D-Mart, other import stores, and even some supermarkets are offering a wide variety of decent dairy, such as butter and cheese. Even water filters and air cleaners are fairly economical and easy to get installed. Don't underestimate the difference these efforts can make to your long-term health. In addition, more and more gyms are being opened. Most offer a yearly membership ranging from 2,500-5,000 RMB/year.

With your health, you aren't merely alive,

**BE IT MOM, BE IT A TEACHER,
COACH OR SOME OTHER
CONCERNED INDIVIDUAL, WE NO
DOUBT HAVE ALL HEARD MANY
TIMES, WE NEED TO TAKE CARE OF
OUR HEALTH.**

but living. Once we lose a measure of health, be it staying in Tianjin, or enjoying pretty much any other activity becomes more complicated. Of course, we aren't underestimating what our dear friends with physical handicaps can do in saying this. The point is simple, make 2017 the year that you actually eat better, drink moderately, control your weight, don't smoke, don't party hard, wear your seatbelt, drive the speed limit, wear a helmet, stop at red lights, don't dash onto the subway as the doors close and sirens blare, stop at red lights and talk calmly instead of yelling, screaming, or getting into some sort of physical altercation. 2017 is the year where our own life and those of others matters. Stop making excuses and start taking responsibility for the difference we can make as an individual. Instead of simply knowing what is the right thing to do, actually do it. This way, as 2018 arrives we won't be watching the same old re-run.

把计划付诸行动， 2017不再留遗憾

2016年已经结束了，你是否又陷入伤感之中，感叹时间一去不复回。每个人在年初都会许下愿望，定下目标。回顾一下2016年，你都完成了什么，实现了什么，为之做过多少努力。你没能完成年初的目标，2017年还可以继续努力。

我们需要改变的第一件事就是养成健康的生活习惯，但这也是最难做到的事。从小到大，父母、老师和任何一个关心你的人都会不厌其烦地和你说，照顾好自己。在天津，你首先要注意自己的日常饮食。天津有很多超市和商店能买到进口食品、牛奶和有机蔬菜。各种品牌和价位的净水器、空气净化器在网上或实体店都能方便地买到，而且安装方便。不要忽略日常点滴对健康的长久影响。

除了这些，你还应注意控制体重、戒烟、少熬夜、开车系安全带、遵守交规、少发脾气、少喝酒，看来这一年又会很忙了。不要再为自己找借口了，现在就行动起来，不要让2017年又变成碌碌无为的一年。



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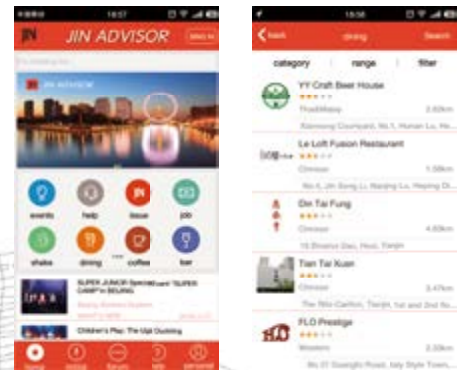
JIN advisor is an APP about local life and services jointly produced by Tianjin's JIN Magazine English and Japanese versions. The APP focuses on providing information about local hotels, restaurants, entertainment, community services and other business services to help expats. It is the first service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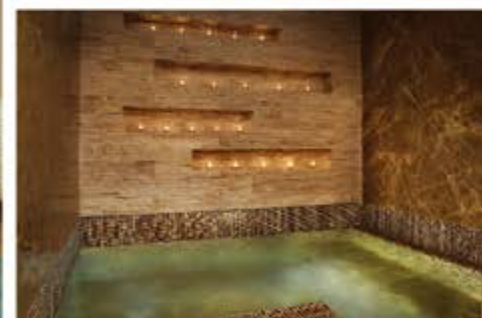
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