



MAGAZINE

# 今日天津

T I A N J I N T O D A Y

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# FACING ADVERSITIES IN CHINA

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# LIFE ADVISOR IN TIANJIN



## About Us

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

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

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

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

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

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**LOOKING FOR NEW FRIENDS THIS SUMMER?** HELLO

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July 1 !

▶▶▶ Tianjin Grand Theatre 天津大剧院

**Play: Richard III**  
 德国柏林邵宾纳剧院话剧《理查三世》  
 演出：德国柏林邵宾纳剧院  
 Time: 19:30

*The Schaubühne is a world famous Modernist theatre which has won many international awards. Since its establishment in 1962, it has attracted many well-known directors producing many works from the history of theatre. Every year, the theater is invited to tour in different countries and to work with various directors, works and theater troupes. The theater has achieved many impressive accomplishments under the guidance of Thomas Ostermeier and has enjoyed a growing popularity, unmatched by other German theaters, among the public.*



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

July 2 !

▶▶▶ Tianjin Grand Theatre 天津大剧院

**Italian Play: Performed by Enzo Vetrano and Stefano Randisi**  
 意大利小剧场话剧《托托和维切》  
 演出：恩佐·维特拉诺 斯泰法诺·兰蒂斯  
 Time: 19:30

*Actors, dramaturgists and stage directors, Enzo Vetrano and Stefano Randisi have been working together since 1976. In September 2011 they won one of the most important Italian awards - Le Maschere del Teatro - for the best show with "I Giganti Della Montagna" written by Luigi Pirandello. In 2010 they were awarded the Hystrio prize for their work on research and tradition.*



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July 6 !

▶▶▶ Tianjin Grand Theatre 天津大剧院

**Concert: Guitar Quartet**  
 吉他之王—比利时王牌吉他四重奏音乐会  
 演出：王牌吉他四重奏  
 Time: 19:30

*The Four Aces Guitar Quartet was formed in 2008 when four Belgian classical guitar players met at the International Guitar-Symposium in Iserlohn. Their first concert was part of a graduation project where they overwhelmed the jury as well as the audience with a boldly chosen program displaying their virtuosity, a richness of color and musicality.*



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July 16

▶▶▶ Tianjin Grand Theatre 天津大剧院

**Piano Recital: Josu De Solaun**  
 少女与夜莺  
 一西班牙钢琴家何苏·德索劳思独奏音乐会  
 演出：何苏·德索劳思  
 Time: 19:30

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

July 22

▶▶▶ Tianjin Grand Theatre 天津大剧院

**Piano Concert: Hanni Liang and Patrick Lechner**  
 德奥之声—梁汉妮莱西纳独奏与四手联弹音乐会  
 演出：梁汉妮 莱西纳  
 Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi  
 河西区平江道文化中心  
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July 26

▶▶▶ Tianjin Grand Theatre 天津大剧院

**Piano Recital: Johannes Kropfitsch**  
 钢琴总动员  
 一奥地利钢琴家约翰内斯·克普费奇独奏音乐会  
 演出：约翰斯·克普费奇  
 Time: 19:30

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

July 9

▶▶▶ Western Shore Art Salon 西岸艺术馆

**Violin Solo Concert: Qi Tianying**  
 津籍旅美青年小提琴家戚天颖小提琴独奏音乐会  
 演出：戚天颖  
 Time: 20:00

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

July 22

▶▶▶ Western Shore Art Salon 西岸艺术馆

**String Concert**  
 琴彩飞扬——弦乐四重奏音乐会  
 演出：弦乐四重奏  
 Time: 20:00

ADD: No.3 Youyi Bei Lu, Hexi  
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July 29

▶▶▶ Western Shore Art Salon 西岸艺术馆

**Guqin Recital by Ma Xiaoguang**  
 高山流水觅知音——马晓光古琴独奏音乐会  
 演出：马晓光  
 Time: 20:00

ADD: No.3 Youyi Bei Lu, Hexi  
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July 2

**Movie: Teenage Mutant Ninja Turtles: Out of the Shadows**

Release Date: 2 July 2016 (China)  
Genres: Action, Adventure, Comedy  
Directors: Dave Green  
Stars: Megan Fox, Will Arnett, Tyler Perry

As Shredder joins forces with mad scientist Baxter Stockman and henchmen Bebop and Rocksteady to take over the world, the Turtles must confront an even greater nemesis: the notorious Krang.



July 8

**Movie: Rock Dog**

Release Date: 8 July 2016 (China)  
Genres: Animation  
Director: Ash Brannon  
Stars: Luke Wilson, Eddie Izzard, J.K. Simmons

When a radio falls from the sky into the hands of a wide-eyed Tibetan Mastiff, he leaves home to fulfill his dream of becoming a musician, setting into motion a series of completely unexpected events.



July 19

**Movie: The Legend of Tarzan**

Release Date: 19 July 2016 (China)  
Genres: Action, Adventure  
Directors: David Yates  
Stars: Margot Robbie, Alexander Skarsgård, Ella Purnell

Tarzan, having acclimatised to life in London, is called back to his former home in the jungle to investigate the activities at a mining encampment.





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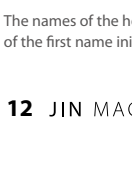
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Chief Representative Melbourne Office Tianjin  
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## Summer Davos 2016

### 2016夏季达沃斯论坛在津举行

"Summer Davos" in Asia, the annual meeting of the new champions 2016, will be held at the Tianjin Meijiang Exhibition Center on June 26 to 28. It is a leading global event which combines innovation, entrepreneurship and technology. This year's theme is "The Fourth industrial Revolution and Its Transformational Impact". Over 1,500 business leaders, decision makers, experts and scholars from more than 90 countries will gather in Tianjin to attend 150 interactive meetings, build partnerships and establish shared policy platforms.

世界经济论坛第十届新领军者年会(2016天津夏季达沃斯)于6月26-28日在天津梅江会展中心举行,这是一场创新、创业和科技领域首屈一指的全局性盛会。本届年会主题为“第四次工业革命—转型的力量”,来自90多个国家的1,500多位商业领袖、决策者和专家学者齐聚一堂,参加150多场互动式会议,建立合作伙伴关系并打造相关平台。

## Unreasonable Quantities of Personal Goods to be Seized by Customs

### 入境行李不合格将被海关扣押

According to the General Administration of Customs website, announcement no. 14, 2016 states that Chinese passengers entering China with unreasonable quantities of imported goods will have them confiscated.

今后中国旅客携行李入境要留心,根据海关总署网站今年发布的2016年第14号公告提出,今后中国旅客进境携带在境外获取的个人自用进境物品,若不在“自用合理数量”范围内,海关将暂不予放行并对物品进行暂存。

## "Beijing Traffic Police" APP starts trials

### 进京证可线上办理

Beijing Traffic Administration has launched its "Beijing Traffic Police" APP and will start trials from June. Drivers can use the APP to deal with driving related matters such as online accident processing, traffic law queries, pay fees and obtain permits. By using the APP, drivers can apply for a "Beijing Permit" one to four days in advance. Successful applicants can obtain e-Beijing Permit QR codes and then proceed to Beijing.

北京交管部门推出的“北京交警”APP上线试运行。六月开始,用户可以通过“北京交警”APP实现事故线上处理、交通违法查询、交通违法缴费、交通违法举报、进京证办理等交管业务办理及信息服务。通过“北京交警”APP进京证办理模块,进京驾驶员可提前1-4天在线申请办理进京通行证,申请成功后可获得具有二维码的电子进京证。

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



## Air China Offers Free Checked Luggage 国航推出免费托运普通行李

From June 15 2016 ticket date, Air China carriers in America, Europe, Africa, Middle East, Australia, Asia - excluding Japan, Hong Kong, Macao and Taiwan regions will allow checked in economy class passengers one piece of luggage for free. Economy class passengers on Air China carriers on Japanese flights can check in two pieces of luggage for free up to a weight of 23 kg. The maximum size of each piece should not be over 158 cm of the sum of three edges.

自2016年6月15日零时起(购票日期),乘坐中国国际航空公司实际承运美洲、欧洲、非洲、中东、澳新、亚洲(不含日本)及港澳台地区航线航班的经济舱旅客,可免费托运一件行李;乘坐国航实际承运涉及日本航线航班的经济舱旅客,可免费托运两件行李;经济舱免费托运行李最大重量限额为23千克,最大尺寸为三边之和不超过158厘米。

## Second Tianjin Public Welfare Activity 第二届天津公益行活动举行

The Second Tianjin Public Welfare Activity will be held at the Tianjin Cultural Centre on June 16. More than 200 social organizations will participate in the three-day exhibition and ideas exchange. This year's theme is charities and social governance. The activity is aimed at building all kinds of policy platforms on issues such as public welfare, a display of examples of charitable projects and docking platforms, charities and their legal requirements, Beijing-Tianjin-Hebei charities and their theoretical research and general activities that are of mutual benefit to the promotion of public welfare organizations and activists.

第二届天津公益行活动于6月16日在天津文化中心开幕,200余家社会组织团体参加了为期三天的展示与交流。今年公益行的主题为公益慈善与社会治理,活动旨在搭建公益慈善项目展示与对接平台,慈善法普及宣传平台,京津冀公益慈善理论研讨平台,促进公益组织和公益人士交流互益。

## Beijing, Tianjin join tax refund policy for overseas tourists 京津离境退税实现互联互通 境外游客京津购物可在异地退税

According to a report released on June 17, Beijing and Tianjin have linked up their previously separate tax refund systems for overseas tourists as part of an effort to integrate development.

Foreign tourists who spend money in Tianjin or Beijing will be able to claim a tax rebate in any of the two cities thanks to the now connected data exchange.

Beijing started to offer tax refunds on purchases made by overseas visitors from July 1 2015 to bolster tourism. The minimum purchase to obtain a tax refund is 500 yuan (\$76) spent at any one store over a day.

Tourists from overseas, as well as those from Hong Kong, Macao and Taiwan who have lived in the Chinese mainland for no more than 183 days, will be eligible for an 11% rebate on consumer goods bought at designated stores.

As well as efforts such as this, China has set goals for coordinated development in Beijing, Tianjin and Hebei provinces to address challenges such as pollution and industrial upgrading.

境外旅客在京津区域内购买退税商品后,可自由选择离境口岸并享受退税。6月17日,京津离境退税互联互通启动仪式在北京首都机场举行,标志着京津两地在全国率先实现了异地退税系统互联互通。目前,天津市退税商店已发展至34家,退税商店数量和退税金额稳步提升。



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# LETTER

## FROM THE EDITOR

Schools out, GaoKao and final exams are finished. It's time to think about family vacations and where to go for fun and sun. No public Chinese holidays in July but several national days for expats, July 1 for Canada, USA 4th, France 14th and Belgium 21st. July 2 is also International Free Hugs Day, a day dedicated to random acts of kindness to make people feel good. In this month's issue, we feature how expats approach adversity while living in China. Are there special issues relating to living in China compared with their hometowns and how do individuals cope and address these issues. For the kids, we will review relationships between teachers and students and our Parenting article will look at shopping locally for kids. Our People column will also highlight Cao Wenxuan, a writer of Children's literature. Food plays an important part in this month's issue. Our Dining section subject is ice cream, and Paula writes about the popular summer Shao Kao 烧烤 "Barbeque", our Life article is about Vegetarianism. The Travel article is also food related as we travel to Taiwan to experience their night markets 夜市 "Ye Shi" where food plays an important part and the varieties are endless. Night markets are also becoming popular here and abroad, as it is a great reason to get outside during the hot evenings of July. This month's mini guide is identifying the area where 3 districts converge, Hebei, Nankai and Hong Qiao. The area is noted to include the concessions area Ancient Culture Street and the HaiHe River. On a clear night, there is nothing more romantic than an evening stroll along the banks. Finally our Helping Hand article about local charities will be about the TEDA Volunteers Association. Have a wonderful July and enjoy your summer, whether if you are travelling or just having an ice cream cone strolling beside the Hai He River.

进入7月, 学生们都迎来了宝贵的假期, 对于家庭来说, 这个月份正是外出游玩的绝好节点。7月没有太多的中国传统节日, 但通过一些好玩的西方节日, 如各国国庆节、国际自由拥抱日等, 我们还是可以了解很多不同国家的特殊文化。

7月的主题是, 我们关注的是外国朋友在面对逆境时的解决办法和处理态度。究竟生活在中国和生活在自己家乡会有哪些不同, 这是一个值得我们每一个有过海外生活经历的人都去思考的问题。

饮食文化占据了本月文章的大半篇幅, 正值仲夏时节, 我们也将文章的重点落在了冰淇淋、烧烤以及夜市的层面上。除此之外, 本月的迷你指南将会带您游览天津一些著名的景点, 如古文化街、海河等。选一个月色迷人的夜晚, 漫步在海河周边, 生活简直不能再浪漫。

最后, 希望无论您是外出旅行还是留在城内品尝各种美食, 这个假期都能玩的愉快, 过的充实。

Monica Wang  
Editor



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## Profile of CHENYI Law Firm >>>>>>



The firm was founded in 2013 by several highly-acclaimed and senior lawyers in the legal practice industry of Tianjin. Equipped with more than 10-18 years of extensive experiences in a wide range of commercial and business law, the legal team at CHENYI is proud of its track record of having successfully assisted a large number of multinationals, foreign-invested, major State-owned or private companies in a variety of legal matters. Several of the partners have studied or worked in Europe or US. The firm is capable of providing service in Chinese, English and Japanese.


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- FDI: foreign-invested enterprises services, business incorporation and collaboration with Chinese partners, commercial negotiation, joint ventures
- Overseas investment by domestic enterprises
- General corporate: corporate internal governance, shareholder dispute, daily operation, risk management, contracts review, corporate finance
- Human resource and labor law: down-sizing or lay-off, labor relations consultancy, labor dispute mediation, arbitration and litigation, draft and review of company internal rules, employee handbooks, labor contract etc.
- M & A: reconstruction, mergers and acquisitions, due diligence, negotiation, legal documents drafting and review, general consultancy;
- PE& VC: establishment of private equity or venture capital fund, investment, due diligence, investment exit, liquidation
- Intellectual property: trademark, trade secret, patents, IP dispute etc.
- Real estate and construction projects: real estate development, construction, land development, property management, real estate acquisitions
- International trade and investment
- Finance, banking and insurance
- Litigation & Arbitration

# FACING ADVERSITIES IN CHINA

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



**W**hen people ask me how are you doing in China? The usual response is fine or OK “most” of the time. In reality, this is true for most of us or you wouldn’t still be here, but what about the “other” times when things are not “ok”? Being so far away from home and your usual support systems such as family, long-term friends, healthcare and hometown haunts can make life difficult in China. What to do?

Giving and receiving gift can be a joyful experience.

Adversity comes sooner or later.



First thing is don't panic. Just remember that the physical distance of over 10,000 kilometers can be breached with a phone call or an email. If you were back in Canada or the USA, being in the same state but in a remote small town could be just as remote as being half way around the world. If in a dire emergency, and you must return home, it can be done in hours, or a day depending on final destination.

Especially for newer expats, the temptation to fix every problem by returning home is all too easy. However, in many cases this is a gross over-simplification of the situation. All too often, problems can "follow" us. Despite changing locations we may still have to face the music so to speak. Things like health and financial trouble as a few examples. Sometimes a health problem is related to living in China, as the Chinese call it 水土不服 (shuǐ tǔ bù fú). Yet, in other cases, a pecking ailment isn't fixed just by leaving China. We may need to see a doctor or undergo some sort of treatment long term. In other cases, perhaps just resting more over an extended period of time will be sufficient to eventually get us back on our feet. Leaving China may not be needed. Money trouble can also be mobile. If we have been out of the country living in China, going home may bring with it the realization that things have changed a lot. Getting a job may not be as easy we thought, not to mention we pretty much will have to restart life.

Since many adversities expats face aren't unique, but rather quite common for all of us, let's take a minute to consider a few, and hopefully provide some useful tips on how to deal with the adversity in a constructive manner.

### Emergencies

There is nothing more dreaded than that phone call in the middle of the night. You may want to consider installing a message app to take a message so you are not awakened and can turn off your phone. One tactic is to tell family members back home to call a certain number if it is a real emergency, and to call more than once in case you don't hear it the first time. Such as, you can turn off your cell phone at night, but leave the house phone ringer on. In many cases cell phones are more probable to get spam calls or random messages. No need to be awakening by some random wrong number. Relatively speaking home phones or

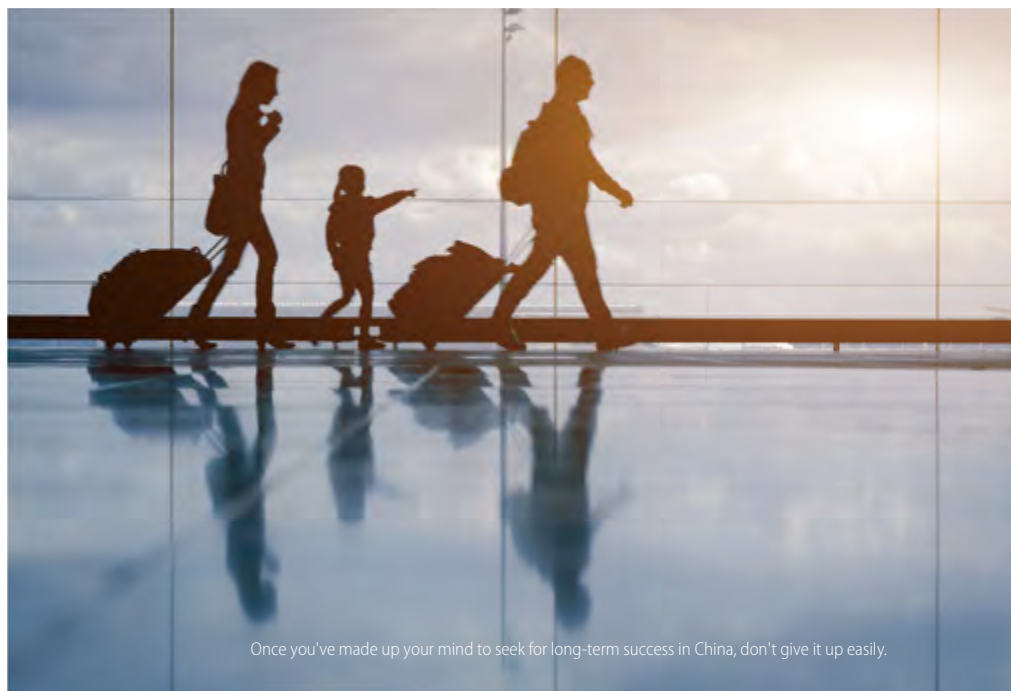
landlines rarely get called at night. Therefore, if it rings, especially more than once you will likely know it is a true emergency. Still, think twice before you go running out the door after that emergency call from back home. As what can you really do at 3 o'clock in the morning? You might as well wait until you can deal with the situation rationally after a good night's sleep. Rushing to the airport in the wee hours of the night may make for a good movie scene but in real life prove to be rather impractical. For one thing, international flights to the destination of choice may not even be available for immediate departure. In such a case, one will do little more than end up waiting all night at the airport for a flight out the next day.

Once you know that there is an emergency and you have no choice but return home either for the sake of a loved one at home or in some cases due to your personal situation, your first call will be to the airlines to find out when is the next flight. Try to reach a manager or supervisor because most airlines will have a Compassionate Policy. Once you describe your situation, they will usually identify the quickest routing and next available flight and assign a priority even if the flight is already oversold. The key is to identify the airline representative that has the authority to do this. Some airlines will even provide a discounted ticket providing that you show them evidence of the situation.

To save time, have emergency contact numbers readily available. Since most people don't have land phones any more, be sure to have mobile numbers and alternate forms of contact. Post this information on your fridge, provide a copy to your partner or best friend and carry a copy in your wallet. For your contacts back home, make the same list in reverse for contacts in China. Especially when it comes to contacting family back home, or for family calling from overseas, be sure to work out any country codes in advance. Every so often, make a few test calls to each other. For older parents for example, calling overseas with a lot of extra digits due to country codes can be very confusing. Finding this information via the internet when in a panic can be a real hassle, and rather impractical. So when making note personally and providing contact numbers to others back home be sure it includes all the information necessary to complete the call on the first try.

### Visa Problems

This seems to be a moving target for most Expats, the rules are constantly changing and you really need to be aware of the most up to date information and impending changes. Make sure that you have a good network of people that can help when you need advice or assistance. Try to keep in touch with friends that are in your



Once you've made up your mind to seek for long-term success in China, don't give it up easily.

same situation and have the same type of visa whether it is a work, student or travel visa. Don't assume anything, confirm all details. Our fellow writer Bryce faced quite the drama simply because during a so-called routine visa renewal, unlike all the times before, he was issued a 60 day visa instead of 90. This caused all kinds of havoc for him, especially financial. So when it comes to visa adversity, a good offense is perhaps the best defense. Double check all dates. This includes expiration and duration of stay. Also, promptly make proper arrangements for renewals or exits.

Keep in touch with your local Embassy or Consulate, most have some type of system for notifying registered travelers of changes or if there are situations that Expats should be aware of. This can be especially useful if there are any types of sudden changes in security, such as terrorist activity or threats against certain nationalities. In addition, when and if an expat has visa trouble or those of a legal nature, some embassies offer advice on how to deal with the situation. Perhaps they even have an "emergency" phone number for after hour incidents. The key is to gather all this information in advance. Know both the website and physical address of your embassy. Plus save in your phone embassy contact numbers.

The Chinese Public Security office is a must to be registered and know the rules, in my case they even send me an English reminder 30 days in advance when my present visa expires. The Chinese Foreign Affairs website is a good source of information and is updated regularly. <http://www.china-embassy.org/eng/visas/hrsq/> Be aware in many cases ignorance is not a sufficient excuse for leniency. Not to mention local laws do vary, so be aware of exactly what requirements there may be in the city you live when it comes to expats. Failing to register at the police station could result in fines or other trouble. After registration, the expat is usually provided with some type of receipt, known in Chinese as a 备查卡 (bèichákǎ). This paper has an official red stamp on it, and can be shown along with one's valid passport and visa if ever necessary to prove one has followed protocol and properly registered. Exactly what documents are needed to complete registration can vary, but usually will include your original passport with valid visa, along with a copy of a lease agreement for where you will be living. Ask a

trustworthy local to assist, or even go with you to the police station.

Keep a copy of your passport and visa handy. Make sure your travel partner, such a friend or mate has a copy, and vice versa. Also if possible, before departure, leave a copy with your homeland contact. Note the expiry dates and give yourself an early reminder before the expiration, such as setting an alarm in your phone. Setting a few alarms may not be a bad idea either. Sometimes the first one gets overlooked! Do you know what to do if you lose your passport or if it is stolen? The first thing that must be done, is you must report it to the Police and obtain a copy of the Police report, so find out where is your closest Police Station.

Contact your Embassy or Consulate and find out what is required to obtain a

### SO WHEN IT COMES TO VISA ADVERSITY, A GOOD OFFENSE IS PERHAPS THE BEST DEFENSE.

replacement passport. This information is also found on the Embassy website. In most cases you can obtain a temporary passport quickly if you require it immediately for travel purposes but it will take a longer time if you want a regular replacement. Also find out where is the closest photo shop, why not have some extra photos printed so you are not scrambling at the last moment.

If you lose your passport while travelling in China and need to return to Tianjin, you will need to obtain permission from the Police Station at the local airport, thus a copy would be useful. However, if you are boarding an International flight, you are out of luck, as a passport or replacement passport will be required from your Embassy.

The other important aspect is your entry visa and the accompanying Entry Stamp that is made by the Immigration Officer when you last entered China. Make sure that it is clearly readable. The last time I entered, the stamp was not clear and it caused all kinds of problems every time I checked into a hotel because it was illegible. So now I always double check before I leave the Immigration Counter upon arrival.

On another occasion, I was travelling

with a group and when we checked into a hotel, the front desk handed back the passports after copying the relevant information. However upon handing back the passports, they switched the passports of two of my friends. (To many Chinese, foreigners with similar features are hard to differentiate, just as we say all Chinese look alike.) Unfortunately these two travellers went their separate ways the next day and one returned to Canada. The mistake was not identified until the one friend reached Canada. You can imagine the problems that this created for these two travelers, as one was still in China with the wrong passport. So always double-check that you have the correct passport, especially when travelling with a group. Probably a good idea to put a sticker or label on the back cover of your passport to identify it easily sort of like coming up with a bright and unique marker for your check-in baggage.

#### Financial Problems

This is not a pleasant or easy problem to resolve and each person has their own resource issues. Sometimes it is a matter of timing of cash flows and restrictions of foreign currency conversions. Financial regulations are very strict for foreigners. It is very difficult if not impossible for foreigners to obtain local Chinese credit cards and even if you are lucky enough to qualify, the limit is usually restricted to a low limit or tied to the amount you have on deposit.

Fortunately there are many ATMs or as they are referred to here as "Cash Recycling Machines" everywhere. They accept almost any type of card. Of course if you are one of those poor souls with an "incompatible card" it can spell disaster for cash crunches. It may thus be a course of wisdom to carry at least two different ATM cards from two different issuing banks. This way if you find that one card is not being accepted or dare say it gets lost, you have a backup. Keep in mind another very pesky and probable ATM issue is that the card gets frozen. This could be as simple as forgetting to call in and place a "travel alert" on the card, or the "travel alert" unwittingly has expired, which then results in overseas transactions getting flagged.

A few tips when it comes to ATM machines are as follows. If any trouble with withdrawals is encountered, before giving up, try more than one machine at the bank. Oddly enough, sometimes that will do the



trick. If all ATM's fail, go to another bank. It seems big banks like ICBC and Bank of China has fairly decent networks for processing overseas ATM cards. Another peculiar point is that some China banks although completely different companies could be traversing the same network when it comes to processing international transactions. This means, Bank A and Bank B both reject the card, while Bank C finally provides the funds. Before giving up on that cash request, double check with the bank representative.

A note of caution with all this, trying multiple machines and even multiple banks could look like fraud for obvious reasons. Therefore, be ready to call the customer service printed on the ATM card in case the card gets frozen. Using some type of VoIP calling app on your smart phone can be very handy to do so. As with many of our overcoming adversity tips herein, find that useful app ahead of time and download it

while on Wi-Fi. Plus make a few test calls from time to time to make sure it is compatible with China internet and can complete the call.

So if you are in a pinch for cash, find the nearest ATM. Limits at these machines are quite generous, such as 10,000 RMB daily. However be aware, the local banks ATM limit may be different that the bank that issued the ATM card. In some cases, the machine may allow more than the overseas bank. Thus before reaching the daily limit that is advertised on the machine, the transaction gets rejected. Expats may need to wait until the "next day", that is a new 24-hour period before being able to withdraw further money. An added twist to all this ATM fun is that the "new day" must include factoring in the time zone of the overseas issuing bank. It may be a new day in China, but not yet overseas, thus funds may not yet be available. Expats should be up to speed on exactly which time zone

their ATM card bank is located in and when according to local Tianjin time, the card starts a "new day". Another reminder is to try not to withdraw cash using a credit card. Use a bankcard when possible. Credit Card charges are outrageous, costing as much as 20% based on an annual charge. Foreign cards are usually accessed an additional percentage for foreign exchange and the rate used is usually lower than the normal bank rate.

**Health Issues**

This is a serious issue and can be costly and deadly if you are not prepared. Medical care has improved greatly in China in recent years and as indicated in previous JIN Magazine issues, the better hospitals have a high international standard of medical treatment and some hospitals have an international division. Tianjin has International hospitals that provide service in English. Just make sure that you have medical insurance



Try several ATM machines for your overseas bank card.

### EXPATS DO WELL NOT TO PUT OFF MEDICAL TREATMENT OR ELSE A BIG PROBLEM MAY BE BREWING WITHOUT ANY AWARENESS.

coverage. There are many options available, so make sure you do the proper research to identify what programs are best suited for you.

Expats working in China may have local insurance known as 社保 (shè bǎo). However, in order to use this service, one needs a valid 社保卡 (shèbǎokǎ). If you don't have one of these cards, don't wait until an emergency, ask your employer about it and be sure to get a card as soon as possible. Also, if you are using an overseas provider, be sure to check in advance about how to handle a claim.

Some may require you to pay first only to be reimbursed later. This obviously can be a burden financially, so be aware and plan accordingly.

It is a good idea to have a regular check up and become registered in a nearby hospital. This way if you do need medical care, it will be easier to access your records and get immediate attention rather going through the whole process of registration. Having your blood type identified is an important first step. Do you know your blood type, do you know if you have allergies to certain medications, are you a diabetic? Expats do well not to put off medical treatment or else a big problem may be brewing without any awareness.

On a side note, if you have a pet, find out where the closest Veterinary Hospital is and go through the same process of getting registered and a check up for your best friend.

#### Relationships

This is a tough one and a good relationship with your partner is a key to surviving anywhere but especially true while in a different country and culture like China. So what to do when something as important as your closest support system sours?

All relationships have their ups and downs; hopefully the peaks outweigh the valleys. When you find yourself in rough waters the first step is communication, don't let the stirring waves build up to a storm. Talk things over and make sure each of you tries to identify the problem and look to resolving the situation with mutual solutions.

Sometimes, a cooling off period is best. My friend Jean has two young children and his wife is a busy lawyer while he is the stay-at-home husband. He finds that exercise and some personal time is necessary to keep peace in the family. Another friend, Joseph mentioned that going home to Ireland is more of an obligation to family and friends so this is not so much a vacation, whereas a trip



A supportive partner is important in overcoming adversity.



to a nearby resort and just being able to read his favorite book is a relaxing break.

### Conclusion

So don't blame China and the fact you are so far from home for the reason of your anxiety and adversity. No place is perfect and you would face problems no matter where you are. It is likely that problems here may be more complicated and in a different cultural context but then that is probably why you chose to come to China in order to expand your cultural horizons.

Back home, no matter where it is will always be more familiar and seem easier to deal with problems. There are so many differences here and some do provides many challenges to a visitor but on the other hand, it is a rich culture and where the center of everything is happening. Where else will you find a head of state visiting almost every other week? Look at the cars on the road, and you can see Bentleys, Lamborghinis and Ferraris. Luciano Pavarotti, the famous tenor chose China as his venue for his last performance and Bob Dylan had a successful tour last year. The cultural diversity is unlimited.

Problems are universal, so no matter where you choose to live, the old saying of an ounce of prevention is worth a pound of cure certainly applies. A key to an expat's long term success in China is having a good game plan. Take the time to draft one up in advance of adversity. Also, strengthen your resolve in terms of how you will deal with adversity, limiting trips back home to times when it is truly necessary. When adversity rears its ugly head, if at all possible, try to get a good night's sleep first, then face the problem with a fresh perspective and calm mind in the morning. Do build a support system of trustworthy and reliable friends that can help you navigate troublesome times. Seek counsel from those more experienced, and often it is best to ask more than one person as to how a problem might be dealt with. The bottom line is, adversity will arrive sooner or later, so be ready!

## 勇敢面对逆境

每当有人问我在中国过得怎么样,我大部分的回答都是“还不错”、“还可以”,但我们总会有不那么“可以”的时候。远离家乡,远离朋友,我们

在遇到困难和逆境的时候该如何自救呢?

遇到难题的时候首先要保持镇定,不要惊慌。虽然你离家的距离超过一万公里,但是一个电话或一封电子邮件就能联系到地球另一端的家人朋友。遇到不顺就想打道回府看起来容易,其实会伴随更多的问题。你会发现,家乡的一切都变样了,工作没那么好找了,而且一切又要重新开始。

### 突发事件

没有什么比半夜被电话吵醒更让人郁闷的了。所以你可以另外设置一个号码,专门接听家人的电话,而平常用的手机可以关机或静音,这样你就不会被无聊的骚扰电话打扰清醒了。如果家里出了事,而你必须赶回去,那么下面第一件事就是查询最早的航班。如果最早的航班已经没有票了,那你可以尝试和更高级别的经理沟通,说明你的情况,请求给予通融。大部分航空公司都有同情政策,为情况特殊的旅客开绿灯。把紧急联络电话存在手机里或贴在显眼的地方,告诉家人也做同样的事情,把你在中国的联系方式保存好。

### 签证问题

由于中国的签证政策时常有调整,你需要经常关注这方面的信息。除了与拿同样签证类型的外国人保持交流,还要和本国使馆保持联系,大部分使馆都有提醒和警告系统。使馆还会为本国公民提供签证咨询服务,所以保留好使馆的电话至关重要。

有了签证也不是万事大吉了,你还要到当地派出所进行登记,取得备查卡,这也是外国人在中国合法居住的重要证明之一。警察在检查身份的时候会要求你提供护照、签证、备查卡和租房合同,所以,护照和签证的复印件要保存好,同时要注意签证的有效期,及时更新签证。护照丢失后要第一时间向警察局报案,获得一份警方出具的报告。然后联系使馆,申请替换护照,具体步骤可以参考本国使馆的网站。如果你在登机前才发现护照丢失,那你可以到机场的派出所申请一个许可证,但如果是国际航班就不行了,没有护照是无法登机的。另外一件重要的事情是你的入境章,一定要确保这个章足够清晰,否则给你带来很多麻烦。

### 经济问题

每个人的财政问题都各不相同。中国对外国人的金融政策非常严格,外国人申请信用卡并不容易,而且即便能申请到,额度也非常低。还好,遍布各个街道的ATM取款机能接受几乎任何一种银行卡。如果你的银行卡不被ATM机接受,你可以试试别的ATM机,可以是同行也可以是异行的。工商银行和中国银行这样的大型银行往往可以接受国外的银行卡。每个银行的ATM机对每日取款的限额不尽相同,超过限额需要等24小时才能继续操作。如果你使用国外银行卡,还要把时差问题算在内。用信用卡取现是非常不划算的,手续费非常高,再加上汇率转换,损失可观。

### 健康问题

无论你选择本地医院还是国际医院,你最好都先办理社保。社保一般由用人单位帮你办理,可用来看病结算。定期体检是正确的做法,这样你可以在医院保留健康记录,方便就诊。记住你的血型、过敏症等特征。

### 配偶关系

甜蜜的爱情能让你在异国他乡不至于那么枯燥和无助,但每段感情都有高潮和低谷,当你发现两人感情出现问题的时候,最重要的就是沟通,不要让涟漪变成巨浪。及早发现问题并解决问题才是最好的办法。

无论你生活在哪里,你都会遭遇挫折和逆境。如果你想在寻求长久的事业或生活,一定要对这些挫折提前做好准备。不要有点小事就要回国,如非必要减少回家的次数。好好睡一觉,以充沛的精力和清醒的头脑应对任何难题。多交些靠谱的朋友,可以在困难的时候帮你一把。没有人会一帆风顺,所以你要时刻准备好迎接挫折!

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# MAKING PEACE WITH A PAINFUL PAST

by **Carmen King**  
photo by **Jane Liu**



Cao Wenxuan

Is your past painful or pleasant? For many the past means little more than recalling some form of pain or suffering so often associated with human existence.

Consider the daily news. How much of it is good? The human race is made up of individual humans. The news is merely a collective reflection of the painful past. Disease, fear, hunger, and so many other

terrible tragedies are reported. A life such as this can leave those advanced in years with feelings of little more than futility. The question becomes, how do humans make peace with a painful past?

## Private Past

China, Japan, and Korea in general make up what many term as "Asia". According to

Asian culture, one method of dealing with a painful past is to keep it private. It is common in the east to avoid any mention of that which is bad, negative or painful. As such some may see Asians as rather repressed. A group of people known for simply bottling up and hiding away the painful past which ultimately is a part of their personal history. This method of how to deal with pain stands as a distinct identifier of Chinese culture. Put simply, Asian culture, especially the Chinese part of it, can be summarized with the phrase, things aren't always as they seem.

It is important to understand just how intrinsic masking the pain is in terms of Chinese culture for one to realize how fascinating the main character of our current discussion is. We will focus on a man born in 1954 in a city known as Yancheng which is in the Jiangsu province. Leaving home he attended college at the renowned Beijing University, majoring in Chinese and having graduated in 1977. He remained at the school, no longer as a student but having become a teacher. As the years past he became a renowned literature professor. However, the details discussed up to this point, while special in their own respect, are not what made this man famous. In fact if his story ended there, perhaps we wouldn't even be writing about him right now. What then caused this ordinary Chinese man to be cast into the limelight? To a large extent, it was because of how he chose to break the mold, smash the stereotype and very publicly make peace with his painful past.

## Public Past

The choice not to hide away in the dark recesses of his heart the painful memories associated with an agonizing adolescence is how the world came to not only know Cao Wenxuan but even bestow him with an honor that few if any will ever receive. What was it? Wenxuan was awarded the Hans Christian Andersen Award in 2016. This award according to Wikipedia.org "is sometimes called the 'Nobel Prize for children's literature'." The International Board on Books for Young People



(IBBY) comments at [ibby.org](http://ibby.org): "The most prestigious award in the field of children's literature, the Hans Christian Andersen Award is given biennially to an author and an illustrator whose complete works have made a lasting contribution to children's literature." In a recent interview with host Xu Gehui, Wenxuan himself spoke of how he came to realize the international nature of the Hans Christian Andersen Award. He said that on April 10, within minutes of the announcement of the results, he received text messages from around the world.

Yet, despite the honor, during the interview with Xu Gehui, Wenxuan mentions that many question him on why his books, which are allegedly for children, include many solemn topics. His reply included recounting the personal pain associated with his past. Things like disabilities, death, poverty and starvation. Personally having experienced extreme hunger while roasting away in the scorching heat, even today Cao Wenxuan detests hot days. He states boldly "no one truly escapes their childhood". Claiming who we are as adults is really nothing more than a reflection of who were as a child. As to why he writes such unpleasant details within his children's books, put simply it is because it is the truth. In the real world, children are hardly shielded from pain and suffering. To mask over such realities as though they don't exist, is anything but a true tale.

Wenxuan went on to say, there is a difference between being a pessimist and realist. Amidst his candid discussion of the tragedies of life, he contends he is still an optimist. To Wenxuan optimism doesn't mean covering over the distressing nature of human existence. Instead an honest admission to the challenges, along with the harsh reality of history, is intrinsic to his literary works.

### In Person

On May 28th, 2016 Cao Wenxuan visited Tianjin. He made a speech at the Jinwan Newspaper building in front of an eager audience. He said a lot. Yet, in a nutshell the message was simple: "you must read", in Chinese it is translated this way: "你必须读书". As far as Cao Wenxuan is concerned, a person's ultimate success is inseparably linked with reading. In addition he publicly speaks about his painful past. In doing so, he conveys the message that the key to making peace with a painful past is by admitting it instead of denying it. Without the pain of the past, he believes he wouldn't be the writer he is today.

Wenxuan without a doubt stresses more than anything else the need to read. However it comes with a caution. Reading alone isn't enough, what one reads is extremely important. He went on to speak of the great lack of meaningful, enriching reading material available today, especially for children. Going so far as to say much of what is published is garbage. Another issue he expounded on is in the pursuit of freedom and equality parents have taken a far less active role in choosing what their children read. Instead, it seems adults have started to feel a child is capable of deciding for themselves what they "should" read? Not to mention the misconception that all books are "created equal" and therefore worthy of reading. He finds this ideology insane, firmly placing the responsibility of making reading related decisions on adults. Stating adults must ensure children not only read but read truly educational content.

### Conclusion

In summary, Cao Wenxuan's message comes down to a few main points. One, everyone must read. Two, all books are not equal. Three, admission not denial leads to

making peace with a painful past. Instead of burying the truth, face it. Instead of hiding it, speak it. For Wenxuan this includes sharing with the world personal turmoil which is fact and not fiction. In an effort to take his words to heart, why not set the goal of finding the bestselling book of all time and read it daily? As a parting gift, he gave everyone a phrase to think about, in Chinese it reads: "只有阅读才能让我们成为到达天堂的人", which translates to: "Only by reading can we become someone who can get to heaven". He provided no further explanation as to the meaning, only petitioned all to never forget it as long as they live, and use the rest of their life to figure out what it really means.

## 与痛苦的过去和解

对于过去的记忆，多多少少都与痛苦有关。看看每日新闻，充斥着疾病、恐怖、饥饿和各种悲剧。那么问题来了，我们要如何平复痛苦的回忆？

在亚洲文化里，处理痛苦回忆的方法往往是把它藏在心里，不再提及。渐渐地，亚洲尤其是中国人形成了一种隐忍压抑的性格，所以很多时候事情并不是那么简单。

但有一位中国作家没有选择隐藏和忘却，而是用文字把儿时的痛苦记忆表达出来。曹文轩，1954年生于江苏盐城，1977年考入北京大学中文系并留校任教。如果他就沿着这样的人生轨迹生活下去，那他不会成为这篇文章的主角。曹文轩之所以被关注，是因为他选择打破传统和惯例，直面痛苦的过去。

曹文轩刚刚赢得了2016年“国际安徒生”奖，这是儿童文学届的“奥斯卡”奖，表彰为世界儿童文学做出长远贡献的作家和插画家。虽然曹文轩获得了这一殊荣，但有很多人质疑他，为何为孩子写的文学作品选择如此沉重的话题。他首先提到了自己痛苦的童年，残疾、死亡、贫困和饥饿如影随形。由于曾经在太阳炙烤下忍受饥饿，曹文轩直到今天仍然痛恨夏天。他直白地说：“没有人能真正摆脱自己的童年”。你是怎样的人可以从你的童年中看出端倪。至于为什么曹文轩会在自己的儿童文学作品中描写那些不堪回首的往事，只是因为那些都真实存在过。在现实中，孩子们也要亲身经历一切残酷和痛苦的事情，只有童话才会掩饰这些真实的存在。

曹文轩说，悲观主义者和现实主义者是有所区别的。虽然描写过很多人生悲剧，曹文轩自认为还是个乐观主义者。他的乐观并不表现在掩盖人类的悲剧，而是直面人生挑战和残酷的现实，这也是他作品的本质。

2016年4月28日，曹文轩作客今晚传媒集团，进行主题演讲。他说了很多，但核心内容就是“你必须读书”！他认为与悲惨的过去达成和解是最好的办法。没有残酷现实的锤炼，他也不可能今天的成就。

曹文轩还指出，目前市面上的书籍缺乏真正有意义的内容，尤其是儿童读物。家长在为孩子选择读物的时候要避免误区，让孩子读到真正有价值的内容。

演讲即将结束的时候，曹文轩送给所有人一句话：“只有阅读才能让我们成为到达天堂的人”。他并没有对这句话做过多的解释，而是让我们用一生的时间去细细品味这句话的意思。



Covers of Cao Wenxuan's books



The law dominates our life.

# LEGAL AWARENESS

by Carmen King

**T**he law, some love it, some hate it. Regardless of how one feels about it, it dominates our life. For expats Chinese laws related to visas are some of the most intrusive. It dictates when we arrive, when we stay and when we go. “Visa runs” are a huge expense for many expats. These trips taken out of sheer necessity to meet the legal requirement of exiting the country after the allotted amount of days have passed seem novel at first, but turn into dreaded financial, mental, and physical burdens. Any expat unwilling to abide by these terms faces the heavy hand of the law. This brings to mind Bryce’s (an American expat) tragic experience in Shenzhen when he realized to his dismay that he had unintentionally overstayed his visa. His story published in JIN magazine speaks to the physiological pain associated with falling to abide by the law. When the law is violated, it tends to bring with it a medley of emotions

such as anxiousness, fear, worry, and panic. This does nothing good for the body. It usually does even less for the pocket book. All too often, as with Bryce’s incident, legal trouble requires a huge chunk of cash to pay the piper.

## Local Law

Things are no different for Chinese going abroad either. The 1994 series “Beijingren in New York” told the tale of a Beijing couple with huge hopes heading off to America only to encounter one harsh reality after another in their battle to survive. Legal liability is a huge wakeup call for many Tianjinren when they arrive overseas. In other countries laws are strictly enforced. Rarely is ignorance a basis in itself for impunity. As the world has globalized, there is an ever growing expectation that foreigners will be aware of and abide by local law during their stay. Stories of individuals being arrested, fined, or

otherwise punished due to legal trouble when traveling are fairly common.

Switching the focus back on expats, regardless of where in China one is, the long arm of the law is hard to escape. For example in recent times foreigners engaging in illegal drug activity have made the news. Especially down south, in areas like Guangzhou and Shenzhen where borders are highly accessible, it presents a huge temptation to attempt to smuggle goods. The legal risks of doing so in China are perhaps some of the highest anywhere in the world though. A step on the wild side of narcotics could cost an expat the highest legal penalty imaginable, his life.

## Personal Law

Big crimes like smuggling aside, things like violating visa policies have always topped the list for legal issues facing expats. Fines or even some jail time may not be out of the question for those that grossly overstay or blatantly violate the law. Beijing has had recent crackdowns on those working without proper papers, such as a work and residence permit. Legal trouble can also come when expats attempt to “buy” certain documents. These include the aforementioned work permit or a particular type of visa with more attractive residency terms. An example of this is paying a fee to an agent who serves as a liaison between the expat and a company with the legal right to hire them.

On paper this type of transaction looks legitimate. Company A files all the necessary legal paperwork required by law to invite and hire a foreign employee. The expat receives all the required documents to stay and even work in Tianjin. This arrangement may seem legit and desirable for all. Companies are willing to play their part in the process for a fee. The reason for this is because while some firms legally can employ foreign workers, they may not actually need to, or even want to. Therefore this “headcount” or “spot” for an

**FINES OR EVEN SOME JAIL TIME MAY NOT BE OUT OF THE QUESTION FOR THOSE THAT GROSSLY OVERSTAY OR BLATANTLY VIOLATE THE LAW.**



## LEGAL AWARENESS INCLUDES NOT ONLY KNOWING THE LAW OF THE LAND TO A REASONABLE EXTENT BUT ALSO DOING ONE'S BEST TO ABIDE BY IT.

expat employee is vacant. Instead of letting such a valuable thing go to waste, they decide to "sell" it.

This means for a fee paid to the company, often by means of a middle person who recruits the expat and handles all the paperwork, the legal document such as a visa or permit can be obtained. Initially things may seem kosher and peachy. Until the law gets involved. In this case, while some aspects of the law are being abided by in the application and receipt of a legal work or residence permit, the context by which they are being obtained is less than legal. The expat often does not actually work for or at the company who "hired" them. In addition, the expat often does not engage in the type of work for which they were issued the permit. A very common example of this are expats who want to teach English but don't qualify based on their own job skills or educational history to get hired legitimately. Therefore they buy their visa/permit from Company A for purpose A only to work at Company B for purpose B. It is highly probably if under audit or investigation from the Department of Labor or the Public

Security Bureau, the agent, business, and expat involved in such a deal could face fines and other less than desirable consequences.

### Business Law

Individual expats aren't the only one crossing the line into these so-called legal gray areas. Foreign owned businesses may be taking similar chances. Here are a few examples. Tianjin law requires the scope of services to be clearly stated by the business and approved by the government before said activities can be engaged in. For a number of reasons, such as capital, property, or certification requirements, at times an entrepreneur cannot get a license issued for the exact type of business they want to open. An example would be a commercial printer. The printing industry in Tianjin is highly regulated. At current it is theoretically impossible for a foreigner to open his own publishing company complete with commercial printing press in Tianjin. So what might they do? Some may try to exploit a loop hole by applying for and receiving a business license for another service. Then they proceed to operate their "printing" company under the guise of that legitimate entity. Obviously, if such a thing were to be discovered by the government, it wouldn't be a pretty picture.

Still the short term lure of making money either personally or as a business is often too great. Expats can fall prey to the vices of greed and dishonesty as easily as anyone else. It is imperative then that the serious legal ramifications of violating local law be considered in advance. In

general, it is safe to say the risks outweigh the reward. For both expats who come to Tianjin and Tianjinren who go abroad, the need to be legally aware can't be over emphasized. Laws vary greatly from one country to the next. Legal awareness includes not only knowing the law of the land to a reasonable extent but also doing one's best to abide by it. When in doubt, consult a trustworthy attorney

versed in local law, avoid any temptation to "try first, ask later". Like health awareness, legal awareness needs to be cultivated and maintained. Begin by paying attention to the many warning examples in the news of expats who have gambled by crossing the line and lost. Follow that up with real effort to learn and understand Tianjin policies. A healthy legal awareness can go a long way to making one's stay in Tianjin free of unnecessary drama.

## 法律意识

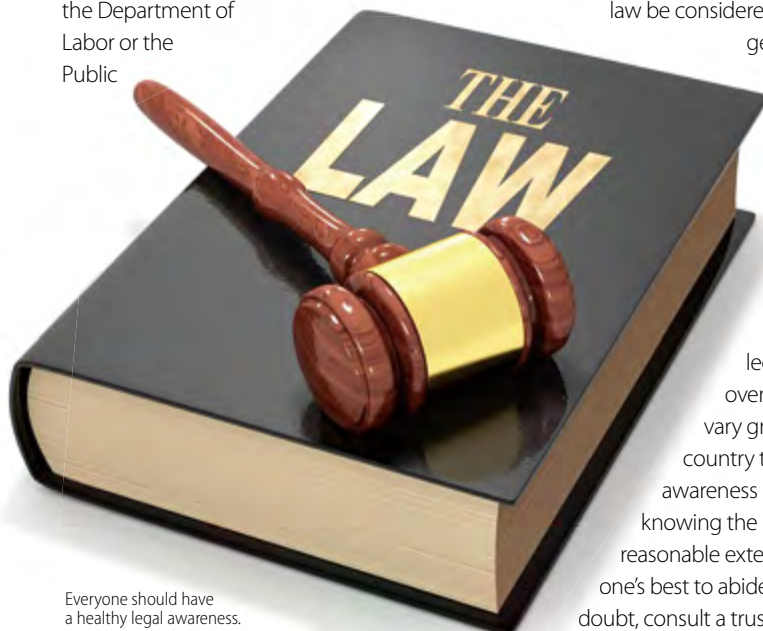
关于法律，有人喜欢它，有人厌恶它，但不管你它的情感如何，它都始终主宰着我们的生活。我相信很多来中国旅行的外国朋友都会遇到过与签证有关的中国法律问题。诚然，跑签证是一个非常麻烦和痛苦的人生经历，跑中国签证更是一项繁琐的过程，稍不留神就会给自己造成金钱、心理以及身体上的负担。当我们触犯法律时，我们不仅会产生焦虑、恐惧、担心等一系列消极情绪，对我们的身体造成巨大影响，同时，我们还会消耗大笔的金钱来弥补我们的过错。

很多中国朋友也会选择去往别的国家寻求生存，情况也都大体相同。《北京人在纽约》——一部在1994年上映的电视剧就讲述了一段一群北京人在纽约奋斗的生存故事。对于初到海外的天津朋友，法律责任是约束我们行为的巨大警钟。随着世界的不断全球化，越来越多的留学或移民朋友开始意识到遵守当地法律的重要性。因为那些因违反法律法规而受到处罚的事例，我们早就屡见不鲜。当我们身在异国，面对巨大诱惑的时候，要时时刻刻谨记：一次犯错，终生遗憾。切勿因小失大，毁了我们美好的前程。

一直以来，除偷渡这样重大违规事件，违反签证条例也是高居榜首的重要问题。情节严重的，罚款、拘禁都有可能成为我们的处罚。北京近期也在严查那些没有正式文件的外国朋友，很多时候，他们为了避免繁琐的程序，都想到了投机取巧的购买假证的办法。尽管在书面程序上，购买假证可能会让你轻松过关，但实则这样的做法却包含了巨大的隐患，一旦我们使用假证被发现，它所带来的后果将是非常严峻的。

除个人外，很多外资企业也会有触犯法律法规的行为。天津的法规要求外资企业只有在明确注明业务范围以及业务内容的前提下方可予以批准经营。但由于某些因素，如资本、财产或认证等要求，很多时候，企业并不能像预想的一样，正常开店经营。这个时候，企业就会借助别人的营业执照来完成自己的创业目的。当然，这样的行为并不合法，一旦被入举报，公司将会面临严重损失。

短期的利益可以既吸引个人又吸引企业，外国朋友也常会被利益所诱惑。在我们做任何决定之前，一定思考清楚事情背后的利弊情况，因为正常情况下都是风险大于回报。不论是留学在外的中国朋友还是旅居在中国的外国朋友，我们都需要具备一定的法律意识。当你有任何疑问且自己又搞不定的时候，切记不要犹豫，及时咨询法律顾问以此来解决那些潜在的危机。时刻谨记，健康的法律意识可以让我们免于不必要的麻烦。



Everyone should have a healthy legal awareness.



# NEW MANAGING DIRECTOR OF THE ASTOR HOTEL, THE WESTIN, & SHERATON TIANJIN

by Adriana Hammond

Managing Director Ugur Talayhan

**U**gur Talayhan began his long career in the hospitality industry as a chef in Turkey. After working as an Executive chef for the Sheraton and managing resorts around the world including London, Portugal and Dubai, Talayhan brought his experience to the St. Regis Beijing in 2011. Now, he has been awarded a new position as the Managing Director of three Starwood hotels, The Astor Hotel, a Luxury Collection Hotel, Tianjin, The Westin Tianjin and Sheraton Tianjin Hotel, a position that was previously held by three separate people.

Talayhan gave us some insight into the responsibilities of the position and the true rewards of his work.

***Can you say a little about the ways your education and first career as a chef prepared you for the position of Managing Director?***

I think that all great chefs are creative, hardworking, and skilled people. I had been a chef since my childhood and that experience helps me to run these three hotels based upon the knowledge I earned from my first passion.

Chefs work long hours to deliver plate to table, and that dedication doesn't change with high-level management. My time as a chef

**FOR ME, HOSPITALITY IS MORE THAN JUST SERVICE. WE ARE HOSTS, RATHER THAN SERVANTS.**

means as a manager I know more than just the front of the house but the back, which is also called the heart. Operating from the front of the house is better when you also know the heart.

Most importantly, I have a passion for food and a passion for people. The joy of my work is making sure both the guests and staff have a great experience during their journey with our hotels.

***What inspired you to choose this career that both is multi-cultural and multi-faceted at the same time?***

I always wanted to be a chef at quite an early age. I was recognized as one of the best chefs of the year in Turkey in 1995 and was awarded a medal as one of the top 3 chefs in London in 2001. As I advanced my career the more I achieved, the more I loved my work.

Cooking took me out of my first home in Turkey. After I was transferred to London, I took the new opportunity as a professional means of crossed-exposure. It was a great experience being a chef in London, as London is special. All of the ethnic cuisines are all there. The more I cooked in London the more I met different cuisines that originate from around the world.

After ten great years in London I had advanced my education studying at Westminster and taught a course on ethnic cuisines at Cordon Blue, and become British. I then had a chance to move to Portugal and managed the biggest luxury collection in the world. I spent 4 years in Portugal overseeing the resort's kitchen while juggling other positions like Director of the F&B. All of this was during the recession in 2008, an incredibly difficult time.

From Portugal I moved to Dubai, and then from Dubai to Beijing. All of these moves to diverse countries and working in different positions prepared me for my work in China.

***What opportunities do you find for creativity in your work?***

For me, creating on the job is non-stop. I enjoy projects like designing an environment that has an immediate impact on the comfort level of guests and staff.

When I arrived in Tianjin and began my work, my first task was creating new





Exterior of The Westin Tianjin

atmospheres. I knew immediately what needed to change and how to make improvements so the designs would be a better representation of who we are as a company. We moved the furniture around, focused on the experience, and restructured accordingly.

Design is important. When I enter our hotels, I like that instant warm feeling we provide, which wasn't the case when I first started. I had to make sure that the design of the reception areas matched the luxury experience we offer. With the changes I directed in things like furniture, the positive response of the staff was immediate, and our guests appreciate the end results.

The Victorian Lounge of the Astor, for example, has also gone through some design changes. I am excited to say that soon we will have a regular Gu Zheng (Chinese traditional seven-stringed plucked instrument) player

who will perform during our afternoon teas.

**What advice do you offer for young entrepreneurs looking to make a difference in the industry as you have?**

Just keep moving and strive to be different. Innovate, create, and don't give up. One of my early ideas was to write a case study for INSEAD University in France for their Blue Ocean book of strategies. The idea involved creating a business within a business. This was a big hit for me as the new F&B Director and I was given recognition within the company.

I have always been passionate about innovating and creating. I once opened a bar that was already closed. The Sheraton Skyline has this beautiful garden, but the bar at the time was not being used, so I created an event called Mumbai Nights there. It was a challenge but I didn't give up, and people traveled from all over to come to the Skyline and enjoy Mumbai Nights. It was a big hit and I got President Award from Starwood in 2005.

**In what ways do you think the hospitality industry will continue to evolve?**

Honestly, the industry is not the same as it was when I started 27 years ago. When I entered the hospitality it was a dream industry to be in mainly because you can work in a 5-star environments and are exposed to English and other languages from around the world.

However, the perceptions about the positives of working in service have changed. For me, hospitality is more than just service. We are hosts, rather than servants. That's the luxury. We make a difference in your life and you remember. After a good experience you become attached to your hotel associates. These connections are what it's all about. The careers in hospitality are not easy, but for me seeing people happy is a priceless reward.

Additionally, there are many emerging boutique hotel luxury brands. The budget



Exterior of Sheraton Tianjin Hotel

hotels are also growing day-by-day. Now, guests either stay budget and or they go luxury. There isn't much of a middle range in the market.

**You've managed award-winning resorts. The Raffles Hotels and Resorts in Hainan under your management was awarded "Top 3 Best Resort Hotels in China" by Business Traveler in 2015. What is the key to creating a top-notch environment for guests and staff?**

First, I keep things simple and always try to put myself in the shoes of my guests and staff. Second, as an entrepreneur, it is important to continue to create new and interesting experiences. Not simply better but the experience for guests must also be different to make an impact. This, I believe, is one of my strengths.

**With this merging position comes increasing responsibility to a wider range of staff and guest needs. What would you say are the most challenging but rewarding aspects of your work as Managing Director?**

It is a big challenge but I am enjoying it. We are already on the right track. These mergers create a great opportunities in work experience for the staff and opens communication between the hotels.

My biggest challenge is time. Often, I visit three hotels in one day working six days a week to make sure I spend enough time with each hotel. I also love to engage with all levels of staff positions, but because I am so busy with the structure and functioning as three hotel managers in one, I often don't have enough time for all the team members.

**Managing Director of the three hotels seems like a big task, but I think we can all continue to look forward to the experience your vision and dedicated staff will provide at The Astor Hotel Tianjin, The Westin Tianjin and, Sheraton Tianjin Hotel.**



Exterior of The Astor Hotel, a Luxury Collection Hotel, Tianjin

## Past Events

### Exclusive Tianjin Historic Tour

Saturday, May 21, 2016

On Saturday, May 21, Mr. Louie Liu, Curator of Tianjin Museum of Modern History, led a very interesting and informative tour of the historic buildings associated with the days of foreign concessions in Tianjin for AmCham members and friends.

The tour starts from the Astor Hotel and covered the Tianjin Postal Service Museum, American Barracks, Club Concordia and the Old Country Club in the morning. Louie provided a panoramic introduction to the past 100 years of history that occupies a central place in modern Chinese memory. He also exposed little-known facts about Tianjin's concession era past, introduced the key figures who lived and worked in the area, and pointed out unique buildings along the way.

A lunch break was taken at the Prince Qing's Mansion, a historic mansion constructed in 1922 as a private residence for the last head eunuch of the Forbidden City in the old English neighborhood.

The afternoon session starts from the Tianjin Museum of Modern History and followed by a tour of the Cantonese Gulid Hall in the old city and a quick look at the Italian Concession area and ended at the Italian Barracks.

If you missed out on this event be sure to join us next time! Check our website or join our mailing list to keep an eye out for other upcoming cultural events hosted by AmCham Tianjin. We look forward to seeing you at our next event!

By Amanda He



### Tianjin Monthly Executive Breakfast Briefing — Ten Trends in Ten Years for Tianjin property

Thursday, May 19 – The Ritz-Carlton, Tianjin

Nearly 40 members and friends gathered at the Ritz-Carlton, Tianjin in the morning of May 19th to listen to the briefings from **Michael Hart**, Managing Director for Jones Lang LaSalle in Tianjin. During the breakfast, Michael provided a summary of ten major trends in the Tianjin property market over the past ten years. These include new geographic areas that are being developed, new types of real estate that have expanded and the growth of specific industrial sectors that have helped drive the real estate market and the Tianjin economy as a whole.

Among the ten major trends, Michael highlighted a few stand out as especially important, namely "a tripling of the GDP and the addition of 5 million more people to the population over a 10 year period," "the service sector has grown in importance and now accounts for more than 50% of GDP, but the additional investment in manufacturing means that Tianjin's manufacturing sector will continue to be a major anchor for the economy."

The Monthly Executive Breakfast is becoming a signature event for the Tianjin Chapter, providing members an excellent opportunity to meet Tianjin's Executive Committee members. The next one will be held on June 16th.



#### Ten Trends in Ten Years for Tianjin Property

1. Substantial Population and GDP Growth
2. Tianjin Embraces Super-Tall Buildings
3. The Rise of the 'Building Economy' 楼宇经济
4. New Geographic Centers Emerge
5. Retail & Services Sector Development
6. Leisure & Tourism Becomes a New Theme
7. Tianjin Invests Heavily in Infrastructure
8. Tianjin Becomes a Modern Logistics Hub
9. Building out Binhai
10. Manufacturing Plus



Scan the QR code; learn updated events and information of AmCham China, Tianjin  
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TEL: 86-22-23185075

Contact person: Amanda He amandahe@amchamchina.org

Website: www.amchamchina.org



**Saturday, July 2, 2016**

**15th Charity Golf Tournament and Annual US Independence Day Celebration  
co-hosted by AmCham China, Tianjin and Boeing Tianjin Composites Co., Ltd.**

**Exclusive Tour of Boeing Tianjin Composites**  
July 1, 14:00-16:30 at Boeing Tianjin Composites Co., Ltd.

**AmCham Tianjin 15th Charity Golf Tournament**  
July 2, 10:00-16:30 at Tianjin Fortune Lake Golf Club

**US Independence Day BBQ and Golf Tournament Awards Ceremony**  
July 2, 17:00-21:00 at Zest Garden of the Ritz-Carlton, Tianjin

**All proceeds will be donated to Tianjin Jian Hua Autism Rehabilitation Center.**



**Golf Tickets: RMB 1100 \***

\* Entry fee includes golf green fee, facilities and caddies, lunch, all day cold beverages, return transportation, Independence Day BBQ and Awards Ceremony.

**US Independence Day BBQ Banquet Tickets:**

Adults: RMB260

AmCham Member Children between 6 -12: Free

AmCham Non-member Children between 6-12: RMB130

Children under 5: Free

Send an e-mail to [amandahe@amchamchina.org](mailto:amandahe@amchamchina.org) or call Amanda He at 022-23185072 to book tickets.



European Chamber  
中国欧盟商会

# EUROPEAN CHAMBER IN TIANJIN



## Carnegie Seminar: Communication Effectiveness

12<sup>th</sup> May, 2016

Smooth and effective communication is critical to the healthy operating and up-to-standard functioning of a company. European Chamber Tianjin Chapter has invited the Senior Trainer of Dale Carnegie® Mr. Daniel Chai to elaborate how to create a safe and responsive communication environment and how to achieve extraordinary leadership.

## Executive Briefing Dinner: What Next For the Chinese Economy

19<sup>th</sup> May, 2016

Harsh facts have been thrown around such as the weakness of the real-estate market, the massive overcapacity of the steel and coal industries and much more. What is the true situation of the Chinese economy? Mr. Marwan Emile Faddoul, managing partner of NFG Consulting LLC. brought us the in-depth analysis.



## 1st Tianjin Business Match-Making

31<sup>st</sup> May, 2016

The European Chamber Tianjin Chapter together with the German Chamber Tianjin Chapter has successfully held the 1st Business Match-Making event on 31 May, 2016 in Paulaner Tianjin. With the special event style and interesting match-making rules, it created the opportunity to allow participants to strike up quick conversations with as many people as possible and to discover potential business partners as well as friends. The next Business Match-Making events are scheduled in August and November of 2016. Stay tuned and join us! Meet People, Make Connections!



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



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

**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





## Past events

### German Night in Tianjin 2016

20.05.2016

On May 20, 2016 the German Chamber of Commerce invited to the German Night in Tianjin at the 3 Kronen 1308 Brauhaus. The German Night is the major social event for the German Community and everyone interested in German culture and already took place for the 6th. time in Tianjin. More than 60 participants enjoyed the casual evening in a typical German atmosphere with German buffet, beer and lucky draw.

The purpose of the event is to bring together the German community as well as Chinese colleagues and international friends to contribute to German-Chinese friendship and teambuilding. The German Chamber thanks all participants, sponsors and helpers for a memorable night!



### Seminar and Roundtable - IT Security aspects of Wechat and Industry 4.0

25.05.2016

The Internet is shaping businesses today. WeChat serves as a tool both for online payment and promotion for enterprises. The world is now starting to refer to the German concept of Industry 4.0, and China is no exception. However, the modern tools that facilitate traditional business also bring new, but inherent, IT security risks from a legal perspective.

Based on the above, the German Chamber of Commerce Tianjin organized a seminar and roundtable on the topic of "IT Security aspects of Wechat and Industry 4.0" on May 25th., where the speakers provided an overview of the Chinese legal environment surrounding running an internet related business in China and also evaluated the potential IT security and legal risks arising from the use of WeChat and which are rooted in Industry 4.0. A houseful of participants joined the event to share their expertise and experience on the topic.



## Upcoming Events

**July 7, 2016, 07:30 - 09:00:** Breakfast Seminar - Tax Health Check, The Ritz-Carlton Tianjin

**July 12, 2016, 14:00 – 17:00:** Seminar with the Tianjin Municipal Bureau of Foreign Experts Affairs  
—Debriefing on Foreigners' Working Permit in Tianjin, Venue TBC

**July 22, 2016, 18:30 - 22:00:** Special Event - Deutscher Filmabend: Goodbye Lenin!, Paulaner Tianjin

**July 27, 2016, 19:00 – 22:00:** Kammerstammtisch Tianjin, Drei Kronen 1308 Brauhaus Tianjin

**UEFA EURO - Series Events: Public Viewing - 2016 European Championship, Date & Venue to be confirmed**

# CHANGE THE WAY OF LEARNING , CREATE THE FUTURE OF ENTERPRISE



**T**raining is an important part of enterprise production and management activities, which has a crucial importance for the survival and development of enterprises. In recent years, more and more companies recognized the value of the internal trainer, began to build their own team of internal trainers. However how to build an excellent corporate training division, how to make the training meet the actual require become serious problems that need to be solved.

Recently, HRCLUB organized a salon discussion with the topic "Build an effective corporate training system". Nearly 30 training managers or HR managers from HR CLUB membership enterprises discussed the problems that need to be solved when establishing the corporate trainers team, and propose solutions about building a feasible training system.

Most of the HR who have participated in the activity said that in the era of Internet plus training and learning present the new features like fragmentation, focusing on experience, mobility and sharing, how to use a limited training budget to get maximum effect becomes one of the difficult work for HR

managers. In the wave of the Sharing Economy, the training cannot be confined within the enterprise, and should change the approach to training with an open mind.

HR CLUB established the HR CLUB Enterprise Collaborative University based on thousands of well-known membership enterprises to create new training model. Effectively reduced the cost of training and improved the training efficiency by multimedia information technology, software and hardware resource sharing, online and offline interactive learning, etc.

**Share Training Resources** -- HR CLUB Enterprise Collaborative University relies on nearly a thousand membership resources will carefully integrate high-level lecturers and training institutions' resources recommended by members or introduced by lecturers themselves. Create the big data platform of training resources, training lecturers, we will build an Alibaba in training industry. Spend the least effort to obtain the most effective information.

**Share Training Opportunities** -- Sharing enterprise training dividend, create spillover effect. HR CLUB Enterprise Collaborative University will built a platform for

information exchange, in which you can "transfer" training opportunities " of the enterprise, whether it is a course, or a seat, you can share it paid or unpaid to the need for whom has need. Add value to the training course and enhance the power of peers.

**Train crowd-funding, trigger social economy singularity** -- Crowd funding training courses will let the training no longer to be exclusive for large enterprises, HR CLUB Enterprise Collaborative University allows small businesses and even individuals can have access to training. By segmenting demand, accurate positioning to make the training courses

If you want to be a part for promoting enterprise reform of training ways or to be a beneficiary of HR CLUB Enterprise Collaborative University, please contact Tina Lv at 022-24239636 or sent E-mail to tina\_hrclub@126.com.



Hotline: 2423-9638 / 2423-9636  
157-607-15692  
HRCLUB website:  
<http://www.tj-hrclub.org>





# TIANJIN'S NEWEST LUXURY HOTEL MAKES ITS MARK

by Luna Ward

**G**eneral Manager Jens Corder eats, sleeps and breaths the hotel business—literally. His only request is that his room in the Shangri-La overlooks the Haihe River. He says it's beautiful at night, which is the only time he leaves the throes of his job for the comforts of his room.

But he didn't start on the top. He started in the kitchen. Corder moved from chef to general manager in the 20 years he's been with Shangri-La. In these two decades he's traveled with Shangri-La to many cities within China and India. Now he has his sights on Tianjin.

We joined Corder in the Shangri-La lounge to talk about how Tianjin's latest luxury hotel is becoming a city staple.

**Jin: I know you started with Shangri-La in the kitchens, did you ever imagine it would take you to as many places as it has?**

**Jens:** I was lucky enough to get a job with Shangri-La at the China World Hotel in Beijing. Initially my goal was to get two years overseas experience and then go back to Australia. But 20 years later I'm still working for Shangri-La.

I think it's really because Shangri-La is a company that believes in organic growth and it develops its people with that viewpoint. At every corner there was a training program, or transfer, or promotion offer. I never felt the need to look outside Shangri-La.

**Jin: You've been in Tianjin about three weeks. What do you think about the city so far?**

**Jens:** Tianjin is beautiful. Very picturesque. The view from the rooms is spectacular—all have a view of the river. There's always so much activity in the river. I can see someone swimming now.

**Jin: Like you, the Shangri-La is relatively new to Tianjin. What plans do you have to make it a legacy here?**

**Jens:** First of all, I think we have a great location. We're close to the airport. We also have great connectivity to the Exhibition Center—it's 30 minutes on the expressway. We're smack bang between two crossover bridges, so to get from here to what people say is the city center is a matter of minutes, even in peak hour.

But, food and beverage are the heartbeat of the hotel. We make sure we're the first choice for the local Tianjiner. We have very vibrant food and beverage outlets.

And also for the social outlet, I'd like to own romance in the city. We want to be the number one choice for weddings and other social events—birthdays, anniversaries. We really want to be the go-to place for the local market, whether it's food and beverage or entertainment or events.

**Jin: So, how do you balance between being an international brand and catering to local customs?**

**Jens:** We're an international brand, but when we go into specific countries we localise, for example here in China, the most important thing here is the tea experience. We look at how we can build on the authentic tea culture, not only when it comes to drinking tea but also gifting tea.

We also have one of the best duck chefs in town. He's supported by the Corporate Duck Chef—who oversees all our hotels in Beijing and Tianjin. He comes twice a month and makes sure all the duck is of the best Peking Duck quality.

But the best thing, our Shangri-La culture is really based on Asian-family values. The corporate is owned by an Asian family. So, it's really about the values that they had in their own family coming through in the service culture of the Shangri-La hotel.

**Jin: You've mentioned food and beverage a few times now. Do you feel because you started in the kitchens you have a stronger connection to the restaurant industry within the hotel?**

**Jens:** Maybe, they add a lot of vibrancy to the hotel. If you have a strong local market coming to your food and beverage it means you're offering them something they want. The hotel guests also feel more comfortable with the hotel—it's vibrant, it's busy, it's obviously the place to be.





In China, teachers are quite respected people.

# FROM EAST TO WEST THE DIFFERENCES IN TEACHER STUDENT RELATIONSHIPS

by **Carmen King**

**F**rom simple to complex, there are differences from east to west. An example is the relationship between teachers and students. Consider an expat who arrives in China to teach English at a Chinese university. Job requirements and compensation may be around 20-30 hours of class per week, on-campus housing including all utilities, work permit, residence permit, airfare to China, and 6,000-10,000 RMB per month for salary. The money is modest in terms of overall earnings when compared with other expat packages, such as those enjoyed by workers at WOFEs (Wholly Owned Foreign Enterprises) or large international firms. For example an American Sales Manager was given a budget of 40,000 RMB/month simply for housing in Shanghai! Suffice it to say teaching at a Chinese college usually means limited pay. Universities are known to offer

mediocre money but extremely stable working conditions. Private educational institutions can be the opposite, luring expats with higher pay but having inherently less long-term job security. If it isn't the pay, what draws some expats to teaching in China?

A clue comes from considering the comments of an American teacher who taught in China for a few years before returning home to the states. After getting back in the classroom at home, what was one of the biggest differences noticed? The attitude students have for the teacher. Understandably there are always exceptions, however, in many cases expats teaching in China will find students very respectful. This respect is usually expressed in terms of how the student interacts with and talks to the teacher. Of course there are still those students that don't take class or homework seriously. Yet, the majority of students look up

to teachers, especially expat teachers. Whereas abroad, especially in more liberal countries like the U.S., teachers may actually have to fight quite hard to maintain their perceived position of authority.

## How Respect is Shown

In China, students may show respect to the teacher in a number of ways. One of which is constantly calling them by the title "teacher". Hardly the custom abroad, expat teachers may get accustomed to, even enjoy the opportunity to be constantly hailed by their title. For some it could even become a bit of an ego trip. In most cases the average teacher in the states would hardly receive this level of routine respect. Some students might add a Mr. or Mrs. before their teacher's last name, but that's about it.

Teacher's are not nearly as praised overseas. In fact, some may feel it is one of the



## NOT TO MENTION, WITH EDUCATION BEING SUCH A HUGE DEAL IN CHINA, PARENTS AND STUDENTS ALIKE MAY TREAT A TEACHER LIKE HE'S THE POPE.

most underappreciated and undercompensated professions out there. A common joke among teachers is their response to the question "What do you like most about your job?" with their answer being: "June, July and August". Really, that sums up the "reward" a teacher gets in the states. Unless someone is a big time professor at a major university, more times than not, teachers are unsung heroes. They must be content with quietly doing a rather monotonous job for pretty average pay with little to no notable recognition. Not too many American students are going to go around kissing up to their teacher or use some honorary title every other sentence.

In China though, teachers are quite respected people. They enjoy a decent position in terms of social rank. Not to mention, with education being such a huge deal in China, parents and students alike may treat a teacher like he's the Pope. Using honorific titles and flattering speech to praise the teacher in front of others is absolutely standard practice around Tianjin. Thus expats might get a real boost in self-confidence by coming to China to teach. This may make up for the lack luster pay. Instead of playing a marginal role or even being looked down upon, teaching in Tianjin can provide a decent working environment and fairly reasonable work load. Inside of dreading teaching class, some teachers come to really enjoy their time here.

### Personal Involvement

Another difference between student teacher relationships from east to west comes in terms of being personally involved. For the sake of clarity, this "personal involvement" is not talking about anything sexual in nature, rather it means, simply having non-classroom contact with students. Abroad, a teacher's personal involvement with students could be so highly scrutinized that they avoid all non-academic association with students.

Conversely, it seems there is far less risk with social interactions with students in China. This relieves expats teaching in China of a lot of stress. Instead of constantly being overly concerned with crossing an alleged line, which could result in drama, teachers in Tianjin appear to have more freedom to associate socially with students.

In America, everyone is worried about being sued for something. That fear doesn't seem nearly as apparent with teaching staff in Tianjin. Expats that are official teachers at universities may even carry the added honor of being referred to as a "foreign expert". In such a case, not only do students admire the teacher, but so do colleagues. The local Chinese teachers will see the expat as an elite associate. Personal relationships between teachers and students could include staying in touch via phone, WeChat, or even sharing meals together.

China is a very social country. Eating out together, especially in groups, is seen as totally normal. Chinese love to take pictures, and share moments via online messaging services. Thus expat teachers will probably find themselves with far more dinner invites or social events in Tianjin than they ever will back home. Abroad, again because of potential legal ramifications or other allegations, the line between teacher and student should be very clear. This aspect is actually a bit of a dichotomy in China. On the one hand, teachers are held high and revered by students, as if being put up on pedestal. Yet, despite this, when off the clock, after teacher hours, they may find themselves free to mix socially with students, without all the drama or legal concern.

### The Bottom Line

When it comes to teaching in China, there are typically two types of jobs. The first is a decent position with mid-low level pay in comparison to other white collar corporate positions. However, the notable reverence students have for teachers may make for an enjoyable work environment. The subsequent boost in moral and self-respect as a result of all of this may draw more teachers than the money itself. Teachers in China may also find themselves with a more manageable work load leaving them time to socialize. This is good since unlike back home where strict guidelines prohibit teachers from getting too involved personally with students, expat teachers in Tianjin can to a reasonable extent

make "friends" with their students. Perhaps they can even go so far as to eat out together, or dare we suggest take a trip together as a group. This being said, teaching in China does carry a few liabilities. Topping this list is the expectation to listen to any and all requests made from faculty leadership. Expats shouldn't expect to have a ton of room in terms of rejecting arrangements made by senior staff, such as the principal. For expats who can learn to live on a "teacher's salary" though, they may find the overall teaching environment more enjoyable than back home, especially when it comes to decent work hours, relaxed personal relationships and improved social status.

## 留在中国当老师

我们都知道中西方文化有差异，但究竟这样的差异有多大，今天我们就以教师这个行业来举例，分析这个问题。一个在中国大学教课的外籍教师，每周上课 20-30 小时，他的工资会在 6000-10000 元之间。这样的数字和在外企工作的员工薪酬相比，可能会稍显逊色，但任何事物都具有两面性，中国的私立教育机构尽管可以提供诱人的薪水，却不提供长期的生存保障。于是，我们想知道，是什么样的原因吸引着大批外国朋友到中国去从事教师这一职业？

在中国，学生会通过多种途径表达他们对老师的尊敬，其中一个方式就是称那些赋予他们文化知识的一群人为“老师”，而这样的传统在国外却鲜少见到。于是外方老师从不了解到习惯，最后甚至会很享受被人冠以这个称谓。在美国，学生们更多的是将他们的老师称为“先生”或“女士”。

中国的文化里，教师是一项崇高的职业，无论学生还是家长，他们无一不对教师有着至高的敬意。因此，很多外国朋友会选择在中国当教师来提高自己的自信度，尽管薪酬不高、任务不重，但重要的是他们可以活得相当体面。

中西教育的另一个区别点在于教师和学生课堂以外的接触。在国外，教师为避免招来非议，往往不会参与学生的课外生活；但在中国，老师和学生接触并不会引起风波议论。在中国当老师，他们不必过分纠结于一个所谓的底线，因为每个人都清楚的知道自己的角色与定位。

中国是一个非常社会化的国家，人们在一起聚餐吃饭是再正常不过的社交，人们通过各种途径分享彼此的心情。因此，在中国的外方教师可能会发现，这里的社交邀请要明显多于自己国家的，并且在褪去了教师的身份之后，他们还可以以朋友的身份继续和学生保持联系和交往。

当我们谈到中国的教育领域，我们能想到的是一个体面的职位，尽管和企业白领的工资比起来，这份职业的薪水并不是那么乐观，但至少它可以拥有一个轻松的工作环境和令人敬佩的地位。除此之外，在中国当老师，我们还可以有自己的闲暇时光参加社交活动，和学生打成一片，甚至可以和学生一起去旅行游玩。在中国当老师，可以比在国外当老师更愉快、更有趣。



The phrase, "more is caught than taught," is a much better mental mantra in a mom's day-to-day life.

# KEEPING UNDESIRABLE HABITS AT BAY AND ENFORCING GOOD MANNERS

by **Charlotte Edwards**

**"D**o as I say, not as I do." This is a phrase I heard many times growing up, but as an adult I realize that saying it to kids does them a disservice. Our kids watch our every move and pick up and imitate even the most subtle things no matter how much we tell them not to. I've found that the phrase, "more is caught than taught," to be a much better mental mantra in my day-to-day life as a mom.

This is true in any country in which we live, but I've found I'm more aware of things I consider undesirable when in a new environment. The split baby pants were appalling to me at first; after having children and potty training them from birth, I understand how practical and useful they are. Different doesn't mean bad, but there are some differences that, generally speaking, are more accepted in Chinese culture than my own Western one.

Since I'm raising my kids in China for now, one of my primary concerns as my firstborn began to notice the world around him, was the nonchalant tossing of garbage on sidewalks, in parks and from car windows. In America, littering will set

you back a hefty amount, usually \$100-500. That's not the case here. I still remember the first time I yelled at my Chinese husband: we'd gone out for a walk, bought ice cream bars and he tore the wrapper open, tossed it to his left and started eating. I made him go back and pick it up and we carried it until we found a trash can to put it in.

I vowed then that I'd make sure my child 'caught' my habits in regards to littering. However, I knew I'd need to do more than just let my son see my actions. So whenever we were out and I needed to throw away a tissue or a wrapper, I'd tell him that he needed to help me find a trash can to throw the item into. It seemed like a bit too much to do this every time, but he saw it as a game and enjoyed the search. There were also plenty of opportunities for me to point out negative examples, too. I did this as discretely as possible, especially when we saw children just throw trash on the ground.

Good manners are important all around the world, but what constitutes them can vary greatly. I was taught to use "please" and "thank you" very liberally,

but here in China, these words aren't used nearly as often, and almost never with family. With close friends and family, it's assumed that you're thankful for someone's actions, so, culturally speaking, there's no need to say "thank you." I didn't pay too much attention to this until my son was four and my daughter was one. I always used these words as we spoke English together in our home, but they didn't 'catch' my use of these words. I had assumed the kids would automatically pick up on this, but they didn't.

So when I took them to the United States that year, I was shocked at how many comments I overheard people saying about my 'rude children.' Even my mom and sister became very upset with how infrequently the kids said 'thank you.' I knew I'd explained these cultural differences, but hearing about and living in a culture are two very different things.

So, as we get ready for a summer in America, I've been upping the politeness level in our house so that the kids can assimilate better when interacting with family and friends rather than unintentionally embarrassing me.

## 领悟大于施教

“依其言而行事，勿观其行而仿之”，这是一句我从小听到的老话儿，但随着我们渐渐成长，我发现成人间的一言一行都对孩子有着巨大影响。我开始意识到：在孩子的成长过程中，让他们自己去领悟要远比你教给他们什么更重要。

在中国生活多年，当我生完第一胎的时候，我开始变得焦虑，我担心孩子眼中的世界是一个不讲公德、随意乱扔垃圾的世界。我发誓一定不能让我的孩子在我身上学到那些不好的习惯。所以每次我们外出产生垃圾的时候，我都会告诉他们找到垃圾桶才能丢弃。生活中难免会遇到负面例子，而这个时候我都会尽量分散开孩子的注意力。

无论你在哪里生活，“懂礼貌”永远是一门大学问。在中国，我学会了使用“请”和“谢谢”，但似乎在中国的家庭里，家人之间是不需要经常讲文明用语的。当我和孩子们在家的时候，我们时常会用英语交流，我也会使用“请”和“谢谢”等词语，我以为孩子们会自动在脑海里生成，直到有一年我带他们回美国，我才意识到他们对于礼貌用语的使用是多么的匮乏。我知道我应该解释这种文化差异，但毕竟中国和美国是两个完全不同的生活环境。

所以今年夏天，我已经做好了准备，我要让我的孩子们更好的了解美国文化和习惯以及更好的和家人相处，而不是剩我一人尴尬的看着两种文化相互碰撞。



## Caring for children with autism to grow happily

This year, on the Children's Day, the children of the Jian Hua Autism Rehabilitation Center celebrated a sports day with parents and children participating in the games. On May 27th, the teachers took the children to the YuZhi School in the Nankai district. They watched performances, participated in competitions, exercised and enjoyed games together with their parents. They were very happy.

We participated in 3 different games. They were "picking up fruits and vegetables," "frogs jumping into the water," and "chasing little pigs."

The most popular game was "picking up fruits and vegetables." There was a big roll of pictures on the playground. Teachers drew some fruits and vegetables on the picture and covered them with some plates. The child who took part in this game took a basket with some toy fruits and vegetables.

The child should uncover the plate, and if the toy fruits in his basket was the same as the picture, he should put the toy fruit on the plate. If it was not, he should replace the plate. The child who could accomplish the task as quickly as possible would win this game. This game helped children not only to improve their ability to pick up, grab, and hold, but also helped them to practice their skill in grouping and making pairs.

Frogs jumping into the water was also a very popular game. Children bounced table tennis balls against the floor and then made the balls go into a pail of water. This game helped to improve their hand-eye coordination. Each child got 5 chances with 5 table tennis balls. Many of the children could not put all the balls into the water pails, but they were so concentrated on their work that teachers and their parents encouraged and cheered on their diligent performance.

"Chasing little pigs" was also popular. The children moved small soccer balls around obstacles with badminton racquets and pushed the soccer balls into the goal. Some children still needed their parents' help. Sometimes they pushed the football a little bit far from the goal, but each time

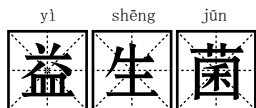


when the ball made it into the goal, the children experienced a sense of achievement, and laughed happily.

On each Children's Day, the teachers of the Jian Hua Autism Rehabilitation Center will organize a chance for children with autism to take part in a sports meet where they can experience the joy of successful achievements. It is also a good chance for the children to do games together with their parents. These children with autism can also experience the joy of Children's Day as other children do on this special occasion.

## PROBIOTICS

by Zheng Hong Xiang and Kate King



(At the hospital)

Zài yī yuàn  
(在 医院)

Doctor: Hi there, what's bothering you?

Dài fu Nǐ hǎo nǎ bù shū fu  
大夫：你好，哪不舒服？

Mike: Hi Doc, lately my stomach has been feeling bloated and burning. Plus, I've been really constipated.

Mài kè Nín hǎo dài fu wǒ zuì jìn jīng cháng wèi suān zhàng qì ér qiě biàn mì hěn yán zhòng  
麦克：您好，大夫，我最近经常胃酸、胀气，而且便秘很严重。

Doctor: I see, and how long has this been going on?

Dài fu ò yǒu duō cháng shí jiān le  
大夫：哦，有多长时间了？

Mike: I'd say about 2 weeks or so.

Mài kè Dà gài liǎng ge xīng qī ba  
麦克：大概两个星期吧。

Doctor: Sounds like a problem with your digestive system. Indigestion will cause these symptoms.

Dài fu Kàn lái nǐ de xiāo huà xì tǒng chū wèn tí le xiāo huà bù liáng dǎo zhì le nà xiē zhèng zhuàng  
大夫：看来你的消化系统出了问题了，消化不良导致了那些症状。

Mike: Do I need treatment?

Mài kè Nà xū yào zhì liáo ma  
麦克：那需要治疗吗？

Doctor: I would suggest you take some probiotics.

Dài fu Wǒ jiàn yì nǐ fú yòng xiē yì shēng jūn  
大夫：我建议 你服用些益生菌。

Mike: What are probiotics?

Mài kè Yì shēng jūn shì shén me  
麦克：益生菌是什么？

Doctor: Probiotics are good bacteria that are beneficial for the body. They can improve the internal balance of the body and can adjust hormone levels. When the body has sufficient amounts of good bacteria the body is in a healthy state. If the good bacteria is insufficient the body will throw up a red flag.

Dài fu Yì shēng jūn shì duì rén tǐ yǒu yì de jūn qún kě yǐ gǎi shàn rén tǐ de shēng  
大夫：益生菌是对人体有益的菌群，可以改善人体的生

tài píng héng tiáo jié nèi fēn mì Dāng rén tǐ nèi yǒu chōng zú de yì shēng jūn shí rén jiù huì chū yú jiàn kāng zhuàng tài fǒu zé rén tǐ de jiàn kāng jiù huì liàng qǐ hóng dēng  
态平衡，调节内分泌。当人体内 有充足的益生菌时，人就会处于健康状态，否则，人体的健康就会亮起红灯。

Mike: Is it true that yogurt has probiotics in it?

Mài kè suān nǎi lǐ shì bu shì yě hán yǒu yì shēng jūn ne  
麦克：酸奶里是不是也含有益生菌呢？

Doctor: It does. Right now there are a lot of different kinds of yogurt being sold, but, you have to be sure to keep it at the right temperature. Anywhere from 2-10 degrees Celsius. It must be stored in the refrigerator or else the bacteria will die, it can't handle high temperatures.

Dài fu Shì de xiàn zài shì miàn shàng yǒu xǔ duō yì shēng jūn suān nǎi Dàn yào zhù yì bǎo cún wēn dù jìn liàng kòng zhì zài 2-10 Shè shì dù yě jiù shì zài bīng xiāng zhōng lěng cáng Yīn wèi yì shēng jūn pà rè rú guǒ wēn dù tài gāo jiù huì shuāi wáng  
大夫：是的，现在市面上有许多益生菌酸奶。但要注意保存温度，尽量控制在2-10摄氏度，也就是在冰箱中冷藏。因为益生菌怕热，如果温度太高，就会衰亡。

## PROMOTION

# International School of Tianjin Grade 5 Transition Ceremony

**Grade 5 is the last year** of IB's Primary Years Programme (PYP) that is followed as the curriculum in the elementary school at the International School of Tianjin (IST). The end of the year in Grade 5 marks the end of primary schooling for the students and their advent into secondary school life. At IST, this important right of passage in the life of graduating Grade 5 students is marked by a beautiful ceremony. This year the ceremony was held in the IST Theatre on June 07, 2016.

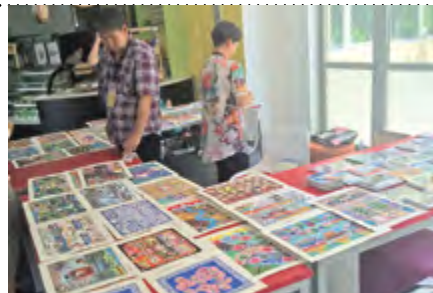
After they received their certificates in the ceremony, the little graduates were felicitated by their teachers, families and friends and were showered with hugs and flowers. They will embark on their journey as secondary students after the summer.



## PROMOTION

# International School of Tianjin Community Fair

**The annual IST Community Fair** held this year on June 2, 2016 was a wonderful demonstration of how the community works together to create something wonderful and entertaining and opens its hearts and doors to welcome everyone to join in the fun. It was a splendid day at the IST grounds with a huge spread of booths and stalls, tons of activities, an amazing variety of food and lots of wonderful things to buy and do. Everyone had a lot of fun and the smiles and laughter all around was such a happy sound to hear. Music was provided by the IST Orchestra and many other student performers. The day ended with the announcement of the raffle draw winners and then a color bomb activity. All in all, it was a bright and wonderful day!





# Graduation Ceremony – International School of Tianjin Class of 2016

On June 03, 2016, 25 well-groomed and justifiably proud students of the International School of Tianjin's graduating class of 2016 took pride of place on the stage to receive their diplomas and be applauded by their proud teachers, families and friends. As each graduating student was introduced to the audience, they were appreciated with thunderous applause. Amongst the people who addressed the audience were the Valedictorian of the Class of 2016 Claudia Quek and the Salutatorian of the Class of 2016 YuChieh Chiu, who both gave very moving speeches.

One of the most significant events at the end of the school year is the graduation of the Grade 12 class, a ceremony that marks the completion of our senior students' secondary education and their ritual passage into the world of higher education, work, and adulthood. This year's 25 graduating students certainly appear to be headed for very bright futures with all students having received an acceptance from at least one university of their choice, and with a significant number of applications still pending. This year's graduates have so far been accepted at leading universities around the world, including the University of British Columbia, Cambridge, Hong Kong University of Science and Technology, New York University, University of Washington, Purdue, Tokyo, Seoul National. Congratulations to our IST and IB Diploma graduates on a terrific year and on the wonderful opportunities that an IST education has afforded them.





## PROMOTION

# The Junior School Olympics Opening Ceremony at Wellington

With the topic 'The First Olympians' as the designated Entry Point for the new Inquiry Unit of the International Primary Curriculum (IPC), the entire Junior School was engaged in an activity to recreate and celebrate the opening ceremony of the Olympic Games. The Olympic motto, "Faster, Higher, Stronger" provided the motivation for an impressive Olympic parade, with pupils from the Nest being cheered on by their classmates across the Junior School. Pupils represented a diverse range of countries, flying flags and wearing appropriate dress, reminiscent of more complex Senior School activities such as Model United Nations (MUN).

Junior School pupils will further explore this Milepost 1 topic over the next four weeks, with teaching staff striving to



bring diversity and creativity into the learning process, both inside and outside of the classroom. With an Olympian team effort, parents of Junior School pupils can look forward to an exciting and innovative Exit Point to complete this timely and relevant unit.

Studied in accordance with the

Wellington Eight Aptitudes and the requirements of the English National Curriculum, the International Primary Curriculum (IPC) is one of the fastest growing curriculum choices for international schools globally, encouraging personal learning and international mindedness in young pupils.

## PROMOTION

# Sailing with Wellington College International Tianjin

During the short half term break, thirty students from years 7-10 and three members of staff went on a five-day sailing trip to Beidaihe. This was Wellington's 5th annual trip. Our hosts, Beijing Sailing Centre, have an excellent beachside location and all pupils and staff had an educational and fun-packed week.

All pupils had a chance to develop skills in Sailing and Windsurfing and the progress made over the week was impressive. Many congratulations go to Ally and Leo; they achieved their Sailing Bronze award from IYT and are qualified to take non-sailors out on their boats!

There were some great evenings with fireworks, bonfires, volleyball and beach football. The whole trip fostered friendships, developed team and leadership skills and will have embedded rich memories that pupils will cherish for many years to come.





## Sports Day at Wellington College International Tianjin

**Wellington College International Tianjin** annual Sports Day proved to be another fun and competitive event.

The Nest students turned up with full enthusiasm on the day, rotating around 6 different fun activities and working extremely hard to challenge themselves. Parents were invited to watch the events and support their children. Everybody had a fantastic morning.

The events for both the Junior and Senior School included both Track and field. Field events such as High Jump, Long Jump, Shot Put, Javelin and Discus were competed on the first day. During the second day, Track events including 100m, 200m, 400m, 60m Hurdles and our highly competitive House Relay once again proved to be a thrilling end to a very



enjoyable occasion. All pupil athletes were fully prepared for the competition, all striving to compete to the best of their own abilities. The day culminated with the much-anticipated Parent's Race, followed by an entertaining and ultra-competitive

Staff Race.

Supported by a dynamic and energetic PE Department, pupils at Wellington College once again demonstrated that excellence is not only confined to the classroom.

## Warhorse at Wellington College

**Supported by** the National Theatre of China and the Tianjin Grand Theatre, Warhorse China arrived at Wellington College International Tianjin. The star of the show Joey, the Warhorse, was supported by an excellent cast of academics and performers in delivering the workshop Learning from Warhorse: schools and the stage.

This thoroughly rare and unique event was supported further by Director of Arts and Creative Industries at the British Council, Mr. Nick Marchand, who addressed an audience of Wellington pupils and parents on how Warhorse travelled first from Michael Morpurgo's book to the West End stage, and later to China and the world. This excellent discussion was followed by Second Master at Wellington College International Tianjin, Mr. Julian Jeffrey, who introduced Warhorse from a historical perspective.

In working proactively with theatres,



a wide range of subjects being studied in the Junior and Senior School at Wellington are complemented and further explored - whether it be Design and Technology focusing on on-stage technologies and puppetry, Visual Arts and Fashion focusing

on crafts and costume, the Humanities focusing on the social significance of the stage, or Performance Arts across any aspect and demographic of the School, the show is always more than simply a show.



# Congratulations Eagles!

**Tianjin International School** held graduation ceremonies June 2. Beginning with an elegant dinner honoring graduates, the Class of 2016 celebrated their academic accomplishments culminating with a reception afterwards, enjoyed by graduates, TIS faculty, family and friends. During this 30 year anniversary of TIS, it was appropriate that 30 students graduated with academic honors, boasting a class average GPA of 3.84.

SungKyung Hwang was the valedictorian and KyuYong Yoon was the salutatorian. Other students were recognized for their accomplishments this year, including: EunChan Park - awarded the Claude A Meyers Scholarship Award (which honors the founding principal of the school, is given to the high school student who ranks highest in his/her studies for the school year) and the Greg Vossler Scholarship Award (which honors one of the longest-serving principals of TIS, goes to the high school student who, in the estimation of the high school faculty, best exemplifies good citizenship and bridges cultural barriers in the school); Laura Belcher and ChanHee Yoo awarded the Robert Owsley (which honors the longest-serving teacher-coach at TIS, goes to the student who, in the estimation of the high school coaches and athletes, best exemplifies excellence in both athletics and academics); and finally, Caleb Chang - awarded the Eric Liddell Award, one of our Learner Goal awards representing integrity (given to one who understands their identity and purpose for existence, and who models integrity).

The Class of 2016 look forward to entering universities, attesting to the global interests of our graduates from London to South Korea and includes universities in Australia, Hong Kong and the U.S.A. Students will continue their academic studies in distinguished institutions including prestigious universities such as California Poly-technical University, Hong Kong University, Boston University, Korea University, Parsons and Carnegie Mellon Universities.

We wish them rest for their hard work, continued success in college acceptance and in their future goals.





**T**his 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.

Established in 16 Jan 2004, TEDA-CSVA (TEDA community Volunteer Association) has had 23 community volunteer centers, 1 cross-border volunteer group and 1 overseas volunteer center under its umbrella. CSVA works closely with volunteers both Chinese and non-Chinese, having initiated programs or activities such community aid service, charity performance, disabled child care undertakings, charity auctions, charity golf tournament, charity basketball tournament, Mother's Love Well Donation Program at places like residential communities, hospitals, libraries, nursing homes, disabled child care centers and autism help groups.

Jin Magazine recently met with Ms. Vera Chen 陈继红. Chen JiHong who is President of the Volunteer Association and Vice Secretary General of the Charity Association. Vera has been involved with the charity since its inception in 2004. She refers to her "Master" as Ms. Zhang Hui Lin 张辉林, the founder of the association and who recently stepped down and Vera has taken over the role as President. When you meet Vera, you will notice immediately her infectious smile and positive attitude, which is just perfect for her role in this charity and how can anyone refuse her requests for help?

Vera explained that she has over 13,000 volunteers coordinated by her 7 administrators in 9 districts of TEDA. It is amazing that her tiny office in TEDA can coordinate such an immense effort. When we spoke, she had just returned from Qinghai China's northwest province. The association is located in Tianjin but reaches out to all parts of China.

The activities of the association are too numerous to list them all in this short article, so



The expats are learning cooking course in Tianjin.

# TEDA-CSVA

by David Wong

these are just a few. They have provided assistance to China's homeless and needy by donating funds gathered by their charity events and distributing clothing and goods collected by volunteers. One example is clothing, which needs to be sorted, cleaned and packaged and classified into gender, size and seasonality. Then all this has to be transported and distributed where it can be best used. All done by charity, even the cleaning, Vera has commercial dry cleaners who have volunteered to do this at no cost.

The fund raising events are many: one that is coming up is their annual basketball tournament to be held in October and November. When I asked where would the tournament be held, she said: "Everywhere in TEDA. Almost every basketball facility and school will help with staging the event, including the International Schools in TEDA."

Not all the efforts of the association are work, they also provide an opportunity for expats to enjoy their life in TEDA and get to know their neighbors. In October last year, the association organized a "Chinese Food Cooking Experience" to teach expats how to cook Chinese dishes. It was very successful and will likely be repeated.

With such compassion and love, all their volunteers have contributed greatly to helping

the disadvantaged, the disabled, the old and the ethnic minority families who live under the poverty line in western China. If you feel like doing something for those who need help, contact the organization, their office is just behind the Renaissance Hotel in TEDA. Their motto: "Let our compassion and love become action that goes everywhere in our community!"

You can contact Vera at 18622428830, email: tedacs@163.com, wechat: 974169060 Website: www.tedacs.com

## 天津开发区社会服务 志愿者协会

天津开发区社会服务志愿者协会，成立于 2004 年 1 月 16 日，目前有社区服务站 23 个，跨国服务站 1 个，海外服务站 1 个。志愿者协会的每一个会员，都力争尽自己最大的努力为社会带来实质性的帮助，他们认真发展实施公益项目，如援助服务、慈善拍卖、帮助残障儿童、关爱自闭症患者等活动，为有需要的人带去温暖和光明。我们希望通过我们的文章，可以吸引更多的爱心人士来加入到这个伟大的组织，为更多需要帮助的人提供帮助。如果你有想要做出贡献，请随时和他们取得联系。

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# CHINESE CALLIGRAPHY

by David Wong

Four Treasures of Study

**H**andwriting is as personal and unique as a person's fingerprint. Once you look at someone's handwriting, you will develop an impression (right or wrong) of his character and personality. It's really too bad in this day and age of an electronic society, that this personal writing method is disappearing. When was the last time that you received a hand written note or letter? Now everything is electronic, about the most personal reflection is someone using the Comic Sans typeface instead of Helvetica or Courier to send you a text or email

Calligraphy especially in writing Chinese

**THERE IS ALSO A TRADITION IN BOTH CHINA AND JAPAN OF MAKING A BRUSH USING THE HAIR OF A NEWBORN, AS AN ONCE-IN-A-LIFETIME SOUVENIR FOR THE CHILD.**

was always an art form, since there is no alphabet in Chinese writing, each word is an individual character. Many poems and ancient famous historical accounts are preserved works of art. Some are very fragile if originally on paper but many are carved in stone and well preserved. The oldest forms are on the bones or turtle shells, referred to as Oracle Bones 甲骨文 JiaGu Wen, which were written around 2000BC.

## Different Styles

There are many different styles of Chinese script, think of it as different fonts of different writing styles just as we choose different fonts for writing our computer messages. It starts with Seal Script 篆书 ZhuanShu, which developed from Chinese characters carved onto stone and used as a seal. In 220BC, the first Chinese emperor, Qin Shi Huang unified China and introduced the common writing style referred to as Clerical Script 隶书 LiShu. Then there are the two cursive styles, which is almost like a short hand and probably not recognized by the average person, they are called Semi Cursive 行书 XingShu and Cursive 草书 CaoShu. If you have

ever seen a doctor write out a prescription, you will understand how a cursive script is so hard to recognize. Finally, there is Regular or Standard Script 楷书 KaiShu.

There are many variations in between these five main styles. These classifications are also recognized in Japan and Korea because remember that they were dominated by the Chinese culture in ancient times. Japan still uses many Chinese characters in their present day language called Kanji.

Most Chinese calligraphy is in Traditional writing as opposed to Simplified, which was only introduced in 1952. However all characters have a recognized stroke order in writing the calligraphy. There are eight different basic strokes and they are represented in the character Yong “永” that has the literal meaning, forever or permanence.

It is said that there are about 40,000 different Chinese characters but if one learns 3,000, you would be fairly literate and able to read a newspaper. However, reading and writing are two different matters, recognizing a character is one thing but being able to write it requires a higher skill and writing it properly is important.



### Tools of the Trade

The brush is the traditional writing implement in Chinese calligraphy. The body of the brush can be made from either bamboo, or rare materials such as red sandalwood, glass, silver or gold. The head of the brush can be made from the hair (or feathers) of a wide variety of animals. There is also a tradition in both China and Japan of making a brush using the hair of a newborn, as an once-in-a-lifetime souvenir for the child. This practice is associated with the legend of an ancient Chinese scholar who scored first in the imperial examinations by using such a personalized brush. Calligraphy brushes are widely considered an extension of the calligrapher's arm. Today, calligraphy may also be done using a pen.

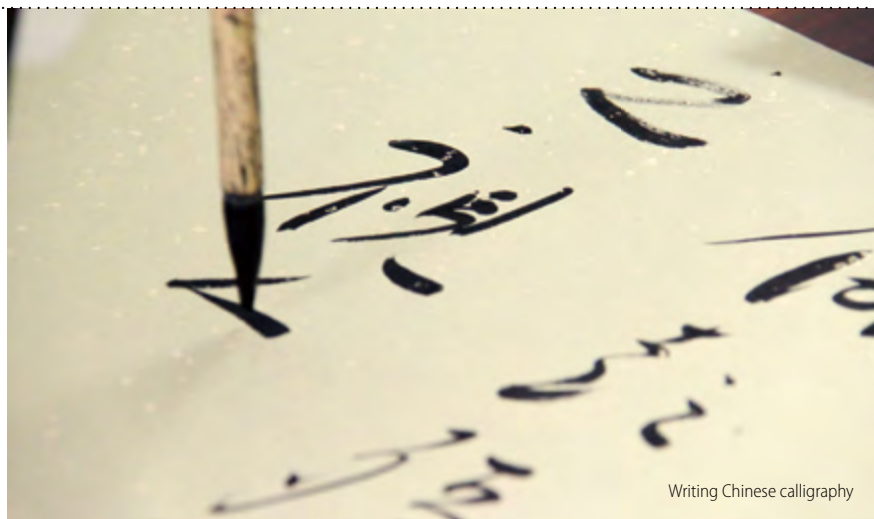
Paper nowadays is frequently sold together with a paperweight and desk pad.

Special types of paper are used in Chinese calligraphy. In China, Xuanzhi 宣紙, or rice paper is traditionally made in Anhui province, is the preferred type of paper.

Paperweights are used to hold down paper. A paperweight is often placed at the top of all but the largest pages to prevent slipping; for smaller pieces the left hand is also placed at the bottom of the page for support. Paperweights come in several types: some are oblong wooden blocks carved with calligraphic or pictorial designs; others are essentially small sculptures of people or animals. Like inkstones, paperweights are collectible works of art on their own right.

The desk pad 画毡, huàzhān; is a pad made of felt. Some are printed with grids on both sides, so that when it is placed under the translucent paper, it can be used as a guide to ensure correct placement and size of characters. However, only students use these printed pads. Both desk pads and the printed grids come in a variety of sizes.

Ink and inkstick, is made from lampblack (soot), and comes in inksticks that must be rubbed with water on an inkstone until the right consistency is achieved. Much cheaper, pre-mixed bottled inks are now available, but these are used primarily for practice as stick inks are considered higher quality and chemical inks are more prone to bleeding over time, making them less suitable for use in hanging scrolls. Learning to rub the ink is an essential part of calligraphy study. Traditionally, Chinese calligraphy is written only in black ink, but modern calligraphers sometimes use other colors. Calligraphy teachers use bright



Writing Chinese calligraphy

orange or red ink with which they write practice characters on which students trace, or to correct students' work.

Inkstones are made from stone, ceramic, or clay from the banks of the Yellow River, inkstone is used to grind the solid inkstick into liquid ink and to contain the ink once it is liquid. Chinese inkstones are highly prized as art objects and an extensive bibliography is dedicated to their history and appreciation. A water dropper 水滴 shuǐ dī is used to drop the water into the inkstone, by using this; you can control the amount of water carefully to achieve the right consistency.

### Appreciating Calligraphy

Even if you are not literate in Chinese, you can still appreciate the artistry of fine calligraphy. Much of the appreciation will depend upon personal preference but there are some traditional rules or standards that make a good calligraphy.

First, obviously the words must be written correctly, if the calligraphy is a work of art but one of the words is misspelt, the whole piece would be discredited. The characters must be legible, even if cursive style is used, they must conform to a certain format and not just scribble. The characters must be concise and uniform. The words must be in the right context, this will be difficult for most foreigners to grasp, as it requires not just literacy but cultural understanding. Finally, the work must be aesthetically pleasing.

### Conclusion

Water or Ground Calligraphy can be seen in many parks where you see a person; usually an older man with huge water brush writing on the ground a series of Chinese calligraphy on the cement or stone. It seems like a waste

of time, because in a few minutes his work will dry up and disappear. But next time, you see this, take some time and watch as he writes fluidly, never retracing his strokes and how it seems so effortless. Try to picture the whole piece of his writing and how it is uniform and really a work of art.

## 认识书法

笔迹就像是一个人的指纹，会反映出他/她的性格。但是现在很少能看到手写笔迹了，因为我们的日常书写都被电子设备取代了。

在中国，书法是一种艺术形式，很多流传千古的古诗名句都通过这种艺术形式保留下来。篆书和隶书都是中国最早的字体，行书和草书的风格不再中规中矩，如行云流水一般飘逸。楷书是目前最标准的中文字体。

韩国和日本也沿用了部分汉字。从1952年开始，中国大陆开始推行简体字，每一个字都有固定的笔画和书写顺序。据说中文里有四万多个汉字，但只要你能掌握3000多个就可以流畅地阅读了。读和写是两回事，写字需要更高的技巧。

传统的中国书法用毛笔来书写。毛笔的笔杆通常用竹子或紫檀木做成，笔头则用各种动物的毛发制作。毛笔字要写在特殊的纸上，也就是宣纸。写字之前，要在宣纸上摆好镇纸，这样在写字的过程中，纸不会滑走。镇纸也很讲究，椭圆形的木质镇纸上刻画着各种图案，有些镇纸甚至是值得收藏的珍品。画毡用来垫在宣纸下面，防止墨迹污染桌面。画毡上面还印着田字格，可以帮助初学写字的孩童规范字的大小和位置。写字用的墨汁来自墨和砚台的研磨。虽然可以买到更为方便的瓶装墨汁，但是研磨出的墨汁质量更好，适合书写长久保存的卷轴。通常墨汁的颜色是黑色的，但老师在教课的时候可能会使用其他颜色的墨水，比如红色，而学生可以按照老师的红色字来描红。

作为一个老外如何欣赏中国的书法艺术呢？首先，字要写得正确，少一笔多一笔都不行。即便是行书和草书也要遵循一定的行笔原则，而不是随意涂写。所有的汉字必须简明统一，有视觉上的美感。

在公园里，我们经常能看到有些老人用着特制的刷子，蘸着水在地上练习书法。他们写得如此流畅，下笔无回，一气呵成，这也是书法这门艺术的魅力所在。



# BURNING BARBEQUES BANNED

by Paula Taylor

Road side BBQ.

**W**hen in Rome do as the Romans do.....or 入乡随俗 as the Chinese version goes. We probably all agree that this proverb has merits, within reason of course. If I was living somewhere like Nagaland where it is reported, although not substantiated, that there are still head hunters, I definitely would not like to imitate the locals. However when I lived in Tianjin, I found that adopting some local customs and habits actually made my life there more enjoyable and comfortable. You may or may not be interested in eating like a local, but if you haven't yet tried eating shaokao (烧烤), I totally recommend it. Shaokao are barbecue restaurants. Some of them are actually restaurants, and by that I mean you eat inside where there are proper tables and chairs, others are outside usually in markets, but the most interesting by far are the impromptu ones that are set up in the street, typically very late at night.

The impromptu ones are usually just somebody deciding to set up a barbecue to make some money, they provide little stools

or packing cases to sit on and some of them, for convenience sake are located outside a shop that sells beer, because ice cold beer and shaokao on a boiling hot night, chatting with friends is really a great pleasure. I would like to emphasise the social aspect of this activity, because the food and drink are secondary.

## ILLEGAL ACTIVITY

Korea also has something similar, they have these little tents that are set up in the street and they sell delicious traditional food along with Soju (wine, usually made from rice). When I went to Korea, eating at one of these places was on my to-do list, as they are often featured in Korean dramas and I wanted to experience them for myself. However my Korean guide told me that my request was a bit difficult as these places are hard to find. I expressed surprise, as according to the dramas they are on every street corner. He explained that they are actually illegal, hence the Korean Government wants to stamp them out as there are fears that they bring the neighbourhood down, and contravene health & safety and hygiene laws. The problem is

that Korean people love them.

Sadly there are in the same concerns in Tianjin. Whilst the rules are a little more elastic, the street shaokaos are illegal. Added to that, when someone just decides to set up one in the street, it is obviously near a housing estate, and at 1.00a.m. in the morning when the inebriated customers finish eating and are going home, doubtless the residents are not happy about the noise, mess and pollution. The local Tianjin government is tackling these very issues at the moment. The problem is that Tianjiners, like Koreans, love shaokao.

## A SOLUTION IS AT HAND

Whilst the Korean government is determined to get rid of these unsightly, messy, although thoroughly enjoyable eateries, the Tianjin government has been busy trying to find a solution whereby Tianjiners can still enjoy shaokao legally and in a way that does not cause either smoke or noise pollution. The fact that the best shaokao are the impromptu type makes legislating and pleasing the people a very tricky balancing act.



Anyway act is what the local government has done in order to appease the neighbours who complain about the noise, fumes and traffic nuisance, and the shaokao lovers. In Hedong district provision has been made for vendors to house their shaokao establishments in steel sheds. The rules are that the shaokao vendors must use smokeless barbecue pits and any excess fumes are to be sucked away by the use of ventilation shafts. Initial signs are good, with one vendor who only moved his business over in May saying that he was confident it would prove to be a good business decision. He felt it was too early to say how many customers he could anticipate attracting, but he was definitely optimistic. Another big plus is that rainy weather will not stop business as neither the barbecue pits nor the customers will get wet. I don't actually think the rain is a massive problem in Tianjin. Shaokao wouldn't work here, we had snow in May and as I write this we are freezing and still using the central heating. It is 13 degrees during the day in June, if we sat outside to eat at night we would get frostbite.

#### THE REAL REASON WHY STREET SHAKAO ARE POPULAR

The local government trying to find a compromise that suits everyone is a really good thing, but with shaokao, I don't know if having dedicated shaokao streets will have the same effect. I asked Yi Ling what she thinks the attraction of shaokao is. She said "I could be walking down the street with my friends and we will see a shaokao in front of

us. That makes us suddenly want to eat shaokao". I asked her if she would go to a dedicated shaokao establishment instead. Her exact words were "没意思" which means that would not be interesting, there would be no point – which is exactly my point. The lure of shaokao is precisely what Yi Ling said, stumbling across one in the street, seeing everybody waiting patiently for their "sticks of things" to be barbecued, drinking beer and chatting with friends and on the spur of the moment deciding to join them is what makes shaokao attractive. Having to plan to go to a specialised area takes the spontaneity away. Waiting for the "things on sticks" to be cooked teaches patience. If you want to eat shaokao you just do it, you can't think too much about it as you will probably put yourself off – especially if you start thinking about hygiene, fumes, and so forth.

Once again traditions from the past face the problem of co-existing with increased knowledge of the damage we are doing not

**IF YOU WANT TO EAT SHAKAO YOU JUST DO IT, YOU CAN'T THINK TOO MUCH ABOUT IT AS YOU WILL PROBABLY PUT YOURSELF OFF - ESPECIALLY IF YOU START THINKING ABOUT HYGIENE, FUMES, AND SO FORTH.**

just to the environment, but to others. Much as I used to like eating shaokao in the street, if I was still in Tianjin and lived somewhere that had one nearby I would not be best pleased. I would worry about my lungs, already under attack, and my ears, also already under attack from people going to exercise at 5a.m. in the morning and shouting at the tops of their voices. Some people may feel that thinking too deeply at times is really annoying. Having to think about the environment, other people and hygiene is, well frankly inconvenient. If we don't consider these things and just go on and do what we want to do we can have a good time. However there will always be a price to pay and it is much better if other people do not have to pay it for us. So if you want to eat at a shaokao place that will not harm anyone else, including your conscience, check out the new arrangements at Hedong Qu's Pan Shan Dao (盘山道). Although the shaokaos there may lack the sense of adventure that impromptu shaokaos have, at the very least you will be doing your bit to support the anti-pollution endeavours.

#### 烧烤不再烟熏火燎

在入乡随俗这方面，我觉得我做得很好，尤其是让我感到舒心痛快的事情。夏天的路边烧烤就是我的最爱之一。几个小板凳、几张折叠桌就可以支起一个摊，随处可见。你如果没有在闷热的夏夜坐在路边一边撸串一边喝冰镇啤酒，你就不算在中国呆过。

中国的近邻韩国也是个热爱烧烤的国家。我在韩剧里经常能看到主人公在一个塑料大棚支起来的烧烤摊喝酒吃肉，所以我去韩国的时候也想体验一次。但是我的韩国导游说这不可能了，因为这样的烧烤摊是违法的，韩国政府出于卫生和环境的考虑把它们都取缔了。

天津也面临着类似的问题，路边烧烤属于违法经营，但老百姓又很喜欢，那怎么平衡这个矛盾呢？

与韩国政府毫不姑息地取缔相比，天津则在寻求两全其美的办法，充分保障人们享受美食的权利，同时把对环境及周边居民的损害降到最低。

河东区有很多的烧烤摊，所以政府对这一区域的治理力度也最大。烧烤摊主们被要求在棚内经营，使用无烟烧烤炉，配备通风设备。这样一来，不但规范了经营环境，减少污染，摊主们的生意也不会受天气影响了。

政府的良苦用心是否能被百姓接纳呢？有一部分人就是喜欢路边烧烤的随意性，偶遇一家就坐下来点几串，卫生与否先抛在一边。

旧传统总是会在新时代遭遇生存危机，在大快朵颐之前，人们开始关注赖以生存的环境和对他人生活的不良影响，因为我们都是空气污染和噪音的受害者。不论你是否喜欢规范化的烧烤摊，为保护环境尽一份责任都是每个人的义务。



Road side BBQ.

# TEMARI BALLS

by Jane Liu



Temari balls made by Qi Qi

The Davos Forum is a gathering of all kinds of global elites. It is not just a "brain storming" session but an excellent way to swap ideas between eastern and western cultures. This year, at the Tianjin display area in the New Champions Village, there are many diverse things to enjoy. Not only will a visitor be able to view Tianjin traditional folk arts, such as the Yangliuqing New Year's pictures and Clay Figure Zhang, but they can also enjoy a recently emerging art form - Temari Balls. All in all, the best description is that it is a celebration and festival of art.

Temari Balls are a folk art form that originated in China and were introduced to Japan around the 7th century A.D. "Temari" means "hand ball" in Japanese. The Temari are highly valued and cherished gifts, symbolizing deep friendship and loyalty. Also, their brilliant colors and threads are symbolic in wishing the recipient a prosperous and happy life. Traditionally, Temari were often given to children by their parents on New Year's Day. Inside the tightly wrapped layers of each ball, the mother would place a small piece of paper with a wish for her child. The child would never be told what their mother's wish

was while she was making the ball.

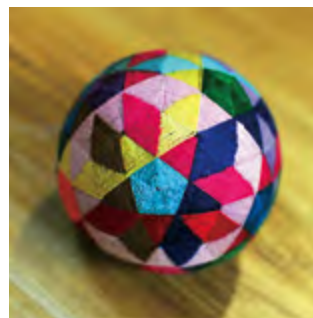
Recently, Temari Balls have again become popular in China and this has been welcomed by lovers of our culture. Qi Qi, the first person to bring Temari Balls to Tianjin is a photographer who works for a newspaper office. Since discovering her new hobby, creating Temari Balls now takes up most of her spare time. Qi Qi's Temari Ball Studio was set up in June and her works can be found at the Davos Exhibition. She is delighted that her audience has widened and is encouraged that the popularity of Temari Balls will continue to grow.



Swirling



Rainbow



Polygon



Windmill





A kinds of Temari decorations



Qi Qi's Studio



Qi Qi, the first person to bring Temari Balls to Tianjin



Raw material foam ball



Wrap the ball



Wrapped ball



Partition according to calculation

## 手鞠走进达沃斯

汇聚全球精英的达沃斯论坛，不仅是一场思想交锋的“头脑风暴”，同样也是东西方文化交融的绝佳平台。本届夏季达沃斯论坛新领军者村的天津展区里，不仅能看到杨柳青年画、泥人张彩塑等天津传统民间艺术品，也能看到刚刚在天津兴起不久的手鞠作品。今年参展者将依据中国风主题进行创作，可谓是一场艺术的盛宴。

手鞠，又称手毬，是一种民间艺术形式。起源于中国唐代的蹴鞠，可拿来抛掷把玩。公元七世纪流传至东瀛，发展成为一种名副其实的艺术形式，由于其漫长的制作过程融入了制作者的心意，也成为一种带来好运和象征幸福的礼物。日本在元旦新年的时候，有父母赠送手鞠给孩子的传统，在缠绕的球中母亲会藏入一张纸条祝愿自己的孩子，而孩子不会知道放入球中的纸条上具体写了什么祝福。

如今，手鞠艺术又逐渐回归中国，并得到手作



Embroidered the balls

爱好者的青睐。最早将手鞠带到天津的齐琦是一家报社的摄影记者，现在，制手鞠、做培训已经占去了她业余时间的大部分时间。齐琦的手鞠工作室于六月竣工，这次能够入选达沃斯展会也是对她的最大鼓励。





# VEGETARIAN "SUSHI"

by David Wong

Being vegetarian is an useful way in keeping the weight off.

**A** vegetarian diet can be defined in many ways. In general, it is a diet that abstains from the consumption of meat and the by products of slaughter of animals. There are also several reasons that people become vegetarians. Some decide to avoid eating meat because they want to have a sentient life, respecting the rights of animals and avoid any suffering of anything living. Others choose vegetarianism as a part of a religious belief and some decide that this is a healthier way to eat.

The purpose of this article is not to promote or critique a vegetarian diet but just define and provide some examples of what is being practiced. As with any practice that affects your health, in this case a way of eating, you need to consult a professional such as your medical doctor to provide you with their opinion of what is best suited for your diet and your lifestyle.

## Types of Vegetarian Diets

Ovo-vegetarian diets include eggs but no dairy products like cheese and butter, whereas a Lacto-vegetarian would include the dairy products but not eggs. An Ovo-Lacto vegetarian would include food products from both groups.

A pollotarian is someone that eats chicken and other poultry products but not meat from mammals (pork, beef, lamb etc.) A Pescetarian is a person that eats fish and seafood but not meat poultry or mammals.

On the stricter adherence of non meat vegetarians are those choosing a Vegan diet "Chúnsù" (纯素). It is pronounced, "vee-gen" and this diet excludes all animal products and any products derived from animals such as milk, cheese and even honey. An Ethical Vegan would also restrict themselves from using or wearing products that are produced from animals, such as leather belts or shoes, wool and even silk. Another term is an

Environmental Vegan who avoids the use of animal products on the premise that harvesting or industrial farming of animals is environmentally damaging and unsustainable.

A Semi-vegetarian diet is probably the most common form of vegetarian that you will see. This is a person that has limited his or her diet to mostly vegetables and includes eggs and dairy products and white meats such as fish and seafood and limited chicken and other red meats. This can be seen more with older persons and trying control their weight, limit their intake of protein and aiming for regular bowel movement by increasing fiber into their diet.

## Vegetarian dishes

The first food ingredient that comes to mind when you think of vegetarian food is the use of soybean or tofu. It is really amazing to have a vegetarian meal which features fish,



fatty pork and even roast duck or chicken but it is all totally meatless. A good chef will be able to create these famous meat dishes from tofu and grains accompanied with flavorful sauces. If you were to put the real meat dishes beside these vegetarian dishes, you would not be able to distinguish the textures. A blindfolded taste test would also not be able to tell the difference.

Mushrooms are another ingredient widely used in vegetarian dishes because there are so many different varieties and many have a texture similar to that of meat. If you have ever been to a Cantonese restaurant, you may have had abalone 鲍鱼 "Bao Yu", an expensive marine snail that costs over \$100 per pound. It is considered a delicacy in Chinese cuisine and served on special occasions such as weddings and birthdays. Therefore some restaurants will serve a similar dish using an oyster mushroom that has a similar texture and with a sauce that provides the same flavor at a fraction of the cost.

Chinese cuisine has tremendous variety so it lends itself to vegetarian dishes easily by substituting ingredients in order to mock traditional meat dishes. Noodles, eggplant, grains and beans all offer limitless menu items. Another Cantonese favorite is "Tong Sui" 糖水, which literally means, "sugar water" served as a dessert in many different ways. You have probably had some of these such as: Black Sesame Soup 黑芝麻糊 "Hei ZhiMa Hu" (if you serve this at home, using the instant powder and adding boiling water, let it sit for about 10 minutes before serving), "Doufu Hua" 豆腐花 Tofu Pudding, "GuiLingGao" 龟苓膏 a black jelly made from turtle.

Finally Red Bean Soup 红豆汤 "HongDou Tong" or Red Bean Paste 红豆沙 "HongDou Sha" the difference is the latter is served with the skin of the bean removed and a smoother texture and more expensive.

### Vegetarianism around the World

India has the largest percentage of vegetarians, estimated at over 30%.

In China, eating meat is a sign of prosperity. The pronunciation of the Chinese word fish 鱼 "Yu" is the same pronunciation for abundance or affluent 裕 "Yu". So at a Chinese meal, especially one that is special or entertaining guests or relatives, there is usually an item of fish. Abalone was mentioned earlier, called "Bao Yu" 鲍鱼 in Chinese would fit the bill.

In China, there are many practicing

## EATING LESS MEAT AND FAT ARE ON TOP OF THE METHODS OF REDUCING CALORIE INTAKE SO A SURE WAY OF ACCOMPLISHING THIS IS GOING ON A VEGETARIAN DIET OR AT LEAST A SEMI-VEGETARIAN DIET.

Buddhists which refrain from eating meat and a growing number of the rich are becoming more concerned with their health and diet. It is estimated that about 4% -5% of the population are vegetarians or over 70 million people. However, the prevailing attitude is still a meal without meat is not filling and if someone is trying to impress a guest, especially a foreign guest, you are likely to be plied with fish, beef and pork and other seafood items. So if you are the host best to check if your guests are vegetarians. You can experience Chinese dinners when the host is a vegetarian and if you observe closely they will just avoid the meat dishes since Chinese cuisine lends itself to selection of many dishes.

### Canada

In Canada, vegetarianism is usually synonymous with ova-lacto Vegetarianism. However, vegetarians are sometimes wrongly assumed to be pescetarian. Approximately 4.0% of adults are vegetarians as of 2003. A 2015 survey conducted by Vancouver Humane Society and administered by polling company Environics, "shows that 33 percent of Canadians, or almost 12 million, are either already vegetarian or are eating less meat." Broken down, the figure includes 8% of respondents that are already veg or mostly veg, as well as 25% of Canadians who say they are trying to eat less meat. The online poll, which surveyed 1507 Canadian adults, found that younger Canadians (between 18-34) are most likely to be vegetarian, while older Canadians are more likely to say they are eating less meat.

### United States

In 1971, 1 percent of U.S. citizens described themselves as vegetarians. However, by 2013, a public survey of 500 respondents found 13% of Americans identify

as either vegetarian (6%) or vegan (7%). Why the significant change? Recently, considerable concerns have been expressed about alarming obesity rates, people are consuming more calories and exercising less. Eating less meat and fat are on top of the methods of reducing calorie intake so a sure way of accomplishing this is going on a vegetarian diet or at least a semi-vegetarian diet.

### Conclusion

So give vegetarian or semi-vegetarian a try, you may find it useful in keeping the weight off; just make sure it is not deep-fried in pork fat.

## 素食，改变对身体的态度

素食者可以有很多种定义，但基本上，他们都是忌食肉类及动物内脏器官的一类人。素食者吃素的原因有很多，有人出于尊重生命，有人源于信仰，而我相信更多人选择吃素，是因为它能为我们带来更健康的身体和生活方式。

因为个体差异性以及思想、行为、信仰的不同，所以对于素食者的定义，人们有着严格的界定和细分。常见的素食者大致可以分为如下几类：蛋素者、乳素者、鱼素者、半素者、气候素食者、伦理素食主义者、白肉素食主义者以及绝对素食主义者。

素食者常见的食物料理当属豆制品或豆腐，好的厨师则可以将这些平凡的食材演变成丰盛的佳肴。他们将豆制品做成各种鸡鸭鱼肉的形状，配以丰富多彩的酱汁，即便是把真正的肉禽放在旁边，吃的人也很难观察到它们之间的差别。

蘑菇是另一种被广泛应用在素食料理的食材，因其和鲍鱼有着相似的纹理，故常被用来做成和鲍鱼一样的口感为素食者的餐桌增添色彩。中国菜系博大精深，食材的多样性便赋予了素食者享受美食的任何可能性。

如今越来越多的人加入到素食者行列，他们遍布世界各地的每个角落。印度是世界拥有素食者比例最高的国家，占总比例的 30%。中国人多信仰佛教，因此很大一部分信众也是素食主义者。随着经济的不断发展，很多富人开始关心自己的饮食健康，于是超过 7000 万的人步入了吃素的行列。中国人的餐桌讲究无肉不成筵席，尤其是在宴请客人的时候，主人更是喜欢以大鱼大肉来招待客人。但如果一不小心请到的客人是位素食主义者，那餐桌上的氛围可能就会有些尴尬。因此，无论是主人还是客人，了解对方的口味和饮食习惯，对彼此的社交很有帮助。

在加拿大，素食主义者被广泛的理解为卵乳蛋素食者。2015 年的一份报告表明，33% 的加拿大人已经选择成为素食者或尽量少吃肉。一项针对加拿大人饮食习惯的在线调查表明，在接受调查的 1507 名成人中，年纪稍小的（18-34 岁之间）最有可能成为素食者，而那些年长的加拿大人则倾向于吃更少的肉。

透过数据我们可以看到，素食者的比例一直在不断的攀升。那么究竟是什么因素导致了人们放弃食肉转而成为素食者呢？当我们看到世界肥胖人群的数字比例不断上涨时，问题也就不难解释了。当然，如果你还不能完全戒掉肉类，那么不妨先从半素开始，一点点的改变，也许就能为你的健康改善一大步。



Lollipops of various flavor

# ICE CREAM

## I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM

by David Wong

Ice cream was also called Iced Cream or Cream Ice as early as 400BC but it wasn't until the 1950's that Ice Cream, as we know it appeared in the market. This was mainly due to commercially widespread refrigeration. Prior to this, it was made as shaved ice and included flavoring and some times cream was added thus the name.

Now ice cream has become an art form and there are endless types and brands on the market. In China, the major market players are: Yili (伊利), Walls (和路雪), Mengniu (蒙牛), Nestle (雀巢) or Meadow Gold (美登高) who are the top five ice cream brands in terms of market share in China. If you go to a freezer dairy section of the supermarket, you will find a large section dedicated to ice creams. Go to the small corner store and it will be filled with ice cream bars and "lollies" or lollipops, ice cream on a stick. These will vary in price from 1 RMB (18 cents) to 10 RMB

(\$1.75). The top end of these ice cream sticks are the Magnum Brand (梦龙) which is a premium ice cream covered with chocolate.

Flavors are made up of the usual standards such as Vanilla, Chocolate, Strawberry and Neapolitan, which is a combination of the three in a layered fashion. In China, you will find many flavors unique to the local tastes such as: Green Tea, Red Bean, Corn, Taro and Durian.

Ice Cream is also available in milk substitute products such as soymilk or tofu

for those that are lactose intolerant, have allergies or on a vegan diet.

### Imported Brands

Baskin Robbins 31 flavors, a different flavor for each day of the month. Baskin-Robbins was founded in 1945 by brothers-in-law Burt Baskin and Irv Robbins from the merging of their respective ice cream parlors, in California with their headquarters now in Canton, Massachusetts. It claims to be the world's largest chain of ice cream specialty stores, with 7,300 locations, including nearly 2,500 shops in the United States and over 4,800 located internationally.

Rueben and Rose Mattus in the Bronx, New York, established Häagen-Dazs in 1961. Starting with only three flavors: vanilla, chocolate and coffee. The company opened its first retail store in New York, on November 15, 1976. The Dutch sounding name was

**NOW ICE CREAM HAS BECOME AN ART FORM AND THERE ARE ENDLESS TYPES AND BRANDS ON THE MARKET.**



used to convey a notion that this expensive ice cream from imported from Europe but was also the Jewish couple's tribute to Denmark and their courageous treatment to Jews during World War II.

### Other Types of Ice Cream

Sorbet and Sherbets are a frozen dessert made from sweetened water and do not have dairy product or milk fat but usually sweeter than ice cream. In the United States the products are differentiated and sherbets must have 1-2% dairy products.

Gelato is the Italian word for ice cream, commonly used in English, for ice cream made in an Italian style. Gelato is made with a base of milk, cream and sugar, and flavored with fruit and nuts and other flavorings. It is generally lower in fat, but higher in sugar, than other styles of ice cream. Gelato typically contains less air and more flavoring than other kinds of frozen desserts, giving it a density and richness that distinguishes it from other ice creams.

Soft Ice Cream软冰淇淋“Ruan Bing Ji Ling” is ice cream that is made at a higher temperature of about -4 °C compared to -15 °C for regular ice cream. It also has less milk-fat about 3-6% compared to 10-18% for ice cream. Air is pumped in the process to keep the product soft. The US Chain Dairy Queen or DQ is known for using soft ice cream as its main product. DQ is owned by Warren Buffett's company, Berkshire Hathaway.

### Special Chinese Ice Cream Dishes

Stir-fried ice cream炒雪糕“Chao Xue Gao”, also called ice pan ice cream, or ice cream rolls is a hand made ice cream dessert made with milk poured on an iced grill, mixed with fruit or different ingredients on the ice-pan. It is made on a steel grill, that is chilled to -35 °C. A choice of soy or dairy milk is poured onto the cold grill and mixed with fruit, green tea, coffee or other ingredients, the mixture is chopped and stirred while crystallizing, until creamy. It is very popular in Hong Kong.

Deep Fried Ice Cream is a dessert made from a breaded scoop of ice cream that is quickly deep-fried creating a warm, crispy shell around the still-cold ice cream. The dessert is commonly made by taking a scoop of ice cream frozen well below the temperature at which ice cream is generally



Ice cream in a cone

kept, possibly coating it in raw egg, rolling it in cornflakes or cookie crumbs, and briefly deep frying it. The extremely low temperature of the ice cream prevents it from melting while being fried. The Asian recipe usually uses tempura batter. Common flavors in Asian restaurants are green tea, vanilla, taro and red bean.

Flame on the Iceberg is a popular dessert in Hong Kong, similar to Baked Alaska in Western cuisine. The dessert is an ice cream ball in the middle of a sponge cake, with cream on the top. Whiskey and syrup are poured over the top and the ball set alight before serving

Häagen-Dazs Moon Cakes 月饼 are a popular item during the Mid Autumn Festival 中秋节“Zhong Qiu Jie” celebrated on the 15th day of the 8th month on the Chinese Lunar Calendar, this year it's September 15th. During this holiday, people eat and gift boxes of moon cakes. Häagen-Dazs sells a variety of flavors in a Styrofoam package that keeps the product frozen for a short time.

### Serving Ice Cream

Ice Cream Headache is something that occurs when you eat something very cold and there are rapid capillaries in the sinuses and sends a painful signal to the brain, also called “Brain Freeze”. To relieve pain, some doctors suggest pressing the tongue against the roof of the mouth to warm the area or tilting the head back for about 20 seconds.

Another method to relieve ice-cream headaches is to drink a liquid that has a higher temperature than the substance that caused the ice-cream headache. Some people report relief by breathing in through the mouth and out through the nose, thus passing warm air through the nasal passages.

Other than a bowl and a spoon, the next most common way of serving ice cream is in an edible cone. The problem with the bowl and spoon is if the ice cream is purchased from a food stand or outside vendor, to be eaten immediately, the bowl and spoon may not be sanitary if it is reused, and if it is disposable, you have additional cost and waste disposal becomes a problem.

In 1904, at the World's Fair held in St. Louis USA, Ernest Hamwi who was a vendor of waffles at the fair resolved the problem. Beside him was an ice cream vendor who ran out of dishes so Ernest folded his waffles into a cone shape and voila, the ice cream cone was invented.

So no matter how you like your treat, enjoy but don't overdo it because it is quite sweet.

## 夏天不能没有冰淇淋

冰淇淋的历史可以追溯到公元前 400 年，发展到今天，冰淇淋已经成为一种艺术，诞生了无数品牌，衍生出无数的品种。在中国，销量最大的冰淇淋品牌有伊利、蒙牛、和路雪、雀巢和美登高。无论在超市的冷冻柜台还是在路边的小吃店你都能买到各种各样的冰淇淋和冰棍，价格从 1 元到 10 元不等。

常见的口味有香草、巧克力、草莓和混合口味。在中国，你还会找到本地人喜欢的绿茶、红豆、玉米、芋头和榴莲口味。

进口的冰淇淋品牌也遍布中国大街小巷，比如 Baskin Robbins “31 种口味冰淇淋”和哈根达斯，都是来自美国的品牌。除了传统意义上的冰淇淋，一些富有创造力的冰淇淋种类也吸引了不少消费者的眼球。冰冷的雪糕如何和“炒”这个词联系在一起呢？原来是在一张温度低至 -35 °C 的铁板上浇上牛奶、水果或其他辅料在一起翻炒，直至变得丝滑柔软。火焰冰淇淋在香港很受欢迎，冰淇淋球藏在松软的蛋糕内，蛋糕上还有一层冰淇淋，上面浇上威士忌和糖浆，端上桌之前在上面点火，制造一种冰火两重天的效果。

冰淇淋固然是消暑佳品，但吃得太多太急会引起身体不适，比如头痛。这个时候可以用舌头抵住上牙床坚持 20 秒或喝一些温水来缓解。还有一点要注意的是，尽量购买盛在蛋卷里的冰淇淋，因为如果是在路边摊，非一次性餐具的卫生不能保障，而纸质餐具又不够环保，蛋卷则可以一同吃掉，并且提升整体口感。

# SHANGRI-LA HOTEL, TIANJIN UNVEILS THE NEW MENU IN SHANG PALACE



Shang Palace at Shangri-La Hotel, Tianjin will unveil its new signature menu prepared by the widely recognized Chinese Executive Chef, Mr. Oliver Lai and his talented culinary brigade.

The signature new menu introduces a new repertoire of sensational dishes including authentic Cantonese cuisines dishes, innovative Tianjin specialties and an array of HongKong inspired desserts. Besides the existed signature dishes like the popular Roasted Peking Duck, the new menu presents more 50 new dishes including the Cold Dishes, Marinated Dishes, Soup, Seafood, Poultry, Vegetables, etc. Chef Lai is known for his infusing new concept into classic dishes. The face-lifted menu which represents his creativity, experimental and exciting cooking style must be widely anticipated.

一直致力于为津城食客带来全新美食体验的天津香格里拉大酒店再次献上饕餮大礼，招牌中餐厅香宫将于2016年7月推出全新菜单，带领食客们开启全新美食之旅。

## 香宫

- 📍 1F, Shangri-la Hotel Tianjin, 328 Haihe Donglu, Hedong District  
河东区海河东路328号天津香格里拉大酒店1层香宫
- ☎ 8418 8111

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New products launched on July 1

Bin Shui Dao Store: No. 16 Binshui Dao, Hexi, Tianjin (Intersection of Binshui Dao and Zijin Shan Road) Tel: 022-2613-8138  
Riverside 66 Restaurant: 6F, Riverside 66, 166 Xing An Lu, Heping District Tel: 022-5990-5166

Scan the QR code for more information





Having good bacteria in our bodies is essential to life.

# THE PROS OF PROBIOTICS

by **Kate King**

It's probably safe to say that most of us have heard of antibiotics, right? When we get some type of a bacterial infection, antibiotics are normally the go to treatment. In recent years, however, another type of biotic has started to become very popular, that is probiotics. So, we have this word biotic and preceding it we have anti and pro. Anti meaning against and pro meaning for. What exactly is biotic? According to Dictionary.com biotic is "pertaining to life" – so we have this medicine that is for and against living organisms. The human body is actually teaming with live bacteria, good and bad. The amount will vary with each person, but from what I have researched it seems there is anywhere from 3 to 7 pounds of bacteria in the human body! No small amount. Having good bacteria in our bodies is actually essential to life, so we come back around to our topic of probiotics.

Not having enough good bacteria in the body leads to bad things. It is important either through food or probiotic supplementation to regularly feed our bodies with good bacteria. Foods that are fermented are full of probiotics. Examples of fermented foods are yogurt, kimchi or kefir. Eating these will tremendously help the gut. Probiotics are normally suggested

to people who have digestion issues. If you do not have enough good bacteria in your gut, it adversely affects our digestion. Good bacteria also helps us to absorb the nutrients in the food we have eaten and they support our immune system. With good bacteria being so important, we would want to be selective in the brand/kind of probiotics we buy.

Before buying a probiotic supplement, we should understand that there are MANY different strains of probiotics. Some probiotics may contain only one or two strains, others may contain up to 10! A popular strain that you would want to look for in probiotics is L. acidophilus, it has tremendous health benefits for the gut. The best way, though, to figure out which probiotic to buy is to do some research online according to your symptoms, if you have any, as to which strains work best with which issue. As is true with many things in life, more and bigger is not always better. It is best to take supplements in an orderly and educated manner. Another thing to take notice of is the expiration date. No one wants to waste money on supplements that have no health benefits. If the culture of bacteria in the probiotics is no longer active – there is no point in spending money on it. Make sure the supplements

**IT IS IMPORTANT EITHER THROUGH FOOD OR PROBIOTIC SUPPLEMENTATION TO REGULARLY FEED OUR BODIES WITH GOOD BACTERIA. FOODS THAT ARE FERMENTED ARE FULL OF PROBIOTICS. EXAMPLES OF FERMENTED FOODS ARE YOGURT, KIMCHI OR KEFIR.**

will not expire during the duration of your taking them.

So, as we all know, it is important to care for our health and one way of doing that is by putting some good bacteria in our bodies. Just remember, do some research and be selective. Our bodies are at our mercy so let's treat them well and they will be good to us!



yogurt is fermented food.

## 健康益生菌

人人知道抗生素，尤其当我们生病的时候，医院常常会开这类药物帮我们治疗。近年来，有一种生物菌格外受到人们的关注，它就是益生菌。究竟益生菌为何物？它与我们的生活到底有何关联？为何人们对它的态度会两极分化的如此严重？实际上，人的体内包含着大量的活菌，它们有好有坏，数量因人而异。因此，知道并了解一些有关细菌的事情对我们的生活很有必要。

好的细菌可以帮助我们身体健康运转，而同样，如果体内缺少某些好的细菌，那么我们的健康将会受到严重威胁。正常情况下，我们可以通过食物或富含益生菌的保健品来补充身体所需的菌类。很多食品，如酸奶、泡菜、酸乳酒等都可以帮助我们补给活菌。有益菌可以帮助我们吸收食物中的营养并维护我们的免疫系统。

购买益生菌，我们应该分清它的种类，根据菌株数量的不同，益生菌也分很多种。最好的方法是依照个人身体状况的不同来选择最适合你的活菌。我们需要注意的还有生产日期的问题，购买之前，应确保这些菌类还处在有效期限内。

## HOW CAN EXPATS ADDRESS THESE PROBLEMS PLUS SAVE SOME MONEY WHEN IT COMES TO YOGURT? THE ANSWER MAY BE IN BUYING A YOGURT MACHINE AND MAKING IT AT HOME.

Expats looking to put what some call “good bacteria” back in their bodies may see yogurt as a good option. The problem is that the type of yogurt expats are looking for still isn’t readily available. In general, Chinese brand yogurts contain huge amounts of sugar. Thus any alleged health benefits of eating yogurt are probably lost due to the excess white sugar content.

Another issue is the type of milk which was used to make the yogurt. Such as whether the milk came from cattle injected with rBST or antibiotics. Finding a non-sweetened, certified organic yogurt in Tianjin would be like searching for a needle in a haystack. How can expats address these problems plus save some money when it comes to yogurt? The answer may be in buying a yogurt machine and making it at home. As far as how to exactly make yogurt at home, see this month’s “Tianjin Tip” article. As a part of the process though, one will need to buy a yogurt maker of some sort.

There are a few types available. Two of the more common options are electric and non-electric. The electric options automatically control heat and duration of cycle. The non-electric options are more or less an insulated container of sorts that is filled with hot water and then left to sit. Expats willing to monitor the yogurt making process may opt for the non-electronic. Those wanting a bit more “hands-free” experience likely will choose from the many electronic models out there.

As usual, when it comes to researching and buying home appliances check out [www.jd.com](http://www.jd.com). There you can search for a yogurt maker using the following Chinese characters: 酸奶机 (suān nǎi jī). After completing this initial search,



Electric yogurt maker

# YOGURT MACHINE

by Carmen King

to make things a little more manageable, narrow the results. Start by finding and tapping the “配送” button. This will then present three choices: 京东配送 (JingDong delivery), 仅显示有货 (only display products that are in stock), and 货到付款 (pay upon delivery). For the purpose of this exercise, be sure that all three of these are selected.

Next tap the “筛选” (filter) icon. This will present quite a few options. Don’t get overwhelmed. Utilizing a few key filters will be sufficient. Such as 价格 (price), 内胆材质 (interior material), and 容量 (capacity). For pricing, check out the products that fall within two different price ranges, 90-199 RMB and 200-399 RMB. Turn these price filters on and off as needed. The interior material is related to the inside pan, container or heating surface. Options include: 不锈钢 (stainless steel), 陶瓷 (ceramic), 玻璃 (glass), and 塑料 (plastic). Most machines have a capacity from 1-2 liters. While buying one of these machines

will take learning a little Chinese, they are pretty handy. The biggest benefit to buying a yogurt machine is being able to control the ingredients.

## 选购酸奶机

想要补充体内的益生菌，常喝酸奶是一个非常不错的选择。但困扰我们的是，中国的酸奶往往含有大量糖分，因此选择一款合适的酸奶并不是件容易的事。

除此之外，制作酸奶的奶源也是问题，想要在天津寻找一家经过有机认证的且无糖无抗生素的奶源机构不太容易。既然选购酸奶如此困难，那么最好的办法就是自己在家动手制作。

市面上常见的酸奶机通常分为插电和不插电两类。插电的可以自动控制热量和时间，而不插电的则是利用物理原理将纯奶转变为酸奶。

购买酸奶机我们可以选择在线购物，通过搜索关键词，筛选商城配送，点击货到付款即可完成选购。当然，我们还可以通过细分商品的种类，比如材质、容量、价格等来选择适合我们的机器。这个夏天，自己动手制作酸奶，安全又健康，放心又美味。



## PARTICULARLY AROUND THE NEW YEAR, THESE PAINTINGS ARE RATHER POPULAR AMONG THE CHINESE.

This month we are introducing the Yangliuqing (杨柳青 yáng liǔ qīng) duty free shop. It is located in Tianjin's Nankai district on the cultural street in the front plaza, across from the giant female Mazu shrine. The specific address in Chinese is: 天津市南开区古文化街官前广场19号. It is the largest shop on the Ancient Culture Street. The closest bus stop is 东南角站 (dōng nán jiǎo zhàn). There is a plethora of buses that stop here. The nearest subway stop is Line 2 乐天百货站 (lè tiān bǎi huò zhàn). Expats will be pleased to know that workers at the Yangliuqing shop are supposed to be able to speak some English.

The area around the store has both restrooms and seating for those needing a rest. Those looking for something to eat will find plenty of eateries in the area as well. Be aware though that the store is very busy during peaks hours, which especially includes any holidays. The store itself is divided into two levels. The first floor has tons of travel souvenirs at a variety of prices. In addition to those looking to buy gifts, those looking to pick up a few collectibles may also want to visit the store. The second floor is full of art related items. One type is 年画 (nián huà) which is known as New Years or Spring Festival paintings. Another option is 水印画 (shuǐ yìn huà) water color paintings. A third option is 国画 (guó huà) traditional Chinese paintings. These different types of paintings



The main products are New Year Paintings.

# DUTY FREE SHOPPING IN TIANJIN

by Carmen King

are some of the more unique goods available here.

Yangliuqing Spring Festival Paintings date back to the last emperor of the Ming dynasty (based on Baidu it covered the years 1628-1644), known as Chongzhen (崇祯). These paintings use a number of different techniques to create a bright and colorful piece. Baidu reports, accordingly to Chinese tradition, these paintings can drive away evil spirits and prevent disaster "辟邪除灾" along with bring good luck and happy times. Particularly around the New Year, these paintings are rather popular among the Chinese.

In order to get a tax refund the following process must be followed. One, the traveler must have a valid form of identification, with a record indicating their most recent entry. Second, the last entry but not be more than 183 days from the date of purchase. Three, the traveler must buy over 500 RMB of goods within one day. Four, the items purchased must be items which qualify for a tax refund. Payment for items can be made via cash, charge, WeChat, or Alipay. Be sure to get a proper "tax receipt" (发票 fā piào) for all purchases.



The front gate of Yangliuqing Painting Shop.

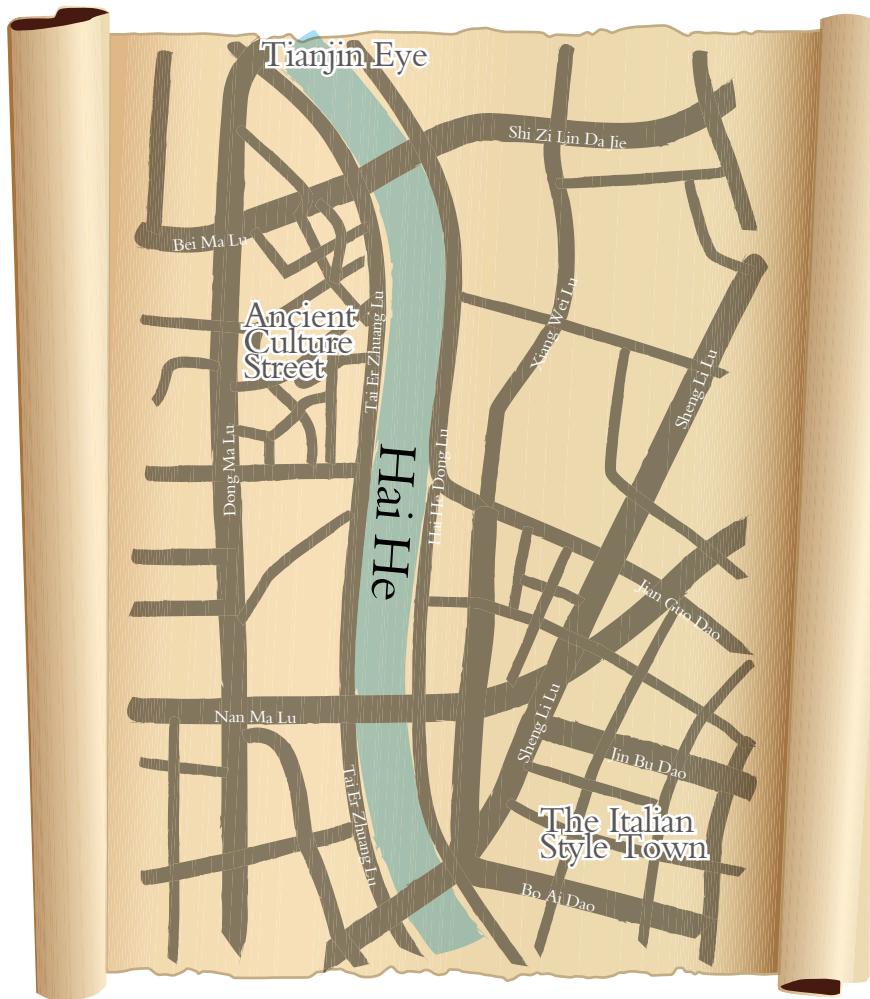
## 杨柳青画店

杨柳青画店位于南开区古文化街官前广场19号, 天后宫对过, 是古文化街最大一个店面。画店装修朴实大方, 店内商品种类丰富。一楼是旅游工艺品, 包括高中低档工艺品以及文房四宝; 二楼是年画、水印画、国画。店铺外面有方便休闲的美食一条街, 可供游人休息小憩。年画和水印画是杨柳青画社的主打商品也是特色商品。杨柳青画店现支持境外游客购物退税政策, 开具“离境退税申请单”需具备以下条件:

- (1) 境外旅客须提供有效身份证, 且证件显示最后入境日期。
- (2) 商品购买距境外旅客最后入境日不得超过183天。
- (3) 境外旅客同一日购买商品须超过500元。
- (4) 购买的货物在退税范围内。

# THE ANCIENT CULTURE STREET

by **David Wong**



art ceramics (艺术陶瓷), Chinese and Western musical instruments and gold and silver jewelry from dozens of artists and craftsmen.

## Tianhou Palace 天后宫

*No. 28 GongBei Avenue Nankai District*  
南开区宫北大街28号

Built in 1326 CE, the Mazu Temple in Tianjin is the northernmost temple of Mazuism in Mainland China. Locally known as the "Palace of the Niangniang (Queen)", it is located in part of the "Tianjin Ancient Cultural Street" neighborhood,

## Tianjin Eye 天津之眼

*Yongle Bridge, Hongqiao District*  
红桥区三岔河口永乐桥

Tianjin Eye is the gigantic ferris wheel on the bridge which towers over the Haihe River. It is claimed to be the only such wheel to have been constructed over a bridge. It allows visitors a spectacular view from more than 120 meters above the ground. The 110 meter diameter ferris wheel lifts the viewer up into the air to the same height as a 35 storey building and promises a view of around 40 square meters of the surrounding city. There are 48 capsules on the wheel with each of them capable of carrying up to eight people at a time it takes half an hour for the slow-rotating observation wheel to complete a full circle.

## Tianjin Urban Planning Exhibition Hall 天津城市规划展览馆

*No.30 Bo'ai Road, Hebei District 河北区博爱道30号*

If you want to get a complete overall view of Tianjin, come to this exhibition hall. It has a complete model of the city that includes all the buildings and roadways. You will gain an understanding of how large is this metropolis.

Free entry.

## SHOPPING

## Tianjin Dahutong Shopping Area 天津大胡同商业区

In this issue we continue our series of Mini Guidebooks, meant to help the short-term visitor to Tianjin who is looking for some interesting sites within walking distance of their stay. The location we have chosen for this month's article is the along the HaiHe River of Tianjin, near downtown at the intersection of three of Tianjin's key districts: HongQiao, Hebei and Nankai districts. The Haihe River also has three divergences at this point and more importantly, it is the origin of Tianjin.

## SIGHTSEEING

### Ancient Culture Street

## 古文化街

*GongNan Main Street, Nankai District*  
南开区宫南大街

Tianjin Ancient Culture Street was opened on New Year's Day in 1986; the overall construction has the folk architectural style of Qing dynasty, with Tian Hou (Mazu Temple) located in the center of the whole street. There are hundreds of stores along the street, among them Yangliuqing painting gallery and painted clay sculpture of Clay Figure Zhang are the most famous, as well as calligraphy and painting brushes(文房四宝) of Four Treasures and Spring Church, cultural antiques of cloisonné (景泰蓝), double-sided embroidery (双面绣), jade carvings (牙玉雕),





The Italian Style Town

**Hebei Avenue, Hongqiao District 红桥区河北大街**

Tianjin Dahutong Shopping Area has a little of everything. It is an open market and it is also within buildings covering a very large area but open only during the day, closing by 5PM unlike the night markets that just start at this time. You can virtually find everything under the sun, from office and school supplies to sporting goods, kids clothing, toys and even Christmas decorations. There is plenty of street food and for the traditionalist, a McDonalds. So you can spend most of the day and just remember that negotiating the prices is acceptable, so have fun.

**EATING**

**Brasserie Flo Tianjin**

**天津福楼**

No. 37 GuangFu Road Italian Style Town Hebei District 河北区意大利风情区光复道37  
Tel: 2662-6688

**Venezia Club Italian Restaurant & Winery**

**威尼斯酒吧**

No. 48 ZiYou Avenue, Former Italian Concession Area 河北区意大利风情街自由道48号  
Tel: 87613413

The last two restaurants are found in the "Italian Style Town" or former Italian Concession. (On 7 September 1901, Italy was granted a concession of 46 hectares in Tientsin (the former name of Tianjin) from the Chinese government. On 7 June 1902, the Italians took control of the concession, which was to be administered by an Italian Consul. There are many other shops and restaurants

within this large area and you can easily spend a day wandering, shopping and eating.

**HOTELS**

**Banyan Tree Tianjin Riverside**

**天津海河悦榕庄**

No. 34 Haihe East Road, Hebei District 河北区海河东路34号  
Tel: 5861-9999

The Banyan Tree is located in the former Austrian Concession area and very close to the Cultural Street. It is a Thailand Group that started their hotel chain about 30 years ago. This Tianjin venue has an excellent Cantonese restaurant, which features traditional and new creative dishes.

**Pan Pacific Tianjin Hotel**

**天津泛太平洋大酒店**

No. 1 ZhangZiZhong Road, HongQiao District 红桥区张自忠路1号  
Tel: 5863-8888

Pan Pacific is a Singaporean group and this Tianjin property forms an integral part of The Esplanade development and located strategically on the Haihe River, Pan Pacific Tianjin provides easy access to the city's Central Business District and downtown area. Situated within close proximity to the Tianjin CBD and Tianjin Railway Station, guests can enjoy optimal comfort coupled with convenience at this impressive Tianjin hotel. They have several dining options; my favorite is the Noodle Bar featuring many different choices of Asian noodles. Try the Taiwanese



Tianjin Eye



Tianhou Palace

beef noodle.

Enjoy your stay in Tianjin and hope this article was useful and you have an opportunity to visit us again in the future.

**你的酒店周边有什么？  
(三岔河口篇)**

这一期，我们继续沿着海河逆流而上，回到天津的发源地三岔河口，这里是红桥、河北和南开三个行政区的交汇地。如果想在这附近游览，你可以选择天津海河悦榕庄酒店和天津泛太平洋大酒店入住。

古文化街汇聚了天津建卫 600 多年来的文化精髓，在这里你能领略中国传统文化中的瑰宝：书画文玩、陶瓷玉器、传统服饰、非遗手工艺等。供奉妈祖的天后宫也坐落在古文化街内，这座妈祖庙兴建于 1326 年，是中国最北边的妈祖庙，也被当地人称为“娘娘宫”。

在三岔河口的位置上有一座永乐桥，建于桥上的摩天轮“天津之眼”已经成为天津的标志性景点之一。

这一区域也有浓厚的商业氛围。大胡同批发市场远近驰名，汇集了各种小商品和衣服鞋帽。这里不但商品种类齐全，还能让你享受砍价的乐趣。不过大胡同的万隆商场马上就要搬迁了，即便如此，你也能在这里消磨上大半天。意式风情街是保留完好的一片意式建筑群，很多小洋楼都被改造成餐厅和酒吧，福楼和威尼斯酒吧分别代表纯正西餐和意餐，值得一试。最后可以在紧邻意式风情街的天津城市规划展览馆更深入地了解天津这座城市。

# TAIWAN—NIGHT MARKETS

by David Wong



Night view of Taiwan.

For those who have a chance to visit Taiwan, don't miss going to their night markets 夜市 "Ye Shi". You should have no problem in finding one as there are more than one hundred of these evening locations, where the streets close down and market stalls and food vendors ply their trade until the late hours.

Please note that Taiwan uses Traditional Chinese versus Simplified script here so you may not recognize the same characters as on

Mainland. Also many of the city names are spelled from traditional translations and will not correspond with Pinyin translations that you are used to, but the pronunciation is the same.

## Shilin Night Market 士林夜市

This is one of the oldest, largest and most famous markets located in the Shilin District of Taipei near the Grand Hotel. It is next to the

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Jiantan MTR station (Taipei's Mass Transit Railway or Subway system). This market was opened in 1899, over 100 years ago and still thriving. There are over 400 food stalls and probably the same number of stalls selling goods from cosmetics, clothing, souvenirs and pets. I can attest to the pets, because in 1994 we bought our beloved Dalmatian pup, Dee Dee who was with us for over 17 years.

With so many different food stalls, you will find all kinds of local and international foods. Such local favorites as bubble tea, barbecued squid, spring onion cakes, pan fried dumplings, deep fried chicken and oyster omelets to name a few. Every market will have the inevitable Stinky ToFu 臭豆腐 "Chou DouFu", you won't be able to miss it, once you smell the aroma of a week old sweat sock, it is nearby. You can even find peanut butter and jam sandwiches. Don't worry about hygiene, they are very clean as these facilities are regulated by local market committees and regularly inspected by government authorities.

## HuaXi Tourist Street Night Market 华西街夜市

This was a landmark during its heyday in the early years for Western Tourists. It is also an older market located in the WanHua District 萬華區 of Taipei. Snake Alley was famous for their extreme delicacies such as snake blood and bile, extracted from live snakes and by putting on quite a public show in the process.

It is located near Mengjia Longshan Temple 艋舺龍山寺, the temple was built in the





Kaohsiung LiuHe Night Market

1700's by settlers from Fujian province and is one of the most picturesque structures representing the Southern China culture of Fujian, which is the major influence throughout Taiwan.

### TongHua Street Night Market 通化街夜市

This is a smaller night market with an array of clothing and food stalls in the upscale district of Da'an and near the Taipei landmark 101 building. This tower was the world's tallest building in 2004 but was soon surpassed by the Burj Khalifa built in Dubai in 2009. However in 2011, 101 was awarded the LEED platinum design certification - Leadership in Energy and Environmental Design, making it the world's tallest and largest Green Building. There is a large shopping mall and cinema complex at the base so all this makes for a busy day before heading over to the night market.

### Keelung Temple Night Market 基隆庙口夜市

This market is located at the port city of Keelung, about an hour north of Taipei.

One of the most famous snacks at the night market is Dingbiancuo 鼎边趖, which is a rice noodle soup made with mushrooms, bamboo shoots, dried tiger lilies, dried shrimp, oysters and shredded pork. Other famous snacks include butter crabs, eel stew and Taiwanese tempura.

Because Keelung is a port city, fresh seafood is another feature of the night market. A Keelung specialty and particularly popular drinks is Paopao Ice, which is ice shaved and beaten up into fine, smooth, snow-like texture and then flavored with fruity jams and nuts. My personal favorite is stewed pig's feet but

probably not good for you health wise, so limit yourself to one small foot.

### Taichung WenHua Night Market 台中文化路夜市

Taichung is in central Taiwan about 2 hours by car or less than an hour by high speed train from Taipei and is Taiwan's second largest city. The market here is located between two major universities so it has a guaranteed market of young students looking for bargains and cheap food. Believe it or not there are over 15,000 shops.

Many creative local foods are accredited to have started at this venue such as: Bubble Tea or Pearl Milk Tea珍珠奶茶 "Zhen Zhu Nai Cha" and my favorite deep-fried salty chicken bones 盐酥鸡 "Yan Su Ji".

### Kaohsiung LiouHe Night Market 高雄六合夜市

Kaohsiung is in Southern Taiwan and 96 minutes from Taipei by high-speed train. The stalls here mostly offer foods, snacks or games and, some sell daily commodities and clothing. Dozens of steak houses can be seen clustered here and the key selling point is low prices, targeting family customers.

Because Kaohsiung is in the tropical zone and near the sea, stalls or shops selling all kinds of ice lollipops, flavored crushed ice and cold drinks are also very popular. Fresh seafood is another specialty. This night market grew in the 1940s to 1950s to be known as one of Kaohsiung's most popular night market. The venue is only open to pedestrians.

### Conclusion

These are a few selections of the hundreds of choices. Night markets sprang up

in the city popular locations, usually near a temple or a transportation hub so they are easy to find and usually have more than one attraction nearby. So you can arrange your time to spend the daytime sightseeing and go to the night market after 5pm. Just keep in mind that these are popular places and the peak time is after 6pm and expect crowded conditions and a high level of noise. The good thing is with so many customers, the food is guaranteed fresh. Would you eat at an empty restaurant?

## 游走台湾夜市

来台湾旅游,你一定不能错过它的夜市文化。台湾的夜市千千万,但被人熟知的也就只有那么几个。从傍晚开工直至凌晨,这些不起眼的小吃摊和商贩不仅点亮了游客的行程,也让台湾的夜生活充满着无限魅力。

士林夜市是台北知名度很高的夜市之一,位于台北圆山大饭店附近,紧邻剑潭站。自1899年开始营业,至今已有百年历史。士林市场,铁皮覆顶,市场内囊括大江南北综合小吃,从牛排、铁板烧到蚵仔煎、广东粥、生炒花枝,琳琅满目。每当夜幕笼罩,华灯亮起,游客总要将这里围得水泄不通,宣告着夜市生活即刻开始。

华西街夜市是台北另一个著名地点,它是最早面向西方游客开放的夜市,位于万华区华西街龙山寺附近。夜市入口处的中国风牌楼,衬托着传统的喜气。华西街夜市最著名的是它刺激的杀蛇表演。每每有杀蛇或是斗蛇秀表演,总能引起好奇民众的围观,十分热闹。

通化街夜市位于通化街与基隆路之间的临江街上,紧邻台北地标101大厦。这里白天只是寻常的商店街,但一到夜晚便摊贩云集、人潮汹涌,各种小吃摊、饰品摊纷纷出笼,形成热闹市集。

基隆庙口夜市是基隆市的小吃市集,距离台北大约一个小时。以仁三路上的奠济宫为中心聚集,是全台湾最著名的夜市之一。小吃种类多到数不过来,其中最著名的是一种源于福州的米食小吃——鼎边趖。它将米磨成米浆,在鼎中加如加水后加热,以芋头沾油抹锅后,米浆沿鼎边翻滚,遇蒸汽而凝固之后,再透过蒸烤而成形。因为是港口城市,所以夜市上的海鲜产品也成为它的招牌之一。如果你的胃口足够好,千万不要错过。

台中文化路夜市,位于两所大学中间,这里不仅有各式美食小吃,还有便宜饰品、衣服等,因此深受年轻学生们的欢迎。文化路夜市以其创造性美食闻名,个人强烈推荐珍珠奶茶和盐酥鸡。

六合夜市位于高雄市。前身为大港埔夜市,原本为聚集于台湾高雄市区大港埔空地上的小吃摊,兴起于1940年代末期至1950年代初期,名列高雄最具代表性的夜市。六合夜市大多以小吃、娱乐游戏为主。最特殊的景观是招牌林立的牛排店,大大小小十多家,主要卖点是平价、家庭式的牛排套餐。

夜市已经成为台湾文化的代表性符号,而台湾的夜市也远不止综上所述的这么几个。台湾的夜市通常设于寺庙或交通枢纽附近,便于游客的观光和游玩。如果你不介意拥挤的环境和吵闹的氛围,那么不妨体验一下地道的台湾生活。当我们可以以低廉的价格享受高质量食物的时候,谁还会去光顾那种飘渺的高档餐厅?



The one paying appears to be more powerful than the other

**ACCEPTING A GIFT, SUCH AS LETTING SOMEONE ELSE PAY FOR A CAB, MAY CREATE PERCEIVED LIABILITY, AS IN THE RECEIVER NOW OWES THE GIVER.**

Understanding them all, let alone adhering, is frankly, very wearisome. Oddly enough, even Tianjinren will admit all these antics are tiring. Yet, they seem determined to press on with both living by them and promulgating them. The problem for expats is outside of Asia, face isn't as big a deal. In addition, money matters aren't quite as complicated except perhaps when big amounts come into play. It will take quite some time for expats to learn all the "signs" of when to "pay" and when to "accept". It makes for a great topic with cabbies, since they see this show on re-run every day. Use taxi time as a chance to collect valuable insight. That way in the future when a cab is caught with others, one will be prepared to deal with the circus like antics associated with solving the problems over paying.

**PROBLEMS OVER PAYING**

by **Carmen King**

**M**oney is constantly on the minds of Tianjinren. Who pays for what and when matters, even something as simple as a cab ride can create a whole lot of problems over paying. Why?

It is definitely a case of still waters run deep. What appears on the surface as a ridiculously simple matter can have a much deeper meaning to locals. In comparison, expats tend to be pretty black and white. Interactions are more isolated than somehow interlaced into a deeper drama. Yet, like the streets of Tianjin, personal interactions here tend to be nowhere near straightforward.

A quick background on the average Tianjinren's view of money will help. Money in simple terms represents power and prestige. It means whoever has the cash can control the one who doesn't. It could also mean the one paying appears to be more powerful than the other, perhaps enjoying a better social status. Accepting a gift, such as letting someone else pay for a cab, may create perceived liability, as in the receiver now owes the

giver. The list is endless of possible implications. That's the point really. Anything involving money is a tangled web.

In addition to understanding views on money, expats should study up on "face". The Chinese have a phrase: "死要面子活受罪". In simple terms it means, anyone determined to save "face" is going to suffer. That suffering may be emotional, financial, mental, physical, or spiritual. No matter the form, it will cost the person who craves "face". When it comes to paying, in Tianjin culture, the payer wins "face". The wildcard to this is the "leader" factor. That is, if someone present in the group is unquestionably the big Kahuna, that guy virtually never pays. Instead one of his minions will pay, as it would be beneath him to handle such trivial tasks as paying the bill. This could be in play like say when a boss travels with an assistant. The employee would certainly be expected to pick up the tab in respect of the bosses position.

Here's where the problem lies. There are general rules as to who pays and when but there are also wildcards at play.

**支付背后的问题**

天津人善于处理人和金钱的关系，很多时候往往一件小事，比如支付车费的问题都能被他们引申出更大的人生哲理。相对于外国朋友简单明了的处事方式，天津朋友之间的人际交往更像他们的街道一样，变幻莫测。

对于天津人来讲，金钱意味着权力和威望。愿意支付的一方可以代表着更高的社会地位以及金钱占有，而受惠的人则可能会被理解为财力较弱的一方。

在中国的文化里，人们常常讲究“面子”。中国有句老话讲：“死要面子活受罪”，说的就是人们为了顾全“面子”而不惜一切代价，哪怕这些代价包含情感、金融、心理、身体、或精神上的折磨。于是，“爱面子”的天津人永远会抢着做那个结账的“领导人”。

可笑的是，即使是天津人自己，有时都觉得这样的“面子”工程实在是滑稽可笑，但无奈的是，他们还得依旧按照传统习惯将这样的习俗传递下去。对于外国朋友而言，“面子”实在不是什么重要的事，他们需要掌握的仅仅是学会什么时候“接受”，什么时候“付出”即可。出租车司机可以每天看着这样的戏码上演，而外国朋友大可以借着乘车的机会来学习付账背后的学问。



## DON'T LET THE YOGHURT FERMENT TOO LONG, OR ELSE IT WILL GO FROM GOOD YOGHURT TO SIMPLY SPOILED MILK.

For those that aren't cooking savvy the idea of "making" anything may seem daunting. However, in Tianjin, a number of things may actually be easier to make at home than trying to find at the store. The reasons include, when making something at home, the ingredients are controllable and identifiable. Often expats are unable to find the exact item they want at the store. Instead of giving up, try researching what are the raw ingredients needed to make it along with a basic recipe.

As mentioned in our other yoghurt related articles this month, making yoghurt at home has a few distinct advantages. For one, the type of milk used can be controlled. Most expats will likely want to get imported milk. As an option, use apps such as: 京东 (jīngdōng), 飞牛网 (fēiniúwǎng), 1号店 (hàodiàn), and 顺丰优选 (shùnfēng yōuxuǎn) for ordering milk in bulk, delivered right to your door at a dramatic discount.

In addition to milk, to make yoghurt at home you need some "bacteria". In this case it is "good" bacteria known as probiotics. For more details on the alleged benefits of probiotics see this month's health article. One way to get the yoghurt fermentation process started is to buy packets of bacteria. In Chinese this is called 酸奶发酵剂 (suānnǎi fājiào jì). Note the cultures will vary in both the type and quantity of bacteria strains they contain. As an example, one seasoned yoghurt making expat recommend Angel (安琪 ānqí) for those willing to use a Chinese brand. Expats that are strict on using imported bacteria can perhaps have a box of cultures mailed to them. Another option other than using packets is to use some store bought yoghurt.

After acquiring some milk and bacteria, the next step is to start the fermenting process. When it comes to yoghurt making,



# HOW TO MAKE YOGHURT

by Carmen King

there are two main techniques out there. The first option is to use an automatic yoghurt machine such as the ones we talk about in the Shopping article this month. The other is to use what is not much more than an oversized thermos. Keep in mind those that opt for the non-automatic container, whereby you fill it with boiling water and let it sit, will need to self-monitor the time. Don't let the yoghurt ferment too long, or else it will go from good yoghurt to simply spoiled milk. Regardless of how you complete the fermentation process, getting the yoghurt into the fridge promptly is important so as to preserve the healthy live bacteria. Of course, some like to start the yoghurt making at the end of the night, and let it ferment through the evening so that when they wake up they can eat it fresh first thing in the morning, no refrigeration required!

## DIY酸奶

在天津, 有很多东西都可以 DIY, 比如酸奶。自己制作酸奶可以自己控制原料的品质, 喝起来也更放心。

制作酸奶的第一个原料就是牛奶。有些外国人会坚持选择进口牛奶, 那么你可以尝试在京东、飞牛网、1号店等 APP 或网站上购买, 送货迅速而且价格便宜。第二个原料就是益生菌, 益生菌对人体的益处我们在本期“健康”栏目中已经详细介绍了。你可以购买酸奶发酵剂来开启发酵程序。一位经常自制酸奶的外国人推荐了一种国产品牌“安琪”, 当然你也可以购买进口品牌。另外一种方法是使用超市买来的酸奶进行发酵。

原料备齐之后就可以开始发酵过程了。你可以购买一台自动酸奶机, 或者使用一个大号热水瓶。选择后者的时候要注意, 在注入热水之后, 你需要自行掌控发酵时间, 因为如果时间过长, 酸奶就会变质。发酵完成后, 立刻把酸奶放入冰箱冷藏, 保持益生菌的活性。有些人也喜欢睡前制作酸奶, 经过整晚发酵后, 第二天早晨就可以喝到新鲜的酸奶了, 省去了冰箱冷藏的过程。



## MOVIE: Special ID 特殊身份



Director: Clarence Fok 霍耀良 Fok Liu Leung is a Hong Kong film actor and director, originally from Ottawa, Canada. He has a long string of movies that he started directing from 1981 and starred in 5 movies since 1985. He is best known for directing the 1992 cult classic "Naked Killer" 赤裸羔羊 Chì Luǒ Gāo yáng

Stars: Donnie Yen 甄子丹 Yen Ji Dan, born July 27, 1963 is a Hong Kong actor and Director. He is a Chinese Martial Artist and has won several world Wushu 武术 tournaments. He is known for popularizing the Wing Chun 詠春 style of martial arts which features close contact.

Jing Tian 景甜, born July 21, 1988 in Xian, Shaanxi is a Chinese actress. She graduated from the Beijing Dance Academy and Beijing Film Academy. She is known for her roles in The Warring States and Police Story 2013.

Andy On 安志杰 An ZhiJie, born May 11, 1977 in Rhode Island, USA is a Taiwanese American actor and martial artist. Andy never graduated from school but while he was working as a bartender in Rhode Island he was approached by China Star founder, Charles Heung to replace Jet Li's 李连杰 Li LianJie, character of the Black Mask in the second sequel in 2002. Andy trained in martial arts under Chung Chi Li, the leader of the Jackie Chan Stunt Team.

Collin Chou 邹兆龙 Zou ZhaoLong, born 11 August 1967, is also a Taiwan American actor and martial artist, best known for his acting in the Matrix movies.

The movie is about an undercover cop linked with the underground and trying to clear himself. The movie was not very successful but if you are a fan of martial arts, this is the one to watch. There is also a car chase involving a Land Rover and a Volvo that is incredible.

《特殊身份》是由霍耀良导演，甄子丹、景甜、安志杰、张涵予、郑中基、邹兆龙等人主演的现代题材的时尚动作片。该片讲述了卧底警察陈子龙在卧底期间发生的一系列故事。该片的动作设计除了疾风爆裂的近身格斗，飞车指导罗礼贤也为影片注入了最为精彩、震撼、惊险的飞车特技镜头。影片于2013年10月18日上映，并最终取得了不错的票房佳绩。



## TV SERIES: I am a Great Doctor 我是大医生



Host: 悦悦 Yue Yue, Her formal name is Liu Hong Yue 刘洪悦.

Yue Yue learned English from the age of 4, to lay a solid foundation; in high school she had participated in the Third CCTV Star of Outlook English Talent Competition and won. She studied at Beijing Foreign Studies University for Foreign Languages graduated with honors and signed with Beijing Television as a bilingual moderator.

Since 2011, she has been involved with health related TV programs and a health magazine. She has a very personable nature and engages the audience and panelists in a very sincere manner, taking a personal interest in the health issue being discussed and offering practical remedies.

The program invites special medical experts for each program and depending upon the subject that is being featured. However there are 3 regular guest hosts that are medical doctors who are part of the weekly show.

wǒ shì dà yī shēng

Experts:

Wang Kai 王凯 Dongcheng District, Beijing 3 People's Hospital of Peking University also studied at the University of California, Berkeley and is a public visiting scholar. Dr. Wang specializes in cataract, dioptrics juvenile myopia, and high myopia surgery.

Li Jianping 李建平, is from the Peking University First Hospital, deputy director of the Institute of Cardiovascular Disease, Internal Medicine Cardiology, Chief Physician, Professor. Chinese Medical Society of Cardiology Youth Committee, China Interventional Cardiology Journal editorial board, Chinese Journal of Medicine editor.

Luan Jie 栾杰, is an expert in plastic surgery; breast reconstruction; facial cosmetic surgery; liposuction and scar treatment.

The program is filmed before a live audience and has excellent models and oversized replicas of the organs being discussed. In some cases even actual pathology samples. Audience participation is common and on site diagnosis and remedies are suggested. They must have excellent insurance coverage.

《我是大医生》是一档以健康养生为内容的脱口秀节目，也是北京卫视首创的一档以权威医生主持团为核心的大型生活服务节目。节目中，医生主持团将通过有趣的、权威的、直观的互动，向大众普及科学准确的健康医学服务知识。节目自开播以来，不仅收获了极佳的口碑，收视更是屡创新高。它以最新的医学健康观点和夺人眼球的互动方式，吸引了中老年观众，更让年轻观众成为节目的疯狂“粉丝”。





## TIANJIN MALLS - GoGo Park Mall

jīn dì guó jì guāng chǎng  
金地国际广场



GoGo Park is a mall resting outside of the downtown Tianjin proper at 一号桥 (YiHao Qiao) subway stop along Line 9. With Line 9 having been reopened for a number of months, it makes getting to this location much easier. Is it worth the excursion out of the city though? Malls in China versus the West feel distinctly different from each other. While you have traditional mall establishments like those around BinJiangDao which are more suited towards bringing in foot traffic, there are a pedigree of malls which functions more like community centers. A good case of these are the Aegean Mall and the RiverView which despite being terrific malls, are also surrounded by flourishing new communities.

The same goes for GoGo Park at the northern end of the JinDi

Community complex, it's a community center. While these kind of malls can offer a great deal to a surrounding community in the way of entertainment, supermarkets, and small restaurants they face a problem when it comes to luxury brands. The only people who would come to GoGo Park to buy non-essentials are those immediately in the vicinity of the complex. Besides a few interesting western restaurants like, Anna Restaurant, there's no incentive for those living within the city to venture out to GoGo Park. GoGo Park itself features a cast of many different shops which will surely close and reopen into new establishments at an alarming pace. For those living in JinDi Community, it's a beautiful center with a massive structure providing shade over the open central atrium. In the evenings, the location certainly must fill with dancing aunties, local diners, and shoppers. While these community malls will always pace around the grave of closure, supported by the essentials they provide; there's sadly little that they can do to draw in attention from those dwelling downtown. If you're in the area and looking to kill time, GoGo Park has the market cornered on "things to do" in the YiHao Qiao area.

金地国际广场坐落在河东区津塘公路一号桥，以“品味时尚、精致生活”的理念，打造集公园式休闲、娱乐购物、国际名品专卖、国际院线、五星级酒店式公寓等高端业态于一体的国际名品商业街。金地国际广场与中心城区、滨海新区之间形成现代商务、金融及高端居住的服务功能，是河东区乃至天津市现代金融商务发展的标志区。



## TIANJIN METRO - Yi Hao Qiao Subway Stop Line 9



The closure of Line 9 due to the tragedy of negligence last year has made it much more difficult, if not just time consuming, to transit out towards TEDA from Tianjin proper. Located just south-west of the Tianjin International Airport is the 6th stop along Line 9. While not being too far from downtown, it is criminally vacant. Resting along JinTang Road (津塘路) there's a great deal of people with a severe lack of entertainment in the area. It hardly seems that many people would have a reason to venture to this station. Along the north side of JinTang Road there's the First

yī hào qiáo dì tiě zhàn  
一号桥地铁站

Business School of Tianjin, making this stop very convenient to their travels to and from school.

Taking up the south side of the JinTang Road is the aforementioned JinDi community and its GoGo Park mall. The JinDi community is a massive development which surely had a decent amount of affordable and newly constructed apartments for those seeking relocation. The area, being out of the city is certainly affordable if you don't mind of having the expense of lacking luxuries. The GoGo Park Mall acts as the community center for the masses that live in JinDi community, making it the ideal place to visit during the evenings when families are out enjoying time off of work. Unless you're relocating across the city or attending the First Business School, you're not going to find much worth visiting Yi Hao Qiao over. You're better off making your way into Tianjin proper or going out to TEDA for a more enjoyable day.

津滨轻轨九号线自恢复部分开通后，人们去往一号桥附近便捷很多。津塘路周边可供娱乐休闲的地方不是很多，马路的北侧有天津第一商业学校，南侧则有金地国际广场。整个广场商业产品较多，且气氛浓厚，为居住其周围的居民提供不少方便。如果你有去塘沽游玩的打算，不妨也来这边参观一下。



## Spectrum Lunch Set Menu

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



## Pool Party - The Charming Bikini Queen Night

The Charming Bikini Swimming Pool Party, one of the most attractive parties in summer will be held at Tangla Hotel Tianjin in July. In the exciting evening, sexy DJ to make "a party noise"; Cocktail Mixologist to satisfy those party friends' taste buds with cocktails; selected fruits will be unlimitedly served through all night; Bikini models will dress "hot" for the event. The Party Queen will be voted from all the guests. And we also already prepare the special secret awards for them.  
 RMB98 net/person ( Party Entrance Ticket )  
 RMB298 net ( free flow of cocktail and draft beer for one person )  
 RMB1198 net ( free flow of cocktail and draft beer for two persons and one stay night in Grand Room )  
 Time: 22 and 23 July, 2016  
 20:00-24:00 Pool Party  
 24:00-03:00 After-party  
 Venue: 7F Fitness Center Swimming Pool  
 For reservation, please call 022 2317 5076/5107.



## Business Lunch Set Menu at Crowne Plaza Tianjin Meijiangan

Want to have a nutritional and balanced lunch in a quiet and bright environment? The Lake View Restaurant of Crowne Plaza Tianjin Meijiangan has launched a business lunch set menu to meet your need.  
 Tianjin-style Braised Pork Set ¥ 48  
 Japanese-style Chicken Teriyaki Set ¥ 38  
 Japanese-style Pork Chop Set ¥ 48  
 Curry Chicken Leg Set ¥ 38  
 Tianjin-style Pork Meat Ball Set ¥ 38  
 Buy the set meals to enjoy ¥ 10 off from the ¥ 28 /person salad buffet  
 Unavailable on weekends, holidays and large events  
 The above prices include service charge and VAT



## A Taste of India

Spice up your summer with a culinary journey through the exotic tastes of India! Master Chef Yogesh Bhatt brings a tempting selection of Indian delicacies to Feast for a dining adventure rarely seen in Binhai. This spectacular summer sizzler is not to be missed!  
 Date: 1 July - 31 August  
 Venue: Feast



## Five-star Hotel Apartment at TEDA International Club Tianjin

Human-oriented and scientific room design for delicate one-bedroom apartment, classic two-bedroom apartment and deluxe three-bedroom apartment. All the rooms are equipped with modern furniture and appliances. The perfect facilities will guarantee a convenient and quality life for international elites who travel around the world. Considerate butler service showed the care and concern of Chinese. It is a real home away from home.  
 Detail-oriented butler service  
 Free broad band internet  
 24h food delivery  
 Discount in restaurants in the hotel  
 24 security service and independent access  
 Reservation hotline: 58695555--8289



## 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, two freshly steamed crabs, and an unlimited flow of white wine and Tsingtao beer.  
 Date: July 1 - 31, 2016, Sundays  
 Venue: 1st Level, ZEST of The Ritz-Carlton, Tianjin  
 Tel: 86-22-5857-8888  
 \*The above price is subject to 10% service charge and 6% VAT





## Celestial Court Restaurant Promotion

What is graduation dinner?

China has always had the tradition of showing great respect to the teacher. When students enter a higher school, their parents have to thank the teacher. That is graduation dinner.

Graduation season is coming. Celestial Court Restaurant has graduation dinner, so students can invite their teacher and classmate to us. Classic dining environment and exquisite cuisine is the best choice for graduation dinner. You will have fun in Sheraton Hotel. Reserve in advance is requested!

Price: RMB 2000 – 2500 +VAT

Mobile: 2731 3388 ext. 1825



## Yunnan Food Festival

Come and enjoy the authentic Yunnan Food Festival @ China Station.

July 1- August 31, 2016

Daily 11:30-14:00 17:30-22:00 at China Station

For more information or to make a reservation, please call 2457 8888 ext. 3260

Tian Cheng Hotel Tianjin

66 Xinkai Road, Hedong District, Tianjin



## Wanda Vista Tianjin Launches Summer Banquet & Meeting Special Offers

Featuring a 1,400 sqm pillar-less Grand Ballroom with a 100 sqm LED screen and 7 different sized function rooms with one-stop event management service provided by Executive Meeting Director, Wanda Vista Tianjin is the ideal place for high-end and personalized banquet and meeting events. The hotel is offering Business Banquet/Corporate Catering Package at RMB2,688 nett/table, including exquisite catering, unlimited drinks of Coca-Cola, Sprite for 2 hours and 1 bottle of Red Wine per table. Classmates Party Package is at RMB3,288 nett/table, including exquisite catering, unlimited drinks of Coca-Cola, Sprite and local beer for 2 hours. For 4 tables and above, can enjoy 4 hours of karaoke with 24 bottles of specified beer, 2 fruit platters and 4 sets of snacks. Full Day Meeting Package is at RMB428 nett/person, including the meeting room for full day, a lunch, tea break, one-stop service by Executive Meeting Director, WiFi and a projector. Valid from 1 June to 31 August 2016.

For inquiry or reservation, please contact the hotel at (86 22) 2462 6888.



## South-east Asian Feast

This June, discover the best of South-east Asian Dishes from Malaysia, Thailand, India, Japan and China, in a spectacular dinner buffet specially prepared by Pacifica. Find unique dishes of Singapore sauce fresh fruit salad, Thai seafood curry, chicken tandoori, Peranakan cake.

Monday to Sunday- Two persons and above dining enjoy special price at RMB140 nett per person

Pacifica, level one

Dinner: 6:00pm to 9:00pm

Price: RMB 198 nett per person

\* Offer cannot combine with other discount

\* All price are inclusive of 10% service charge and 6% Value Added Tax (VAT)

\* Valid on 1 to 31 July 2016

Tel / +86 22 5863 8888



## Seafood Dinner Buffet @ Renaissance Tianjin Downtown Hotel

Welcome to Renaissance Café for the seafood and BBQ dinner buffet with fresh seafood and delicious side dishes. You'll find the perfect meal here pricing only RMB218, and also you may get the special offer of "Buy two & get one free". Seafood dinner buffet is available from 6:00pm to 9:30pm. For reservation, please call 022-23026888-6410.



## Sizzling Summer Buffet at Hyatt Regency Tianjin East

Tropical, Scorching, Refresh, Relax

Cool down and refresh at Hyatt Regency Tianjin East. Throughout July we will be providing refreshing activities to enable you to rejuvenate, relax and enjoy the Sizzling Summer in style. Enjoy our Hawaiian buffet with homemade ice-lollies, summer yogurt and cool coconut drinks at Market Café. Spend the Sizzling Summer with us!

Lunch Buffet CNY178\*/person

Dinner Buffet CNY198\*/person

\*Subject to 10% service charge and 6% VAT on the total

For more information or for reservations, please call +86 22 2457 1234.

126 Weiguo Road, Hedong District, Tianjin

# 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 编辑推荐
- 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  
河西滨水道16号  
万丽天津宾馆1层  
Tel: 5822 3388  
Hrs: 06:00am-10:30am  
11:30am-14:00pm  
17:30pm-22:00pm

### Pacifica- All-day Dining

帕西非嘉西餐厅

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

### element fresh

新元素餐厅

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

### Promenade Italian Restaurant

河岸意大利餐厅 ¥200 P E C7

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

### Cholito

西班牙餐厅

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

### Venezia Club Italian Restaurant & Winery

威尼斯酒吧

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

### Terrace Café

燕园咖啡厅 C4

Offers both buffet and à la carte service.  
Western and Asian specialties featured  
at the buffet and theme nights are  
offered nightly.

1F, Sheraton Hotel Tianjin, Zi Jin Shan  
Lu, Hexi  
河西区紫金山路天津喜来登大酒店1层  
Tel: 27313388  
Hrs: 06:00am-23:00pm

### Drei Kronen-1308 Brauhaus

路德维格1308 德餐啤酒坊 ★ P E D7

Good sausages, awesome pork knuckle  
and nice beers.  
1F, BLK5, Jinwan Plaza Jiefangbei Road, Heping  
和平区解放北路津湾广场5号楼1层  
Tel: 23219199  
www.ldwg1308.com  
Hrs: 11:00am-24:00pm

### TGI FRIDAYS

星期五餐厅 P E B4

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

### PAULANER Tianjin

普拉纳啤酒坊 D7

A unique journey experiencing  
authentic Bavarian food, flair and  
coziness.

Venice Square, Italian Territory,  
No.429-431, Shengli Lu, Hebei  
河北区胜利路429-431号意大利风情威尼斯广场  
Tel: 24468192  
Hrs: 10:30am-01:30am

### Brasserie FLO Tianjin

天津福楼

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

### VistaQian Cheng

Vista黔城

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

### Wei Xun Cafe

味寻

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

**YY CRAFT BEER HOUSE**

📍 Xiannong 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  
📞 13821118292 (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 / 13821118292(English)  
Hrs: 11:00am-24:00pm  
If need be, we have a designated driver  
to take you to your next destination.

### YY Craft Beer House (NEW OPEN)

粤园泰餐厅 ★ ¥100 P E D6

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



## [ Japanese 日料 ]

**Fuku Sushi**

福寿司

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

Tel: 022-8321-9509

182-0225-5286(Mr. Maeda)

186-2229-6209

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

## [ Vietnamese 越南餐厅 ]

**YULU Vietnamese restaurant**

鱼露越南餐厅

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

## [ FRENCH 法餐厅 ]

Tianjin Downtown

**Nice To Meet You**

很高兴认识你

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

278 Hebei Lu, Heping District

(near Chengdu Dao)

和平区河北路278号(近成都道)

Tel: 2339-0409

Hrs: 11:30-22:00

**FLO**

福楼 ★ ¥ 350 P E D7

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

No.37 Guangfu Road, Italy Style Town, Hebei

Tel: 2662 6688

Fax: 2445 2625

Hrs: 11:00am-23:00pm

## [ Italian 意大利餐厅 ]

Tianjin Downtown

**Prego**

意大利餐厅 ¥400 P E D6

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

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

Lu, Heping

和平区南京路101号

天津君隆威斯汀酒店3层

Tel: 23890088

Hrs: 11:30am-14:30pm

18:00pm-22:00pm

**Idea Restaurant & Lounge**

埃迪亚意式餐厅酒吧

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

215 Xiao Cheng Du Dao, Heping District

(opposite No.90 Middle School)

和平区小成都道215号

(九十中学对面)

Tel: 23374869

Hrs: 11:30-14:00

18:00-21:30

## [ Chinese 中餐厅 ]

Tianjin Downtown

**Shang Palace**

香宫

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

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

Haihe East Road, Hedong

河东区海河东路328号

天津香格里拉大酒店1层

Tel: 8418 8111

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

**Din Tai Fung**

鼎泰丰 ★ ¥ 150 P E

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

18 Binshui Dao, Hexi.

河西区宾水道18号

(宾水道与紫金山路口)

Tel: 2813 8138

Ext 8001

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

**Tian Tai Xuan**

天泰轩

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

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

floor, No. 167 Dagubei Road, Heping

和平区大沽北路167号

天津丽思卡尔顿酒店一楼和二楼

Hrs: 11:30am-14:00pm

17:30pm-21:30pm

Tel: 5857-8888

Seats: 160

**Noodle Bar**

面馆

Address: Pan Pacific Tianjin 1F1 Zhang

ZiZhong Road, Hongqiao District

Tianjin, China 300091

天津泛太平洋大酒店1楼

Tel: +86 22 5863 8888

Ext. 8716

## ■ Wine 红酒

Tianjin Downtown

**Montrose Wine House**

名特公司进口葡萄酒

Imported wines. 2nd floor YY Beer

House, Montrose(Tianjin) Office

粤园餐厅二楼名特(天津)办事处

Tel: 139 200 21679

Hrs: 09:00am-18:00pm

## ■ BAR

Tian jin Downtown

**Lobby lounge**

大堂酒廊

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

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

Haihe East Road, Hedong

河东区海河东路328号天津香格里拉大酒店1层

Tel: 8418 8111

Hrs: 09:00 to midnight

**River Lounge**

瑞吉畔吧 ¥100 P E D7

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

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

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

和平区张自忠路158号,

津塔旁, 哈密道正对面,

天津瑞吉金融街酒店一层

Tel: 5830 9958

Hrs: 10:00am-01:00am

**O'Hara's-authentic British lounge**

海维林酒吧 - 经典英式酒吧 E6

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

1st floor Astor Wing, A Luxury

Collection Hotel, Tianjin, 33 Taier

Zhuang Road, Heping

和平区台儿庄路33号

天津利顺德大饭店豪华精选酒店,

酒店一层

Tel: 58526888 ext. 8919

Hrs: 06:30pm-01:00am

**Qba**

Q吧 P E D6

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

The Westin Tianjin, No. 101 Nan Jing

Road, Heping

和平区南京路101号

天津君隆威斯汀酒店

Tel: 2389 0088

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

**Flair**

★ P E E5

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

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

167 Dagubei Road, Heping District,

Tianjin China

和平区大沽北路167号

天津丽思卡尔顿酒店一楼

Tel: 5857-8888

Mon-Fri 17:00-24:00

Sat-Sun 17:00-01:00

Seats: 118

## ■ SHOPPING

## [ Department Store 百货 ]

Tianjin Downtown

**Galaxy Mall**

银河国际购物中心

Featuring the most famous luxury  
brands in the world.

No.9, Le Yuan Road, Hexi

河西区乐园道9号

Tel: 8388 9577

Fax: 8388 9733

Web: www.galaxy-mall.com.cn

Hrs: 10:00-22:00

**Mighty Source**

美琪·源

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

District

天津市河西区南京路39号

天津国贸购物中心B1-13

Tel: 022-59006108

**Tianjin Joy city**

大悦城

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

No.2, Nanmen Wai Da Jie, Nankai

河西区南门外大街2号

Tel: 5861 8888

Web: tjjoycity.com

**plaza66**

天津恒隆广场

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

160 Zhangqizhong Lu, Heping District

和平区张自忠路160号

**Tianjin Aeon Mall**

天津永旺购物中心

Aeon Mall is a specialist shopping mall  
developer.

Zhongshanbei Store 中山北店 (10:00-22:00)

No.1, Fushan Dao, Zhongbei Industrial

Park, Xiqing

西青区中北工业园区阜盛道1号

Tel: 8719 5700

TEDA Store 泰达店 (10:00-22:00)

No.29, Shishangdong Lu, Development Zone

开发区时尚东路29号

Tel: 5985 7000

**International Trade Centre Mall**

天津国贸购物中心

Stocks various items from clothing to  
household necessities.

39 Nanjing Lu, Hexi District

河西区南京路39号

Tel: 87136868

**Riverview Place**

天津嘉里中心嘉里汇

A newly opened huge shopping mall  
stocks many different items.

Riverview Place, 238 Liu Wei Lu, Hedong

District

河东区六纬路238号嘉里汇

Tel: 24230101



SHOPPING 购物

BAR 酒吧

RESTAURANT 餐厅

WINE 红酒

COFFEE 咖啡

# LISTING

## HOTEL

[ Hotel 酒店 ]

Tian jin Downtown

### The Westin Tianjin

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

### Wanda Vista Tianjin

天津万达文华酒店  
No.486, Ba Hao Lu, Da Zhi Gu, Hedong  
河东区大直沽八号路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  
河西区宾水道16号  
Tel: 58223388

### Crowne Plaza Tianjin Meijiangan

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

### TEDA International Club Tianjin

泰达国际会馆  
7+2 Fu Kang Lu, Nankai.  
南开区复康路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

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

### Hotel Indigo Tianjin Haihe

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

### Hotel Nikko Tianjin

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

### The Astor Hotel, A Luxury Collection Hotel, Tianjin

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

### Holiday Inn Tianjin Riverside

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

### TEDA & Tanggu

### Holiday Inn Binhai Tianjin

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

### Crowne Plaza Tianjin Binhai

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

### Renaissance Tianjin TEDA Hotel & Convention Center

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

### Sheraton Tianjin Binhai Hotel

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

### Tianjin Goldin Metropolitan Polo Club

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

[ Hotel Apartment 酒店公寓 ]

Tianjin Downtown

### Ariva Tianjin Binhai Serviced Apartment

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

### Green Park Villa

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

### Shangri-La Hotel, Tianjin Full-serviced Apartment

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

### Fraser Place Tianjin

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



ASCOTT  
TEDA MSD  
TIANJIN

### Ascott TEDA MSD Tianjin

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



SOMERSET  
SERVICED RESIDENCE  
服务式公寓

### Somerset International Building Tianjin

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

### Somerset Olympic Tower Tianjin

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

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

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

### Somerset Youyi Tianjin

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

## SCHOOL

Tianjin Downtown

### Tianjin International School

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

### Tianjin Translation College

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

### International School of Tianjin

天津经济技术开发区国际学校天津分校  
Only international school in Tianjin fully  
authorized by the IBO to teach all three IB  
programs (PYP, MYP and DP) from age 3-18.  
Weishan Nan Lu, Jinnan District, Tianjin  
天津市津南区(双港)微山南路  
Mon-Fri 07:30-16:30  
T: +86 22 2859 2001  
W: www.istanjin.org

### Wellington College International Tianjin

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

### SmartKidz International Tianjin

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

### Hopeland International Kindergarten

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



**Hopeland International Kindergarten**

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

**Shuoba Chinese Academy**

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

**Tianjin Golden Collar Translation Center**

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

**TEDA & Tanggu**

**Teda International School**

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

**MEDICAL FACILITY**

**Tianjin Downtown**

**Tianjin United Family Hospital (TJU)**

天津和睦家医院  
No. 22 Tianxiaoyuan, Tanjiang Road, Hexi District, Tianjin 300221  
河西区潭江路  
天潢园22号 300221  
Tel: (022) 58568500  
Web: http://www.ufh.com.cn

**ARRAIL International Dental Clinic**

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

**Raffles Medical - Tianjin**

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

**Raffles Medical - TEDA**

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

**CHAMBERS**

**Tianjin Downtown**

**European Union Chamber of Commerce in China, Tianjin Chapter**

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

墨尔本天津代表处  
Room 1008, International Building, 75 Nanjing Road, Heping District, Tianjin 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 Downtown**

**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  
紫金花苑1座11F室  
Tel: 88294330  
13512489654  
Hrs: 10:00-24:00

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Tel: 18222497175

**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1107  
Tel: 2313 7919  
136 821 90233  
Hrs: 10:00-02:00

**CHURCH**

**Tianjin Downtown**

**Tianjin Christian Fellowship**

King Hall Hotel, No.22, Huan Hu zhong Lu, Hexi  
河西区环湖中路22号  
Tel: 8829 7772  
enquiry@tjif.com  
Open to foreign passport holders only

**St. Joseph's Cathedral**

西开教堂  
No.9, Xining Dao, Heping  
和平区西宁道9号

**TEDA & Tanggu**

**TEDA Christian Fellowship**  
Building A, Report Hall, TEDA International Hotel, 2nd Avenue, No. 8, TEDA Tianjin  
天津泰达开发区第二大街8号  
泰达国际酒店暨会馆  
Email: enquiry@tedafellowship.com  
Phone: 151-2264-5704

**ESTATE**

**Tianjin Downtown**

**E-SMART Relocation Consultants Co., Ltd**

伊斯玛特安家服务有限公司  
Rm. 1901, Ning Tai Plaza, No.1, Xia Guang Dao, Nankai  
南开区霞光道1号宁泰广场1901室  
Tel: 2836 0997  
Email: esmart@esmart.com.cn  
www.esmart.com.cn  
Hrs: Mon-Fri; 8:30-17:30  
The very first and leading expats housing and relocation company in Tianjin region

**Tianjin SYD Real Estate Consultants**

天津尚易达房地产咨询有限公司  
E-701 Rome Gardens, Yong An Dao, Hexi  
河西区永安道罗马花园1期B-2-1401  
Tel: 2324 6966  
2324 6098  
Hrs: 09:00-17:00

**TEDA & Tanggu**

**Joanna Real Estate Consulting Co., Ltd (Tianjin Branch)**

嘉园置地房地产经纪有限公司(天津分公司)  
No. H. 11 F, International Development Building, No.2, Dong Ting Road, TEDA  
天津经济技术开发区洞庭路2号  
国际发展大厦11层H座  
Tel: 6628 0211  
Fax: 6628 0216  
tjadmin@jreccorporate.cn  
www.jreccorporate.cn

**THEATRE**

**Tianjin Downtown**

**Tianjin Grand Theatre**

天津大剧院  
Culture Center Pingjiang Road Hexi  
河西区平江道文化中心  
Tel: 8388 2000

**Tianjin Concert Hall**

天津音乐厅  
88 Jianshe Road Heping  
和平区建设路88号  
Tel: 2332 0068

**Western Shore Art Salon**

西岸艺术馆  
3 Youyi Road North Hexi  
河西区友谊北路3号  
Tel: 2326 3505/3501

**MUSEUM**

**Tianjin Downtown**

**Tianjin Museum**  
天津博物馆  
Intersection between Pingjiang Road and Yuexiu Road Hexi  
河西区平江道与越秀路交口  
Tel: 8388 3000

**PARKS**

**Tianjin Downtown**

**Tianjin Water Park**  
天津水上公园  
No.33, Shuishang Gongyuan Bei Lu, Nankai  
南开区水上公园北路33号  
Tel: 2335 0095

PARK 公园

MASSAGE 按摩

MUSEUM 博物馆

THEATRE 剧院

CHURCH 教堂

CHAMBERS 商会

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### Metropolitan Intersarsity Polo 2016 - The London Challenge

**Tianjin Goldin Metropolitan Polo Club has announced** that Metropolitan Intersarsity Polo 2016 - The London Challenge will take place from July 12 to July 17, 2016.

The participating teams are from the University of Cambridge, the University of London, the University of Oxford, Harvard University, Cornell University, and Skidmore College and they will gather at the Tianjin Goldin Metropolitan Polo Club from July 12 to July 17, 2016.

This is the fourth year of the international tournament in Tianjin and it aims to help raise the awareness of polo amongst the area's young people by inviting university polo players from nations that have a strong history of supporting polo.



### Managing Director Ugur Talayhan Tianjin Press Conference was held successfully

**Ugur Talayhan has been appointed** Managing Director at The Astor hotel, a Luxury Collection Hotel, Tianjin, The Westin Tianjin and Sheraton Tianjin Hotel recently. Ugur Talayhan Tianjin Press Conference was held successfully on 14 June, 2016. He shared his 27 years hospitality experience with Tianjin media and introduced three hotels' future strategy briefly. After the conference, he invited 30 media for the dinner at Seasonal Taste and everybody enjoyed the evening.



### Renaissance Tianjin Lakeview Celebrates the Fifth Annual Global Day of Discovery

**Renaissance Hotels is known around** the world for helping the next generation of business travelers to discover unexpected cultural experiences, and on Thursday, June 16, 2016, the Renaissance Tianjin Lakeview Hotel inspired guests and the local community to make time to discover unforgettable evenings with an exclusive Eternal Summer Party. Around 500 guests join the party to celebrate the annual Global Day of Discovery.



### Wedding on the Ice with Shangri-La Hotel, Tianjin

**Shangri-La Hotel, Tianjin presents** an Ice and Snow wedding package which enables wedding couples to take their romantic wedding photos in a world of ice. Moreover, a host of benefits including an exclusive, intimate venue; pre-wedding food tasting; stage set up; a 90-minute photo shoot at Bingo Ice Rink; an Ice and Snow dessert station; "ice igloo" fruit; a one-night stay in the Executive Suite overlooking Haihe River; and one Ice and Snow cupcake for each guest to take away as a gift. The Ice and Snow wedding package priced from ¥6,666 per table (minimum 100 people, the price is subject to 10% service charge, taxes and value-added tax are included).





## Nanjing Da Pai Dang Opened its Second Restaurant



**Nanjing Da Pai Dang** opened its second restaurant in end of May. During its soft opening, the restaurant set up an exhibition area for customers to try their signature food and experience local culture of Nanjing. The new restaurant is located on 4F of Riverside 66 Mall and a promotion of 12% off will last till the end of June to celebrate its opening. The third restaurant is scheduled to open in July at MPT Mall.

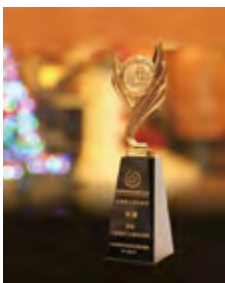
## Simplicity Bazaar at Xiannong Courtyard



**Simplicity Bazaar** was held on Xiannong Courtyard during the Dragon Boat holiday. As a brand event of Xiannong Courtyard, Simplicity Bazaar has been promoting a simple lifestyle and featured with quality handmade products. More than ten handmade brands brought their products including food, home furnishing, creative stuff and handicrafts.

## TEDA International Club Tianjin Wins Awards

Recently, the 2016 Asia Brand Forum China Tourism and Hotel Awards were held at the Shenzhen OCT Hotel. The popular annual event attracted more than 600 guests this year including government officials, representatives of professional associations, leaders of Chambers of Commerce, branding experts, business leaders and media reporters. At the ceremony, the TEDA International Club Tianjin won the coveted award for "China's Best Business Hotel" and also the "Best General Manager in China Hotel Industry" (to General Manager Mr. Zhang Jian) Congratulations!



## Holiday Inn Tianjin Aqua City Accepts Apple Pay, Wechat Pay and Ali Pay

**Holiday Inn Tianjin Aqua City** rolls out three kinds of quick pay services including Apple Pay, WeChat Pay and Ali Pay now. Guests just hold the mobile phone near the contactless device to simply complete the payment in the restaurants and room consumption. Meanwhile, join the Hotel WeChat, which is designed to make every visit seamless, enable you to book your stay by accessing service and amenities from the palm of the hand. Next Tianjin getaway is just tap away!

## Uber+Travel Program Launched in Beijing

**On June 15, 2016 Uber China Mid-year Strategy Release Conference** was held in Beijing. Uber announced a Uber+Travel program that perfectly combines travel and transportation in one APP. Under the scheme of Uber+Travel, Uber China will work with partners in 400 cities of 70 countries around the world to help Chinese tourists a superior transportation experience in their trip. The first partners of the program include HNA, Baidu, Qunar, JD, TripAdvisor, Discovery and etc.



## JMall Opens New Shop at Xiaobailou

**On June 4 JMall**, which specializes in the direct sourcing of overseas groceries, opened its new shop at the Zhengxie Club in the Xiaobailou CBD area. Operated by the Dongjiang Port Imported Goods Direct Sourcing Center, JMall has a first-hand international source for its products and guarantees their quality and authenticity. The shop is about 200 square metres in area and sells more than 1000 types of imported products, including frozen meat, wine, beer, prepackaged products, cosmetics, health products and baby products.





Adriana's photograph of an abandoned train station in her hometown

## A MEDITATION ON BEAUTY: PHOTOGRAPHY AND ABSTRACT PRINT EXHIBIT AT LE LOFT RESTAURANT AND GALLERY

by **Adriana Hammond**

**O**n May 30th, during an afternoon exhibit at Tianjin's Le Loft Gallery and Restaurant, I and another foreign abstract print maker Thomas Kivlan showed samples of our work. The images I've chosen for the space feature sites of Harrisonburg, Virginia, my petite hometown in America. A place I had left, still a teenager, in favor of travelling the world.

Only after nearly 10 years of falling in love in Germany, visiting Buddhist temples in Russia, and dancing freely at jazz clubs in the Czech Republic did I return home in awe of the rustic simplicity decorating the town that raised me.

It was then that I was connected with Eastern Mennonite University's Distinguished Professor of Restorative Justice and photographer Dr. Howard Zehr who introduced me to the method of contemplative photography. Contemplative photography is photographing from a more meditative perspective. The photographer is meant to see her subjects from a place of observing and learning. Most intriguing to me, in Zehr's book on the subject, *Little Book of Contemplative Photography: Seeing With Wonder, Respect And Humility*, he asks readers to rethink the vocabulary we use in

the field as our words can affect our approach. For example, Zehr points out that some models of cameras are called "point and shoot", we "capture" an image, and we "take" a photograph. Rather, Zehr suggests photographers should think of themselves as receivers of a gift the subject is offering. My true homecoming to Harrisonburg in this sense served as an unearthing of the unfamiliar familiar.

From studying the contemplative practice, I am more open as an artist to the hidden beauty within an object, even if it is metaphorical in nature. As in one of my photographs of an abandoned train station, I have found that decay can stand dignified beneath a violet-blue sky. The rusty stairwell is transformed into thick cloud-reaching tree branches. These images are of spots where I observed a less obvious kind of beauty, and this is the perspective I carry with me in China.

As a young photographer, I often think about the elements we find when we look at great photography. Curators, admirers of the art form, and photographers themselves when asked what makes an appealing photo will usually point to the geographic construction of the piece or how the subject is framed. Aesthetically speaking, framing is

### RATHER, ZEHR SUGGESTS PHOTOGRAPHERS SHOULD THINK OF THEMSELVES AS RECEIVERS OF A GIFT THE SUBJECT IS OFFERING.

important, but the subject of the photograph should evoke something special within the viewer. Whether the response is intrigue, disgust, enchantment, or inspiration photography is meant to inform and provoke you. A moment in time framed in a breath of spontaneous reaction can help us remember the depth of our humanity.

Now that I have brought my work from America to China, I hope I can continue to share my appreciation for the beauty I find in things that passers by often miss.

The pieces will be up in Le Loft Gallery located at the crossing of NanJing Lu and JinZhou Dao for July.

### 对美的思考： 我在天津的摄影作品展

从 5 月 30 日开始, 我和另外一位外籍抽象印刷师 Thomas Kivlan 共同在贰楼小院举办了一个艺术展。我选取了在家乡美国弗吉尼亚州哈里森堡拍摄的几幅照片进行展出。

我的家乡是个不起眼的小地方, 我十几岁就离开家周游世界了。十年来我在德国恋爱, 造访俄罗斯的佛教寺庙, 在捷克的爵士酒吧尽情跳舞, 之后我回到了我朴素的家乡。我结识了东方门诺派大学的法律教授兼摄影师 Howard Zehr, 他教给我一种名为“沉思摄影”的方法。这种方法需要摄影师加入对所拍对象的思考, 拍摄前先对之进行观察和了解。在 Zehr 的一本名为《沉思摄影简要读本: 以好奇、敬重和前辈的心去观察》的书里, Zehr 提醒读者重新思考摄影领域里使用的词汇, 因为这些词汇会影响我们的摄影方法。比如有些机型被称为“傻瓜机”, 只要对准目标, 一按快门, 一张照片就完成了。但是 Zehr 倡导摄影师们更认真地对待拍摄对象, 把它们当成一种恩赐。

受到 Zehr 的教导之后, 我更注重发觉事物背后的隐藏之美, 即便它只存在于其本性的隐喻中。我拍过一座废弃的火车站, 在天鹅绒一般的天空下, 这个破旧的小楼屹然挺立, 锈迹斑驳的扶梯就像是伸向天空的树枝。这不是常规意义的美, 但却让我感到独特, 而来到中国之后, 我也是带着这样的视角来观察周遭的。

作为一个年轻的摄影师, 我经常思考, 在一幅伟大的作品里, 我们能找到哪些元素。被别人问及摄影技巧的时候, 摄影师们总是会谈到构图, 构图固然重要, 但是图片需要唤起观者内心独特的感受。被定格的一瞬间是摄影师那一刻的即兴反应, 它能帮助我们记住最深处的本性。





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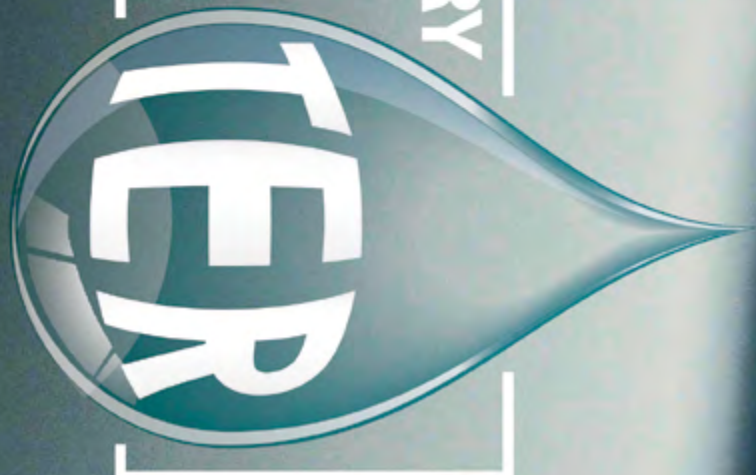


photo by You Sihang