



MAGAZINE

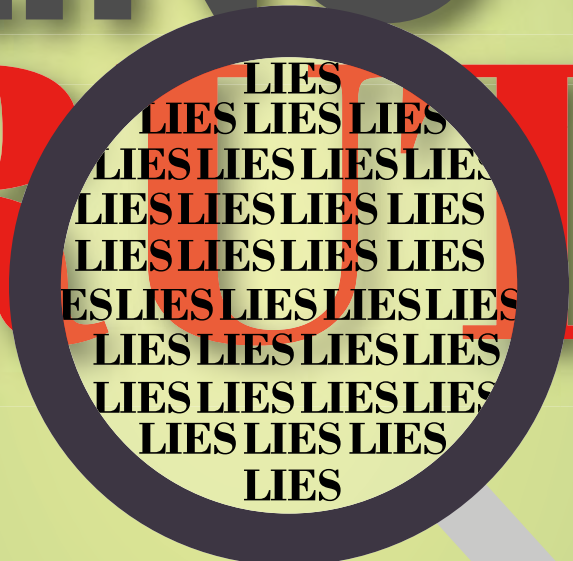
# 今日天津

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

2017 ISSUE 10 MONTHLY  
2017年第10期 总第189期 / 月刊

# TELLING THE

# TRUTH



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国内统一刊号: CN12-1262/Z 定价: 10元

ISSN 1004-826X



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JIN 公益广告

photo by You Sihang



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环境教育，从人人做起

**A BEAUTIFUL TIANJIN  
A WONDERFUL  
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国际家庭的国籍问题，你处理好了没？



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孩子们的国学夏令营



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**The Twin Performers Play Tianjin**  
“鼓”动津门“双子星”

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International School of Tianjin  
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Oct. 6



▶▶▶ Tianjin Grand Theatre 天津大剧院

**Concert by Isabel Cañada and Francisco Sánchez**

他们都说我漂亮——西班牙女高音歌唱家伊莎贝尔与男高音歌唱家弗朗西斯科音乐会  
演出：伊莎贝尔、弗朗西斯科  
Time: 19:30

*Originally from Spain, Isabel María Cañada Luna began to study both voice and piano at a very young age. Her love of opera flourished during her formative years, leading her to pursue a degree in voice at the Escuela Superior de Canto de Madrid, one of the foremost voice conservatories in the country. Being a Spaniard, she has, of course, performed countless times in her native Spain, and has even had the honor of singing before His Majesty King Juan Carlos I and Her Majesty Queen Sofia, who were the reigning monarchs of the kingdom.*



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

Oct. 12

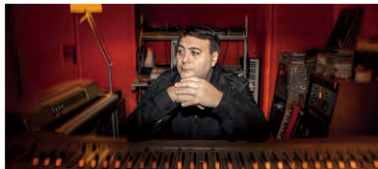


▶▶▶ Tianjin Grand Theatre 天津大剧院

**Trio Concert by Eric Legnini**

蓝色爵士系列——法国埃里克·莱格尼尼三重奏音乐会  
演出：埃里克·莱格尼尼  
Time: 19:30

*Éric Legnini is a Belgian jazz pianist and the band leader of the Éric Legnini Trio. Legnini was born into an artistic family from Italy. The family immigrated to Belgium, where he started playing the piano at age six and he was initiated into jazz in his teens. Legnini had great admiration for the works of Phineas Newborn, which led to his dedication of the piece 'The Memphis Dude' to him. The track appears on his album Miss Soul. Legnini won the "Octave de la musique jazz" in 2006 and the "Instrumental album of the year" during the 2011 Victoires du jazz for his album The Vox.*



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Oct. 15



▶▶▶ Tianjin Grand Theatre 天津大剧院

**Quartet Concert: David Linx, Diederik Wissels, Matyas Szandai and Donald Kontomanou**

蓝色爵士系列——法国大卫·林克斯四重奏音乐会  
演出：大卫·林克斯  
Time: 19:30

*David Linx has been featured in papers and magazines like "The International Herald Tribune", "The Wall Street Journal", "Time Magazine", "Jazz Magazine", "Jazz In Time", "Post Magazine" among many others. In 1996 Linx was nominated for the Django d'Or in France for the category of best jazz singer, together with Abbey Lincoln and Cassandra Wilson. In the Belgian jazz referendum organized by Belgian radios RTBF and VRT, David Linx was elected best vocalist of the year 1998 in the categories for Belgium and Europe.*



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Oct. 4

▶▶▶ Tianjin Grand Theatre 天津大剧院

**HD projection: No Man's Land**  
英国国家剧院现场《无人之境》高清放映

演出：英国国家剧院现场  
Time: 15:00

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

Oct. 5

▶▶▶ Tianjin Grand Theatre 天津大剧院

**Drama: The Angry Oyster**  
金色童年——杨鸿年童声合唱团音乐会

演出：中国交响乐团附属少年及女子合唱团  
Time: 19:30

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

Oct. 6

▶▶▶ Tianjin Grand Theatre 天津大剧院

**Concert of Poems from Tang/Song Dynasty**  
但愿人长久——中国唐宋名篇音乐朗诵会

朗诵：乔榛 肖雄 张晶 迪里拜尔 凯丽 袁晨野 康庄 濮存昕（按姓氏笔画排序）  
Time: 19:30

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

Oct. 7

▶▶▶ Western Shore Art Salon 西岸艺术馆

**Jazz Concert**  
邂逅——老摇摆爵士乐音乐会

Time: 19:30

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

Oct. 13

▶▶▶ Western Shore Art Salon 西岸艺术馆

**Movie Theme Concert**  
年轮影像——电影主题音乐会

Time: 19:30

ADD: No.3 Youyi Bei Lu, Hexi  
河西区友谊北路3号  
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Oct. 14

▶▶▶ Western Shore Art Salon 西岸艺术馆

**Classical Opera and Broadway Musical Theme Concert**  
歌剧魅影——经典歌剧及百老汇音乐剧主题音乐会

Time: 19:30

ADD: No.3 Youyi Bei Lu, Hexi  
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October

**Movie: Kingsman: The Golden Circle (2017)**

Release Date: October 2017 (China)  
 Genres: Action, Adventure, Comedy  
 Director: Matthew Vaughn  
 Stars: Taron Egerton, Colin Firth, Mark Strong



When their headquarters are destroyed and the world is held hostage, the Kingsman's journey leads them to the discovery of an allied spy organization in the US. These two elite secret organizations must band together to defeat a common enemy.



October

**Movie: Logan Lucky (2017)**

Release Date: October 2017 (China)  
 Genres: Comedy, Crime, Drama  
 Director: Steven Soderbergh  
 Stars: Channing Tatum, Adam Driver, Daniel Craig



Two brothers attempt to pull off a heist during a NASCAR race in North Carolina.



October

**Movie: Aftermath (2017)**

Release Date: October 2017 (China)  
 Genres: Drama, Thriller  
 Director: Elliott Lester  
 Stars: Arnold Schwarzenegger, Scoot McNairy, Maggie Grace



Two strangers' lives become inextricably bound together after a devastating plane crash.

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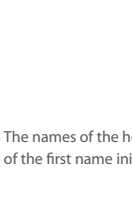
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### Wei Chaoyi (Ph.D.)

墨尔本驻天津代表处首席代表  
Chief Representative Melbourne Office Tianjin



## New Intelligent Bus Station 新的智能公交站亮相

The Duo Lun Dao and Jin Ta Bus Stations located at Xing An Lu in Heping District displayed their new electronic facilities on August 31. These two stations now not only have set up guardrails to maintain effective queuing order, but have also set up an electronic information screen which can easily display bus routes, arrival times and other traffic information for passengers.

8月31日,本市和平区兴安路上的多伦道站、津塔站两个公交站点“改头换面”。不仅设立了护栏维护排队秩序,还设置有电子信息屏,涵盖途径公交线路,车辆到站时间信息等。

## YAC Youth Art Community Runs Trial Operation 东疆沙滩边建起国际艺术中心

On August 31st the Dongjiang International Art Center YAC Youth Art Community was opened and began its trial operations. The YAC Youth Art Community covers an area of more than 4,000 square meters, with facilities including print workshops equipped with world-class professional equipment and an Artists' Studio which will be mainly responsible for hosting domestic and foreign artists as residents and assisting them in making their creations.

8月31日,东疆国际艺术中心 YAC青年艺术社区建成并投入试运营。YAC青年艺术社区占地4000多平方米,其中有版画工坊,配有国际一流的专业设备,还有艺术家工作室,接待国内外艺术家进行驻留创作。

## Tianjin Liaison Office of the government of the Hong Kong Special Administrative Region Inaugurated 香港特别行政区政府驻天津联络处揭牌

On September 14th, the Tianjin Liaison Office of the government of the Hong Kong Special Administrative Region was officially inaugurated. The liaison office will further cement trade and investment cooperation between Tianjin and Hong Kong. In addition, to commemorate the 20th anniversary of Hong Kong's return to the motherland of mainland China, the celebration of the achievements will be displayed in an exhibition entitled "Create new paths with the same heart, and grasp new opportunities" which has also simultaneously opened in Tianjin.

9月14日,香港特别行政区政府驻天津联络处正式揭牌。联络处将进一步加密津港两地经贸、投资等方面合作。此外,香港回归祖国20周年“同心创前路 掌握新机遇”成就展也同步在津开幕。

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



## "Chinese Cooking Technology" Officially Enters British Academic Education

“中餐烹饪技术”正式进入英国学历教育

The "Luban Workshop", which was established by the Tianjin Second Business School (Tianjin Cooking School) and the University of Chichester, was officially inaugurated in May of this year. This is the second "Luban Workshop" to be set up in overseas markets and also the first "Luban Workshop" in Europe. Recently, British education qualification system experts came to Tianjin and ultimately determined that the "Chinese cooking technology" project met the British teaching quality system, and was awarded the national qualification certificate. This marks the momentous occasion when "Chinese cooking technology" officially enters the British education system.

今年5月，由天津市第二商业学校（天津市烹饪技术学校）和英国奇切斯特学院合作建立的“鲁班工坊”正式揭牌运行。这是本市在海外建立的第二个“鲁班工坊”，也是我国在欧洲建立的首个“鲁班工坊”。近日，英方学历资格认证体系专家一行来津，最终确定了中英双方合作的“中餐烹饪技术”项目符合英国教学质量体系，并颁发了国家学历资格认证证书，这标志着“中餐烹饪技术”正式进入英国学历教育。

## The Third Look Up - Tianjin Photography Contest

“洋眼看天津”摄影比赛启动

The third photography contest "LOOK UP - TIANJIN" was officially launched at Minyuan Square. The event was hosted by the Tianjin Municipal Human Resources and Social Security Bureau, the Tianjin Administration of Foreign Experts Affairs, JinWanBao and co-organised by the BoHai Morning Post and www.jwb.com.cn. With the theme of "Showing the city, and feeling the beauty of Tianjin", the contest will display Tianjin's achievements in economic and social development, its customs, culture and urban charm as seen through the expats' lens. The competition will continue for almost four months. Throughout this period there will also be other themed events such as live snaps, a Chinese day for foreigners, Tianjin stories in the lens and displays that visit and depict the charming aspects of life in Tianjin.

由市委宣传部、市人社局、市外专局联合主办，今晚报、今晚网协办的第三届“洋眼看天津”摄影比赛在五大道民园广场启动。本次“洋眼看天津”摄影比赛以“展示城市风采，感知美丽天津”为主题，通过外籍人士的视角和镜头，展现天津经济社会发展成就、风俗文化和城市魅力。活动将历时4个月，其间，开展“美丽天津”现场抓拍、在津外籍人士“中国日”、“镜头里的天津故事”、魅力天津寻访等主题活动。

## Pay Your Water Rate through Alipay

天津扩充用户交费渠道 水费能用支付宝交了!

To broaden the channels available to consumers to pay water rates, Tianjin Water Group recently opened an online pay water rate service through Alipay. Most users can enjoy the new and convenient payment services without having to leave their home. Applicable users include: mechanical meter users in Heping, Hexi, Nankai, Hongqiao, Hedong, Hebei, Xiqing, Beichen, Dongli, and mechanical and remote meter users in the Binhai New Area and Tanggu.

为扩充用户交费渠道，丰富交费方式，近期，天津水务集团在和平、河西、南开、红桥、河东、河北、西青、北辰、东丽供水服务区域内的自来水机械表用户及滨海新区塘沽地区自来水机械表、远传表用户范围内，开通支付宝网上代交水费业务，使广大用户享受“足不出户 便捷交费”供水服务。

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# LETTER

## FROM THE EDITOR

October is the month for our long awaited 8-day holiday. Starting with our National Day holiday on October 1 and combined with the Mid Autumn Festival or Moon Festival 中秋节 "Zhong Qiu Jie", which falls on October 4th, gives us an extra long holiday. You will see the different kinds of moon cakes 月饼 "Yue Bing" for sale in hotels, restaurants and supermarkets. They come in many flavors but mostly with sweet fillings and even Haagen Dazs gets in the spirit with their ice varieties.

Our feature article is about "Telling the Truth", how often are we tempted into tell "White Lies" or withholding the truth in order to enhance or soften reality. The habit of telling lies can be dangerously habit forming. Especially, if it is started at a very young age, but there could be times, when it is necessary.

As we approach cooler weather, it may be opportune to think about replacing the old comforter. Our shopping article will look at expat-friendly bedding and how trends differ in the East compared to the West.

On the health side, we will consider oral hygiene and why it is so important and the different practices we should remember. Our Chinese article will deal with the visit to the dentist and what can be the dialogue between the patient and doctor.

For Tianjin Tips, the subject is fake currency, how to avoid getting a fake bill such as a 100rmb note and where and how it can happen. The Parting Shot article sheds light on the smoking infractions that we still encounter. Although, smoking restrictions have greatly reduced exposure to second hand smoke, it still persists. Should you speak up, or just accept it?

We end the month with Halloween and we hope you have fun either by going to a costume party or taking the kids out for trick or treating. Check out the local hotels for special promotions but remember, "don't drink and drive".

今年的十月一恰巧和中秋节连在一起,因此我们也得到了一个难得的八天长假机会。每年中秋时节,市面上就会出现各式各样月饼品种,尽管口味千奇百怪,但大体来说都是甜蜜的团圆味道。本期的主题是关于“讲真话”的故事。成长的道路上,我们多多少少都曾说过谎言,有人说谎是“善意的谎言”,有人说谎是一种习惯。关于它的讨论,希望我们的文章能带给您深刻的议论和思考。天气逐渐转凉,又是一个换季的时节,你的床寝买了么?它是否合适?是否舒适?看看我们的购物文章,选一件适合的床品,睡一夜安心好眠。用国庆迎接月初,用万圣迎接月末,十月大概是最幸福的一个月份。天津的各大酒店和商场都会准备一些关于万圣节的节日活动,带孩子去过一个快乐的节日吧,但切记:不要酒后驾车。

Monica Wang  
Editor



OCTOBER

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Jinwan Media Newspaper Office

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Jinwan Media Newspaper Office

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JIN MAGAZINE

**Legal Consultants**

Sino-Credit Law Firm

**Korean Advertising Agency**

Duoyun Advertising

**Price** ¥ 10



主办 今晚报社

承办 今日天津画刊编辑部

总编 苗祺源

总编辑助理 刘峰

编辑 王宗元, 张晓丽

美编 王晓敏, 安蓉

广告独家代理 天津市风华广告有限公司

固定形式印刷品广告登记证号 120103200482505027

地址 天津市南开区南京路358号今晚传媒大厦16楼

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广告销售 杨颖, 陆惠卿, 李鹤

发行 陈鹏宇

E-mail service@jinmagazine.com.cn

法律顾问 天津共融律师事务所

韩国广告代理 天津市多芸广告有限公司

读者监督服务电话+86 22 27509361

2017年10月刊

国内统一刊号: CN12-1262/Z

国际标准刊号: ISSN1004-826X

价格: 10元



未收到样刊和稿酬的作者请与本刊编辑部联系



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# Telling the TRUTH

By David Wong  
and Carmen King



Romance is not free of lies.

There are times when it's hard to tell the truth, a situation may arise when it seems easier to say what someone wants to hear rather than telling the truth. These untruths are at times referred to as "white lies." In Chinese a "white lie" is sometimes translated as: 白谎 (bái huǎng) or 白色谎言 (báisè huǎngyán). This contrasts with a "black lie": 黑谎 (hēi huǎng) or 黑色谎言 (hēisè huǎngyán). However, it should be noted that if an expat says the rather literal translations of 白谎 (bái huǎng) or 黑谎 (hēi huǎng) in conversation, don't expect to be readily understood. The two latter four character combinations of 白色谎言 (báisè huǎngyán) and 黑色谎言 (hēisè huǎngyán) may get a higher hit rate in terms of understanding but still aren't always grasped. However, in colloquial Chinese, perhaps the best way to communicate the meaning of a white lie is to say: 善意的谎言 (shànyì de huǎngyán), which according to Pleco dictionary does carry the English definition of "white lie." The opposite would be a: 恶意的谎言 (èyì de huǎngyán). Which essentially means a malicious lie or lie with evil intent.

This opens up an entirely different topic of discussion, namely, are all lies bad? Is there really such a thing as a harmless, well meaning, white lie? Saving that issue for another day, it is perhaps more relevant to consider why does lying seem easier than telling the truth? If we look at what happens during our early childhood, we will find we are raised amidst all kinds of untruths. In the west there are Santa Claus (圣诞老人 shèngdàn lǎorén), the Tooth Fairy (牙仙 yáxiān), and the Easter Bunny (复活节兔子 fùhuójié tùzi). In the east there are the Monkey King (孙悟空 sūn wù kōng), the famous mythical character from the Song Dynasty novel "Journey to the West" (西游记 xī yóu jì), and Nvwa (女娲 nǚ wā) who according to Pleco is the "creator of humans in Chinese mythology." So it seems that children learn that some lies are "ok." In that apparently no one was physically injured by the tall tale. Yet, is that true? Or have such stories heard from infancy left adults unsure when it comes to telling the truth. At least a few people may find themselves asking when is it alright or necessary to lie?

### White Lies

A "white lie" is said to be a minor lie, which could be considered harmless, or even beneficial, in the long term. White lies are also considered to be used for greater good. White lies are often used to shield someone from a hurtful or emotionally damaging truth, especially when not knowing the truth is completely harmless. The problem is continued use of these benign or minor falsehoods can become habit forming and lead to more serious misleading statements and a person could become a chronic liar.

Sir Walter Scott, the famous 1800 poet and writer is credited with the famous couplet: "Oh, what a tangled web we weave, when first we practice to deceive!" This describes what happens when you start with a simple lie that becomes a difficult situation to cover up the truth and eventually can cause more harm than the original intention. It usually takes more effort to lie because you need to fabricate the facts and situations supporting your lie when altering the truth. You also need to have a good memory to remember how the fictional story was created. That is why the story usually changes over time.

Many people consult the writings by Sun Tzu (孙子 Sūnzǐ), the famous Chinese general in 500 B.C., as they feel these relate to modern day business management strategies and philosophies. In his book, "The Art of War" (孙子兵法 sūnzǐ bīngfǎ) he declared, "All warfare is based on deception." Daoism (道教 dàojiào) is the central principle in the "Art of War," comparing ancient Daoism Chinese to traditional Aristotelian rhetoric, notably for the differences in persuasion. Daoist ideology in terms of warfare strategy is described as "peaceful and passive, favoring silence over speech." This form of communication is avoidance behavior, which is highly emphasized in "The Art of War" as avoiding confrontation and being spiritual in nature. It is the core principal of Daoism.

This has links to how some Chinese friends will respond to certain questions, or if the situation becomes sensitive and a negative response could be interpreted as offensive. An example would be, if



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invited to attend a social function but in fact they don't want to attend. It is not unusual to receive a positive reply to attend but then there is a no-show on the event date. Invitations to have dinner need to be reconfirmed in order avoid disappointment or misunderstandings. Similarly, businesses tend to ignore proposals and not answer or return calls if they are not interested rather than engaging in a confrontation. This indirect way of dealing with things can lead to confusion and even frustration, tangled webs shall we say? As the Sir Walter Scott quote cited earlier reveals, even well meaning deception puts a ball in motion that is hard to stop and often times ends up complicating things.

In personal relationships, this sort of "avoid the truth" tactic so as to "avoid embarrassment" makes interpreting another persons true feelings quite challenging. When communicating with those instilled with Chinese beliefs, it is extremely important to consider what they are not saying, versus what they are. Remember, the story told when discussing apologies back in the 2017 issue 05 cover? It went like this: "A discussion with a Shandong friend named Rose, whose family is in the rural area, revealed that the thought of an apology within her family is unheard of. Particularly from her older brother to his



White lies in childhood

siblings. Instead of an outright apology, he may treat everyone to a dinner. Everyone knows the reason for the occasion but still there are no words of apology spoken. In this way he maintains his “face” or pride, while feeling that his debt for being wrong has been paid.” In addition to the “face or pride” issue, isn’t it also clear where the Daoist concepts of “peaceful and passive, favoring silence over speech” are being made manifest? From apologies, to the telling the truth, to even saying I love you, the fact is, many aspects of communication involving those of Chinese upbringing will reflect this same core ideology. To the person involved, it may even be subconscious. They may not fully realize why they are thinking and acting in that way. But so it goes with social upbringing and culture. It is often unperceived and unconscious, not at all unlike the Sun Tzu art of war tactic, secretly and silently shaping us.

Another example of when a white lie often occurs is when someone who has prepared or hosted dinner asks the guests: “How’s the dinner?” The common response would be a positive reply in order to avoid embarrassing the host, even if the meal was actually very bad. However, you should consider that although the truth may hurt, it might help your friend for future events in order to avoid a similar bad meal. So the saying goes: “honesty is the best policy.” In fact, perhaps telling the truth isn’t the problem at all. Rather, the key may lie simply in when and how the truth is told. Instead of exchanging the truth for a lie, perhaps the

“best policy” is to be honest and truthful at the appropriate time and in the appropriate way. Furthermore, the person asking the question isn’t without culpability. After all, asking guests in a rather direct and public way “how the food is?” puts everyone in an awkward position. Rather than posing the question of “how’s the food?”, the statement of “I hope everyone enjoys the meal.” Or even, “I’m so glad everyone could make it.” puts people in a far more comfortable situation and leaves plenty of opportunity to speak truthfully when saying in response: “Thank you so much for the invitation.” Or, “We are so glad to have this chance to eat together.”

In the West, there is a higher chance that truth will prevail, while in China it is seldom that a Chinese guest will be so forthcoming. Chinese customers experiencing a bad meal in a restaurant seldom complain, they just won’t return. Although social media is changing that now and they are able to complain anonymously. The exception in China seems to be with family situations. If you marry into a Chinese family, then you will open the way to brutal truths. Gone are the polite cover-ups and white lies to protect your feelings. Relatives will feel that it is their duty to tell you everything in order to benefit your well-being and show that they really care about you. Be prepared for comments about your weight, hairstyle and clothing, which are usually negative because of cultural differences. Even opinions of your wrong choice of car will come forward but were

not expressed when you were just a friend before marriage into the family.

### Polite Lies

Similar to white lies, polite lies are minor falsehoods created to spare the listener’s feelings and a form of convenience for both parties. In Chinese, it’s a form of saving “face” (面子 miànzi a.k.a. 脸面 liǎn miàn), which is a very strong concept in Chinese culture. Chinese friends will go to great lengths to save their own face or respect and probably go the same distance if not more to save their foreign friend’s equivalent.

An example of a possible polite lie is when using a smart phone and in the middle of texting, you may say you need to go because the waiter has just come with the food. When in fact, you aren’t even in a restaurant and you just want to end the conversation but don’t want to hurt the feelings of the friend at the other end. In the past you could make up a lie by saying you are going into an elevator or the basement and the signal will be lost. But nowadays, the advancement of technology makes electronic access available pretty much everywhere, so such a lie is less believable. Age is always a sensitive topic so when you are asked to guess a person’s age, many will always lie and answer a few years less than what they are really thinking. It always appears as a compliment. Nothing seems to be gained by telling the truth in this situation, especially if women are involved and this goes for all cultures. Yet again tough, the person asking this type of age related question has a certain amount of responsibility if they get an

**WHEN COMMUNICATING WITH THOSE INSTILLED WITH CHINESE BELIEFS, IT IS EXTREMELY IMPORTANT TO CONSIDER WHAT THEY ARE NOT SAYING, VERSUS WHAT THEY ARE.**

honest answer in reply, or at least one different than what they hoped for. Really, what are we looking for anyways? To be told lies or the truth? If we look older than we are, why ask others simply to put them in the hot seat and tempt them to lie. If we look younger than we are, isn't it a bit self-centered to go around asking others to acknowledge it? Even lies that are meant to be polite, ultimately may not accomplish very much good. In answering the dreaded age related question, we may falsely inflate someone's ego by lying. Yet again, when it comes to telling the truth, it's very important to find the time, place, and way to say it.

### Love and Business

The cliché "all is fair in love and war" implies justification for lies used to gain advantage in such situations. When foreigners look at the Chinese market and see about 7% annual GDP growth compared to others 1-2%, they feel that opportunities are enormous here. True but at the same time, this market is probably one of the most competitive markets. Businesses and individuals compete rigorously and try to take advantage of every opportunity. It's not uncommon for businesses to exaggerate their financial and economic positions. If you are looking to rent or buy a property, the developer will always paint the best scenario, claiming that the location is central, future subway station is right next door and in the middle of the next business district. All that may be true but they did not mention that the subway may take 5 years to complete and is only a possibility; or that it is under the flight path of the new airport and noise will be unbearable. So make sure that you do your own research. In China, the development has been so rapid that proper zoning has not been put in place to separate industrial, commercial and residential areas. That is why it is not uncommon to see these zones overlapping. In fact, many of the successful developments have commercial and residential combined.

When it comes to business, it is as mentioned earlier, in China it is often approached like "war." And remember

what Sun Tzu said? "All warfare is based on deception." The implications are clear. Therefore, do not be naive. Especially expats coming to China to do business need time to get their sea legs. The water here is very deep and can be rough. In fact, this issue of truthfulness is a big reason why. Since the times, places and ways one may feel inclined to be truthful in China vary accordingly to culture and upbringing, those who haven't been raised here can struggle, and even be highly susceptible to being taken advantage of. In business, this often comes at a minimum in the form of losing money. Expat investors tend to be easy targets for untruthful ploys. Those looking to lower risk and even make a profit, better make the study of Chinese culture and language a top priority. These two elements (language and culture) are some of the biggest reasons why expats really struggle to grasp the topic of truthfulness in the context of China. If one doesn't have the time or desire to truly master Mandarin or understand the intricacies of the culture, it is definitely a case of buyer beware. It may be prudent to hire an experienced and validated "China consultant."

A true China consultant has lived here a long time. They read and speak Chinese well and may even be able to write it. Solid hand-written Chinese skills are a rarity amongst even the most veteran of expats. However, if they can't communicate verbally and in text format (such as texting, emailing and typing on a

computer using Pinyin entry) using Chinese and Chinese characters that they don't know half as much as they say they do. Before signing a deal, consult a China consultant. Have them vet the deal. Their money will be made in seeing the lines, and looking for the lies.

Regarding love, it is well known that in China, there is a serious unbalance of women to men and resulting in competition to secure matrimonial partners. Prospective brides are expecting grooms to have an apartment, new car and a stable career, three main prerequisites before considering marriage vows. This lends to lying about oneself, such as in the inflation of personal assets and salaries in order to secure marital bliss. Not to say that this doesn't happen in the west but again due to the high population here, competition is at a much higher level. Another area to be highly on guard is when having online interactions. In the era of WeChat, Weibo, and every other type of social media, be very careful when establishing relationships online. It is often unimaginable who is on the other side of that electronic device. Lies can come in every form. From fake photos to false stories, such details are rather difficult to confirm and all too quickly emotions can blur our judgment. Again, expats especially need to be aware of the potential problems associated with finding love online. Be ready for some level of false advertising in all relationships. It could be the truth about them or a family member. As the rather



Photos can be deceiving after being processed by some APPs like Meitu.



Online shopping is based on pictures that can be deceiving.

benign matter of being told you “bought the wrong car” came out only after being officially welcomed to the family illustrates, other more significant “truths” may only be revealed after the deal is done.

### Advertising and Shopping

Another area of exaggeration or outright lying can be seen with TV ads, restaurant menu photos and shopping. How many times have you seen repetitive ads on television promoting a OTC (Over the Counter) drug or supplement that when taken by an elderly man, he miraculously can do sprints and pick up his wife (presuming that she has also taken the magic potion) and they start dancing like Frank Sinatra and Ginger Rodgers. (Ok for you younger Salsa readers: Riccardo Cocchi & Yulia Zagoruychenko.)

If you are in a restaurant viewing their menu and trying to decide on a meal, funny how the dish never meets the expectations as per that glossy photo. The quantity of the food is less; there is minimum meat and exceedingly more

vegetables or pasta. You would be better off looking around and ordering what looks good based on what other neighboring customers ordered. Things get even more troublesome when buying online. That item may look amazing online and downright disastrous upon receipt. Photoshop is like rice around here. Trust nothing you see except that which is right before your eyes. Selling something based on photos that are so enhanced that it pretty much has become another item is a form of lying. However one would be hard pressed to convince the countless purveyors doing this of such a truth. Instead it is viewed as standard practice.

There have been many reality TV shows exposing misrepresentation at open markets. The most common deception is using rigged scales or under weighing the goods. Seafood purchases will have surplus water, crabs will have heavy straps on the claws and bags are made of heavy plastic. An easy remedy is to carry your own hand held scale. Just displaying your scale will likely ensure a true weight for the purchase. Vendors will know you are serious and if you report a false transaction to the market manger

**SINCE THE TIMES, PLACES AND WAYS ONE MAY FEEL INCLINED TO BE TRUTHFUL IN CHINA VARY ACCORDINGLY TO CULTURE AND UPBRINGING, THOSE WHO HAVEN'T BEEN RAISED HERE CAN STRUGGLE, AND EVEN BE HIGHLY SUSCEPTIBLE TO BEING TAKEN ADVANTAGE OF.**

(usually an office at the rear of the market) the vendor will be charged with a fine (perhaps 5,000 RMB) and repeated offenders will be disbarred. Fruits and vegetables can also be prime territory for lying, scheming vendors. The alleged and rather infamous injected watermelon scandal has made everyone buying anything with a high liquid content suspicious. Then there are also reports of fake eggs and food sprayed with who knows what to make it look better longer.

Truthfulness in transactions can be tough to find.

## Conclusion

A lie is a serious matter. Maybe that is why it is referred to as a falsehood, an untruth, a distortion or a misunderstanding rather than saying an outright lie. Just remember that it takes more effort to tell a lie and keep it going than to tell the truth. Don't forget the Aesop fable about the boy who cried wolf. The shepherd boy was bored in the fields and cried wolf, so that the villagers would come running to his amusement. However, after repeating this lie several times, and a real wolf appeared, the villagers ignored his plea for help. The moral of the story in the context of our discussion here is that you will discredit yourself to others if you become known as a chronic liar. Plus the consequences for lying can be so serious that even your own life is lost.

Ironically in a day and age when fancy new technology like the iPhone X is making waves, on a human level, many are still asking the same old questions. It was nearly 2,000 years ago that the Roman governor Pilate asked the infamous question: "What is truth?" For some, that question remains unanswered. Truth is but a concept, a hope, an ideal but not a reality. For others, truth not only exists, but can be found and understood. And then there is the poor soul who comes to know the truth, but struggles to tell it. Indeed, with truth comes responsibility. So the saying goes "innocence is bliss." Sweet is the innocence of a child who has yet to know the lies; but not so intriguing is the ignorance associating with ignoring the truth which can so clearly be seen. Indeed perhaps no topic like the truth can spark such intense debate or vicious persecution. Is it the heavy consequence of not just knowing the truth but telling the truth, which motivates many to avoid it? Like truth, lying is nothing new. The world is rife with battles between true and false. In fact, most stories, most movies, most plots will link truth with good and falsity with bad. In the end, doesn't telling the truth seem a lot like eating our vegetables?

## 难以启齿的真话

人的一生中多多少少会说些假话，有些是出于保护对方感受的善意谎言，有些则纯粹为了掩盖和欺骗。圣诞老人到底存不存在？孙悟空到底住在哪里？我们小时候曾经笃信这些人物的存在，大人们也会告诉我们只要做个好孩子，你就会见到他们。长大了，我们知道这只是大人们给我们编织的美丽童话，即便都是假的，也无关痛痒。

大家对善意的谎言比较宽容，因为说这样的谎是为了避免伤害或冲突。中国道教创始人老子的中心思想是“无为而治”，与其争辩不如保持沉默。所以很多人在面对一些敏感问题的时候，选择说一些违背真实想法的话，比如接到一个活动的邀请，但并不是很想去，也许嘴上答应说会参加，但当天并没有出现。所以你在策划活动的时候，一定要在临近的时候再次确认。你的合作伙伴如果没有对你的提议做出回复，也许是他们并不感兴趣，而不是直接拒绝你。外国人也许不能理解为何得不到回应，这其实是中国人“避免尴尬”而采取的一种“回避”战略。所以，老外们应该学会解读中国人没有说出来的话。

如果你去朋友家赴宴，主人问你“吃的还好吗？”，通常大家都会给出肯定的答复，即便菜真的很难吃。但真朋友会想要告诉他实情，以便他日后能有所改善。这种情况下，选择在什么时机，以什么样的方式说出来就至关重要了。

而问出这种问题的人也是有责任的，因为他的问题让客人陷入一种尴尬的境地，说真话怕伤人，说假话又违背良心。所以，作为主人，他不妨说“希望大家喜欢我做的饭”，或者“大家都来赴宴我真的很高兴！”，这样的话让所有人都舒服。

有时候说谎还是一种礼貌。在通电话的时候，我们想尽快结束一段对话，但又不能生硬地切断，所以就会说“我的菜上来了，我们一会儿再聊”，但其实他根本不在餐厅。如果有人让你猜他的年龄，作为礼貌，我们通常会往小了说几岁，尤其是面对女士，我们一定会尽量让她觉得自己既年轻又美丽，这在全世界都是通用的。同样，问这样的问题也不合适，你同样让对方陷入尴尬，不得不说谎。

在商业领域，全世界都知道中国保持着世界领先的增长速度，但同时竞争也是十分激烈的。外国人想在中国市场上分得一块蛋糕，首先要适应这里的商业环境，而这个环境也并不是一块净土，水土不服的人只能血本无归。有些中国人看来非常正常的事情，在外国人看来似乎是欺骗。这里面的水很深，如果你自认为还没有掌握足够的语言和文化知识，最好聘请一个“中国通”当你的顾问，否则你是无法深入了解和参与中国市场的。

除了商业，婚恋也不只与爱情有关。中国的男女比例并不均衡，所以想找到理想配偶也需要使用一些手段。有些不诚实的人夸大自己的经济实力，虚构学历背景，确定关系或结婚之后才露出真实面目。互联网经济的飞速发展也让网上交友更具欺骗性。照片可以作假，人生经历可以作假，反正谁也看不到谁，而一旦被感情冲昏头脑，就会轻信对方的一切。

现在人们都喜欢网上购物，虽然便利，但我们毕竟看不到货品，只能通过商家的照片和描述来判断。餐厅用餐也是一个道理，你不认识中国字就只能靠图片点菜，而上来的菜总是和你的期望值有差距。被美化的图片算不算欺骗呢？反正这已经是商业惯例了，还是大家自己判断吧。

我们已经进入了一个全新的时代，iPhone都已经出到10代了，但我们还在问一个陈旧的问题“什么是真相？”有人认为真相只是个概念，一个希望，一个理想，而不是现实。有人相信真相存在并且可以找到和理解。也有人知道真相，但无法说出口。所以，真相伴随着责任。很多人相信“无知便是福”，孩子坚信圣诞老人的存在，这是多么可贵天真。但那种“揣着明白装糊涂”就令人生厌了。每个人都在真相与谎言之间挣扎取舍，但真相就一定是美好的，而谎言就是可耻的吗？恐怕没那么绝对。

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- Household goods moving
- Exhibition
- Africa Line
- Domestic logistics & distribution

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- 展覽 · 非洲航線 · 國內物流及分撥

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# COMPETING FOR CHARITY

by Carmen King

Hugo passed the finish line.

**O**n January 12, 2016 The Ritz-Carlton in Tianjin announced Mr. Hugo Montanari as the new General Manager. As to the new role, he commented: "I am thrilled to be in this metropolis in northern China. It is an absolute honor and pleasure to serve as General Manager at The Ritz-Carlton, Tianjin." Mr. Montanari has a unique background having lived in several different countries such as Bangladesh, India and Papua New Guinea. He has also worked in Switzerland, London, Dubai, New York and now China. In an effort to blend his personal and professional goal to give back to the community, Hugo has made a habit of competing in various events in an effort to bring publicity and proceeds to worthy charities. His most recent effort includes raising awareness and donations for a young boy named Shuaishuai who suffered severe burns after a tragic accident. JIN had the

opportunity to talk with Hugo about this cause.

**JIN: How did you hear about Shuaishuai's story?**

**HM:** I am fascinating with children because I have two of my own. I feel my children are very lucky in terms of their upbringing and where they are. I have always wanted to help other children who are less fortunate than mine. About six months ago, we were looking for opportunities to work with children as this is one of our key pillars with the Community Footprints, which is child wellbeing and relieving poverty. We already worked with other organizations such as elderly homes and those related to environmental responsibility, but there was still the opportunity to do more for children. We did a lot of homework to find a genuine charity that was recognized by the government and that we could affiliate

ourselves with.

Hugo's colleague Chris, the Director of Human Resources explained that one day they had a meeting with the organizer for the Tianjin Woman and Children Development Foundation. The organization is to help women and poor children. They introduced Shuaishuai's story. When he was ten years old, he was at home with his mom when the house caught fire. His whole body was badly burned. His family had to borrow a lot of money to pay for the first surgery. Although able to save his life, his face was severely disfigured. 400,000 RMB is currently needed for a cosmetic surgery.

**JIN: How did you come up with idea competing in triathlons to raise money for Shuaishuai?**

**HM:** I have done a lot of charity work. I have had the opportunity to run two New York marathons. The first marathon I ran when I was eighteen and raised 3,500 USD for a charity. I have also run in the United Kingdom up and down mountains in 24 hours without sleep to raise money for Hope and Homes for Children. I worked in India to build schools for six months when my father was based there. In terms of competing, it takes a lot from your body to complete a triathlon. There is a lot of stress and exercise. I thought if I was going to go through all that, then let me do it for a good cause. So when I am running, biking or swimming I think about Shuaishuai and what it is going to accomplish. This gives me more motivation. These kinds of events are mental. Whether you finish or not, it is not so much about your physical ability but in your mind. Whether you have a positive attitude or not will decide if you finish. People like Shuaishuai inspire me to finish. If people donate, then I feel like I have to finish or else I feel like I haven't accomplished my goal. I am motivated by the cause. This is very popular now. People do something for a cause such as running, and push their limits. I think it is a nice way of doing it and I am addicted to triathlons. It's my sport, my passion and I just want to do one every day.

**JIN: Was this your first triathlon?**

**HM:** My first triathlon was one year ago in Beijing for the Beijing International Triathlon. I had never done a triathlon before that. I enjoy running, swimming, and biking but never done all three together. This year I decided to take things more seriously. I did the Great Wall



marathon on two different occasions with the goal of completing my first Ironman. I hired a coach, a local Tianjin man and he has kept me going. He has pushed me, but not to my limit yet.

#### JIN: When do you train?

HM: Before and after work. I usually wake up around 4:45-5:00 am. I have a schedule and plan of what I need to do, whether it is running, swimming or biking. I follow the training plan which is six days a week and sometimes it is two times a day. It will be in the morning for a minimum of 1-1.5 hours and then in the evening around 8:30 or 9:00 pm I will do another hour or so of sports before going to bed. Like everything, it was difficult in the beginning. But then it became

a habit. Now I naturally wake up. Like this morning, I just woke up and said let me go for a bike ride. So I got on my wheels and went out. I've learned how to make it fun. I listen to books about famous people, engineers, businessmen or women, triathlons, audio books or podcasts on leadership, or different stories. I find it to be a good way to be by myself.

But sleep is important. I know if I don't get enough sleep, I'm in trouble with my body so I'm being careful about that. I've seen the whole of Tianjin on a bicycle or by running, I know every corner. I ride between 40-60 km on weekdays and up to 120-140 km on the weekend by bike. Or about 2-3 hours running per session. I train about 8-10 hours a week. My next Ironman is in Xiamen in November.

Next year I plan to do another four [events]. I am getting addicted. I'm getting my family into it. It is becoming a family affair.

JIN appreciates Hugo taking the time to share this story and applauds the effort to help those in need. For now, Shuaishuai is at home awaiting the second surgery. The goal is to raise the required money as quickly as possible. To date, the effort of Hugo and The Ritz-Carlton has resulting in over 70 different donors having donated a total of 24,064 RMB. Hugo's wife is also trying to assist with raising awareness for Shuaishuai's cause. They welcome others to join in and donate what they can towards the 400,000 RMB goal.

## 为爱而战

天津丽思卡尔顿酒店的总经理 Hugo Montanari (孟修禾) 2016年来到天津, 工作之余他还是个体育爱好者。最近Hugo参加了一系列铁人三项比赛, 目的是为一个名叫帅帅的烧伤男孩筹款做修复手术, 他向我们讲述了帅帅的故事和他的铁人三项历程。

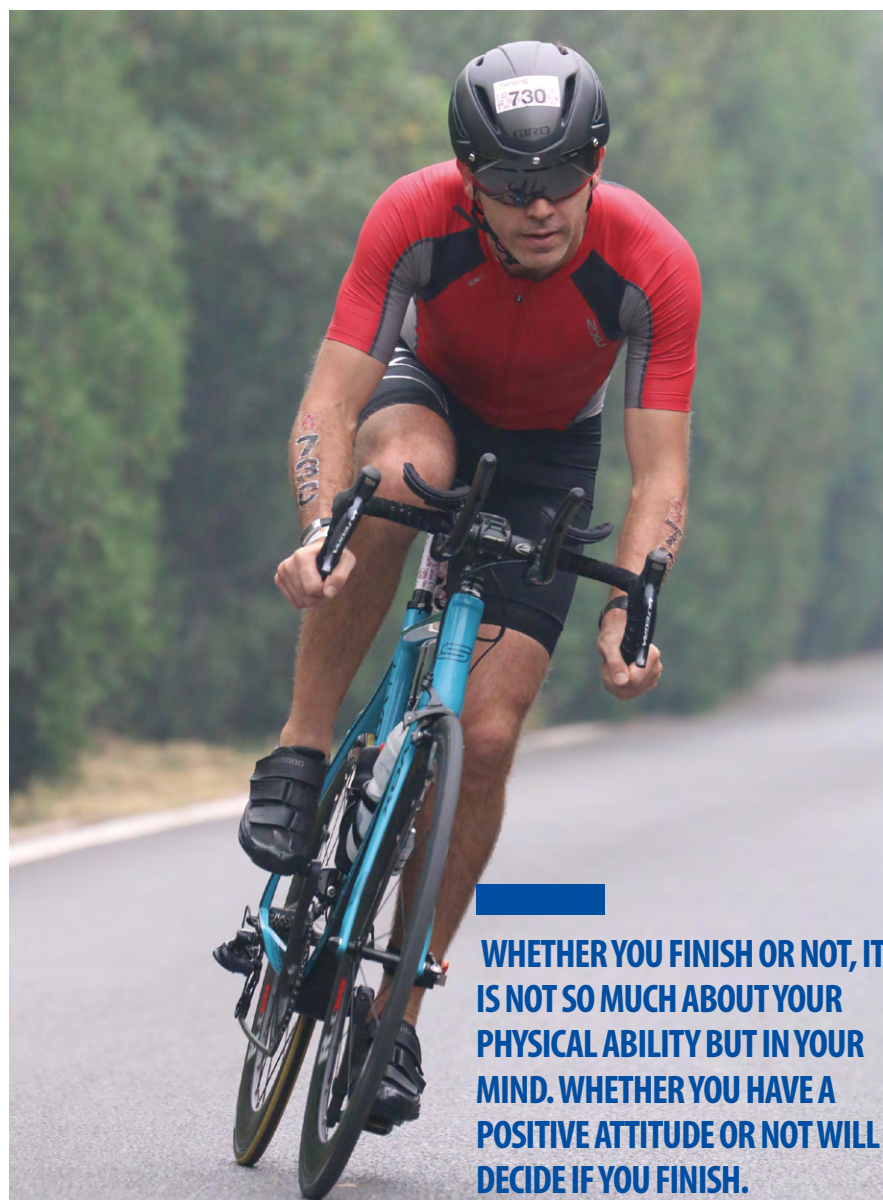
Hugo介绍说, 他的酒店一直都关注社区公益, 尤其是贫困家庭儿童的健康成长。他们从天津市妇女儿童发展基金会得知了帅帅的故事。帅帅是个10岁男孩, 他和妈妈独自在家的时候家里着了火, 帅帅全身严重烧伤, 家里借了很多钱才在天津完成了第一次手术, 而第二次修复手术需要40万人民币, 目前家里根本拿不出, 所以他们只能回到老家等待。Hugo自己也有两个孩子, 他对帅帅的遭遇十分同情, 决定想办法帮助他。

Hugo是个体育达人, 尤其擅长长跑, 早在青少年时期就曾经多次参加马拉松长跑活动, 所以他自然而然地就想到通过比赛来为帅帅筹款。他的计划是连续参加三场铁人三项比赛, 以此号召人们为帅帅捐款。

Hugo承认铁人三项赛这是对人意志品质的极大考验。日常的体能训练非常重要, 而在比赛中更多是精神上的力量支撑着一个人完成比赛。对Hugo来说, 帅帅就是支撑他抵达终点的精神力量。Hugo认为用体育来做慈善是一种很好的方式, 而他经过这次历练也彻底对铁人三项运动上瘾了。

作为一家五星级酒店的总经理, Hugo的日常工作非常繁忙, 所以他只能利用工作之外的时间来训练。Hugo每天早上四五点钟就起床了, 然后按照训练计划进行跑步、游泳或自行车的训练。晚上八点半或九点开始, 他再进行1-1.5小时的训练。他聘请了一位天津的教练帮助他提高体能同时不断发掘他的潜力。现在他已经形成了良好的生物钟, 每天很早自然醒, 但从睡醒, 而是马上起身去骑车, 锻炼过程中他会听一些有声书籍, 比如名人传记、领导力的培养, 这是一段难得的独处时间。每周Hugo会骑行40-60公里, 周末会达到120-140公里, 通过这种方式, 他已经对天津的街道了如指掌了。

在完成了三场铁人三项赛后, 酒店已经收到了来自70多人的捐款, 总额达到2万4千余元。虽然这和第二次手术所需要的40万元还有很大差距, 但是希望看到这篇文章的你也能支持Hugo的善举, 为帅帅献出一份爱心。



**WHETHER YOU FINISH OR NOT, IT IS NOT SO MUCH ABOUT YOUR PHYSICAL ABILITY BUT IN YOUR MIND. WHETHER YOU HAVE A POSITIVE ATTITUDE OR NOT WILL DECIDE IF YOU FINISH.**

Hugo in the cycling session.



by Carmen King

# SHAMELESS PLUGS

**W**hen we talk about shameless plugs, we aren't talking about a poor attempt at hair restoration. Instead, as Wordset dictionary defines plug: "a blatant or sensational promotion." Apple's built in dictionary offers the following Chinese translation for plug: 插播广告 (chā bō gu ā ng gào). However this word in Chinese speaks more to the traditional advertising commercial that intermittently interrupts the broadcast of a given program. Plugs though, in terms of how the word is used in English doesn't always have to be an official advertisement, where the program stops and the ad plays; but rather any type of "blatant" or "sensational promotion," placement or use of a product within a show. The shamelessness comes in the outright blatantness of the plug when not being identified as an outright commercial.

## Shameless Advertising

When it comes to literal commercials, there is perhaps no event that is more notorious for its ads throughout than the Super Bowl. The biggest football game of the year, at times becomes less of a sporting event and more of an advertising freak show. From the funny to the down right shocking, pretty

much about everything and anything is tried during the Super Bowl when it comes to advertising. To the advertisers delight, instead of evoking complaint or frustration as commercials usually do, quite the opposite occurs. Some people actually anticipate the advertisements more than the game! Typically a person employs about every means possible to avoid ads. Back in the day, this involved using a VCR to record shows and then fast-forward through the commercials during playback. Now a days to the dismay of money hungry hustlers DVR's make skipping commercials easier than ever. Ironically though, for some reason Super Sunday changes everything. Instead of blasting past the commercials, some folks are passing on the game to get to the ads! It's like dying and going to heaven for advertisers.

These official ads can be shameless, but more in a scandalous, pushing the limits in what is down, said or shown sort of way. The shameless nature of plugs focused on herein, are those that come via overly overt product placements combined with near perfect tagline recitation by the onscreen actors. Product placements (植入式广告 zhírùshì gu ā nggào) essentially are in-show ads. They don't disrupt the program par se, but rather insidiously and subconsciously tell the viewer to buy, buy, buy this product. There are also

ads on steroids which www.npr.org reported on in the article "Skipping The Ads On TV? Get Ready For The Shows That Are The Ads." These are branded shows where the show essentially is the ad. Of the various advertising methods available, shameless plugs in the form of product placements is particularly viral in China right now. Perhaps nowhere is it more evident than in the widely popular production of television dramas.

## Plugs in Shows

A recent example of this can be found in the show: "Love Actually" (人间至味是清欢 Rénjiān zhìwèi shì qīnghuān) which according to Baidu was first released in August of 2017 on the Hunan Station (湖南卫视 Húnán wèishì). This show which has 42 or 43 episodes (T.V. vs DVD version) available via the 搜狐视频 (sōuhú shìpín) app is chock full of shameless plugs. The top brands being

**THE SHAMELESSNESS COMES IN THE OUTRIGHT BLATANTNESS OF THE PLUG WHEN NOT BEING IDENTIFIED AS AN OUTRIGHT COMMERCIAL.**

pushed through the show are: Vatti (华帝 huádi), Chunzhen (纯甄 chúnzhēn), LeTV (乐视 lèshì), Six Walnut (六个核桃 liú gè hétao), and Jeep. Not only do these products shamelessly appear constantly throughout pretty much every episode, but they are even accompanied by the actors repeatedly saying certain key catch phrases related to certain features or benefits of the product being plugged.

In the course of "Love Actually" for example Vatti is plugging kitchenware, such as stovetops and overhead ranges. So of course, key kitchens throughout the show include Vatti gear and perfectly clear shots of the brandname and styling. A few episodes include scenes from a cooking competition. Of course Vatti goods played their part. Chunzhen yoghurt was being consumed by various characters so much so that soy evangelists would be outraged. In China drinking, even to the point of drunkenness and a downright stupor is not uncommon. In scenes where this occurred, how did the main characters recover? By having some Chunzhen yoghurt to bounce back from that hangover and prevent damage to the stomach. A crafty plug not only promoting the product for after drinking but one that has health benefits as well. How did one of the main characters make a sweet treat at work? You guessed it, more Chunzhen yoghurt was a key ingredient. The list of shameless plugs were just too long to list. Including the vast majority of characters driving some type of Jeep brand vehicle and all carrying Leshi phones.

### Problematic Plugs

The Sixth Tone published an article on September 13, 2017 in WeChat entitled "How

China's Famous Foreigners Double as Diplomats." It highlighted in part the feeble attempts to use foreign faces in an attempt to bridge the gap between east and west creating soft power. They highlighted some of the potential problems associated with this tactic. The issue lies in the lack of creativity, ingenuity and naturalness of the plug. It could be a plug for a product or propaganda. Regardless of what's being pushed, humans have an innate ability to detect hypocrisy. It oozes out when obvious agendas are poorly packaged. The whole idea of a soft-ad, or soft-push is to make it undetectable, or at least kept very subtle. That's the art of advertising. It's like the difference between a shot and a mixed drink. Shots pack a punch and can't be missed. Mixed drinks may be sweet and creamy, making the powerful liquor almost completely unnoticeable until the aftereffects of the alcohol consumption hits hard.

What is interesting is just how shameless plugs are throughout Chinese programming. The advertising is simply "blatant." There is no couching the subject. It is just in your face, buy this product for this reason right smack in the middle of the story line. The actors or actresses might as well hold up the product and smile at the camera as they say "buy this now." Those moments are nothing but a shameless plug. It is incredible they can even keep a straight face delivering the lines. As if anyone would ever be saying specific product tag-lines to family and friends during the course of real conversations. Yet, it definitely gets the point across. After all, in an effort to watch the series "Love Actually" all those shameless plugs had to be suffered through. And, to the advertisers delight, there was virtually no way to skip those ads! There was zero method to predict when and where

## THE SHAMELESS NATURE OF PLUGS FOCUSED ON HEREIN, ARE THOSE THAT COME VIA OVERLY OVERT PRODUCT PLACEMENTS COMBINED WITH NEAR PERFECT TAGLINE RECITATION BY THE ONSCREEN ACTORS.

some shameless plug was going to appear. Yet, appear they did, time and time again. So much so that by the end of the 40 plus episodes even this expat couldn't help but remember all the different products being plugged. Does this make the shameless plugs a success? What comes to mind is the old saying, winning at all costs.

## 恼人的插播广告

当我们谈插播广告时，我们谈的可不是一件简单的事。先来看看“插播广告”字面上的定义：引人注目、引起轰动的宣传。没错，这个词在汉语中被更多地涉及到传统的广告商业，它的存在间歇性的中断某些节目的播出。不过，在英语环境中，插播广告并不总是指代官方广告，它可以是任何形式的推销。因此，当赤裸裸的广告摆在你面前而又不被定义为带有商业性质时，我们的厌恶就油然而生。

官方广告尽管恼人，但它更多的是一种可耻的行为，它以某种形式对人们的所作所为带来种种限制。但植入广告的存在，使得它在不打断观众观剧的前提下，通过结合近乎完美的宣传标语，以自然流畅的演员台词流露出来，从而带动观众的购买欲望，最终使广告主获利。植入广告好似病毒，尤其是在电视剧中，植入广告几乎无所不在。

最近一部火爆湖南卫视的电视剧“人间至味是清欢”，40 几集的电视剧满满的充斥了大量的广告植入，几乎每集都会有品牌的出现，甚至演员的台词中也会反复出现关于这些产品的卖点和亮点。产品和剧情巧妙结合，让人不禁感叹，制片方为了照顾观众情绪也真的是煞费苦心。

最近在微信上看到一篇推送，它强调了中国试图用外国面孔来缩小东西方的差距，继而创造软实力，但结果差强人意的观点。当然，它也指出了与这种战术相关的一些问题，比如宣传工作上的缺乏创造性、独创性、以及自然性。不管我们被推送了什么，人类永远有一种天生的侦测伪装的能力。而我们推崇的广告艺术就是将软广做成不露痕迹的效果。

中国的植入广告只是明目张胆的宣传产品，它不会表达主题，也没有一个主题。当演员们拿起产品的时候，他们的宗旨就是一个，告诉观众：买！所有的这些时刻都令人反感，当然广告商却喜闻乐见。反复出现，多次提及，植入广告在曝光上可以说相当成功。几十集的电视剧看下来，即便外国朋友不懂产品的内容，他们也绝对记住了产品的名字。究竟这样算不算成功？哈哈，不得不承认在成功的道路上，我们也算是千方百计了。



Plugs in Shows

## Tianjin's Third Annual Joint Chamber Golf Tournament Co-hosted by AmCham China, Tianjin and HK Chamber of Commerce

September 16 – Tianjin Fortune Lake Golf Club and the Renaissance Lakeview Hotel

By Antonio Douglas

AmCham China Tianjin and Hong Kong Chamber of Commerce in Tianjin celebrated the end of summer with their 3rd Annual Joint Chamber Golf Tournament. Building off of the success of two previous tournaments, this year saw 40 golfers compete over 18 holes of golf, in addition to various on-course games. Later in the evening, a banquet was held with over 100 attendees gathered to hear the announcement of the winners of the tournament. The champions of the day included:

1st place: Liqun Li & Dai Qing Wu

2nd Place: Xinwei Zhang & Tan Xilin

3rd Place: Baoping Zhang & Yang Shujun

Longest Drive: Peter Zhu

Closest to the Pin: Preston Thomas & Rommeo Zhang

Most Accurate Long Drive: Steven Yau

Best Putters: Jon Reed and Gene Brewer

The banquet had opening remarks from Martin Winchell, Chairman of AmCham Tianjin and Mark Wong, honorary Chairman of Hong Kong Chamber. Mr. Wong also partnered with AmCham China Tianjin Executive Committee member Jon Reed, to personally hand out trophies and awards. The evening banquet also included delicious food, cold beverages, a live band, and lucky draw prizes. The success of this event ensures that this won't be the last time AmCham China, Tianjin and Hong Kong Chamber partner together to bring value to their members.



AmCham Tianjin Chapter would especially like to thank all our sponsors for supporting this event. A sincere thank you to the **Exclusive Platinum Sponsor: Rionlon**, without whose support this event would not have been possible. **Jin Magazine**, for consistently promoting this event through their magazine. **WE Brewery**, for providing chilled craft beer to golfers during the tournament and banquet. **Holiday Inn Tianjin Riverside**, for providing golfers with beer, tea, and energy drinks during the tournament. **1421 Wine**, for providing red and white wine during the banquet. Our hole sponsors **TCW, Bank of East Asia, and Sakura**, whose support helped to ensure the tournament would take place. **ID Mask** for providing their high-quality masks to be used as lucky draw prizes. **Mary Kay**, for providing lucky draw cosmetics prizes, and on-site makeovers for attendees. And finally, **IQ Air** for sponsoring our lucky draw grand prize, with their premium air purifier.

AmCham China Tianjin is proud to have partnered with these companies to host the 3rd annual Joint-Chamber Golf Tournament, and looks forward to continued coordination in the future.



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## Past Events

### Executive Breakfast Briefing: Can China Contain Financial Sector Risks?

August 17, 2017

Four Seasons Hotel, Tianjin

For August's Executive Breakfast, AmCham invited Mr. Sitao Xu, Chief Economist of Deloitte China to talk about his thoughts and forecasts of a wide range of subjects which are pertinent to US companies who operate in China as the global economy has surprised on the upside so far in 2017. He also talked about how would policymakers address heightened financial sector risk in 2018 and lessons from the Asian financial crisis.

Prior to Deloitte, Sitao Xu was Chief Representative of China and EIU forecasting director at the Economist Group from 2004 to 2014. He appears regularly on CNBC, Bloomberg, CCTV, and other TV shows as a commentator on China. He is on the Speaker Retainer Program for the Virginia-based CFA Institute, and is often invited by leading MNCs to their board rooms to present key issues on China.

AmCham remains committed to providing its members with more informative and engaging events. AmCham China, Tianjin, would also like to thank Mr. Wheeler for leading this month's Executive Breakfast. For information on upcoming events, please visit the official AmCham website ([www.amchamchina.org](http://www.amchamchina.org)) for more.



## Upcoming events:

### Monthly Executive Breakfast Briefing

October 19, 7:15—9:00AM

Four Seasons Hotel, Tianjin

### Women Professional Committee (WPC) Lunch

October 27, 12:00—2:00 PM

Tangla Hotel Tianjin

### The 2017 Tianjin Environmental CSR Challenge (TECC) Awards Ceremony

November 4th, 2:30-5:30PM

Venue: SM Mall



Scan the QR code; learn updated events and information of AmCham China, Tianjin  
请扫描左方二维码，关注中国美国商会天津办公室最新资讯及精彩活动。

Address: Room2918, Exchange Tower 2, No. 189 Nanjing Rd, Heping District, Tianjin 300051

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European Chamber  
中国欧盟商会

# EUROPEAN CHAMBER IN TIANJIN

## Visit to Tianjin Airport Economic Area and Unilever Tianjin Industrial Park

2017.09.05

The European Chamber Tianjin Chapter held this tour to Tianjin Airport Economic Area and Unilever Tianjin Industrial Park on 5th September. This tour provided executives with the rare opportunity to know Tianjin Airport Economic Area which is a modern service industrial cluster as well as a high-end manufacture industrial cluster and Unilever Tianjin site which is committed to utilizing the latest technologies to ensure its operations is as sustainable as possible.



## Dale Carnegie Seminar – How to improve interpersonal relationship and emotion management

2017.09.07

On Friday, 7th September, the European Chamber Tianjin Chapter hosted an interactive seminar on the topic how to improve interpersonal relationship and emotion management. During the seminar, Carnegie's senior lecturer explained the key methods of emotion management. Around 15 human resource professionals from different companies gathered on this afternoon in order to further enhance their communication skills.



## HR Practical Training Series - Typical Cases of Labor & Personnel Disputes

2017.09.13



The European Chamber Tianjin Chapter invited senior lawyer from River Delta Law Firm Mr. Shi Puhai on 13th September to give a speech on the topic of "How to deal with Labor & Personnel Disputes". With plenty of typical cases studying, around 20 HR professionals had been provided by the practical and updated knowledges of labor law about dealing with labor & personnel disputes.

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



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

41F, Tianjin World Financial Center, 2 Dagubei Lu, Heping District, Tianjin 300020.

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European Chamber  
中国欧盟商会

# European Union 60 Years

## 2017 European Business Gala Dinner

Ticket Purchasing

022-5830 7809

[cguo@european-chamber.com.cn](mailto:cguo@european-chamber.com.cn)

Tickets will not be available at door

Date & Time

Friday

October 20th, 2017

18:30-21:30

Ticket Pricing

Corporate table: rmb4000 (10 persons/table)

Individual: rmb450/person

Venue

5th Floor, Grand Ball Room

Four Seasons Hotel Tianjin

No. 138 Chifeng Road, Heping District, Tianjin

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德事商务中心



## Past events

### Special Event - 5th German Chamber Soccer Cup Tianjin 2017

17.09.2017

On September 17th, the 5th German Chamber Soccer Cup took place on the grounds of the International School of Tianjin (IST).

This event, which has been the highlight of the German Chamber for five years in a row now, brings people from different companies, different ages together and is just a great joy overall.



Here are some facts:

-12 teams competing for the German Chamber

Trophy

-Additional trophies for best player, keeper and scorer

-Broad kids programme

-“Torwandschiessen” (target shooting) with prizes of over 50,000RMB in value

-Food and Drinks including Chinese Food, German BBQ, beer and much more



It has been the first time that the Soccer Cup was held in September. While there had been struggles with cold weather in the previous years, this year’s event was shaped by shorts and sun crème.

The tournament started out with a performance by the cheerleaders of Volkswagen. After a quick speech, the tournament began timely at 10am. The teams came in well prepared and motivation was high.



After the first rounds, a circle of favorites to advance to the semi-finals slowly took shape. While there are some new faces, one thing remained the same: The dominance of team Volkswagen.

They were cruising through the group stage without any problems, going 5 wins and 0 losses.

Alongside VW, Siemens Mechanic United, Airbus and Team IST advanced to the next round.

In the semis, Team IST, a group of IST parents, put up a good fight against the VW overlords only losing 0-1 through a penalty. Siemens Mechanic United also only barely won against Airbus, striking in the last minute for a 1-0 victory.

Finally, around 16:30, the final began. Both teams were quite exhausted but that wouldn’t hinder them to go the extra mile. VW played really aggressive as always and had huge chances. After 10 minutes, again, a penalty for VW. The top scorer of the tournament had no difficulties sticking it in, resulting in a lead for VW. Subsequently, Mechanic United player’s morale went downhill pretty fast, leading to two more goals for VW.

Even though VW won again for the fourth time in a row, one could see clear improvements from the other teams. As the air blew through the summer afternoon during the ceremony, one could feel that tides might very well change next year.



## Upcoming Events

**October 12, 2017, 13:30-17:30:** Seminar – Flexible Employment Strategy and Implementation Plan of the Enterprise, GCC Office Tianjin

**October 13, 2017, 18:00 – 23:00:** Special Event – 7th German Chamber Oktoberfest, Bavaria Beer Keller (Italian Town)

**October 25, 2017, 19:00 – 22:00:** Kammerstammtisch Tianjin, Bavaria Beer Keller (Italian Town)

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

Tel./Fax: +86 22 8787 9249

Email: [tianjin@bj.china.ahk.de](mailto:tianjin@bj.china.ahk.de) Website: [www.china.ahk.de](http://www.china.ahk.de)



## On August 25th, 2017 Tianjin Enterprise Salary & Welfare Research Conference was ceremoniously held in Tianjin Pan Pacific Hotel.



In 2017, with the rapid growth of economy and the frequent flow of talents, the salary increase for employees of same level from different companies and industries is showing various trends. Triggered in April, the research has attracted considerable attention. There are 100 well-known local enterprises involved, referring to manufacturing, pharmaceuticals, emerging industry, 120 occupations in amount.

The conference invited university experts and industry leaders to address speeches, focusing and discussing on topics like the intra-industry overall salary development trend, the enterprise salary adjustment strategy, the engineers of core position salary standards, the welfare distribution and share to employees within the enterprise and the salary gap of the same position between industries. The conference attracted 200 HR managers of world top 500 enterprises, giant state-owned enterprises and well-known private enterprises located in Beijing, Tianjin and Hebei, playing an important

role in strategic integration from recruitment, selection to reservation for enterprise HR groups.

It is reported that Tianjin Enterprise Salary & Welfare Research is launched by HR Club Big Data Application Center, lasting for 6 years. Big Data Application Center initiated a program named "Tianjin Foreign-Owned Enterprises Blue Collar Salary and Welfare Research", setting up a local-market-focused practical salary data research platform with considerable expertise and reliable reference. With years of the accumulation of experience and data, Tianjin Blue Collar Salary Research has been a useful method collecting local blue

collar salary statistics for many enterprises. In 2016, Big Data Application Center added Tianjin Typical Occupation Salary and Welfare Research and University Students Salary and Welfare Research. The former one covers more than 10 salary and welfare research including HR, production, finance, projects and supply chains, expanding its scope from foreign-owned enterprises to others.



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





by Carmen King

# ENVIRONMENTAL EDUCATION IS IMPORTANT

**T**he world just doesn't seem as big as it used to. In about 12 hours, one can get from Beijing to New York. As such, the idea that we are different people living in different countries is becoming a little less convincing. Instead, it seems rather obvious we are one family living in one big home. This is reminiscent of the slogan for the 2008 Olympics held in Beijing: "One World, One Dream" (同一个世界, 同一个梦想 *tóng yīgè shìjiè, tóng yīgè mèngxiǎng*). If we are all sharing one world and one dream, then it certainly behooves us to keep our earthly home in good order. Sadly, in recent years, smog and other environmental issues have made headlines. In an effort to improve the situations, and lower environmental stresses, some governments have implemented programs to promote environmental education as well as mandate reduction in pollutants. China is following suit. A video posted on news.xinhuanet.com sourced from CGTN included the interview of professor Liu Baocheng wherein he noted during the last five years China has reduced pollutants, expanded forestation, and promoted green projects.

### Local Effort

In addition to the government, certain private corporations are taking the lead in increasing environmental awareness and expanding environmental education. For example, Ant Financial ([www.antfin.com](http://www.antfin.com)) is serving as a corporate ambassador for environmental education according to their website by developing "a two-pronged "Green Financial Strategy": First, the application of green thinking when it comes to financial innovation, so as to incentivize public participation. Second, the use of these financial innovations to promote the growth of China's green economy and proliferate green awareness." The site goes to state: "Ant Financial has cooperated with over 90 fund companies within the field of green funds. At present, there are more than 80 green industry theme funds on its Ant Fortune platform." Their environmental education efforts also includes documenting the incredible difference in environmental impact one company can make by moving to electronic document handling. They stated: "In 2015" digitalizing documents "decreased annual carbon emissions by 200,000 tons."

Another example is the Ant Forest (蚂蚁森林 *mǎ yǐ sēnlín*). Alipay users can use the Ant Forest function to track their daily footsteps. Based on how many steps one takes during a day, different

donation opportunities are presented. This includes getting to pick from a variety of tree types that will be planted in an area of need. The incredibly positive environmental effect Ant Forest has had so far, was reported on by CGTN wherein they cite: "Chen Long, CSO of Ant Financial, said that as of January 2017, more than 1.1 million real trees have been planted by Ant Financial and selected social organizations, in line with an average reduction of 2,000 tons of carbon each day."

An American expat who has lived in China for a number of years, has noticed billboards around town promoting community recycling by encouraging residents to put recyclables into designated recycling bins. Recycling bins can be seen in some office buildings, various apartment complexes, and even along public walkways. This same expat has utilized a local service whereby unwanted clothing can be sold to a company for a modest monetary amount. The company in turn stated the unwanted clothing will be sent to Africa. Finding opportunities to reuse items instead of simply throwing them away is an effective means of reducing waste.

### Overseas Effort

A California county employee

participated in numerous environmental outreach efforts. Such as, participation in the Salmon Festival and Earth Day. An annual festival known as Salmon Day was used to educate locals about storm water pollution prevention due to its direct relationship to the quality of local Salmon spawning habitats. A participant stated: "The quality and quantity of storm water can have a detrimental effect on the local ecosystem." The booth sponsored by the county made available free educational materials to help educate the public about effective ways to reduce the impact of storm water on the environment. The county also setup a booth on Earth Day to further educate the community. Another California community often touted as an environmentally friendly town publishes a recycling handbook which is mailed to every resident free of charge annually. Another American non-profit organization has an E-Waste acceptance program. Whereby they accept E-waste at no-cost to the consumer. Yet another corporation has a program in place to properly dispose of batteries. Used batteries can be recycled free of charge. A California county accepts household hazardous waste such as oil, paints, pesticides, lightbulbs and small appliances. The same county has come up with a creative way to reuse left-over paints, herbicides and pesticides. County residents can either drop off or pickup such items free of charge. This makes for both a cost-effective and environmentally friendly arrangement. It should be noted, that these programs are state mandated. There are statewide requirements for both waste and pollution reduction. This serves as an effective mechanism to ensure that



effort is actually made to establish environmental education and relevant programs such as those just mentioned.

**Key Points**

Education precedes action. Without proper environmental education it is unlikely that any major improvements in environmental quality will occur. As both governments and corporations realize their responsibility in promoted environmental education no doubt more programs will come to exist, which in turn aids in further progress. Sadly in many cases, short term profits have taken priority of over protecting the environment. Scientists have come to recognize the like between irresponsible human activity and global warming. Global warming is an issue affecting the entire world. No one is exempt regardless of social status. As we face the consequences of choices which could be described as little more than the human family cutting off their nose to spite their face it becomes essential recognize a responsibility to the global community. Seeing that there is only one known planet such as the earth in the entire universe that is uniquely capable and designed to sustain human life, destroying it doesn't seem to make much sense.

Children are capable of learning the value of things. One method is by not indiscriminately replacing items that they carelessly broke. Similarly, with no other earth being available as a replacement to our current home, environmental education is mandatory. So too, there needs to be consequences to damaging the environment. As many await the results of the 19th National Congress which plans to meet on October 18th according to Xinhuanet, it could be expected that further initiatives related to improving the environment will be

established. As government requirements related to protecting the environment advance and carry greater consequence for breaking them, a positive change reaction should ensue. Often times humans only appreciate things after they are lost. The one human family has only world to share. Therefore, global effort is needed to improve environmental education. As educational efforts expand, more people shall be made aware of the positive changes possible. Ant Financial has used technology to increase individual consciousness of how one person's actions affect the entire the family. Each of us can look for ways to reduce our carbon footprint and positively impact the environment.

**环境教育，从人人做起**

世界再也不是我们想象中的那般大了。12个小时，我们可以从北京飞到纽约。交通如此发达，沟通如此简单。那句我们常说的“我们是生活在不同国家的人”已经变得不那么有说服力了。北京奥运会举办的时候，口号是：同一个世界，同一个梦想。那么既然我们共享一个地球，保护家园的良好秩序应该是每个人的责任。遗憾的是，近年来空气污染问题日益严重，雾霾和环境污染一直都是媒体头条。为了改善环境，很多国家政府都实施了环境教育以及减少污染物排放的计划。在这方面，中国也做了不少努力。

除政府外，很多私营公司也率先提高了环保意识，增加环境教育。例如，蚂蚁金融，一家旨在为世界带来普惠金融服务的科技企业。它通过发展“双管齐下”的绿色金融战略，来推动中国绿色经济的生长以及大家的绿色意识。

另一个组织是蚂蚁森林。它是支付宝的一款公益项目，用户如果步行、地铁出行、在线缴纳水电煤气费、网上缴交通罚单、网络挂号、网络购票等行为，就会减少相应的碳排放量，可以用来在支付宝里养一棵虚拟的树。这棵树长大后，公益组织、环保企业等蚂蚁生态伙伴们，可以“买走”用户的“树”，而在现实某个地域种下一棵实体的树。截至今年1月，已有超过110万的树木被种植到指定地区。

教育带来行动。如果没有适当的环境教育，环境质量的改善就不可能发生。随着政府和企业的意识提高，毫无疑问，我们将会有越来越多的保护方案。人类不负责任的社会活动与全球变暖间存在着巨大关联，而全球变暖又是一个影响世界的问题。无论你的社会地位如何，我们谁人都不可豁免。地球只有一个，我们要担负起社会的责任，竭尽全力保护它。

没有其它星球可以取代我们现有的家园，因此环境教育应该是强制性的，孩子们需要了解损害环境后的影响。我们不能在失去后才懂得珍惜。所有人都来努力才能切实改善环境问题。随着环境教育的不断扩大，越来越多的人应该意识到那些可能发生的积极变化。减少碳排放，带给环境积极影响，这是我们每个人的使命。

**AS WE FACE THE CONSEQUENCES OF CHOICES WHICH COULD BE DESCRIBED AS LITTLE MORE THAN THE HUMAN FAMILY CUTTING OFF THEIR NOSE TO SPITE THEIR FACE IT BECOMES ESSENTIAL RECOGNIZE A RESPONSIBILITY TO THE GLOBAL COMMUNITY.**

If you are in a mixed family, the citizenship for your kids can be an issue.



# CITIZENSHIP ISSUES FOR MIXED FAMILIES

by Charlotte Edwards

Recently there have been some stories going around on social media that deal with citizenship issues of kids born to one Chinese parent and one non-Chinese parent. In one case the parents were told that their child, Chinese by birth and having a Chinese passport, would be denied entrance into the father's home country due to changes in the laws that pertain to their citizens with foreign spouses. Another family was not allowed to board a plane because the child didn't have proper documentation.

When you have a child with a Chinese person, no matter which country the child is born in, China will consider them Chinese. For those of us in China, even once the child is taken to the non-Chinese parent's embassy and granted a passport and report of birth abroad, in the local government's eyes, the child is still Chinese. The good side is that they are eligible to enroll in the local public schools just like their mono-cultural peers. Also, they don't need to get and renew a visa every year.

Now, when you want to travel it's time to do some work that requires plenty of advance preparation on your part. When possible, start at least three months early. Better yet, find out the current information now. Write it down. Then once you decide to book a trip back to your home country for the holidays, get busy. Call the offices again to verify the information, then compile all the paperwork and take it in for

processing. Depending on your plans, you may be able to return to China with the Exit and Entry Book. This is usually valid for both one exit and one entry within three months of the date of application. But not always: I've heard of people getting multiple exits and entries for a year, and once ours was for exit only.

In our situation, we were not given a choice, though there were options on the application form. While the application isn't difficult and takes very little time, the problem is that, in our area, it takes 20 working days for it to be issued. So right away, we're down to just two months left on its validity. Allow a month leeway before the trip, and then a six-week stay with family, and it's expired. Another thing you need to keep in mind is that you need to apply where the Chinese parent has their hukou. We're lucky in that we live where my husband's hukou is, and that the office that handles this for our town is just two hours away. I know people who have to spend a whole day on a train to return to some remote town to do this, and then do the same trip again after the book has been processed because mail service isn't available.

Now if your travel plans exceed the validity of the Exit and Entry Permit, don't worry. There's another document you can get so that your child can come back to China. It's called the Travel Document. You apply for it at your country's Chinese consulate. There are procedures based on

## THOUGH IT CAN BE CHALLENGING TO KEEP UP WITH EVER-CHANGING REQUIREMENTS FOR OUR KIDS' DOCUMENTS, HAVING A MULTI-CULTURAL FAMILY IS A WONDERFUL THING AND ABSOLUTELY WORTH IT!

whether one or both parents go to apply. Also required documents vary by country. One "oh-by-the-way-you-also-need-this-even-though-it's-not-listed-on-our-website" thing I needed for application in the USA wasn't even mentioned to my German friend when she applied in Berlin. My best advice is to have the Chinese parent read the Chinese language version of the website. Do not depend on the English/other language; it's often out of date.

If you're in a relationship where one partner is Chinese, and kids may be in the future, please take note. Though it can be challenging to keep up with ever-changing requirements for our kids' documents, having a multi-cultural family is a wonderful thing and absolutely worth it!

### 国际家庭的国籍问题，你处理好了没？

最近，社交媒体上曝光了一些故事，大致内容讲的是国际婚姻家庭子女的国籍问题。一个孩子在中国出生，持有中国护照，但是他不被允许进入外籍亲属的国家，原因是他们的国籍因为国际婚姻发生了变化。而另一个家庭不被允许登记，理由是孩子没有有效的证件。

当你和中国人结婚，你们的孩子无论在哪出生，孩子都可以具有中国国籍。我们生活在中国，即便孩子具有有效的大使馆出具的国外护照和证明，在当地政府的眼里，孩子仍然是中国国籍。庆幸的是，孩子们可以上中国的学校，而且不用每年更新签证。

如果你有出行计划，那么个人建议最好提前三个月做好准备。了解当前政策信息，并详细记录，一旦你开始着手预订回国的航班，日子就会忙碌起来。给相关办公室打电话核实需要准备的材料，并整理好所有文书，接下来就可以做相应处理工作了。

如果你的旅行计划超过了出入境许可证的有效期限，也别担心，只需填写一份名为旅行文件的文书，孩子一样可以回到中国。你需要在你国家的中国领事馆处理这个文件，当然所需文件也因国家而异。

如果父母一方是中国国籍，那么孩子是中国国籍的可能性也非常大。尽管处理不断变化的各种文书证件是很麻烦的一件事，但拥有多元文化的家庭真的是很棒的事情，并且绝对值得拥有。

## New technology brings new teaching achievements

iPads can be used in many aspects of a child's life. Many children use them in daily life, for watching cartoons, painting, listening to music, or using various software to learn knowledge. In the Tianjin Jian Hua Autism Rehabilitation Center, the teachers are bringing iPads into the classrooms and through these devices and the relevant supporting software, the students' daily learning time will become more interesting and more attractive.

In the iPad App store, there are lots of educational software options. The teachers selected the most effective software to be used in the classroom for the students. Some software can teach the children colors and shapes, some software can allow the students to consolidate numbers or learn pinyin through a game. Some children like to use some drawing software to paint colorful pictures and some children

like to play simple music with different types of music software.

The colors of these different types of software are rich. With an introduction, some of the students, who have more ability to understand, will be able to finish the game verbal cues. Some of the students are not able to finish the game independently, but their attention and concentration have improved significantly.

In addition to the App's software, AR technology is also widely used in the teaching activities. By purchasing the set of cards, the teachers can use some new teaching methods. They use digital pictures of animals, cars, planes, parks, supermarkets, and shopping malls which can flash in front of the students. The animals can be pressed and then give corresponding sounds and different scenarios also show different characters. These new forms of teaching not only can integrate new information being learned, but also help the students with their social skills, and can help them more effectively apply the content of what they have learned in the future.

Of course, in addition to using this new teaching tool to enrich their teaching,

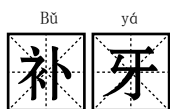


the day care class teachers also use a camera to record the students' moments in the training center throughout the day and then send the photos to their parents through WeChat or QQ. This helps their parents know what their children are doing in class so they can do better training at home. At the same time, the recordings of the daily training are precious memories of the growth of their children for the parents.

For ordinary children, an iPad may be a common device, but for special children, it opens up a new world to them. It becomes a bridge between the teachers and parents to communicate effectively. The Tianjin Jian Hua Autism Rehabilitation Center teachers will also continue to develop new teaching methods to provide meaningful classes for their students.

## GETTING A FILLING

by Zheng Hong Xiang and Kate King



Patient: Doctor, I have a cavity. When I eat, food gets stuck in it and it's really painful.

Huàn zhě Yī shēng wǒ yǒu ge yá kū  
患者：医生，我有个牙窟  
long chí wán dōng xi jiù sāi yá tè  
窿，吃完东西就塞牙，特  
bié nán shòu  
别难受。

Doctor: Yes, the cavity is pretty bad. It should be filled.

Yī shēng Ng nǐ de qǔ chí què shí  
医生：嗯，你的龋齿确实  
bǐ jiào yán zhòng yīng gāi bǔ yī xià  
比较严重，应该补一下。

Patient: What's the procedure?

Huàn zhě Zěn me bǔ  
患者：怎么补

Doctor: First we will do a full mouth examination, then prepare the hole and finally fill it.

Yī shēng Xiān yào jìn xíng quán miàn de kǒu  
医生：先要进行全面的口  
qiāng jiǎn chá rán hòu zhì bèi wō dòng  
腔检查，然后制备窝洞，  
zuì hòu jìn xíng tián chōng  
最后进行填充。

Patient: Will it hurt?

Huàn zhě Bǔ yá téng ma  
患者：补牙疼吗？

Doctor: Anesthetic is necessary, after it wears off it will be a little sore.

Yī shēng Xū yào má zuì má yào jìn dòu  
医生：需要麻醉，麻药劲  
er gāng guò qu shí huì yǒu diǎn er téng  
儿刚过去时会有点疼。

Patient: Ok, let's do the examination.

Huàn zhě Nà nín jiù bāng wǒ jiǎn chá yī  
患者：那您就帮我检查一下  
xià kǒu qiāng ba  
下口腔吧。

Doctor: Alright. I see here that your teeth have some tarter on them, so you should have a routine teeth cleaning.

Yī shēng Hǎo wǒ fā xiàn nǐ de yá  
医生：好。我发现你的牙  
chǐ shàng yǒu yī xiē yá shí yīng gāi dìng  
齿上有一些牙石，应该定  
qī xǐ yá  
期洗牙。

Patient: How about I get the cleaning today and then get my cavity filled?

Huàn zhě Nà wǒ jīn tiān xiān xǐ yá  
患者：那我今天先洗牙，  
rán hòu bǔ yá xíng ma  
然后补牙，行吗？

Doctor: Ok. Remember that after you get the filling don't eat anything for at least 2 hours and don't brush your teeth the rest of the day. Also try not to bite down on or chew anything hard. Keeping an eye on your oral health is important. If your circumstances allow, it's best to brush your teeth 3 times per day.

Yī shēng Ké yǐ Bǔ yá hòu liǎng xiǎo  
医生：可以。补牙后两小  
shí nèi bù yào jìn shí dāng tiān bù yào  
时内不要进食，当天不要  
shuā yá yǐ hòu yě jìn liàng bù yào yǎo  
刷牙，以后也尽量不要咬  
shí huò jǔ jué jiān yǐng de shí wù ér  
食或咀嚼坚硬的食物，而  
qiè yào tè bié zhù yì kǒu qiāng wèi shēng  
且要特别注意口腔卫生，  
rú guǒ tiáo jiàn yǔn xǔ de huà zuì hǎo  
如果条件允许的话，最好  
jiān chí yī tiān sān cì shuā yá  
坚持一天三次刷牙。

Vocabulary: (C) 词 (hui) 汇

Qūchǐ: A tooth which has a hole in it, tooth decay or colloquially as a "worm tooth."

Qū chí Yǒu kòng dòng de yá chí yě  
龋齿：有空洞的牙齿，也  
jiào zhū yá sú chēng chóng yá  
叫蛀牙，俗称虫牙。

Yá shí: Tarter which has hardened.

Yá shí Jié chéng yīng kuài de yá gòu  
牙石：结成硬块的牙垢。

Language Tip: (Yǔ) 语 (yán) 言 (Diǎn) 点

Rúguǒ... de huà: Conveys a supposition, for example: If you are not feeling well, then go home and rest.

Rú guǒ de huà: Biǎo shì jiǎ shè, bǐ  
如果...的话：表示假设，比  
rú rú guǒ shēn tǐ bù shū fu de  
如“如果身体不舒服的  
huà jiù huí jiā xiū xi ba  
话，就回家休息吧。”



Alipay can be used in hospitals.

**IN ADDITION TO THE POTENTIAL SECURITY BENEFITS, THERE ARE THREE OTHER REASONS WHY ALIPAY MAY BE THE WAY TO GO FOR PAYMENTS. ONE, IT PRESENTS VARIOUS INVESTMENT OPPORTUNITIES. TWO, IT HAS A WELL ESTABLISHED NETWORK OF CHARITIES. THREE, IT LINKS TO A CREDIT RATING SYSTEM.**

# THE AMAZING ALIPAY

by **Carmen King**

**S**o we all know that WeChat is the incumbent when it comes to mobile communications such as audio, text, and video chat. It is also the platform that many choose to use for making payment both in person and online. That said, not everyone is so sold on WeChat for financial transactions. Why? Alipay (支付宝 zhīfùbǎo). According to [www.alipay.com](http://www.alipay.com) they have 520,000,000 users, and are the “leader in online and mobile payments.”

Alipay has different roots than WeChat. WeChat started with communications. However as the name suggests, Alipay, started with and still is about payments. Essentially Alipay is the Chinese version of Paypal. Paypal is virtually unheard of and therefore relatively useless in China when it comes to payment processing. As Paypal is to Ebay, so Alipay is to Taobao. [Alipay.com](http://Alipay.com) mentions features such as: “Privacy protection, Real-time monitoring, and World-class payment security.” It also states compliance with standards set by VeriSign, PCI (Payment Card Industry), Visa, and MasterCard. Equally important are Alipay’s “Member Protection” services which include: “Full Amount Reimbursement” (for any unauthorized activity), “90 days Payment Protection,” and “Quick Response.” They claim claims will be handled “within 5 business days.”

In addition to the potential security benefits, there are three other reasons why Alipay may be the way to go for payments. One, it presents various investment opportunities. Two, it has a well established network of charities. Three, it links to a credit rating system.

The last of these three may be the most important. China is becoming aware of the need of credit, whereby consumers move beyond the “cash is king” mentality. Alipay is playing a part in the process by collaborating with Ant Financial which has created the Zhima Credit system. Based on the user’s financial activity within Alipay, a credit score is given. A credit score rises based on good payment history. Things like miscellaneous goods, online purchases, water, gas, electric and even apartment management fees may be payable via Alipay. In addition, becoming “friends” with other people who have good Zhima Credit scores has a positive affect one’s own score. An example of possible benefits of building a high Zhima Credit score include reports of some apartments being leasable on attractive terms via a real estate agency, like [www.5i5j.com](http://www.5i5j.com). Terms may include no security deposit and paying rent monthly instead of quarterly, bi-annually, or annually. Eligibility is based on a person’s Zhima Credit score, which reportedly needs to be over 750. To improve one’s score, instead of paying for things with WeChat, switch to Alipay.

When it comes to charity, there are many different options to donate within Alipay. An example is the Ant Forest (蚂蚁森林 mǎyǐ sēnlín). Alipay can track a user’s daily footsteps. Based on how many steps one takes during a day, different donation opportunities exist. This includes getting to pick from a variety of types of trees that will then get planted in an area of need.

Alipay also offers countless add-features, such as package tracking based on telephone number, online bill payment, integrated Didi cab calling, shared bike rental, and even a

wide range of insurance options. Plus there is a monetary reward system, whereby shopping at certain vendors may trigger a small “gift” amount being deposited into the user’s account; it is made available for use when making future payments. The list of Alipay features is so long. No article could even begin to cover it. The most surprising thing of all, is that Alipay also has chat features which are almost exactly like those in WeChat! All things considered, standardized security, numerous value-added features, and the ability to build a good credit score make Alipay pretty amazing.

## 活用支付宝，生活可以更轻松

微信不仅是社交平台，也是很多人的支付平台。换句话说，有相当多的一部分人会选择用微信付款，那另外一些人呢？他们会选择支付宝。据支付宝官方数据显示，它们是在线和移动支付的绝对领袖。

支付宝和微信的起源并不一样，正如名字所显示的信息，微信发家于社交，而支付宝才是付款方式的鼻祖。支付宝相当于中国版的贝宝。支付宝在宣传自己的时候标榜的是“隐私保护、实时监控、和世界级的支付安全”，这同样也是美国威瑞信公司，支付卡行业，签证和万事达卡的准则。

除了安全保证之外，支付宝的成功还有赖于它的三个最大特点：一、给出各种投资机会；二、提供完善的慈善网络；三、它与信用评级相连。

中国已经越来越意识到信用的重要。而支付宝所建立的芝麻分体系，可以让消费者在支付的过程中积累自己的信用评分。通过支付宝缴费或付款都可以提升自己的芝麻分值，而芝麻分越高，消费者可享受的信用活动就越丰富。

除此之外，支付宝还可以添加很多附加功能，比如快递跟踪，滴滴打车，共享单车使用等。而最近的奖励则是通过支付宝在线付款后可能会带来的额外随机奖励金，它可以用在未来付款时使用。当然，如果你愿意，你还可以把支付宝当成聊天工具一样和朋友进行交流。标准化的安全，丰富的增值功能，以及良好的信用评分能力，支付宝的力量相当惊人。

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## PROMOTION

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# Wellington Pupil Wins First Prize In National Sailing Regatta

Many congratulations to Leo, (Year11) who won the teenage Topaz Category in the 3rd Meisha Educational Cup National Teenagers Regatta organized by the China Youth Sailing League, held at Qinhuangdao on 28th August 2017. 119 sailors and 14 different sailing clubs from around China competed in the regatta. Leo's has participated in four Wellington sailing trips and achieved a Gold Award on the last trip in May 2017. We are absolutely delighted for him and his success in the regatta is a wonderful achievement!



## PROMOTION

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# A Cutting Edge Chinese Premiere of 'Ricefall'

On 1st September 2017, sixteen pupils of Wellington College International Tianjin Stanley House gave the first performance in China of 'Ricefall'.

Composed by Michael Pisaro (Co-chair of Experimental Sound Practices and Composition at California Institute of Arts and former Fromm Visiting Professor of Composition at Harvard University), 'Ricefall' unlocks an innovative performance practice of dropping rice onto elemental objects, which enabled Stanley's performers to transform the Black Box Theatre into an evocative, multisensory rainy landscape.

The eighteen minute piece, inspired by the late professor John M Hull's explanation of why blind people, like himself, enjoy rainy days, also resonated profoundly with two fundamental elements in Chinese culture: rain and rice. The Stanley's truly remarkable and memorable performance widened our community's horizons and vision of creativity.



## PROMOTION

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# Wellington College Festival of Education 2017

After two successful Festival of Education events in Shanghai we now offer pupils, parents, teachers and the wider community to be involved in the first Festival of Education in Wellington College International Tianjin. The festival will take place on Monday 23rd October and it promises to become one of Tianjin's leading annual opportunities to understand, learn and question issues facing education today.

The four main strands of the Festival – learning for Early Years, Wellbeing, Chinese and British attitudes to education, and general educational inquiry – will form the basis of the event and provide broad organizational guidelines. This year, in addition to a range of exciting talks and discussions, there will be a number of WellingTEN talks with education at their heart.

The festival will not only be available in Tianjin but also across the Wellington group of Colleges starting in Shanghai on the 20th -21st October, Hangzhou on the 22nd, finishing in Tianjin on the 23rd.

So, whether you are a parent, an educator or someone who is interested in teaching and learning, there is plenty on offer during the festival.

**Save the date and join us!**



### Ticket Options

Please scan the QR code below to order tickets online!



For group bookings of five or more, we offer booking discounts. For pricing details regarding group bookings, please contact the Support Team at: [events.tianjin@wellingtoncollege.cn](mailto:events.tianjin@wellingtoncollege.cn)



# Award-Winning Author-Illustrator Matt Holm Visits IST

The IST Community was pleased to welcome award-winning children's author-illustrator Matt Holm at the school for 2 days (Aug 31 and Sep 1). Author visits are an unmatched way to get students interested in reading, writing and understanding the creativity process. Over these two days, Mr. Holm held a series of age-appropriate interactive workshops with students from across the elementary and secondary school as well as for teachers.

These workshops were designed to motivate students to tell their own stories through drawing and character designing, and went a long way to demystify creativity for the students. Mr. Holm



focused his workshops on storytelling through character development. He encouraged students to study illustrations and determine facts about the characters, and then invited them to create new characters based on those elements. Students also had the opportunity to buy his books and get their copy signed by the author in the library.

MATT HOLM is the New York Times bestselling author and illustrator of more than 30 books for children. He is the co-creator (together with his sister, Jennifer) of a number of graphic novels, including the BABYMOUSE and SQUISH series and SUNNY SIDE UP, a Panda Book selection from last year.





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Riverside 66 Restaurant : 6F, Riverside 66, 166 Xing An Lu, Heping District Tel: 022-5990-5166

# IST's Secondary Week Without Walls (WWW) Trips



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

All of these secondary students had their physical, intellectual and interpersonal limits challenged in a range of highly

engaging learning activities during these trips. Whether it be team and confidence building adventure activities such as rock climbing, horse riding, and rafting, or service activities such as cleaning and painting classrooms in underprivileged communities in Nepal, all of the students returned to school having pushed their personal limits, and having developed new friendships and greater self-assurance.

This year students headed off on the following trips:  
Grade 6: Survival Island

Grade 7: Jixian County  
Grade 8: Qinhuangdao  
Grade 9: Baihe  
Grade 10: Inner Mongolia  
Grade 11: Students went to Nepal or Hangzhou or Survival Island



## Teda International School 2017 NHS Celebration!

The National Honor Society (NHS) is a nationally recognized honors organization dedicated to recognizing and encouraging outstanding high school students in the United States and outlying territories, which was established in 1921 by the National Association of Secondary School Principals. The Teda International School Chapter has been a member of NHS for the past 8 years and has been selecting members every year who demonstrate the highest standards of scholarship, service, leadership, and character. For the 2017-2018 school year, 5 new members were formally and publicly inducted in the annual induction ceremony on September 6, 2017

The TIS chapter cultivates honor and integrity in membership where we value the principles of honesty, integrity, and respect in academics and in our



community. Our NHS members are committed to community service projects and provide voluntary contributions to the school and community with humility and determination. Every year, all NHS members are involved in fundraising work for charitable organizations and have been supporting local shelters and other places that need donations. Our members endeavor to create trust and an

atmosphere of respect to hold a high standard of character and strive to encourage and reward personal growth and leadership development in all aspects of life. In doing so, the TIS chapter of the NHS members brings our school community together, fostering goodwill and appreciation among others and strengthens the relationship with our community.

## TIS Parents Back to School

Returning to school after the summer vacation has been a reality for the students of TIS and many others: every Wednesday morning Tianjin International School opens its doors to the parents of its students so that they too can share in the learning experience! This year has seen a record number of parents getting involved in the life of the school through attendance at classes and support of different fund raising initiatives.

Parents are invited to participate in a variety of classes ranging from parenting classes through to a keep fit session called 'Stretch and tone'. For those who are keen, the day can begin with a parenting class, followed by a language class (English, Chinese or Korean), then straight into a sewing class, finishing off with a fun exercise class. There may just be time to grab some lunch or a quick coffee with friends on the way! Sometimes additional courses such as cooking classes have also



been on offer.

All of these classes are hosted by the school's Parent Teacher Organisation (PTO), with different staff members offering their time and expertise. Rachel Causey, the current PTO President is keen to ensure that parents are provided an opportunity to connect with one another and build friendships.

A TIS parent said, "Moving to another country and culture, can provide many challenges, and at times it can be quite isolating. For many parents, the school is the main focus for getting to know people. I've been thrilled at how many friendships have formed as people from different walks of life have come to the school for their child's education."



Timothy D. Warren

## An Interview with Timothy D. Warren, the New Headmaster of Teda International School

**T**eda International School welcomed its new headmaster Timothy D. Warren from the U.S. Mr. Warren has extensive experience in working with schools on different continents. Jin Magazine was pleased to talk with the new school leader who is extremely positive about the school's future and has high expectations of what our city has to offer.

### When did you start working at TIS? How do you feel so far?

I joined the staff of Teda International School in late July of this year. The teachers and other staff have been very welcoming and supportive, and have put a lot of effort into helping me and all our new teachers feel comfortable and at home. TIS has a family feel to it which is a great match for such a small, community-oriented school. And, after a year living in the bustling metropolis of

Guangzhou, TEDA feels very relaxing and tranquil.

### Comparing the education environment in China and in other countries that you worked in, what are the major differences that you feel most challenging?

Originally from the U.S., I have had the good fortune to live and work in a variety of settings. My first international appointment was in Bogotá, Colombia, where I was Middle School Principal at a large, established international school. From there I transitioned to a smaller, developing international school in Casablanca, Morocco where I oversaw both the middle and high school programs. Most recently I was in Guangzhou, China, leading a small program for local students intending to finish their high school education in the U.S.

China's education market is very

### ONE OF OUR STRONGEST CONNECTIONS TO OUR COMMUNITY IS THROUGH OUR COMMITMENT TO SERVICE.

competitive. Many different types of international schools exist throughout the country, offering different curricular programs but often catering to the same population. One of the most significant differences for this school is that, unlike many other international schools around the world, TIS is government-owned and subject to numerous rules and regulations set by the local education bureau. Close communication with the local authorities is essential to ensure that we are meeting requirements.

### Have you got merged into the local community? Will TIS do anything to strengthen the bond between the students and the community?

TIS is already very connected to the TEDA community and has a great reputation in the region. One of our strongest connections to our community is through our commitment to service. Providing opportunities for children to give back to their community teaches young people to be considerate of others and helps them develop an inclusive world view. Last year TIS students served several orphanages and homes for children with autism and other developmental disabilities, collected food and clothing for needy families, supported buying furniture and books for local schools, and provided teddy bears to fire victims. Our students are dedicated to helping meet the needs of those less fortunate.

### Have you got a chance to explore the city? If you have, where have you been and how did you feel about it?

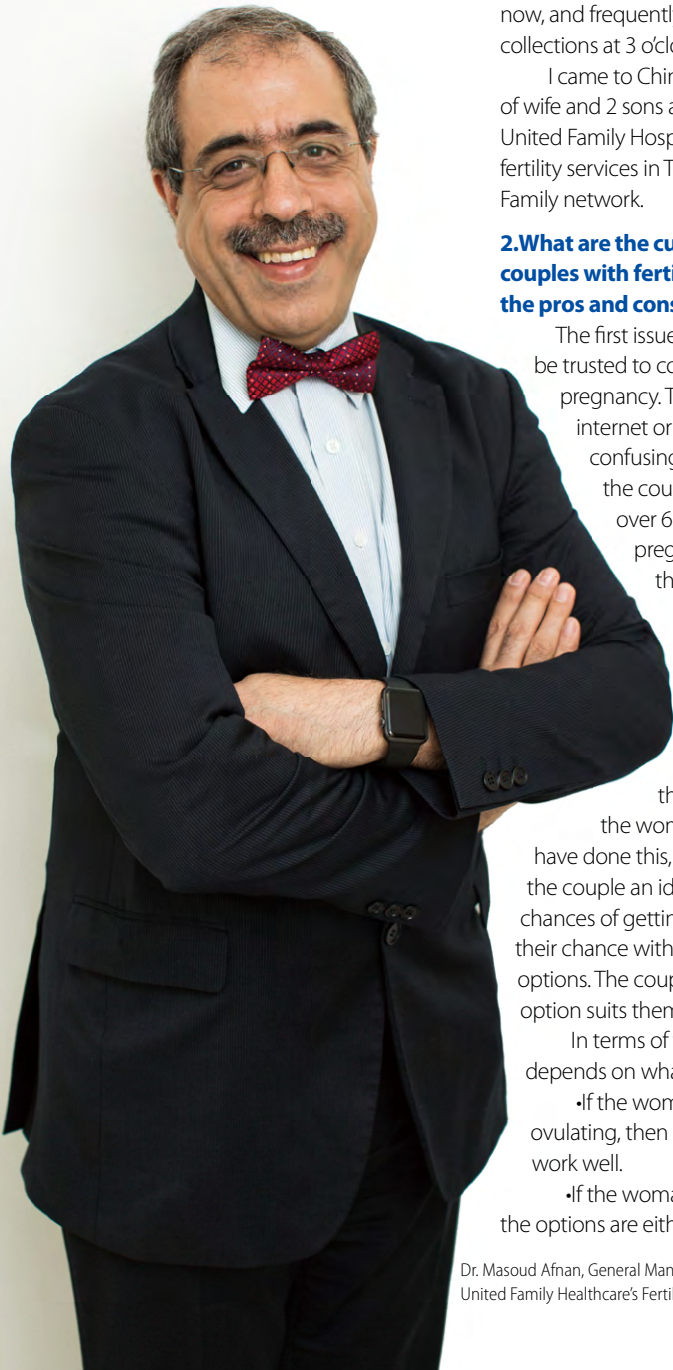
So far the job has been very demanding of my time and energy, so, unfortunately, I have not yet had much time to explore Tianjin. My days seem to revolve mostly around going from home to school and back again. However, my wife, Diane, and I are looking forward to experiencing the great restaurants and historic sites in the city in the very near future. From what I have seen, both TEDA and Tianjin city are very livable areas that offer a wide variety of interesting locations and events.

# Never Give up Hope for a Baby

by **Monica Wang**

**D**r. Masoud Afnan is a fertility specialist with an extensive professional background in vitro fertilization. Originally from the UK, Dr. Afnan led a team in developing a new technique known as selective salpingography. Now at Tianjin United Family Hospital, Dr. Afnan continues his practice and research to assist couples who want to start a family.

## 1. Can you tell me a bit about your background and your work in China?



I am a UK trained Ob Gyn doctor. I graduated in 1980 from the University of London. Very early in my career, I was fortunate to work in a pioneering fertility centre at the Hammersmith Hospital. Those days were very exciting, because we suddenly had a realistic and successful treatment option for many couples, when before there was none. The whole treatment plan is now so smooth, that many patients (and doctors) do not realise the type of work we used to do. For example, we could not time the ovulatory process the way we do now, and frequently, we were doing egg collections at 3 o'clock in the morning!

I came to China in 2010 with my family of wife and 2 sons and moved to Tianjin United Family Hospital in 2016 to lead the fertility services in TJU and across the United Family network.

## 2. What are the current options for couples with fertility issues? What are the pros and cons of each option?

The first issue is to give advice that can be trusted to couples trying for a pregnancy. There is so much on the internet or with Apps that it is confusing for couples. Second, if the couple have been trying for over 6 months, without getting pregnant, then depending on the circumstances, we would recommend carrying out some basic tests to check for problems. In general, we check for eggs, sperm, and make sure that there is no blockage in the womb or the tubes. Once we have done this, we should be able to give the couple an idea of their background chances of getting pregnant, and then their chance with the various treatment options. The couple can then decide what option suits them best.

In terms of treatment options, it really depends on what the problem is.

- If the woman has problems ovulating, then simple tablets usually work well.

- If the woman has blocked tubes then the options are either to repair the tubes

## IT IS IMPORTANT TO UNDERSTAND AT THE OUTSET YOUR CHANCES OF GETTING PREGNANT WITH AND WITHOUT TREATMENT SO THAT YOU CAN CHOOSE THE BEST OPTION FOR YOU.

using surgery, or if as is usually the case, the tubes are too badly damaged, it is usually better to have IVF (test-tube baby treatment).

- The sperm test determines what type of assisted conception treatment that the couple need:

- o If there is a borderline sperm problem, then we can treat artificial insemination

- o If there is a bigger sperm problem, then the couple will need IVF

- o If there is a bigger problem still, with a very low count for example, the couple will need ICSI (intracytoplasmic sperm injection), which is a form of IVF treatment, except that the sperm is injected directly into the egg.

It is important to understand at the outset your chances of getting pregnant with and without treatment so that you can choose the best option for you.

## 3. Could you introduce a bit of your team in IVF?

a) Professor Cai Xia is a very senior and experienced clinician. She was working in Xingjiang before she joined us 4 years ago. Of course, we have many other fertility specialists, who are all excellent.

b) Dr Yanhe Liu joined us on 1st September this year as our scientific director. He worked in China for a number of years before going to Perth, Australia where he became the scientific director of a clinic there. He has now returned to his home country. Yanhe leads a team with 3 other embryologists.

c) Dr Ai Song Yi is a senior andrologist who joined us a year ago.

d) We have a fantastic nursing team, who are very knowledgeable and experienced, and who make sure that the patient's journey is smooth and comfortable.



Children practiced Tai Chi every morning

Jiang Yong often visited the Wudang Mountains in Hubei, a sacred place for Chinese Taoist culture. He would see a number of foreigners studying Tai Chi with the masters. It made him think about how sadly sometimes, his own culture is appreciated more by outsiders. He thought about how some Chinese children are more familiar with Disney animation from America or are more smitten with Japanese anime than their own country's heritage. He pondered about how traditional culture could be preserved and harnessed to benefit people in the modern era. As they say, necessity is the mother of invention; find a need and figure out a way to fill it. Jiang Yong felt there was a lack of opportunities to promote Chinese culture among young people and that's how the idea for Chinese summer camp was born in his mind.

An avid tai chi practitioner himself, Jiang Yong sought to promote Tai Chi and other forms of ancient Chinese art such as Shufa (calligraphy), Taodi (a flute made of clay) and Weiqi (the Go) as a way of leading healthier, fuller lives. By letting children learn these ancient techniques, they can develop a higher sense of aesthetics and form habits of being more attentive and gentle.

From the moment you enter the gates of Shan Shui You Dao at the foot of the Jixian mountains, a little over an hour away from

Tianjin City, there is that feeling of peace and calmness. When the children arrive at the camp, they are given a set of light blue Tai chi uniform which they wear throughout their stay.

My son, Joshua joined the week-long summer camp with sixteen other children ages eight to twelve. Sitting down with the other parents for lunch, I realized how for some parents, it's their first time to be separated from their child. The anxiety that comes with it is probably alleviated by the fact that in this day and age, we can be constantly be informed by what's going on through social media. Parents are able to get daily updates about their child through photos posted on our WeChat group. Like in any sleep-over camp around the world, the separation may be harder for the parents than for the child. The child gains new friends and enjoys his or her new-found independence. Even though the independence is short-lived, it's still good practice especially when we consider how doted upon children tend to be in China.

Because of the one-child policy, most parents and grandparents want to give their child everything and some kids end up spoiled and not knowing how to take care of themselves. A few years ago, I met a twenty-year old who told me that she never cut her own fingernails until she lived on her own in the university dormitory. Her mother

always cut her nails for her before that.

Camps like Shan Shui You Dao and others like it are known to develop the value of living independently and learning to co-exist with people from different backgrounds. The kids not only pick up new skills but more importantly, they learn to be more considerate of other people's feelings, become more flexible and adjustable to an array of situations.

The kids wake up early and start their Tai chi practice against the gorgeous backdrop of verdant mountains and magnificent rock formations. They take calligraphy classes and learn weiqi, an abstract strategy board game, considered one of the "four essential arts of cultured aristocratic Chinese scholars in antiquity." They take regular walks through marked mountain paths around the perfectly located camp grounds, which despite being small within its perimeter, feels much larger considering its setting close to all the trails.

The teachers have at least five years' teaching experience in their profession. They all love traditional culture and are happy to share it with children. Jiang Yong said, "These courses are designed to get children's interest within a short period of time. Moreover, after only a few days of study, they can see progress. The camp allows them to learn Chinese traditional culture in a soothing environment." Indeed, it marries the best of both worlds – discipline through training in the arts and



Calligraphy class

relaxation by being immersed in nature.

The calligraphy teacher is a primary school teacher who began studying shufa at the age of eight, and has received many awards in the field. One of the boys who participated in Shan Shui You Dao's first camp continued writing shufa everyday and now, his parents are proud to report that he writes without copying.

The Tai Chi teacher has his own studio and has more than ten years of teaching experience. Taichi is known to improve a person's ability to resist disease and to recover from sickness. No wonder so many senior citizens practice it as you can see in the public parks every morning and afternoon. However, the camp proves that Taichi is not only for those advanced in age but children can benefit from it by nurturing peace of mind. The Taichi teacher believes it is not only a physical activity but a form of mental exercise.

Graduated from the Tianjin Conservatory of Music, the Xun and Taodi teacher is highly qualified to teach these ancient types of flutes. These graceful egg-shaped, holed instruments are thousands of years old and once filled the air with lilting music in ancient China. One of the girls who studied the Xun in the camp got so attached to the instrument that she brings it to school every day.

The Weiqi teacher has trained many professional weiqi players. Weiqi is a strategic game involving deep thought and analysis. Weiqi allows children to analyze and solve problems by themselves while having fun. Parents would agree, that's much better than video games! Some of the kids in the camp got obsessed with playing the game that they woke up at four in the morning to get additional hours of play time. My son is one of those who has developed a strong affection for this game and now plays it regularly during

break time at school.

There is also a class in robotics and training in first aid. The kids have a designated day and time to wash their own laundry by hand and of course, they fix their own beds. On the last day of camp, when the parents pick up the children, the kids make a presentation of what they have learned. They play the beautiful xun and taodi instruments. They demonstrate taichi prowess and unfurl their works of calligraphy before their beaming, awe-struck parents.

The children may have taken home a lot of great memories from the camp but for me, my personal favorite from the camp is the amazing food. Their canteen cook is quite an artist making delectable home-cooked meals that I can't wait to go back to Jixian. Joshua also looks forward to the camp next summer. He pulls out from his pile of clothes the light blue uniform from the Shan Shui You Dao camp and asks me if he could keep it in a special place. He didn't want it mixed with his regular clothes. He also misses watering the bonsai plants at the camp which he did every day for seven days.

One of the children celebrated her twelfth birthday during camp. The teachers and camp mates prepared a party complete

**THE KIDS NOT ONLY PICK UP NEW SKILLS BUT MORE IMPORTANTLY, THEY LEARN TO BE MORE CONSIDERATE OF OTHER PEOPLE'S FEELINGS, BECOME MORE FLEXIBLE AND ADJUSTABLE TO AN ARRAY OF SITUATIONS.**

with balloons for her. They even planted a birthday tree together. After the camp, the child's father called the teacher to say that it was the happiest, most meaningful birthday for his daughter. The family recently had a baby girl and the older daughter felt she got less attention. Since the arrival of the baby, she communicated less with her parents. However, at the end of the camp, the parents felt that she opened up again and realized how much her parents still loved her.

There lies the beauty of the camp. Through its regular rhythm and generous space, it is a venue in which people, young and old alike, can blossom.

For more information about the camp, check out their website: <http://www.shanshuiyoudao.com/>

## 孩子们的国学夏令营

江涌痴迷于中国传统文化，经常去武当山研修道家文化，自己也每天练习太极拳。让他感到遗憾的是，外国人都对中国文化十分感兴趣，而我们中国人自己，尤其是孩子们却对自己的文化知之甚少，每天沉迷于国外动画片中。他经常思考如何保留和传承中国文化，为了实践他的理想，他创办了一个国学夏令营，向少年儿童传播中国传统文化。

这个名为“善水有道”的夏令营位于蓟县盘山脚下，距离市区一个多小时车程。每个孩子首先会分到一身浅蓝色的中式太极服作为这里的营服，孩子们能学到太极、书法、陶笛和围棋等中国传统文化。

我的儿子 Joshua 和其他 16 个 8-12 岁的孩子一起参加了为期一周的夏令营活动。第一天所有的家长一起用午餐，我能感受到他们深深的焦虑，因为大部分家长都是第一次和孩子分别这么长的时间。有时候，大人确实更加舍不得，而孩子却乐在其中，因为他们能交到新的朋友，培养自己的独立性。虽然短短一周后他们可能又会过上衣来伸手的生活，但对于被溺爱的孩子来说也是宝贵的锻炼机会。

在夏令营里，孩子们要学会独立生活，学会与不同的孩子相处，他们不仅会学习新的技能，更重要的是学会为他人考虑，遇到各种情况能够灵活果断地处理并调整自己。

每天早上，孩子们起床后先在群山之间练习一段太极拳，然后是书法课和围棋课。围棋是一种讲求战略的棋类，是中国古代贵族和读书人必须研习的一种技能。之后，孩子们沿着既定路线爬山，感受大自然。

每一个项目的老师都有至少五年的授课经验，他们也热爱着传统文化并且乐于传授给孩子。江涌介绍说：“这些课程的设置都以孩子的兴趣出发，孩子们在没有压力的环境下学习，很短的时间内也会有所提高。有些孩子在夏令营结束后还保持着每天写书法的习惯，我儿子迷上了围棋，课间休息的时间也要玩上一会儿。

有一个女孩还在夏令营庆祝了她的 12 岁生日，老师和营员们为她举办了一个派对，还一起种下一棵生日树。女孩的家最近新添了二胎小妹妹，所以她觉得受到冷落。生日会后，她向父母敞开了心扉，知道父母仍然爱她。



by Paula Taylor

# BE CAREFUL!

Danger is everywhere.

**M**y friends think I am very strange because I am afraid. Of everything. No matter how hot it is I won't open the windows at night in case an insect flies in and stings me as I am sleeping. I miss out on trying lots of new things and experiences in case they kill me or harm me. For instance when we go to the seaside, unlike everyone else I won't take my shoes off and walk in the bare sand - there might be broken glass, or worst case scenario, there might be discarded needles left there by a drug addict. The possibility of this happening I must add is extremely low, however I have read about it in the newspaper and once I have read of some danger, it sticks in my mind and I am afraid of it happening to me.

## DANGER EVERYWHERE

We recently went to Lamma Island, Hong Kong, which is a wonderful safe place and no cars are allowed. The tiny little Police Station was closed indefinitely. My friend said "Look at that, it is so safe here they don't even need a Police Station". I said "Who is going to help us if somebody tries to murder us?" Later on she lay down on the beach and I went

exploring. When I came back she was fast asleep. "How can you sleep here, somebody might have murdered you?" I shouted at her in alarm. She was not at all alarmed and did not even bother to sit up. She said "There is nobody to murder me". It was true, the beach was almost deserted, but as far as I am concerned, that is more dangerous. The fact that there is no serious crime and of course nobody has ever been murdered there is irrelevant to me. It has to start with someone and that someone might be me.

The truth of the matter is that I don't know what it is like not to be afraid. It is a fact that we live in very dangerous times, so I am dismayed when many Chinese university students tell me "London is very safe, it is much safer than China". Of course this is simply not true and their perception is totally wrong. Back in Tianjin my friends would often tell me not to be out too late, past 10pm is already too late. When students are here they are out at all hours and walk the streets alone in the early hours of the morning in the mistaken belief that it is safe.

## ANOTHER TRAGEDY

Although I fear that Chinese students are

exposing themselves to danger by being out late at night when the streets are deserted, the latest tragic case involves a student who was kidnapped in broad daylight, possibly by someone known to her. Zhang Yingying, a student from Fujian Southern China was last seen on the afternoon of 9th June. She tried to flag a bus down but it failed to stop and then she was seen getting into a large black car near to the campus of the University of Illinois. She has not been seen since that fateful afternoon and a man has since been charged with her kidnap and possible murder, as the FBI agents say they have reason to suspect she is no longer alive. The FBI have declined at this stage to give specific reasons for their suspicions, suffice it to say that the vehicle contained evidence that leads them to this conclusion. Meanwhile the suspect is also accused of bragging about the kidnapping of Zhang Yingying and he has also been accused of threatening a witness who had incriminating evidence against him. The suspect says that he merely gave Zhang Yingying a lift and then dropped her off, but told someone else that he had fought with her and taken her to his apartment. She has completely disappeared off the radar. Her





Be careful about asking a stranger for a ride

entire family have flown to Illinois and say they won't leave until she has been found. They have also written a letter to Donald Trump asking him to direct all federal resources into finding their daughter.

On the face of it, for Chinese people it looks as though Chinese abroad are being targeted and murdered, but if you take all the murder statistics of a country into consideration, there are not more Chinese victims than any other nationality. It's true to say that Chinese tourists are targeted by criminal gangs looking to rob them of their valuables, but this is because it is well known that Chinese abroad carry large sums of cash. Many people in different circumstances have asked me "Why do Chinese people carry all these £50 notes on them?". When they take their money out to pay for something, they have piles of these notes and do not exercise caution so are frequently robbed by opportunistic thieves. I was in a souvenir shop in Cambridge and a roughly 9 year old Chinese boy bought a small souvenir costing

£2, for which he took out a £50 note and gave it to the shop assistant. She gave a huge sigh and muttered to me "What is it with Chinese people and £50 notes". It meant that she had to give him back a lot of notes in change which of course the shops have a limited amount of, so they keep having to go to the Bank. If it was a local that tried to give them a £50 note for such a small sum, the shop assistant would simply refuse it and say they could not change it. In fact we would not use such large notes, I personally dislike being given them because they are so hard to change. In any event, when they take out so large notes they are advertising to criminals that they are loaded.

**GOLDEN RULES**

If you have any Chinese friends that are planning to go abroad, perhaps you can give them a few golden rules:-

- 1.Be careful who you trust. Sadly many people are harmed by someone they know
- 2.Don't advertise the fact that you have large sums of cash on you
- 3.Don't be out too late at night on your own
- 4.Make sure to check with a local of that country the condition of the area where you plan to stay
- 5.It's obvious, but be careful about going off with strangers especially unofficial taxi drivers
- 6.Don't take at face value a stranger's words – an old proverb says that a wise person anticipates possible danger and avoids it.

**I AM DISMAYED WHEN MANY CHINESE UNIVERSITY STUDENTS TELL ME "LONDON IS VERY SAFE, IT IS MUCH SAFER THAN CHINA". OF COURSE THIS IS SIMPLY NOT TRUE AND THEIR PERCEPTION IS TOTALLY WRONG.**

7.Don't be so engrossed in your phone that a thief can easily come up and snatch it from you.

8.Don't be so engrossed in your phone that you fail to realise someone is following you

9.Keep someone informed of your plans

10.Be safe and you will enjoy your time abroad

It would be better for me if I could just stay locked in my house and not come out...but wait, there are dangers here also, I could get burned to death in a fire or get electrocuted, or I could suddenly have a heart attack and there would be no-one to save me. Life really is scary sometimes.



Girls are always the target of criminals.

**时刻要警惕人身安全**

我朋友总是嘲笑我是个胆小的人。夏天无论多热我都要关窗睡觉，因为我害怕有虫子飞进来咬我。我不敢赤脚在沙滩上散步，我怕被玻璃扎到，甚至害怕踩到有有毒的针头。即使是可能性极低的伤害事件都会被列入考虑范围，所以我也因此丧失了很多尝试新事物的机会。

最近我去了香港的南丫岛旅行，那是一个安静的小岛，人烟稀少，听说治安很好。我朋友非常放心地跟我说：“你看，警察局就在旁边，其实根本也不需要警察局。”就算以前这里没发生过刑事案件跟我也没有任何关系，凡事总会有第一次，万一第一次发生在我身上怎么办？

在我看来，没有哪个地方是绝对安全的，抱有这种想法本身就是件危险的事情。在中国的时候，他们告诉我晚上十点以后就别出门了，会有危险，但在伦敦的中国学生却经常在凌晨时分独自走在街上，完全没有安全意识。

最近的新闻里，经常有中国留学生在国外的遇害事件，好像中国人在海外特别容易被当作犯罪目标。但其实从整体数据上看，没有哪个国家的人更容易被犯罪分子盯上。但中国人在国外容易露财却是不争的事实。中国人在国外喜欢使用现金，有时候即使买件小东西也递上一张50磅的大票。这让店员唏嘘，却让坏人兴奋。

无论是留学还是旅游，中国人在海外都要记住这几个安全法则：1. 不要轻易相信任何人，熟人作案并不少见；2. 不要让别人知道你携带了大量现金；3. 晚上不要独自外出；4. 出发之前向当地人询问一下目的地的情况；5. 不要搭陌生人的车；6. 对陌生人说的话要警惕；7. 不要过分沉溺于手机上，可能有人正在伺机抢走它；8. 不要过分沉溺于手机，危险也许正在靠近；9. 至少要有一个人知道你的行踪；10. 有了安全，你才能玩的开心。



With high pressure

# DEALING WITH STRESS

by Bryce Cristiano

A staple of school and working life is an overwhelming, pervasive sense of dread and anxiety as we struggle through each day, dragging ourselves over obstacle after obstacle in a seemingly endless trial. While many of us are of remarkable wills, able to pass each trial of the day with enthusiasm, at certain times in our lives the anxieties and fears we hold may surface. More often than not, the source of these pressures stem from outside elements, which most people would suggest are entirely out of our control. These issues which may seemingly be out of our control, save for the possibility of taking drastic reform into our own hands, can be dealt with by expecting resistance from the start of each day. As the famous Stoic, Marcus Aurelius, stated;

“Remember that as it is a shame to be surprised if the fig-tree produces figs, so it is to be surprised if the world produces such and such things of which it is productive; and for the physician and the helmsman it is a shame to be surprised, if a man has a fever, or if the wind is unfavourable”.

Modern living and society comes at a

heavy expense that can create a great deal of stress from societal expectations, workplace conformity, socioeconomic disparity, etc. Even the overwhelming choices that one faces in the supermarket when choosing a soap can cause undue stress. The best way to tackle these issues proactively is to expect them from a start. Is it a shock when the workplace printer breaks down for the 17th time? Is it truly unthinkable that managers will engage in petty office politics to divide their workplace? Is it surprising to wake up in the morning to find traffic on the way to work? I'd say no, so why allow these entirely expected situations to dictate our lives? Individually, we may not have the immediate power to change our circumstances but by altering how we perceive these issues we can better handle day-to-day stress without being entirely worn out.

Taking a stoic approach to life can only go so far and even those with the thickest skin will inevitably be worn down by stress.

Written in 1937, Mao Zedong penned two essays that would later form the basis for what is now understood as Maoism, On

**TAKING A STOIC APPROACH TO LIFE CAN ONLY GO SO FAR AND EVEN THOSE WITH THE THICKEST SKIN WILL INEVITABLY BE WORN DOWN BY STRESS.**

Contradiction and On Practice. Outlined within the essays, Mao discussed the fine points of contradictions as they relate to dialectical materialism, perhaps the most prudent point being of primary and secondary contradiction. To dumb it down, the idea of primary and secondary contradiction can be imagined like a three-headed dragon. Each head, a real threat for sure, is a secondary contradiction stemming from a similar primary contradiction, which means that instead of striking at one head, we should instead strike for the neck that connects all the heads to the body of the beast. When handling stress in life, some people have the tendency to focus on all the small issues as they crop up rather than finding the root cause for their strife. Perhaps though, there's no primary contradiction from which all of life's stress stems from but by taking a look at the larger picture we may handle our stress with tactics, rather than playing a perpetual and exhausting game of whack-a-mole.

As you are reading this in Tianjin, it may be that some of your stress is stemming from your life in China. Whether it's acclimating as a fresh foreigner to the country or the jaded old-hands that have been in the country for more years than they can recall; our environment plays a huge impact on our stress levels and China has no shortage of stress. Tianjin is a remarkably relaxed city when compared



Lose interest in working

with First-Tier cities, making the life here a bit more relaxing by virtue of how beautiful the city is. A nice way to unwind after a tough day can be by enjoying some fresh air alongside the Hai River, taking in the life along the river and the amazing nighttime views. If the weather isn't particularly perfect, those who still wish to enjoy the river can take refuge within the St. Regis ground floor bar and restaurant, The Promenade, which opens itself along the riverside. The airy jazz music streamed outside of the St. Regis along with a drink can certainly help ease nerves.

While arcades are present in Tianjin, offering a bright and colorful array of games, VR has been wedging out a market for those who wish to enjoy the experience of Virtual Reality without putting down the massive cost for the proper equipment. The HTC Vibe headset along with a decent computer to run VR games can put people back anywhere from 10,000-20,000RMB. If you have yet to try out the expanding VR industry, now is the perfect opportunity. Much like KTV, clients rent out a booth or room with one massive floor-to-ceiling projection that displays the view of what the single gamer sees during their experience. These VR rooms offer many games from simple archery, walks along beams at the tops of massive buildings, to shooting up hordes of the undead. Grabbing a friend or two to share an hour of two of VR gaming can be a fun way to relieve stress.

While the coming winter will begin to drive away those who frequent the parks, the aunties of Tianjin's parks have a



Exhausted

multitude of ways to beat stress. Dancing in squares, singing karaoke at the park, older men huddling a small mahjong table, and qigong exercises in the morning are the staples of the Chinese elderly. It may seem daunting but with a nominal level of Chinese, you are usually able to join in with locals on some activities which can be an engaging way to relax, unless social interactions causes you stress. For those looking for a younger crowd, Tianjin offers many amazing Salsa and Tango dance classes which while being terrific for networking can also be an excellent stress reliever.

China may offer some ways to relieve the stress we experience but classic stress relievers like yoga, meditation, or writing are tried-and-true methods. Take a night for yourself if you can and enjoy a long warm shower, maybe light up some incense while opening up a window for a bit of fresh air. Stress can absolutely be killer on the human body but luckily it's an easily remedied ailment. With the hustle and grind of daily life, it may seem impossible to take a moment out of the day for yourself. Try not to see taking a break as a

waste of time but rather a way to recoup so you're better able to do your job. Even when you're trying to build muscle, you always need to take some rest for the muscle to rebuild, growing back stronger than before a workout; try to imagine taking a stress free day or hour break as that.



## 应对压力，告别烦恼

每天的日常工作和课业总会带给我们无形的焦虑和恐惧，于是，我们拖着疲惫的身躯在没完没了的考验中，越过层层阻碍，挣扎前进。尽管很多人都有着非凡的意志，能够满怀热情的度过每一天，但很多时候压力的根源往往来自外部因素，这是我们自己所无法控制的。除了采取全面的改变，我们或许可以从每天的开始就预测到可能的阻力。伟大的马可·奥勒留曾说过：正像对无花果树结出了无花果感到大惊小怪是一种羞愧一样，对这个世界产生了本来就是它产物的事物大惊小怪也是一种羞愧，对于医生来说，如果他对一个人患了热病大惊小怪；或者一个舵手对风向不遂人意大惊小怪，对他们来说都是一种羞愧。

现代生活和社交活动需要付出相当大的成本代价，而我们的压力也由社会期望、工作场所从众、社会经济差异等方面不断涌来。处理这些问题的最好方法是从一开始就期望它们的存在。我们为什么要让这些完全可预知的情况来支配我们的生活呢？我们或许没有改变现状的能力，但至少我们可以通过改变看待这些问题的态度来更好的处理这些压力，来让自己不被彻底淘汰。

毛主席的《实践论》和《矛盾论》很好的提醒我们：当处理生活中的压力时，有人倾向于把注意力集中在所有小问题上，而不是找出争吵的根源。我们要善于运用策略处理我们的压力，而不是一味的做没有意义的无用功。

如果你读到本篇文章的时候正身处天津，那么你的压力大致是来自你正生活的国家。环境总能对我们造成压力，中国也不例外。和其它一线城市相比，天津是一个很轻松的城市，又因为它的美丽建设，可以让我们在繁重的一天生活之后，漫步河边街道，享受新鲜空气以及迷人的夜景。

在中国解压的方式有很多，但依照经验，很多经典的缓解压力办法，像瑜伽、冥想或写作等，也都是十分有效的。可以的话，试着自己独处一夜，并享受一个长时间的舒服热水澡，开一扇窗，点一柱香，让自己彻底放松在愉悦的氛围里。压力是致命的，但它又是非常容易治愈的。你大概不可能会在每天繁重的工作生活中抽出点时间来让自己放松，但我希望你能知道，休息并不是浪费时间，休息是为了让你更好地完成工作。试着给自己一点时间，你会发现工作可以更容易，而生活可以更轻松。



Busy every day



# THE TWIN PERFORMERS PLAY TIANJIN

By WANG JIN, YAO YU

percussion music Jin Jin You Wei

There are performers who can act out opera, play national instruments or western instruments and the savvy person could always describe them as similar to the modern twin brothers who are currently playing their percussion music on stage in Tianjin. These two are also percussion teachers and based at the Tianjin Conservatory of Music. They are twin brothers Gao Chao and Gao Yue.

Born in Tianjin, the two brothers were influenced by their father, and then went on the road to study music. With a firm foundation of seven years of Beijing Opera percussion, both of them were admitted to Central Conservatory of Music with excellent results. After that, they went to Canada to learn western percussion. As the rising stars of the percussion stage, Gao Chao and Gao Yue also performed in the closing ceremony of the 21st Vancouver Winter Olympic Games and were part of the recording of the Canadian film for the Beijing Olympic

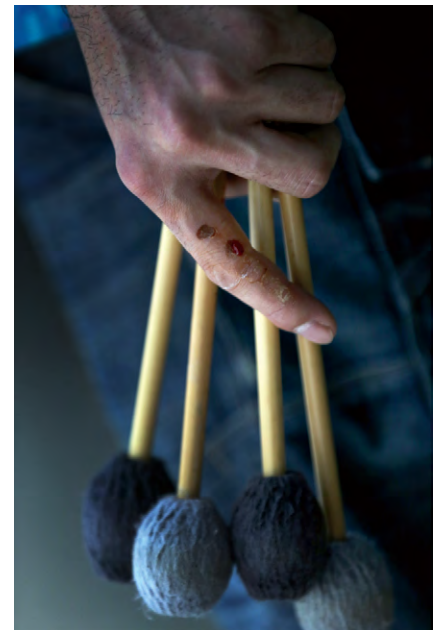
games.

But as we all know, behind all their success, there must be countless hours of sweat and pain. Due to the long term friction of their drumsticks, the brothers' hands have had to toughen up. In spite of the pain, the brothers have always joked: "The audience sometimes looked at us as if we were excited on stage, but that's because our hands were so painful. We looked like we were excited but actually it was a grimace of pain."

The two brothers have a tacit understanding and help each other in the music world. Their magical telepathy is envied by other performers, but what is more fascinating is that they still work hard to continually improve their talents. When they talk about the future, they say: "We hope we can prepare a concert in the near future and set up our own percussion band. We are longing to present our audiences at the theatre with more and better music."

Behind the bright lights, there is sweat

and pain. Their impressive efforts behind the scenes are hidden by the stage spotlight shining bright...



deformed fingers



in rehearsal



The audience present bouquet



dripping with sweat



playing basketball with students



tutor students

## “鼓”动津门“双子星”

王津 姚玉

他们是集戏曲民族西洋乐器演奏技艺于一身的演奏家，他们被业内人士称为“当今音乐舞台上的打击乐双子星”，他们是天津音乐学院打击乐教师、打击乐演奏家——双胞胎兄弟高超和高跃。

出生于天津的兄弟俩自幼受父亲的熏陶学习音乐，有着7年科班京剧打击乐基础，并以前两名的成绩考入中央音乐学院，后赴加拿大学习西洋打击乐。作为冉冉升起的打击乐舞台新星，高超、高跃曾参加第二十一届温哥华冬奥会闭幕式演出和北京奥运会加拿大宣传片录制。

但光鲜背后一定是汗水与伤痛坚持，高超、高跃的双手指因长期与鼓槌摩擦都已受伤变形。对于这些伤痛，高超、高跃总是轻描淡写地开玩笑说：“观众有时看着我们在舞台上敲得很兴奋，说不定是因为手太疼了刺激的。”

好在兄弟二人可以相互帮扶，两人在音乐的世界中默契地配合着。双生子神奇的心灵感应令人羡慕，但更吸引人的是他们天赋之外仍旧如此努力。高超、高跃憧憬未来时说：“希望近期可以筹备一场音乐会，同时成立我们自己的打击乐团，争取有更多更好的音乐与观众在剧场见。”

镜头之后，是汗水与伤痛，这些付出最终都将凝聚成舞台镁光灯照耀下的炫彩……



Gao Yue with his students



# WHERE TO FIND SOUTHEAST ASIAN FOOD IN TIANJIN

By Monica Wang

Prawn Tom Yum

**S**outheast Asia has long been a popular travel destination for tourists around the world. The beautiful beaches, exotic culture, the low budget needed and the food of course, are the main attractions. Compared to food in the West, Southeast Asian food tends to be richer in flavor and more spicy. At the hands of local culinary masters, ordinary ingredients are turned into culinary works of art.

You just need to travel to one of the region's many cities catering to foodies and you'll experience it for yourself: the surprisingly-cheap eats of Singapore's hawker centers; Penang in Malaysia's endless food choices; Indonesia's Padang restaurants on every corner; and even the Philippines' surprisingly diverse dining selections! When you come back, one thing is for sure, you'll always miss the food.

Chinese people also love the food and for many, Thailand or Malaysia are the first foreign countries they travel to. Tianjin has

seen more and more restaurants opening that offer the Southeast Asian style and people's craving for the exotic food has been rising, too. But where are they?

## Pho-Vietnam

The term pho actually refers to the noodles, not the soup. There are hundreds of different soups found around Vietnam. But pho is made with pristine white rice flour noodles that are made daily and sold in markets. But, really, everybody in Vietnam judges the pho by its broth. A good pho broth is crystal clear, like a French consommé, and packs two punches. For pho bo (beef), there's the underlying earthiness brought on by the long simmering of the bones, oxtail and the flank. For pho ga (chicken), the entire bird is used. The second component of the broth is its spice and aromatics. In pho, cinnamon and star anise lead the charge, with assists from cloves and cardamom. Roasted and/or charred onions and ginger are the key vegetables.

## Tom Yum-Thailand

Hot and sour, tom yum is signature Thai dish that can be whipped up in a second by street vendors. Lemongrass, kaffir lime leaves and galangal are the essential ingredients. The soup has medicinal qualities is even rumoured to cure colds.

An American gourmet who lives in Thailand described Tom Yum as "It's popular because it includes a balance of flavors, ingredients, and textures, all in a single bowl. When you take a bite of a sour, spicy, and perfectly creamy (from the shrimp) bowl of Tom Yum Goong, it's one of the best tastes of Thailand." Goong, by the way, refers to the freshwater shrimp which are traditionally added to the dish and make the tastiest version of it.

YY beer house: As the first Thai restaurant in Tianjin, YY insists on using imported Thai spices and experienced Thai chefs to cook typical Thai cuisine for customers. The Tom Yum has always been the best seller in YY for the past two decades.

## Laksa-Malaysia

The flavorful base of the soup is called Laksa paste – which is basically lemongrass, chillies, shallots, galanga, turmeric, spices and dried shrimp all blended up in the food processor, then sauteed in a pot with a little oil to deepen the flavor. Into the same pot goes the chicken stock, the chicken, shrimp, tofu puffs (optional) fish balls (also optional) and coconut milk. After a quick simmer, it's done. Ladle over fresh rice noodles, top with a handful of crunchy bean sprouts, fresh cilantro and mint, and serve with lime wedges, hot chili sauce and a sprinkling of crispy shallots. It's a soup that takes you far, far away, and it has been a hit at home when the temperatures are cooler. It is a "fishy" tasting soup, so be warned if fish are not your thing.

Chef Andy Zhang from FLAIR Bar and Restaurant at The Ritz-Carlton, Tianjin, who has a decade of experience in preparing South-east Asian cuisines, will wholeheartedly "draw" you a map of the region's delicacies. The signature dish, Laksa, is highly sought-after by customers. To prepare this delicacy, the chef must not only choose the right amounts and combination of spices, but also cook them in such a way that the noodles completely absorb the flavour of the soup to taste smooth, warm and sweet. This dish is so popular that a customer once drove to FLAIR for an entire hour after midnight just to taste this signature delicacy.

## Char Kway Teow-Malaysia/Singapore

It seems that Malaysians and Singaporeans have issues on who invented char kway teow. Foodies on both sides of the causeway jealously claim this fried noodle dish as their own.

**"IT'S POPULAR BECAUSE IT INCLUDES A BALANCE OF FLAVORS, INGREDIENTS, AND TEXTURES, ALL IN A SINGLE BOWL. WHEN YOU TAKE A BITE OF A SOUR, SPICY, AND PERFECTLY CREAMY (FROM THE SHRIMP) BOWL OF TOM YUM GOONG, IT'S ONE OF THE BEST TASTES OF THAILAND."**



Laksa by Flair

But whether you tuck into a dish of char kway teow at a Singapore Chinatown food house or at Kedai Kopi Sin Guat Keong at Lebuh Kimberley in Malaysia's Penang, you'll encounter the very same dish on either side of the border comprised of flat rice noodles, briskly stir-fried with cockles, prawns, Chinese sausage, chives, egg and bean sprouts in a dark soy sauce then served piping-hot.

Every dish of char kway teow comes with an abundance of umami and a variety of textures, all at low street-food-level prices



Char Kway Teow

(in Malaysia, you can score a bowl for as low as MYR 6, or about US\$1.80).

In Tianjin, char kway teow is less well-known than tom yum or pho so it's not as easy to find a restaurant that serves it. However, it's easier to find its counterpart: the well-known dry fried noodle rice with beef popular in Hong Kong style restaurants.

Fusion Malaysian Restaurant at Riverside 66 Mall has a wide selection of Malaysian and other Southeast Asian food. It is also one of the few restaurants in Tianjin that has char kway teow.

## 天津的东南亚美食哪里找

东南亚是各国驴友们青睐的目的地，纯净的海滩、多彩的异域文化、低廉的旅行成本，当然还有美食，都吸引着不同国家的人来这里旅游。和西餐相比，东南亚菜的味道更为丰富，即便是普通的香料和食材在有经验的厨师手里也幻化成具有热带风情的艺术品。

曾经去东南亚旅游过的人都能对当地的美食街如数家珍，新加坡遍布全市的美食城、马来西亚槟城琳琅满目的小吃，印尼巴东星罗棋布的餐厅。

中国人近年也爱上了东南亚美食，很多人第一次出国的目的地就是新马泰，所以对当地的食物也印象深刻。在天津，东南亚风格的餐厅也日渐增多，人们有更多的选择，餐厅风格也日渐细化。如果你想念那些食物了，你应该去哪呢？

越南米粉 Pho 近几年越来越多地被中国人了解和接受。米粉就是寻常的米粉，但搭配的汤头却有很多变化，而决定 Pho 品质的恰恰就是汤。常见的两种 Pho 是牛肉粉和鸡肉粉，汤要清亮，肉也要炖的够火候，对香料的掌握也非常重要。

又酸又辣的冬阴功可以说是泰国的国菜，柠檬草、香茅为这道菜赋予了独特的风味。冬阴功把各种口味和食材混合在一个碗里，达到一种美妙的平衡。在天津的泰餐厅里，粤园是历史最悠久的一家，这道经典的“泰国味道”在泰国厨师的打造下也一直是热销的菜品种。

叻沙是马来西亚的特色菜，其地位相当于天津的炸酱面。叻沙的内容也十分丰富，主料有虾、米粉、豆腐泡、椰奶、檬草、辣椒、小葱、南姜等再加上许多叫不上名字的香料，打造出香浓美味的叻沙。天气渐凉了，人们更容易想到它。

在天津提起叻沙，真正的吃货会推荐天津丽思卡尔顿酒店 Flair 酒吧。不要觉得奇怪，Flair 酒吧就是以东南亚菜为特色的。主厨 Andy Zhang 有十多年东南亚料理经验，他对配料比例的拿捏非常精准，让米粉充分入味，创造出柔滑香浓的口感。很多客人都对这道菜情有独钟，甚至特地开车一小时来这里解馋。

新加坡和马来西亚对炒粿条到底起源于哪里颇有争议，不管你去新加坡的中国城还是马来西亚槟城的小吃街，你都会找到许多卖炒粿条的摊位。宽条米粉和蛤蜊肉、大虾、腊肠、葱葱以及豆芽炒在一起，有一点甜甜的味道，口感丰富，价格便宜。位于恒隆广场的融马来西亚餐厅是天津为数不多的几个有这道菜的餐厅之一。



Oral hygiene means to keep one's mouth clean.

## ORAL HYGIENE by Kate King

**R**arely do you hear a person say they love going to the dentist. The sound of the drill can make the toughest persons knees give out and start the heart racing. The dentist office means anxiety and usually a little bit of pain. No wonder many avoid it at all costs. In reality, if your home dental care is on point, a trip to the dentist office should be fairly pain free. What is oral hygiene and what does it mean to have good oral hygiene? Let's get into the nitty gritty.

Oral hygiene can be described as keeping one's mouth clean. We do this by brushing and flossing our teeth. Interestingly enough, according to 1800dentist.com the majority of the population does not brush their teeth properly. One component of brushing properly is the amount of time you spend brushing. To fully clean your teeth you should be brushing for at least 2 minutes. Think of the mouth as being divided into four quadrants. You must spend at least 30 seconds in each quadrant. Cleaning the tongue is also a part of oral hygiene, so don't forget to brush your tongue at least 5 seconds before putting that toothbrush away.

As for the actual brushing of the teeth, the toothbrush should be held at a 45 degree angle and the bristles should be

soft. A gentle, circular motion should be used so as to better get into the gum line. As a side note, electronic toothbrushes have been found useful in greatly reducing plaque, so it may be an investment worth making. Flossing after brushing may also be important in preventing any oral problems. Though opinions do vary on exactly what connotes the ideal routine. Particular care needs to be taken so that over brushing or improper flossing doesn't actually cause more damage than good. Issues like receding gums, or even enamel loss could be linked to improper techniques.

Another key in good oral hygiene is avoiding any type of product that contains tobacco. It not only stains your teeth, but can lead to bad breath, gum disease and even mouth cancer.

On top of your home dental routine, some suggest to visit the dentist regularly to catch any issues early on, such as twice a year for a cleaning and examination. One area that the dentist can see that we can't is underneath our fillings. Fillings do have a life span of about 10 years or so, after that, small gaps can start to happen between the filling and tooth, so bacteria can actually get under the filling and start decaying the tooth completely unbeknownst to a person.

So, how do we know if we have good

### IF ANYONE IS HAVING CHRONIC BAD BREATH, THIS IS A SIGN OF ORAL PROBLEMS AND AN APPOINTMENT WITH THE DENTIST SHOULD BE MADE.

oral health? One way to tell is by looking at your gums. They should be nice and pink and not bleeding when we brush or floss. Your teeth should feel slick and not like there is a layer of fuzz on them. Also, having good breath. If anyone is having chronic bad breath, this is a sign of oral problems and an appointment with the dentist should be made.

The state of our mouth is actually a window to our body's overall health, so one way to keep our entire body healthy is to take good care of our teeth and gums. If we do this, maybe next time we go to the dentist we'll leave with a smile.

### 口腔卫生

鲜少有人会喜欢看牙医，尤其是当刺耳的钻具声声入耳时，更是让人胆战心惊，因此很多人会选择回避牙科诊所。但如果你选择的牙医是非常专业以及可靠的，那么治疗根本没有想象中的那样可怕。究竟什么是口腔卫生？良好的口腔卫生可以给我们带来什么？

简单来说，口腔卫生就是通过刷牙和使用牙线来保持口腔清洁。有趣的是，根据 1800dentist.com 网站调查，大多数人都不知道如何进行正确刷牙。想要彻底清洁牙齿，你至少需要 2 分钟的刷牙时间，并把整个口腔分为四个区域，每个区域停留 30 秒。在全部完成之前，你还至少需要 5 秒的时间来做舌头清洁。

刷牙的时候，将牙刷与牙长轴呈 45° 角指向根尖方向，按牙龈-牙交界区，使刷毛一部分进入龈沟，一部分铺于龈缘上，并尽可能伸入邻间隙内，用轻柔的压力，使刷毛在原位作前后方向短距离的水平颤动。此外，电动牙刷在减少牙菌斑方面有很好的效果，因此非常推荐大家使用。想要保持良好的口腔卫生，我们要尽量避免接触烟草产品。烟草产品不仅对口腔没有好处，相反它还可能给你带来口腔疾病甚至癌症。

那么，我们该如何知道自己的口腔健康状况呢？一种方法是看你的牙床。当我们刷牙或使用牙线时，它们应该是粉红色的，不会出血。你的牙齿应该感觉光滑，而不是像有一层绒毛在它们身上。如果你有口气问题，那么这很可能是口腔问题的征兆，你需要及时预约牙医。

口腔的状态实际上也是我们整体身体健康的窗口，所以想要保持身体健康，照顾好牙齿是非常关键的一步。保护好牙齿，看牙医也可以很轻松。



**IN YEARS PAST, LOCAL VENDORS HAD A PLETHORA OF BEDDING CHOICES, BUT OFTEN QUALITY AND SAFETY WERE AN ISSUE, LET ALONE NON-STANDARD PRICING.**

## BUYING BEDDING

by Carmen King



**F**ew things beat a good night's sleep. Yet, it may be elusive to expats just arriving in Tianjin. Why? 1. Chinese often like hard sleeping surfaces; 2. Sheets may not be fitted and therefore easily roll up exposing the bare mattress; 3. Blankets may not be as thick, fluffy, or warm as expected; 4. Pillows may be the wrong size, shape or softness.

Expats in Tianjin no doubt rejoiced when IKEA (宜家 yíjiā) opened in the Dongli district (东丽区 dōnglǐ qū). That said, in a day and age when it seems like almost everyone has an app and offers home delivery after buying online, IKEA has yet to keep up with the times. There are two IKEA apps in the app store. However both leave

a lot to be desired. One app is the IKEA Store and the other is the IKEA Catalog. In either case, language switching isn't the easiest. Expats usually need a combination of English and Chinese. Initially English is used to find the desired product. Then they need to be able to easily switch over and see what the item is called in Chinese. For now, expats need to take a trip to IKEA, pick out the products in person, and then pay a delivery fee to have things delivered to the city. To ensure a good night's sleep though, it is probably worth the trip.

When it comes to buying bedding, for expats IKEA is probably the best place to start. In years past, local vendors had a plethora of bedding choices, but often quality and safety were an issue, let alone non-standard pricing. Expats who tried to buy bedding in local markets might have struggled to get a reasonable price. Stores usually provide a more standardized shopping experience where pricing is clearly displayed. Yet, this can come at a price, literally. Whereby the bedding is more expensive than it should be. An example was back in the day, an American expat couple arrived to find the mattress provided by the landlord felt more like a board than anything else. Of course, it was said that sleeping on a hard surface is good for the back. At the time, the best option for relief was a little store outside of a Vanguard that sold a foam mattress pad/topper for a staggering 2,500 RMB. Thank goodness these days, IKEA offers

both mattress pads and foam mattresses at more reasonable rates.

Here is the core Chinese vocabulary needed to buy bedding: mattress (床垫 chuángdiàn), foam mattress (泡沫床垫 pàomò chuángdiàn), latex mattress (乳胶床垫 rǔjiāo chuángdiàn), mattress pad/topper (床褥 chuáng rù), sheet (床单 chuángdān), blanket/cover/comforter (被子 bèizi), all-season blanket (四季被 sìjì bèi), winter blanket (冬被 dōng bèi), down blanket/comforter (羽绒被 yǔróng bèi), pillow (枕头 zhěntou), memory pillow (记忆枕头 jìyì zhěntou), latex pillow (乳胶枕头 rǔjiāo zhěntou), memory foam (记忆海绵 jìyì hǎimián).

### 选购床上用品

没有什么比睡一夜好觉能更让人心情愉悦的了。然而对初来天津的外国朋友而言，这或许会有些难度。究其原因，这很可能是中西方对床寝的使用习惯而带来的烦恼。宜家在天津的成立极大的便利了生活在这里的外国朋友。只需简单的来一趟宜家之旅，然后亲自挑选合适的产品，再付一些快递费，就可以轻松的将商品搬回家。为了保证自己有一个良好的睡眠，亲自去挑选产品很有必要。购买床上用品，宜家通常是人们最先考虑的地方。纵观过去几年，可供选择的床寝五花八门，但质量和定价问题也着实令人担忧。尤其对外国朋友而言，在当地的市场购买产品，被无良卖家忽悠的系数会更高一些。因此，来卖场选购，买家相对更安全。宜家提供多种多样的床上用品，亲自去挑选，选择最适合自己体感的，每夜都能有高质量的睡眠。





wechat settings

# GETTING YOUR WECHAT SETTINGS STRAIGHT

by Culturalbility

**W**hen you first set up your Wechat, maybe you don't realize all the settings that need to be set or the ins and outs about what all the settings even mean; you just want to get started chatting! Well, now that you're a seasoned user, let's make sure all of your settings are in the correct working order.

**To access them, go to the Main Screen - Me - Settings...**

### Account Security

First up is your account's security. You most likely used your phone number to register your account, but did you know you can and should tie your email address to it, too? In the event you switch phones or need to reset your password or lose your SIM card, your email will come in handy. Under Account Security, go to "More Settings" to link your email address.

You should also set a Wechat ID if you haven't yet. It's unique to you and should not be easy to guess. After that, double check that you have your password set and that you can remember it. Keep this login info in a safe place for a future emergency.

### Message Notifications

Next up is the notifications option. Here you can set Wechat up to notify you

every time someone messages or video calls you. You can also enable the setting to "Show Preview Text" with each notifying beep.

There's also an alert for "Other Feature Alerts"... Do you really want to be notified every time someone comments on your Moments or vice versa? We didn't think so. Might want to disable this one.

### Privacy

Maybe the most important settings tab is for your privacy. The first one in the list is "Friend Confirmation" and in our professional opinion should definitely be enabled for every personal Wechat account. This keeps random spammers from adding you and immediately being able to send you things. An extra layer between you and strangers, if you will.

Another necessary option to decide is how you want people to "Add Me as a Friend." You can enable or disable "Find Me" by phone or your unique Wechat ID. It comes down to how findable do you want to be? Also, do you want people to "Add Me By" Group Chats, QR code, or Contact Cards? All these settings are up to you.

### General

In the general tab is where you'll find the settings for language, text size, background, and stickers, among other things like photo and video management

**FINALLY, WE NEED TO MAKE SURE YOUR WALLET IS SET UP SAFELY. BESIDES NOT LINKING YOUR MAIN BANK CARD, WE ALSO DON'T RECOMMEND ALLOWING IMMEDIATE TRANSFERS OF CASH.**

or your storage capacity.

But you can also have a glimpse at additional "Features" within Wechat. This is where you can turn off the "Message in a Bottle" and "People Nearby" or turn on things like connecting your LinkedIn profile or using "Broadcast Messages." They are completely left to your discretion.

### Wechat Wallet

Finally, we need to make sure your Wallet is set up safely. Besides not linking your main bank card, we also don't recommend allowing immediate transfers of cash.

In case of an unreliable seller or not being satisfied with a product, there's a setting that gives you up to 24 hours until the transfer officially goes through. Go to Me - Wallet - ... - Payment Management - Transfer Time. You're welcome.

## 轻松了解微信设置

当我们第一次设置微信时，也许并不知道所有设置都是什么功能，究竟具体有什么用。我们只是简单的想要马上开启聊天模式！既然我们都是微信老用户，那让我们看看你的微信设置是不是都处在正确的状态中。打开主页面，进入“我”，找到“设置”选项。

首先是你的帐户安全问题。注册微信我们通常都是使用手机号码，但是最安全的方式就是把我们的邮箱地址也关联到账户中。这样的做法是为了确保更换手机或重新设置密码时，方便操作。当然，你还应该为你的微信账号设置一个微信 ID，并检查好你的密码设置。接下来是通知选项。这个功能可以设置每次来信息时的提醒方式，有“显示文本”或“声音”提醒两个选择。隐私设置也许是最重要的一项。我们的建议是开启“朋友验证”设置，以此来隔断垃圾推送内容；其次你还应该设置加好友的方式，多一重安全验证，多一重安全保证。除此之外，你还可以在通用选项卡里设置基本内容。最后，关于微信钱包，我们建议您尽量不要绑定主要银行卡，当然，即时转账现金的功能也绝不推荐。

好了，关于微信设置如有任何问题，欢迎大家随时扫码提问。





Withdrawing money from ATM

# FOOLED BY FAKES

by Carmen King

**D**espite great effort by the Chinese government to produce high-tech paper currency, the devious of heart don't seem to be giving up in their attempt to create fakes. The fakes that hurt the most financially are the 50 and 100 RMB notes. Especially the 100 RMB bills need to be handled carefully and are a favorite for fakes. How to avoid fakes?

It starts by getting currency from the bank, such as directly out of an ATM. Or, as reported on last month, do your best to go cashless and get paid via an electronic bank deposit or transfer. Another option is to be paid via WeChat or Alipay. In the case of withdrawing cash RMB from the ATM, if possible, make it a practice to immediately turn around and deposit the majority of the money into a local bank account. The workflow would be, use an international ATM card to withdraw RMB, and then use a local ATM card to deposit it. The local bank account needs to be linked to a WeChat or Alipay account. This allows the majority of payments to be made digitally and greatly reduce the chance of encountering fakes. Be sure though to take steps in securing the WeChat and Alipay "wallet." Especially if the phone gets stolen, forgotten usernames and passwords, or not having activated a numerical password or fingerprint can spell disaster. Remember, in addition to setting a system password for using the phone itself, set an additional password for payments in the actual WeChat or Alipay app.

There is a scam involving fake bills that

could catch the unaware off guard. It involves cash transactions such as paying for a cab, or buying something at a small convenience store. Sadly, it revolves around the complete and utter dishonesty of the vendor or cabbie. The victim attempts to make payment using a 100 RMB bill (it could also involve 50's or any other bill). The vendor takes it, inspects it, only to say there is an issue with the bill and therefore requests the customer to give a different one. The key lies in the consumer being caught off guard and looking away to get another bill. At that moment the shyster slyly switches the good bill just received for a bad bill already in their possession. The customer looks back up with another good bill in hand, gives it to the con artist and gets not their original bill back, but a fake.

Worse yet, an individual could actually be duped repeatedly during the same transaction. This is what happened to one man when paying for a cab ride after drinking.

## THE KEY LIES IN THE CONSUMER BEING CAUGHT OFF GUARD AND LOOKING AWAY TO GET ANOTHER BILL.

The cabbie apparently saw the woozy passenger as easy prey. In the course of making a cash payment for the fare, the unscrupulous driver swapped not one, but two 100 RMB notes! It wasn't until the next day that sobriety brought with it the realization they had been taken to the cleaners.

Over drinking is foolishness and will always bring with it negative consequences. That said, even sober people can get conned. So be fully aware during cash transactions of the possibility that a real bill can get swapped for fake.

## 当心假币!

钞票防伪技术日新月异，但还是假币依然猖獗，如何防范假币呢？

无现金生活从一定程度上避免了收到假币的可能性。在ATM上从你的国际银行卡里把钱取出来，然后马上插入本地银行卡，再把钱存进去，把这张本地银行卡绑定到微信钱包或支付宝上，你就可以实现移动支付了。微信或支付宝的密码要设置的复杂一点，当然如果手机本身需要密码解锁的话安全系数就更高了。

更要注意防范的是涉及假币的骗术，有些出租车司机或小贩总是要一些调包的伎俩。如果你没有零钱，用百元钞票付钱，他们检查一下这张钞票，然后跟你说这张钱有点问题，你换一张吧。就趁你低头找钱的时候，他们用假钱把这张真钱换了，最后你就收到了一张假币。

更可恶的是，他们会反复用同样的伎俩让你换钱。如果你恰巧喝了点酒，在甚至不清醒的状态下打车，你很有可能遭遇这样的骗局，也许要等你第二天就醒了之后才会发现。所以在现金交易的时候，一定要提高警惕！



Cashless payment is a way to avoid fake notes.



The Tianjin Eye

# FIVE PLACES TO ENJOY THE FULL MOON

by **Monica Wang**

**M**id-autumn Day is the second most important traditional Chinese festival in China, with only Spring Festival ranked above it. The reason why is that it is believed that on the 15th of the eighth Lunar month, the moon is at its roundest and brightest state for the year and it is said to symbolize reunion, completeness and abundance. On this day, families gather together to celebrate the momentous occasion by eating moon cakes and appreciating the spectacular beauty of the full moon.

The time-honored Mid-autumn festival boasts a history of thousands of years. It was first celebrated to give thanks for a bountiful harvest. The root of it all has come from the tradition of moon worship in the Shang Dynasty.

The way that people celebrate the festival is not now exactly the same as to how it used to be originally, of course, as our modern lifestyle and mindset has changed so much over time. However, gathering with family, eating moon cakes and enjoying the spectacular moon remain as the one constant and tradition of this festival.

Nowadays, many people live in high-rise apartment buildings and when looking out of the window, one only sees the windows of other households and no sight of the moon. This year, the festival falls on October 4th during the National Day holiday. If it happens to be a clear night, it will be a great opportunity to come out of the house and observe the beautiful moon in all its glory. It may not remind you of a family reunion as it does to most Chinese people, however it's still a romantic thing to do on a holiday night. So why not sit in a broad open space and enjoy the beautiful night view of Tianjin with the big round moon hanging high up in the sky.

We have made a list of the five best places in Tianjin to spend the Mid-autumn Day evening. Maybe you're already familiar with these places, but on this day of the year, it will be definitely be even more enchanting than ever. Let's just pray for nice weather!

### **Water Park**

There are many reasons why you should put the Water Park on the list. It's the biggest park in the downtown area and it offers an exclusive lake view. It sits in a quiet area in the Nankai District that can be reached from Zhou

Deng Ji Nian Guan Station on Metro Line 3 and also on several bus lines. It is close to the expats' community and it offers free entry.

The Water Park has three lakes and five islands. Numerous arched, curved and flat bridges are scattered around the lovely lakes. You can imagine the beauty of seeing a bright moon above and another glittering moon reflected on the water. The park is designed to comply with Chinese architectural aesthetics so it is a perfect venue to immerse yourself in Chinese culture.

In addition, there are two Chinese restaurants that both feature local cuisine and are located by the waterside. Tianjin Old Ferry (天津老码头) is like an old-fashion bazaar where you can buy some local snacks from the many "street vendors", such as tanghulu which are sugar coated haws on a stick. Wei Ding Xuan is another Tianjin restaurant specializing in delicacies which are a bit more of the classy kind. The dishes there are presented in a more exquisite way and the ingredients of some dishes are more expensive.

### **The Tianjin Eye**

The Tianjin Eye has become a landmark of Tianjin as it appears in almost every tourism



video or poster about the city. It stands proudly aloft crossing the Hebei and Hongqiao Districts towering above the Yongle Bridge. At a height of 110m, the ferris wheel has 48 glass cabins each of which can hold eight people and takes 28 minutes to complete a revolution. When you're at the top of the wheel, you can enjoy the views which can extend to 40km. At night, the Ferris wheel is decorated with purple lights, which make it eye-catching against the black backdrop of the sky. It is a must-do Tianjin experience to ride the Ferris wheel for all travelers and long-term expats and it is a popular finishing spot for those celebrating a special day.

### Tianta Lake

Tianta, which refers to Tianjin TV Tower, is the third highest architectural structure in China with a height of 415.2m. It was officially completed and opened in October 1991. The tower was built next to the Tianta Lake. Not only is the tower one of the famous scenic

**THE WATCH TOWERS AND STEEP PATHWAYS AGAINST THE BACKGROUND BANDS OF INKY MOUNTAIN PEAKS MAKE GREAT PHOTOGRAPHS. THIS IS HOW I ALWAYS IMAGINED THE WALL TO LOOK.**

spots in Tianjin, the lake is also a popular and peaceful recreation spot for local people. In summer, people have their after-dinner walk around the lake while in winter, when the lake is frozen, people unwind with a skate on it. At night, Tianta is brightly lit up and you'll see in the water's reflection a great view of the moon. You can also take the elevator to the observation floor, which also houses a restaurant. The seats and tables are arranged close to the windows on a revolving floor that completes one full spin in about 50 minutes. So, my suggestion is to grab some beers and sit by the lake with some friends and see how you can celebrate the festival in your own special way.

### Nancuijing Park

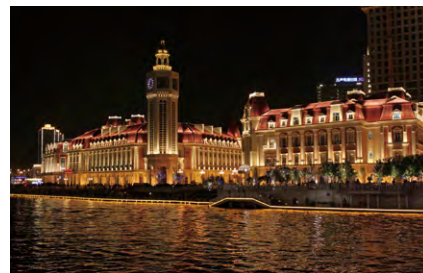
Nancuijing Park is a quiet natural park located in the city center by the express road of Hongqi Nan Lu. Nancuijing is built around a small hill, which is called "garbage hill" by the local people. However, the scenery is quite beautiful and it has unique charms in the different seasons. Despite the traffic being at times busy near the park, the park itself is a secluded island of greenery.

The park has a racetrack surrounding the stream, which attracts many citizens where they do exercises. Climbing up the hill will take a little effort and the pavilion on the hill top is a wonderful place to see the full moon. It is a very classical scenario to sit in a pavilion, along with some friends and eat and drink baijiu under the bright moon. So just as others have done over the years, you can enjoy the delightful view.

### Jinwan Plaza

Jinwan Plaza may be the first magnificent architectural complex you see when you get out of the main train station. It is meant to be the tourists' first impression of the city and is bordered by the Haihe River, western-influenced architecture and a splendid view of the city's night lights.

There are restaurants in Jinwan Plaza that sit by the river and have outdoor tables. They're



Jinwan Plaza

where you can book your Mid-autumn dinner and enjoy a special Mid-autumn night. If you like Chinese food, Go Believe, one of the three local delicacies of Tianjin, is the place for you. Drei Kronen 1308 may suits you better if you are in the mood for authentic German food and craft beers.



Water Park

## 津城五大赏月胜地

中秋节是中国的传统节日之一，其重要性仅次于春节。每年的农历正月十五都是月亮最圆最亮的时候，圆月也象征着团圆、圆满和富足。每逢中秋佳节，中国人都要合家团聚，共赏明月。

中秋节的历史可追溯到几千年前商代的祭月仪式，感谢上苍赐予的好收成。随着时间的流逝，现在人们庆祝中秋节的方式和对这个节日的态度已经改变了许多，但最精髓的部分仍然保留了下来，那就是团聚、吃月饼和赏月。

现在很多人都住进了高层住宅，从窗户望出去只能看到对面楼的窗户，在家里赏月几乎成为奢望。今年的中秋节是10月4日，恰巧在国庆假期期间，所以你可以多抽出一些时间走出家门，到最好的地点去看一年中最美的月亮。

水上公园是市中心最大的公园，交通便利，视野开阔，景色宜人，整个公园都按照中国古典园林美学设计。湖边凉亭是赏月的绝佳场所，皓月当空，水中亦有微波粼粼的倒影，美不胜收。

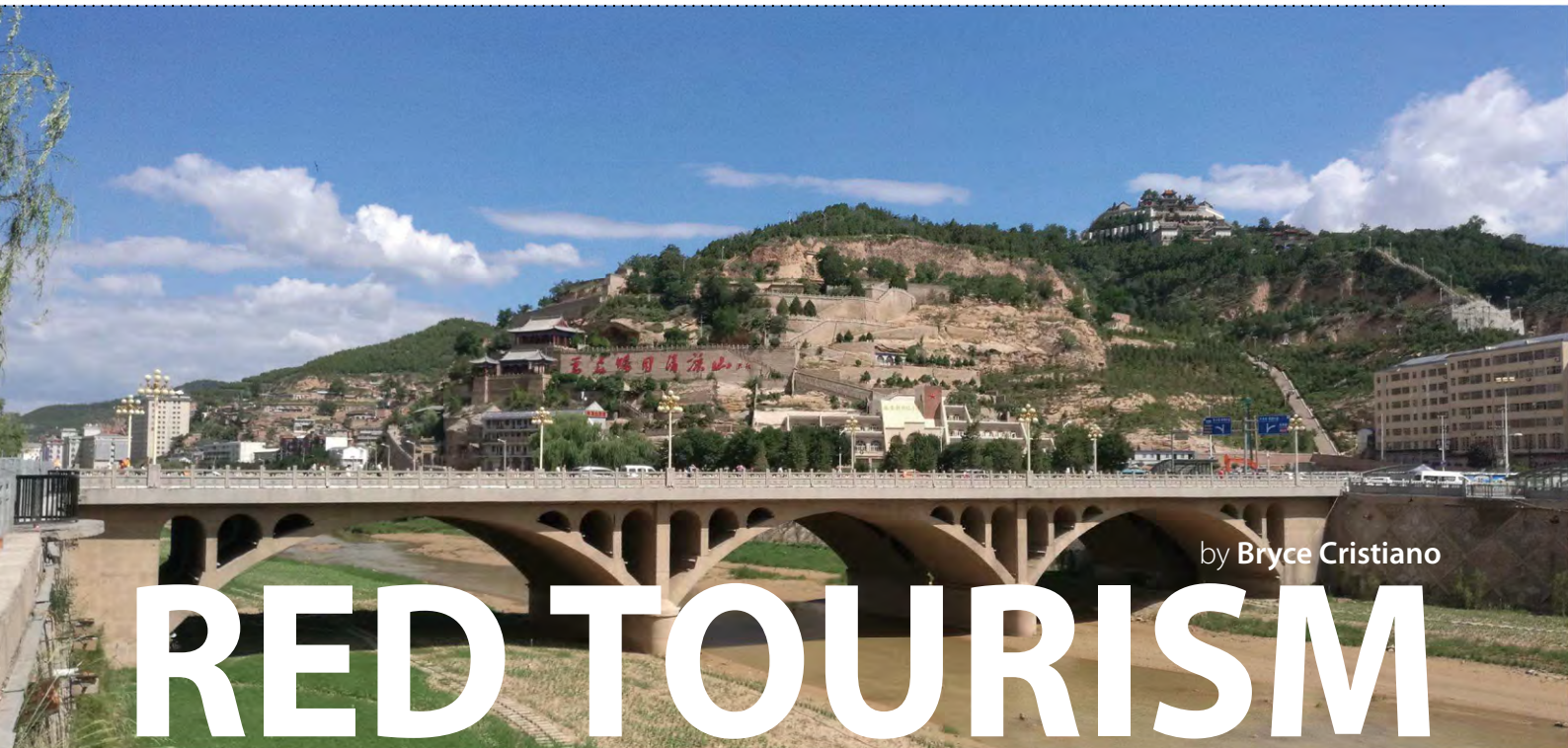
水上公园内还有几家依湖而建的餐厅。天津老码头就是一家津味十足的餐厅，一进入大门就感觉走近了一个旧集市，各种本土小吃应有尽有。卫鼎轩也主打川菜，菜品打造得更加精致一些。

天津之眼已经成为天津的城市名片，出现在几乎每一部城市宣传片和宣传海报中。天津之眼摩天轮建在永乐桥上，横跨河北区和红桥区。在摩天轮的制高点，你能看到40公里内的景色。夜幕降临后，摩天轮也被点亮了，在黑色的背景下十分夺目。来天津不坐摩天轮是一种遗憾，如果你还没有坐过，不如趁着中秋节一边看夜景一边赏月吧。

天塔湖是围绕着天津广播电视塔的一片人工湖。天塔早在1991年就建成了，既是天津的地标建筑也是知名的旅游景点。天塔湖也是天津市民的休闲场所，夏天人们在湖边遛弯，冬天在湖上滑冰。登上天塔的旋转餐厅，整个天津尽收眼底。

南翠屏公园是闹中取静的一处所在，公园围绕着“垃圾山”建造而成，每个季节都有独特的美。山顶的凉亭是赏月的最佳地点，视野好同时又有古典意境。

津湾广场是很多人走出火车站后对天津的第一印象——大气，洋气！亲水平台很受人们欢迎。你也可以找一家河景餐厅预订中秋节大餐，同时坐在户外的座位上欣赏美丽的月亮。



by Bryce Cristiano

# RED TOURISM

Yan'an

**M**oving displays of wartime life and struggle adorn the walls of a complex in Xi'an city, telling tales of spies, insurrection battles and comradeship under the banner of communism. The now tranquil complex of the 8th Route Army Memorial Hall sets a somber mood which contrasts heavily against the exhibits that allow guests to relive the once turbulent times for Xi'an during the Chinese Civil War. Portraits of Mao ZeDong, General Zhu De and Dr. Sun Yat-Sen adorn the walls of meeting rooms that once held studies. Visitors may imagine ghosts of weary revolutionaries huddled around the massive central tables, marking out plans for war and aspiring to build a new China. During the second cooperation between the KMT and the CPC in following the Xi'an Incident of 1936 the CPC swept into Xi'an to establish a liaison office for potential volunteers to the Eighth Route Army. The halls still hold the rooms which were dedicated to renowned revolutionary heroes like Zhu De, Deng Xiaoping, and Tianjin famous, Zhou Enlai. To walk through a location that saw tens-of-thousands of ERA soldiers during its decade of operation is a true treat for those interested in Chinese history. The 8th Route Army Memorial Hall in Shanxi province, it is one of the well maintained locations from the Civil War era that has been maintained for China's own "Red Tourism" industry.

红色旅游 or Red Tourism has been heavily promoted by the Chinese government since 2005 as a way to preserve the history that has been integral to the formation of the new China. Cooperative agreements between local governments has allowed for the Chinese government to not only lay a heavier emphasis on the importance of communist history in China but also to promote tourism to impoverished regions of China. With such a wide range of history to cover, initiatives to preserve revolutionary history grant jobs and valuable education to many regions of China. From the birthplaces of notable revolutionaries, to the foundations of the Chinese Communist Party, to the Civil War Era and the War of Resistance Against Japanese Aggression; there is a gold mine waiting to be tapped for communities. These opportunities allow small towns to get more attention from the government while providing jobs to citizens.

Shaanxi province, well-known for Xi'an city may first strike foreigners with images of ancient terracotta soldiers, rebuilt to stand guard for Emperor QinShiHuang or even BiangBiang Noodles. Xi'an and the northern area of Yan'an are also one of the cradles of Chinese civilization. Besides being the cradle of Chinese civilization and boasting thousands of years of ancient history, Yan'an is a sort of sacred ground for Red Tourists and the cradle of the Chinese Communist Party following the Long March. Establishing bases

in Yan'an, the area is now home to approximately 140 revolutionary sites like the Former Revolutionary Headquarters of Wangjiaping. Events which were pivotal to the war like the Xi'an Incident, in which two KMT generals captured and delivered Chiang Kai-shek to the Chinese Communists in a bid to force the stubborn Generalissimo to create a second united front against the Japanese, are also immortalized in the area.

Red Tourism is not relegated to the Northern provinces though. Moving down to Hunan province is a small town of Shaoshan, just outside of Changsha. Shaoshan is the hometown of Mao Zedong and as such has dedicated resources to maintaining exhibits in his name. Exhibits in Shaoshan include museums about the upbringing of Mao

**BESIDES BEING THE CRADLE OF CHINESE CIVILIZATION AND BOASTING THOUSANDS OF YEARS OF ANCIENT HISTORY, YAN'AN IS A SORT OF SACRED GROUND FOR RED TOURISTS AND THE CRADLE OF THE CHINESE COMMUNIST PARTY FOLLOWING THE LONG MARCH.**



Da Du River

Zedong along with stones inscribed with his own poetry. Being close to Guilin and Fenghuang a visit to Shaoshan can be fit into a tour of Hunan province.

With the trail of the Long March spanning 9,000km, the trail from Southern to Northern China is laden with sites that are significant to the trials of the heroic one year journey. The Zunyi Conference from January 15-17th of 1935 (three months after the start of the Long March) in Zunyi, Guizhou province is one such place along the route. The Zunyi Conference holds significance as a power shuffle within leadership where critiques of the Red Army were made. As result of the conference, the CCP pivoted away from the 28 Bolsheviks and towards Mao, reducing their influence within the party and paving the way for Mao. Here, a hall where the conference took place has been reserved and dedicated to displaying exhibits relevant to the Long March.

Fushun in Liaoning province hosts the Lei Feng Memorial Hall, dedicated to posterboy and hero of the PLA, Lei Feng. The massive complex in FuShun has many relics related to this venerated Chinese soldier whose image and name still graces posters to this day. His adherence to serving the people set an example for many other soldier and workers.

In Sichuan, dangling over the Dadu River is the LuDing Bridge, another important site during the Long March. This Qing Dynasty suspension bridge from 1701 saw action between the Nationalists and the Communists as it was the only way the Communists could cross the Dadu River. With planks having been taken out of the bridge by Nationalists, the two battled for days with Communists forces prevailing in a move that

became a famous event to boost morale.

While technically not Red Tourism in the same sense as the serene halls of 8th Route Army Memorial Hall in Xi'an or the village of Mao ZeDong's birth, Beijing is a bit closer and also boasts a great array of revolutionary history. Just a short train ride away in Beijing, rests the National Museum of China. The massive halls of the National Museum of China hold a real treasure of history spanning millenniums but great portions of the museum are also dedicated to contemporary history, like the revolution. Central Hall 1 of the museum has an exhibit of astonishing portraits and statues dedicated to the leaders and people involved within the revolutionary conflicts which built modern China. Expansive portraits portray pivotal events during the revolution in beautiful detail, paying great respect to not only the plights faced by those in the military but also the workers. The portraits in this Central Hall really bring the revolution to life in a grand scale. Being the capital of the country, Tiananmen Square is also a must see not only for those interested in Red Tourism but for tourists in general.

As China's role in the world becomes more prominent, understanding not only modern China but from where the current governance stemmed from is vital to understanding the road forward for the country. The last century alone has been an extremely agitated time for the country as contradictions exacerbated to the breaking point starting with the Boxer Rebellion in 1901. The Chinese Civil War may not be the most exciting draw for tourists to China but while traveling to new provinces, it can never hurt to hit any nearby Red Tourism locations. Visiting these locations can give a greater



the 8th Route Army Memorial Hall

perspective into modern China while also helping those in smaller communities through your patronage. Unfortunately though, some will find that the more obscure sites (Looking at you, Xi'an Incident Memorial Hall) are presented entirely in Chinese which can be a massive deterrent for some foreign tourists. If you have an appreciation for Chinese history, it never hurts to bring along a local friend who may have their own input and could assist with understanding untranslated exhibits.

## 奔一场怀古之旅

西安至今都保留着战争年代的那些红色记忆。城内的一砖一瓦、一池一墙仿佛都在讲述着当年共产主义旗帜下人们艰苦奋斗的日子和那令人难以忘怀的同志情谊。八路军纪念馆，庄严而肃穆的坐落在山西省内，用它真真切切的历史遗迹，帮助人们重温内战时期那曾经动荡不安的岁月和故事。八路军纪念馆是一座全面反映八路军八年抗战历史的大型革命纪念馆，馆区主要分为主展区和游览区两大部分。主展区包括八路军简史陈列厅、八路军将帅厅、日军侵华暴行厅；游览区包括八路军游击战术演示厅、八路军抗战纪念碑、八路军英雄碑林、徐向前元帅纪念馆等。作为革命老区，山西省在发展“红色旅游”产业上，创下了绝对的丰功伟绩。

自 2005 年以来，国家政府一直都在大力推广红色旅游事业。它一方面可以帮助我们了解革命历史，增长革命斗争知识，学习革命斗争精神，培育新的时代精神，另一方面它还对中国的贫困地区起到了促进发展的作用。从革命者的故乡到中国共产党的建立，从内战到抗战，“红色旅游”有太多值得我们探寻的地方，每一段历史故事都值得被人们铭记在心。

提到陕西省，大家一定会第一时间想到西安，其它的城市名片兵马俑更是举世闻名。但殊不知，延安和西安一样，它也是中华文明的发祥地之一。延安是中华文明的摇篮，它拥有几千年的古代历史，也是红色旅游者的圣地和中国共产党的摇篮。王家坪革命旧址，曾是中共中央革命军事委员会和八路军总司令部的所在地。

当然，红色旅游的版块远不止这两座省市那样简单，随着战争时期的脚步，它的足迹可以遍布到祖国的大江南北。中国在世界上的表现越来越突出，作为现代人而言，我们要做的不仅仅只是了解当前国家的情形，更重要的是我们要了解它曾经的历史以及它来时的路。参观“红色旅游”景点可以很好的帮助我们现代中国。值得注意的是，很多景点都是全中文服务，如果可能，带一个可以帮你翻译的朋友，这样可以更好的理解展品。



### Southeast Asia Delicacy @ Banyan Tree Tianjin Riverside

River café at Banyan Tree Tianjin Riverside elaborate prepare Southeast Asian authentic delicacy every Wednesday and Thursday. Mussel, black pepper crab, Vietnamese roasted fish, curry puff, Vietnamese spring roll and Singapore Bak-Kut-The and other delicious foods make you drool with envy.

Tom Yum Kung Soup is famous for its sour and spicy taste, mainly made of fresh shrimp. Hainanese Chicken rice is delicate and tasty. And River café was specially prepared Singapore Sling.

#### Southeast Asia Dinner Buffet

RMB268 per person  
(Special rate at RMB168 per person for in house guests and Spa members)

Valid: 18:00-21:00 every Wednesday and Thursday from 9th Aug

Venue: River Café at First Floor

For more information and reservation please call: +86 22 5861 9999



### “Timeless” JAZZ Sunday Roast

Immerse yourself and enjoy a seafood journey in every Sunday with the best Jazz Music downtown presented by our resident singer Ms. Only.

CNY 336 net/person;

Children (3-12), CNY 168 net/person

\* A sumptuous Seafood buffet, featuring Chinese, Asian and Western dishes

\*Free flow “Nederburg Première Cuvée Brut” Sparkling Wine

Café Majestic, Haihe Wing, 1F

11:30 – 14:30, October to December, 2017

T: 022-5852 6888 ext. 8910

The Astor Hotel, a Luxury Collection Hotel, Tianjin



### Tangla Hotel Tianjin Lobby Lounge Special Privilege

Enjoy our traditional Afternoon Tea Set and Happy Hour in a perfect atmosphere, you may enjoy various pastry delicacies and tea to delight your afternoon in style with friends at Tangla Hotel Tianjin.

Afternoon Tea Set

Western Tea Set: RMB168net/set

Chinese Tea Set : RMB198net/set

Operation Hours: 14:30-17:30

Happy Hour

Buy one, refill one for free on all beer

Operation Hours: 14:00-17:00

Venue: 1F Lobby Lounge

For reservation, please call 022 2317 5107



### The Ritz-Carlton, Tianjin To Host First Annual “A Taste of Street Food” FESTIVAL

The Ritz-Carlton, Tianjin is dedicating to provide exclusive and exceptional memories for diners and visitors. Thus, The Ritz-Carlton, Tianjin is set to bring 20 famous Tianjin street food stalls in its first-ever annual “A Taste of Street Food” event on 14 and 15 October. On this particular occasion, visitors will be able to taste the city’s freshly prepared authentic street food and most importantly to experience Tianjin local delicacies’ culture.

“A Taste of Street Food” Festival

Event Time: October 14 – 15, 11:30 am – 9:00 pm

Event Location: The Ritz-Carlton, Tianjin

Contact: (86) 22 58095196





## Healthy Fungus Gourmet

The award-winning culinary team prepares creative and authentic Fungus and mushroom delicacies featuring Mushroom Soup with Bamboo and Asparagus, Mushroom Jelly with "Thai" Sauce, Stuffed Mushrooms with Japanese Tofu and more.

Valid from October 1st to 31st

Business Hours: 11:30-14:00; 17:30-22:00

For reservations, please call 022-2462 6888 ext. 6022



## East & West Fusion buffet dinner @ Radisson Tianjin

Meet at the Radisson Tianjin for an extravagant buffet dinner featuring food such as hot pot, seafood, Japanese sushi & sashimi, smoked salmon, live cooking stations, succulent desserts to name a few and much more!

Price: RMB 218\* per person

\* Subject to 15% service charge.

Time: Daily 6:00 to 9:00 pm

Venue: 1F, Café@66, Radisson Tianjin, 66 Xinkai Road, Hedong District, Tianjin 300011

For more information or reservations, please call 022 24578888 ext. 3635



## Spectrum Lunch Set Menu

Price starts from RMB 48 net/set

Chinese, Western & Japanese set menu for your selection!

The price including VAT & service charge

Reservation: 8319-8888 Ext. 3570

Venue: 7F Spectrum, Hotel Nikko Tianjin



## German Food Promotion

Our chef and his team in Café Venice will prepare a mouthwatering dinner buffet celebrating German Food. Enjoy the most famous German dishes such as Grilled Pork Knuckle, German Sausage with Sauerkraut and many more. Germans love to drink beer. They are rightly called the beer nation.

Come to Café Venice to enjoy authentic German Food.

Café Venice 2F

RMB 168 per person



## Indigenous Seafood Festival

Seafood is on the top of the menu for most "Tianjiner", especially during autumn. Now is the perfect timing to try out this delicacy from local. From 22 September to 8 October 2017, Renaissance Tianjin Lakeview Hotel will present "Indigenous Seafood Festival" for all seafood fans at BLD Restaurant, dinner buffet is RMB 398/person only.

For more information and reservation please contact BLD via 022-5822 3160/3161.



## TGI Fridays

Fairy Costume Night--Halloween Carnival Activity

We will launch our Fairy Costume Night on Halloween. Guests that dress up will enjoy a small set of appetizers for free, and we will judge all the guests in costume and those with the highest number of votes can win a TGI FRIDAYS voucher valued at RMB 300 yuan.

# 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  
河西区滨水道16号万丽天津宾馆1层  
Tel: 5822 3388  
Hrs: 06:00am-10:30am/11:30am-14:00pm  
17:30pm-22:00pm

### Pacifica--All-day Dining

帕西非嘉西餐厅

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

### element fresh

新元素餐厅

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

### Promenade Italian Restaurant

河岸意大利餐厅 ¥200 P E C7

Cuisines are showcased in a sumptuous à la carte menu. International favorites comprising fresh produce are prepared by a dedicated team of savvy chefs.

1F, St. Regis Tianjin, No. 158 Zhang Zi Zhong Road, Heping  
和平区张自忠路158号天津瑞吉金融街酒店一层  
Tel: 5830 9959  
Hrs: 05:30am-10:00am/17:30pm-21:30pm

### Cholito

西班牙餐厅

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

### 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

### Venezia Club Italian Restaurant & Winery

威尼斯酒吧

The recipes ensure traditional homemade Italian cuisine as the owner is from the north of Italy. The products and raw ingredients are imported from Italy.

Add: No.48 Ziyu Avenue, Former Italian Concession Area, Hebei District  
河北区意大利风情街自由道48号  
Tel: 022-87613413

### Terrace Café

燕园咖啡厅 C4

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

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

### Drei Kronen-1308 Brauhaus

路德维格1308 德餐啤酒坊 ★ P E D7

Good sausages, awesome pork knuckle and nice beers.

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

### TGI FRIDAYS

星期五餐厅 P E B4

Great place to have tasty burgers, french fries, chicken and steak.

No.7-2, Fukang Lu, Nankai  
南开区复康路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

### La Sala Lobby Lounge

四季·大堂酒廊

Cozy yet energetic lobby lounge for a quick bite or cocktail.

2/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin  
和平区赤峰道138号天津四季酒店2层  
Tel: 022-2716 6261  
Hours: 11:30am~14:00pm  
17:30pm~22:30pm



## 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

☎ 18526654835 (Eng / WeChat)

🕒 11:00-23:00

**150RMB/person**

The Monthly WINE Tasting Party Is Waiting For You To Join!

the 3rd Wednesday of every month

[ 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.  
河西区滨水道18号(滨水道与紫金山路交口)  
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、二、三楼  
Hrs: 11:30am-14:00pm  
17:30pm-21:30pm  
Tel: 5857-8888  
Seats:160

### Trolley Bar

乔尼西餐厅

Trolley is well known among Aocheng locals for quality western food and a good selection of craft and foreign beers. The pub has six beers on tap including two Indian Pale Ales (IPA's), the Kentucky IPA from Kentucky and Goose Island from Chicago.

Add: 119, 1F, Building 23, 22 Tianxi, Aocheng, Nankai District  
奥城商业广场天玺22, 23号楼底商119  
Tel: 15222091582  
Hours: 11:00-00:00

[ 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: 18526654835 (Eng; WeChat)

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)

**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

**JIN House**

津韵·中餐厅  
Classical Cantonese and Tianjin cuisine in  
a contemporary atmosphere.  
7/F, Four Seasons Hotel Tianjin, 138  
Chifeng Road, Heping District, Tianjin  
和平区赤峰道138号  
天津四季酒店7层  
T: 2716 6262  
Hours: 11:30am~14:00pm  
17:30pm~22:30pm

[ FRENCH 法餐厅 ]

Tianjin Downtown

**Maxim's**

2 Changde Dao, Heping District (near  
Minyuan Stadium)  
和平区常德道2号  
(近民园马车站)  
Tel: 022-23329966

**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: 2389 0088  
Hrs: 11:30am-14:30pm  
18:00pm-22:00pm

**Cielo**

意荟·意大利餐厅  
Authentic and creatively composed  
Italian cuisine in a modern space.  
9/F, Four Seasons Hotel Tianjin, 138  
Chifeng Road, Heping District, Tianjin  
和平区赤峰道138号  
天津四季酒店9层  
Tel: 022-2716 6263  
Hours: 06:30am~10:00am  
11:30am~14:30pm  
17:30pm~21:30pm

[ Japanese 日料 ]

**Kawa Sushi Lounge**

洲·寿司酒廊  
Authentic Japanese sushi lounge  
experience.  
7/F, Four Seasons Hotel Tianjin, 138  
Chifeng Road, Heping District, Tianjin  
和平区赤峰道138号天津四季酒店7层  
Tel: 022-2716 6262  
Hours: 11:30am~14:00pm  
17:30pm~22:30pm

**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: 022-8321-9509/186-2229-6209  
182-0225-5286(Mr.Maeda)  
Hours: 17:00-23:30 (L,O)

Wine 红酒

Tianjin Downtown

**Montrose Wine House**

名特公司进口葡萄酒  
Imported wines. 2nd floor YY Beer  
House, Montrose(Tianjin) Office  
粤园餐厅二楼名特(天津)办事处  
Tel: 139 200 21679  
Hrs: 09:00am-18:00pm

**Chantal (Tianjin) International Co.Ltd**

香达(天津)国际贸易有限公司  
Room 104, No.30 Building, KEYUANLI,  
Hexi District, Tianjin China  
天津市河西区可园里30-104  
Tel: 86-13920706019



BAR

Tianjin Downtown

**WE Brewery**

卫酿酒厂  
WE Brewery has six draft beers which  
change depending on the seasons and  
the owners desire to experiment as well  
as a small but excellent menu of  
western food including burgers and  
hotdogs.  
4, Yi He Lu, Xi An Dao, He Ping District, Tianjin  
天津市和平区西安道怡和里4号  
Tel: 18630888114  
Hours: Sun-Thursday: 5pm~midnight  
Fri.-Saturday: 5pm-2am  
Monday closed

**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

**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

**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

**Gusto Bar**

9吧  
Hand-crafted cocktails, craft beers and  
whiskies in a sleek, sexy ambience.  
9/F, Four Seasons Hotel Tianjin, 138  
Chifeng Road, Heping District, Tianjin  
和平区赤峰道138号  
天津四季酒店9层  
Tel: +86 22 2716 6264  
Hours: 18:00pm~01:00am

SHOPPING

Tianjin Downtown

**Riverside 66**

天津恒隆广场  
The mega department store in Tianjin,  
customer can enjoy the forefront of fashion  
here.  
66 Xingan Lu, Heping District  
和平区兴安路66号

**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

**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

**Heping Joy city**

189 Nanjing Road, Heping District, Tianjin  
天津市和平区南京路189号

**Riverview Place**

天津嘉里中心嘉里汇  
A newly opened huge shopping mall stocks  
many different items.  
Riverview Place, 238 Liu Wei Lu, Hedong  
District  
河东区六纬路238号嘉里汇  
Tel: 24230101

HOTEL

[ Hotel 酒店 ]

Tianjin Downtown

**The Westin Tianjin**

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

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

SHOPPING 购物

BAR 酒吧

RESTAURANT 餐厅

WINE 红酒

COFFEE 咖啡

商务中心

购物

运动

酒店

学校

医疗

房地产

商会

教堂

剧院

博物馆

按摩

公园

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

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

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

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

**Renaissance Tianjin Lakeview Hotel**  
万丽天津宾馆  
16 Binshui Dao, Hexi District  
河西区滨水道16号  
Tel: 58223388

**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

**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

**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

**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

**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

**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

**Clarion Tianjin Hotel**  
天津滨江凯隆酒店  
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.indigohoteltianjin.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: 5852 6888  
Web: www.luxurycollection.com/astor

**Radisson Tianjin**  
天津天诚丽筠酒店  
66 Xinkai Road, Hedong District, Tianjin  
天津市河东区新开路66号  
Tel: +86 22 2457 8888  
Email: hotel@radisson-tj.com

**Four Seasons Hotel Tianjin**  
天津四季酒店  
138 Chifeng Road, Heping District, Tianjin  
和平区赤峰道138号  
Tel: 2716 6688  
Fax: 2716 6699  
Website: fourseasons.com/tianjin

**Saixiang Hotel**  
赛象酒店  
No.8 Meiyuan Road, Huayuan Industrial  
Zone, New Technology Industry Park,  
Tianjin  
中国天津市南开区新技术产业园区  
华苑产业区梅苑路8号 300384

**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厦广场  
(“天津之眼”摩天轮旁)  
Tel: 2627 8888  
Fax: 2627 6666

**Shan Yi Li Boutique Hotel**  
庆王府山益里精品酒店  
No.55 Chongqing Avenue, Heping  
District, Tianjin  
中国天津市和平区重庆道55号

**Friendship Hotel Tianjin**  
天津友谊宾馆  
No.94 Nanjing Road, Heping District, Tianjin  
中国天津市和平区南京路94号

**Zaia Spa & Hotel**  
索亚风尚酒店  
New City Square, No.2 Guanghua  
Road, Hedong District, Tianjin  
中国天津市河东区光华路2号新城市广场

**Geneva Grand Hotel**  
津利华大酒店  
No.32 Youyi Road, Hexi District, Tianjin  
中国天津市河西区友谊路32号

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

**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

Other District

**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

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

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

**Jixian Marriott Hotel**  
京蓟圣光万豪酒店  
No 6 Fenghuangshan Road, Jizhou  
district, Tianjin  
蓟州区渔阳镇凤凰山路6号  
Tel: +86-22-2917 9999

**Crowne Plaza Tianjin Jinnan**  
天津京基皇冠假日酒店  
North Side Of Jin Gang Road Balitai,  
Jinnan District, Tianjin 300350, China  
中国天津市津南区八里台镇岭城路  
Tel: 400 830 2959

**Hyatt Regency Jing Jin City Resort  
and Spa**  
京津新城凯悦酒店  
No.8 Zhujiang Road, Zhouliangzhuang,  
Baodi District, Tianjin  
中国天津市宝坻区周良庄珠江大道8号  
Tel: 022 5921 1234

[ 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

  
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**The Ritz-Carlton  
Executive Residences**  
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No.167 Dagubei Road, Heping District  
和平区大沽北路167号  
Tel: +86 22 5857 8888

  
SOMERSET  
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**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

**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**  
天津招商美仑辉盛坊国际公寓  
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

  
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by Savills Residence  
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**Just Living by Savills**  
天津尚翌服务式公寓  
和平区西康路36号  
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www.JustLiving-Apartments.com

TEDA & Tanggu

  
Green Park Villa  
格林园

**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

  
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 300457  
Tel: (86-22) 5999 7666

**Teda, Tianjin - Marriott Executive  
Apartments**  
天津泰达万豪行政公寓  
29 Second Avenue TEDA, Tianjin, China  
经济技术开发区第二大街29号  
Tel:6570-9999

**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  
https://tiseagles.com

**Tianjin Translation College**  
天津翻译学院

5/F, Qingxin Building, Intersection of Changjiang road and Nanfeng Road, Nankai District, Tianjin  
天津市南开区长江道与南丰路交口清新大厦5楼  
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  
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T: +86 22 2859 2001  
W: www.istianjin.org



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

**Really Chinese Institute**

Really汉语学院  
Building A, Qinghuayuan.No.12 Yunnan Road,Heping District,Tianjin  
天津市和平区云南路12号清华园A座  
Tel:4000-870-670  
Email:reallyhsk@hotmail.com

**Hopeland International Kindergarten**

华兰国际幼稚园(海逸园)  
No.5 Cuibo Road,  
MeijiangBay,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 ChengduDao  
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  
5/F, Qingxin Building, Intersection of Changjiang road and Nanfeng Road, Nankai District, Tianjin  
天津市南开区长江道与南丰路交口清新大厦5楼  
Tel: 2737-9758  
Email: jenny\_tj@126.com

**TEDA &Tanggu**



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

**MEDICAL FACILITY**

**Tianjin Downtown**

**Tianjin United Family Hospital (TJU)**

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

**ARRAIL International Dental Clinic**

瑞尔专业口腔医疗机构  
Rm 302,Tianjin International Building No.75 Nanjing Rd. Heping District, Tianjin  
天津市和平区南京路75号天津国际大厦302室  
Tel:022-2331-6219  
Fax:022-2331-6215

**Raffles Medical - Tianjin**

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

**Raffles Medical - TEDA**

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

**CHAMBERS**

**Tianjin Downtown**

**European Union Chamber of Commerce in China, Tianjin Chapter**  
中国欧盟商会天津办公室

41F, The Executive Center, Tianjin World Financial Center, 2 Dagubei Lu, Heping District, Tianjin 300020.  
天津市和平区大沽北路2号天津环球金融中心41层德事商务中心  
Tel: +86 (022) 58307608  
Website:www.european-chamber.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号紫花园1座11F室  
Tel: 88294330 / 13512489654  
Hrs: 10:00-24:00

**A Sen Da Mu Tong**

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

**Gudu Massage**

古都按摩  
1-1-607, Cheng Ji Center, Nanjing Road, Heping  
和平区南京路诚基中心1号楼11F607  
Tel: 2313 7919 / 136 821 90233  
Hrs: 10:00-02:00

**CHURCH**

**Tianjin Downtown**

**Tianjin International 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**

伊新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  
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和平区新兴路都市花园大厦5-2201  
Tel: 86-022-27829333  
Mobile: 86-13821310742 (Richard Xing)  
info@homefromhome.com.cn  
www.homefromhome.com.cn  
Expatriate housing, work permit, residence permit, driver license transfer, business/company/restaurant establishment etc.

**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

**OFFICE**

**Herac**

海瑞格国际商务中心  
7F-8F, Tianjin International Financial Center, 136 Chifeng Dao, Heping District  
Tel: 022-23296999/022-8361 1666  
Web: www.herac.com.cn

**The Executive Centre**

德事商务中心  
29F, The Exchange Tower 2 | 41F, The World Financial Centre | 17F, C1 TEDA MSD | 18F, Innovative Financial Building  
津汇广场2座29层| 环球金融中心41层| 泰达MSD C1座17层| 家堡新金融大厦18层  
Tel: 5830 7860  
Hrs: 7x24



**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  
**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

PARK 公园

MASSAGE 按摩

MUSEUM 博物馆

THEATRE 剧院

CHURCH 教堂

CHAMBERS 商会

ESTATE 房地产

MEDICAL 医疗

SCHOOL 学校

HOTEL 酒店

SPORTS 运动

SHOPPING 购物

OFFICE 商务中心

## Appointment of Danny Zhang-- Area General Manager, Tianjin Cluster, North China of IHG and General Manager of Crowne Plaza Tianjin Jinnan

**IHG has recently announced** the promotion of Danny Zhang to the role of Area General Manager, Tianjin Cluster, North China and General Manager of Crowne Plaza Tianjin Jinnan. Danny has been working with IHG since 2002 and has held several senior management positions in Crowne Plaza hotels and InterContinental hotels. With a vast experience and great passion in hospitality, Danny has his unique ideas of the hotel operation. He is known for focusing on details and drive in improving hotel performance. In his new role, Danny will be based at the Crowne Plaza Tianjin Jinnan and will lead the portfolio of 12 properties under operation and in the pipeline throughout Tianjin.



## A Brand New Experience at A One-Stop Hair and Beauty Salon

**Yi Duo**, a one-stop hair and beauty salon newly opened at Yangguang Apartment on Shuishang Dong Lu. Owned and run by a well-known makeup artist and two distinguished hair stylists, the salon is committed to creating a perfect experience for those who want to refresh their outlook while relax and hang out with friends. In one day, guests can have their hair and nails done or book a facial spa. The salon also offers coffees, cocktails and snacks that can always cheer you up.



## ‘Wild Animals Belong to Nature’ Public Welfare Theme Interactive Exhibition Begins in Tianjin’s Xiannong Block

**From September 30 to October 28**, Tianjin’s Xiannong Block, together with the International Fund for Animal Welfare, will host the ‘Wild Animals Belong to Nature’ public welfare theme interactive exhibition which aims to show the public how to correctly participate in wildlife conservation and how to act to protect our treasures of nature.

The exhibition’s purpose is to make people realize how our city life and our consumption impacts on nature. We need to treasure our fellow species in the wild instead of killing them. The exhibition aims to illustrate this through words, pictures and paintings which depict the charms and beauty of our natural environment.



## Mobike Leads Celebrations For More Green Transportation on World Cycling Day

**September 17th** was the first World Cycling Day and to help celebrate Mobike launched a series of cycling events in 180 cities within and out of China. On this day in Tianjin, a 9/17 World Cycling Day event was held at the Tianjin Cultural Center by Mobike Tianjin. Government officials from relevant departments and cycling fans all gathered to celebrate the day.





## Endurance young cell-- Teprenone

The concept of directly repairing the damaged cell DNA and the basilar membrane is no longer out of reach. DNA in the skin becomes shorter after each copy of the telomere, and then the cells enter the aging state. Teprenone can maintain telomere length by arranging the keratinocytes stimulated DNA gene. Experiments show that Teprenone can enhance skin barrier properties, enhance the moisture, reduce the formation of sunburn. One month after the experiment, the skin elasticity and tension are significantly improved and the structure is more smooth.

In recent years, Teprenone has been used in cosmetics in France, Switzerland, Spain, South Korea, Japan and other countries.

Teprenone is recorded in "The category of the used cosmetics raw materials" issued by SFDA in 2014 (Teprenone No. 06624) and the 2010 edition of "Directory of Chinese standard name of raw materials of international cosmetics" (Teprenone No. 14560)

The United States Cellular series products (top technology of anti-aging skin care products, Cellular Laboratories™), the French made of CertoBella anti-aging creams, Vita Babor Macross platinum cells reengineering essence (Babor HSR Platinum Cell Reactivating Serum) and the Swedish CRESCINA plant stem of hair products, they all containing Teprenone which promotes the update and copy of normal cells. To use it every day can prevent fine lines, wrinkles, age spots and uneven skin, reduce fine lines and wrinkles.

Rionlon (Tianjin) Pharmaceutical Co., Ltd., after years of R&D, technology research, has produced Teprenone in line with Japan Pharmaceutical Standards. We can provide high quality Teprenone to the research and production enterprises for cosmetic products. Sincerely welcome with your cooperation!

## 续航年轻细胞——替普瑞酮

直击受损细胞DNA、修复基底膜的概念已不再是遥不可及。肌肤中的DNA每复制一轮端粒就变短一次，然后细胞即进入衰老状态。替普瑞酮则通过排列角化细胞的DNA刺激基因，从而维持端粒的长度；实验证明，替普瑞酮能增强皮肤屏障性能，增强水分，减少日晒斑的形成；实验1个月后皮肤的弹性、张力等方面既有显著改善，皮肤的结构也更加平滑。

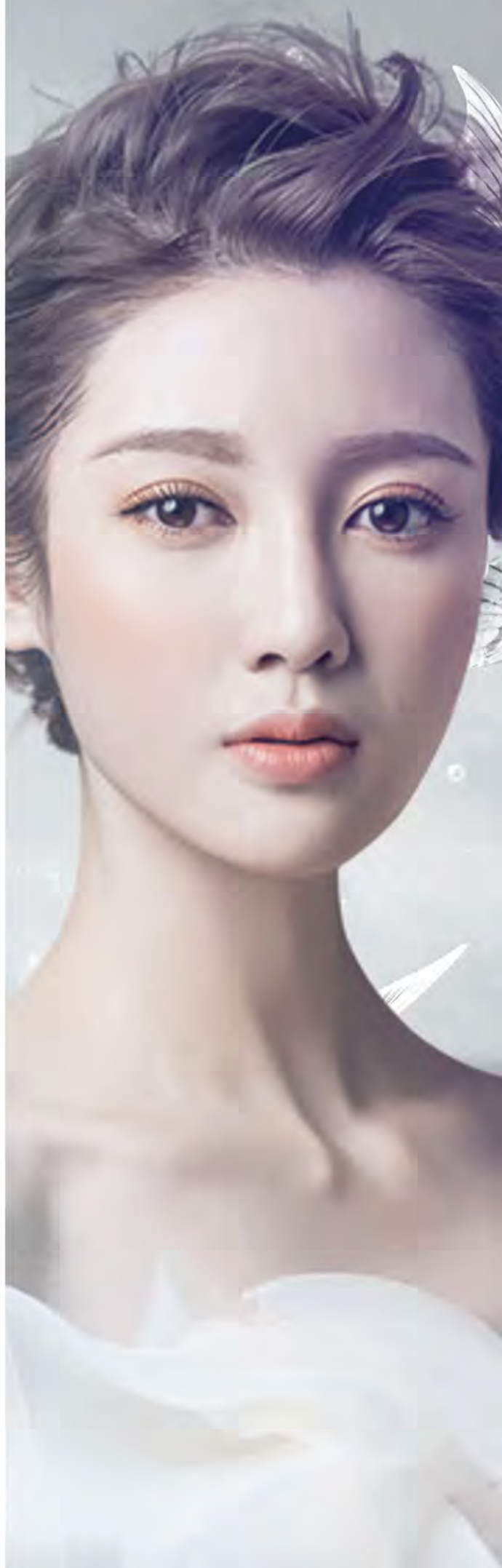
近十几年，法国、瑞士、西班牙、韩国、日本等多国已将替普瑞酮应用于化妆品中。

替普瑞酮收录2014年SFDA颁布的《已使用化妆品原料名称目录》（替普瑞酮序号06624）及2010年版《国际化妆品原料标准中文名称目录》（替普瑞酮序号14560）。

美国美安的Cellular系列产品（顶尖科技的抗衰老护肤产品，Cellular Laboratories™）、法国生产的CertoBella抗衰老面霜、芭柏儿 Babor 超时空铂金细胞再造精华（Babor HSR Platinum Cell Reactivating Serum）及瑞典科瑞西娜CRESCINA植物干细胞育发产品中均含有替普瑞酮成分，促进正常细胞的更新和复制，每天使用可防止造成细纹，皱纹，老年斑和肤色不均，降低细纹和皱纹的出现。

利安隆（天津）制药有限公司经过多年的研制、工艺技术攻关，生产出符合日本药局方标准的替普瑞酮产品，可为化妆品研制、生产企业提供高品质的产品，恭请您的合作！

联系人：李淳 电话：13920413336 邮箱：leoli@rionlon.com  
Connect:Li Chun Tel:+86 13920413336 E-mail:leoli@rionlon.com



## PROMOTION

# Somerset Annual Mid-Autumn Festival Celebration

**I**t's about the time to celebrate the coming traditional Mid-Autumn Festival, Somerset Olympic Tower Tianjin hold a special alfresco terrace party on September 17, 2017, spending a sweet and happy moment with the residents.

With the splendid music around, the party starts on with a fantastic dance, the Chinese drum dance won great applause and the kids can't help dancing together in the audience

We also hold a clown show during the party, which leads to the climax of the party's joyful atmosphere. Lovely dressed clown performs exaggerate histrionics and make everyone laugh, not only the kids but

also the parents are happily interacted with the clown.

At the same time, we prepare some riddle for the kids and adults, many residents are actively participating, people are talking and guessing in groups in a pleasant atmosphere.

Besides these interesting talent show, we also prepare many other playful activities such as clay dolls, sugar painting and clipping dolls, many parents and kids were playing extremely happy. They also handmade some mooncakes with the instruction of professional teachers.

As time goes by, only love is unchangeable. Somerset Olympic Tower Tianjin is dedicated to provide the most



considerate service for each resident. You can feel not only happiness but a new level of comfort community living in Somerset Olympic Tower Tianjin. This Mid-Autumn Festival party finished in laughter and happiness. We will proceed with our residents together in the future.

## PROMOTION

# An Interview with Maggie Deng, Residence Manager of Somerset Olympic Tower Tianjin

**JIN:** Being Ascott's first residence in China, Somerset Olympic Tower Tianjin is performing very well, can you share some business tips with us?

**MG:** In recent years, my team and I actively explore new ways to walk in the forefront of the industry. We introduce several high quality shops and restaurants in our residence, and such as PIZZA BIANCA、Eel Good Restaurant have achieved a high reputation in Tianjin because of it's delicious tastes. We also introduce professional gym to ensure our residents' entertainment and leisure life. In the past few years, we constantly redecorate our apartments and public area to build a great living experience beyond expectation. At the same time, we pay efforts to provide considerate service for our residents, from the self-made Japanese version map to kinds of residents' events, Somerset Olympic Tower Tianjin experience Ascott lifestyle together with our residents.

**JIN:** You have mentioned that your

residence often organize residents' events, can you introduce these events?

**MG:** Our residence now already have a stable Japanese residents group, most of them are upper-and mid- level managers who are long-term assigned working overseas with their family. The topic of these events are primarily based on the family's preference, such as art, Chinese culture. Few days ago we held a Chinese traditional fan painting event through which the residents can experience the Chinese traditional culture. We also have many kids live in so we would also do some events related to kids, such as children's day or school. All in all, we are dedicated to build an open social platform , establish a community living and enjoy the Ascott global living together with our residents.

**JIN:** Ascott has been operated 100 properties in China, do you have anything want to share with us?

**MG:** From 1998 to present, Ascott

have been operated 100 properties in China, I am proud to work in Ascott. During the past 20 years, Ascott has defined the industry and set the industry's benchmark. Under the support of our strong global Sales & Marketing system, professional Service and Operation teams, we would work harder and do better. In order to serve our customers , we launched a voucher of RMB 100, make a reservation through the Ascott website and stay during September to November this year, you would be able to use this voucher and you can apply through the 雅诗阁Ascott WeChat.



Maggie Deng (the 6th from the right in the front row) and her colleagues

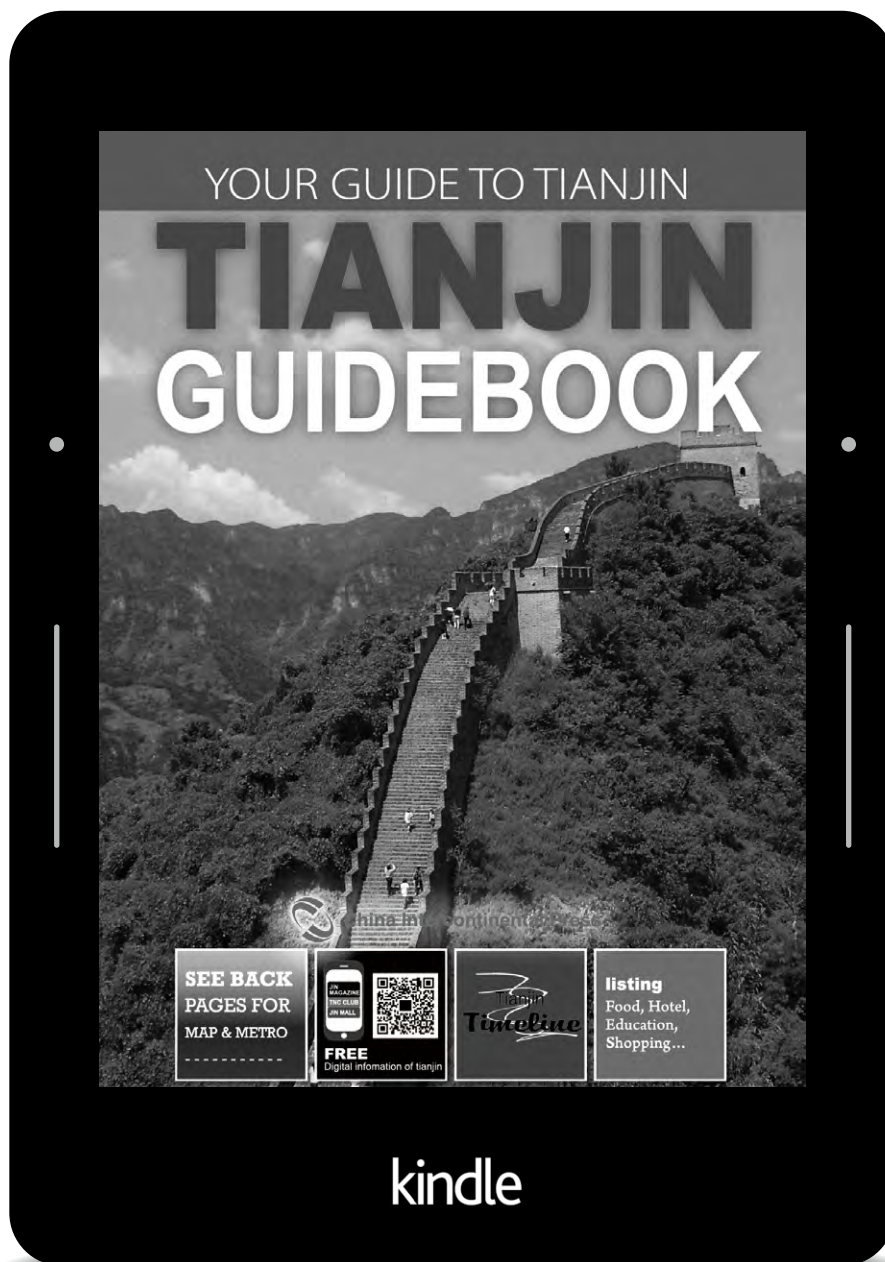


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by David Wong

# SMOKERS

Quit smoking

**D**o you remember when there were smoking sections on airplanes, the smoking sections in restaurants? But people soon realized that these were meaningless designations as it was like designating a section in a public swimming pool as a non-peeing area and it was all right to pee in another area of the same pool.

China has become more active in promoting a smoke-free environment. In 2005, the government enacted measures to reduce smoking and in recent years, there are strict laws against smoking indoors and especially in public areas. Smoking rooms are no longer in place in airports; office buildings and hotels do not allow smoking in lobbies. You now see ashtrays located outside of these buildings and although, legally they should be beyond the smell range of the entrances, at least they are outside. Most international hotels are totally non-smoking and charge a stiff cleaning charge if the offender is caught.

So things for the non-smoker has improved in the last few years and with greater public support and media exposure about the hazards of smoking along with effective enforcement, things will hopefully continue to improve in the future.

However, there is a long ways to go. How many times have you used an elevator with the recent smell of tobacco smoke? Seems like many smokers still think it is fine to be puffing if no one is around. The public places like airports and train stations may be designated non-smoking but many smokers think that is what washrooms are for and by opening a window, no harm is done. The sickening instance is this madness can be seen in a

hospital. It seems that the handicap toilets, ones with a sit down latrine, is used more by smokers than handicapped people.

The more local a venue is, the more smoking violations will be more prevalent. Remember smoking is still a large part of the Chinese culture. Go to a local wedding and you will find it a custom that gifts of cigarettes are regarded a proper item to be bestowed upon guests. In local restaurants, the proprietor will be hard pressed to remind patrons that they cannot have their customary smoke along with their intake of white liquor. The owners would fear losing business, if a nonsmoker complains; they may find an alternate location away from the smokers.

It is against the law to smoke in a taxi, but if the driver is a smoker, chances are they will take the liberty of smoking when he has no customers or join a smoking customer. By the time you use his taxi, it is laden with the smell of tobacco. Do smokers not realize that cigarette smoke lingers and dissipate from their clothing?

Revenues from cigarettes make up 7% of China's receipts and employ as much as 20 million people. Therefore, you are not likely to see a drastic reduction soon. However, the government should realize that the hidden costs of smoking are reflected in higher medical costs and lost work hours due to cancer caused by smoking.

So what can non-smokers do? Speaking out against smoking violators may help, you may be surprised how much support you get, when you complain to smokers, tell them that you don't want to be exposed to second hand smoke 二手烟"Er Shou Yan".

**SO THINGS FOR THE NON-SMOKER HAS IMPROVED IN THE LAST FEW YEARS AND WITH GREATER PUBLIC SUPPORT AND MEDIA EXPOSURE ABOUT THE HAZARDS OF SMOKING ALONG WITH EFFECTIVE ENFORCEMENT, THINGS WILL HOPEFULLY CONTINUE TO IMPROVE IN THE FUTURE.**

Even Madam Peng Liyuan 彭丽媛, China's first lady is on the band wagon to curb smoking as she is the ambassador for the Chinese Association on Tobacco Control. Just be careful to pick your battles, if you encounter a smoker in the elevator and he has been drinking and with some similarly inebriated friends, probably better to get off and catch the next lift. If waiting in the rain for a taxi and one finally shows up, probably wise to hold your breath as best you can and complain after arriving at your destination.

## 你还要继续忍受“二手烟”吗？

早些时候，公共场所都会划分出吸烟区和非吸烟区，甚至在飞机上的特定区域内都可以吸烟，但人们很快意识到，二手烟并不会被严格阻挡在吸烟区之内，还是会随着空气肆意流动。

中国在近十几年一直提倡打造一个无烟的环境，对于公共场所禁烟的法令日益严格。在写字楼和酒店内是绝对禁烟的，只有大楼门口处设有吸烟区，在一些酒店房间内吸烟是要被收取高额清洁费的。

在公共场合吸烟的人少了，二手烟危害也更加深入人心，大家都希望公共环境能越来越好。

但是，我们还是总能在电梯门打开的一刹那闻到重重的烟味，很多人把卫生间当成吸烟室，认为只要把窗户打开就没事了。最过分的情况是有人居然还在医院里抽烟。

在中国，抽烟还是人们交际的一种辅助手段。婚礼上，主家要准备香烟，饭桌上，人们互相让烟。在一些开放程度不高的地方，人们的禁烟意识仍然薄弱。

出租车内抽烟是明令禁止的，但是有些烟民司机在空车的时候就会抽几支，遇到抽烟的乘客更乐得一起抽，所以他们的车内总是弥漫着烟味。

烟草行业的税收所占比重达到7%，从业人口2000万，所以烟草减产不会一蹴而就。但是烟草会带来更高的就医成本和劳动力的减少。

作为非烟民，我们要勇敢对公共场所吸烟的人说“不”，你会惊讶地发现，还会有很多人支持你的行为，为你发声。

2017 JIN MAGAZINE

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