



MAGAZINE

# 今日天津

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

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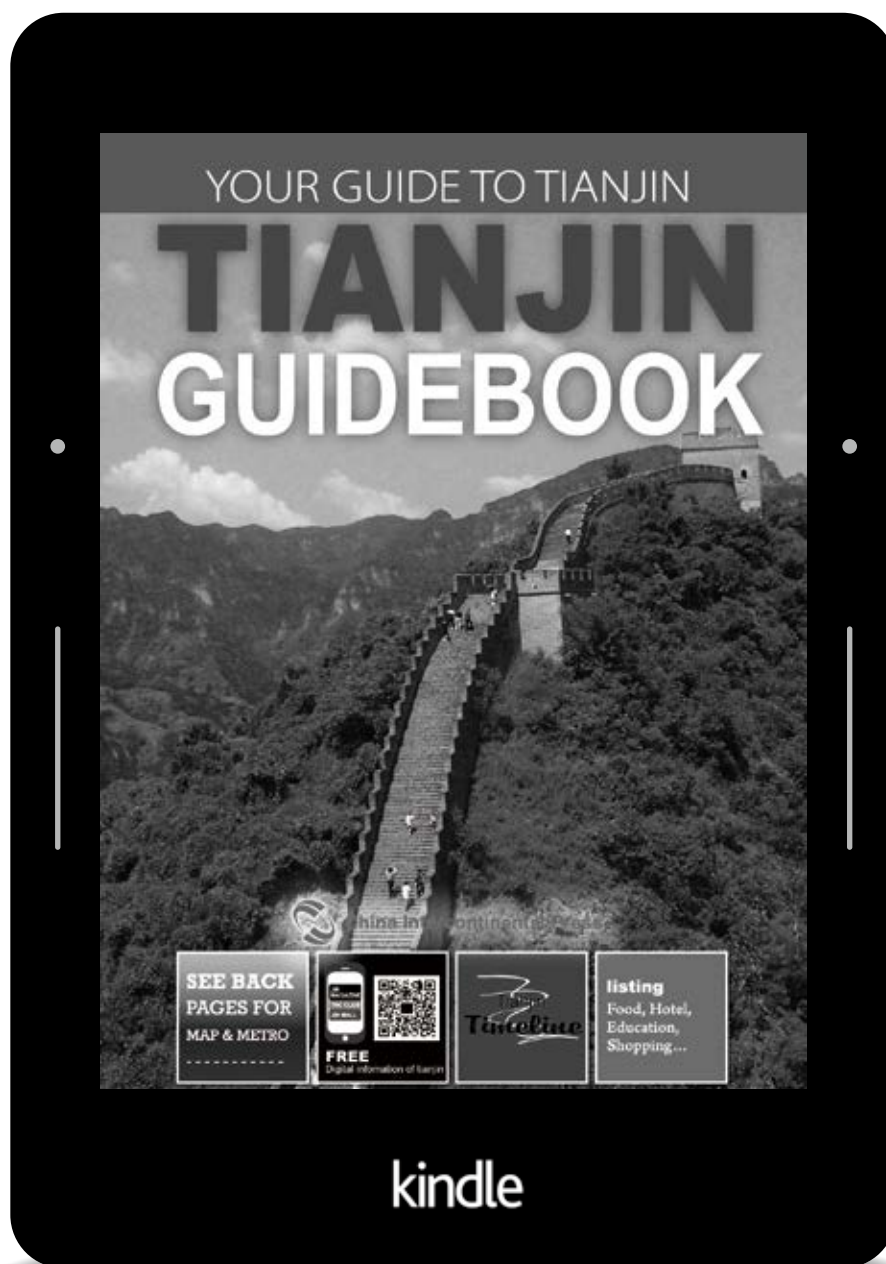
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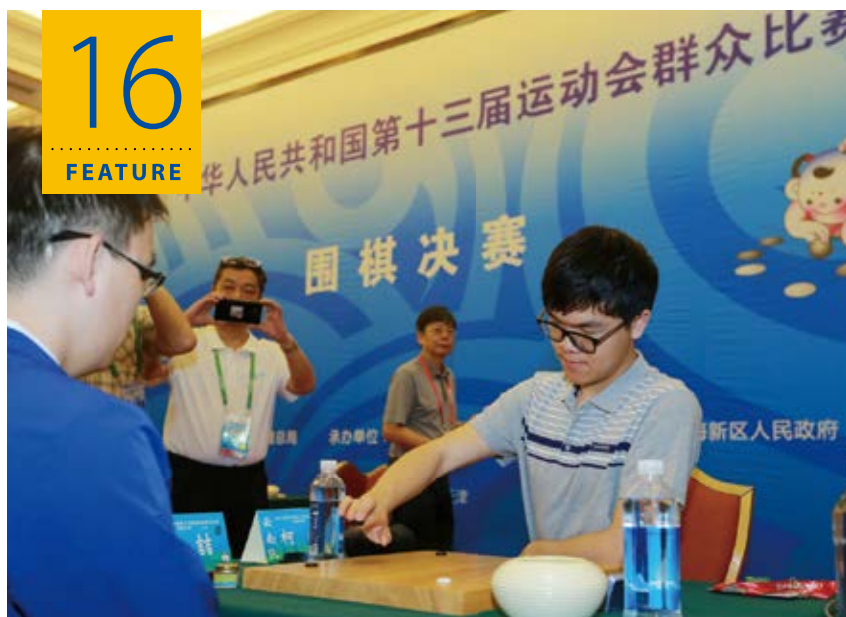
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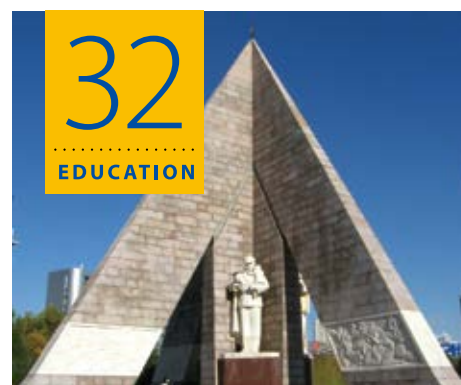
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### Two Locations.

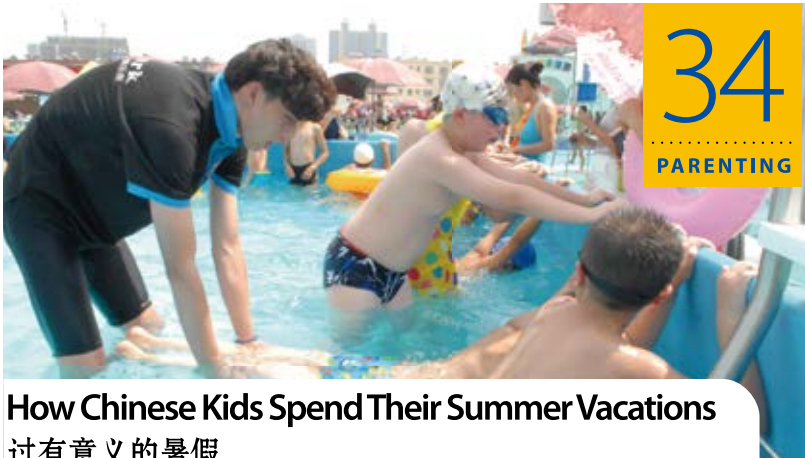
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## How Chinese Kids Spend Their Summer Vacations

### 过有意义的暑假



## The Four Great Novels

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YY Craft Beer House  
Din Tai Fung

Apartment 公寓  
Ascott

#### Others 其他

Fellowship  
SINOBO  
Sino-Credit  
JINGS STUDIO  
Herac  
TNC

#### Kindle

Tianjin United Family  
Hospital  
Rex

## August 4



▶▶▶ Tianjin Grand Theatre 天津大剧院

### HD projection: Tosca

法国巴黎国家歌剧院歌剧《托斯卡》高清放映  
演出：巴黎国家歌剧院管弦乐团、合唱团  
Time: 15:00

*Drama, passion and fabulous music – Puccini's operatic thriller is one of the great opera experiences.*



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

## August 11

▶▶▶ Tianjin Grand Theatre 天津大剧院

### Warmedy: Warm Alone

温情喜剧《独自温暖》

演出：吕丽萍、孙海英、李晔、哈森、谢佩霖  
Time: 19:30



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

## August 11

▶▶▶ Western Shore Art Salon 西岸艺术馆

### Dulcimer Concert

乐见心声  
——扬琴专场音乐会

Time: 19:30

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

## August 4-6



▶▶▶ Tianjin Grand Theatre 天津大剧院

### Musical: Sound of Music Chinese Version

音乐剧《音乐之声》中文版

Time: 4-6th 19:30 & 5th 14:00

*One of the most popular musicals in the world, The Sound of Music, will come in Tianjin on August 4 to August 6, stirring a warm response from nostalgic audiences. Adapted from the original musical composed by Richard Rodgers, this version was composed by Joseph Graves. The musical was adapted from a book, The Trapp Family Singers, which was written by Maria Von Trapp about her real-life experiences and published in 1949. The show was a big success, we hope you can enjoy the wonderful play.*



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

## August 4

▶▶▶ Western Shore Art Salon 西岸艺术馆

### Jin Lu Magic Show - The Night of Miracles

金璐魔法秀——奇迹之夜

Time: 19:30

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

## August 19

▶▶▶ Western Shore Art Salon 西岸艺术馆

### Classic Movie Theme Concert

光影时空  
——经典电影主题音乐会

Time: 19:30

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

## August 12



▶▶▶ Tianjin Grand Theatre 天津大剧院

### Trio Concert

未来大师之五

——英国伊西姆西兹钢琴三重奏音乐会

演出：伊西姆西兹三重奏

Time: 19:30



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

## August 5

▶▶▶ Wukesong Indoor Stadium 五棵松体育馆

### Gigi Liang Good Times Concert-Tour Part II 2017 Beijing Station

梁咏琪2017“好时辰”巡回演唱会—北京站

演出：梁咏琪

Time: 19:30



ADD: Wukesong Indoor Stadium, 69 Fuxing Lu, Haidian District  
海淀区复兴路69号  
Tel: 400-818-3333

## August 26

▶▶▶ Western Shore Art Salon 西岸艺术馆

### Kunqu Concert

戏良缘

——七夕昆曲经典唱段清唱会

Time: 19:30

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





August 25

**Movie: Baby Driver (2017)**

Release Date: 25 August 2017 (China)  
 Genres: Action, Crime, Music  
 Director: Edgar Wright  
 Stars: Ansel Elgort, Jon Bernthal, Jon Hamm

After being coerced into working for a crime boss, a young getaway driver finds himself taking part in a heist doomed to fail.



August 25

**Movie: Cars 3 (2017)**

Release Date: 25 August 2017 (China)  
 Genres: Animation, Adventure, Comedy  
 Director: Brian Fee  
 Stars: Owen Wilson, Cristela Alonzo, Chris Cooper

Lightning McQueen sets out to prove to a new generation of racers that he's still the best race car in the world.



August

**Movie: Spider-Man: Homecoming (2017)**

Release Date: August 2017 (China)  
 Genres: Action, Adventure, Sci-Fi  
 Director: Jon Watts  
 Stars: Tom Holland, Michael Keaton, Robert Downey Jr.

Peter Parker, with the help of his mentor Tony Stark, tries to balance his life as an ordinary high school student in New York City while fighting crime as his superhero alter ego Spider-Man when a new threat emerges.



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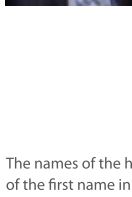
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Chief Representative Melbourne Office Tianjin



## Tianjin Hospital Now Part of Tianjin University “天津大学天津医院”正式出炉

On July 2, Tianjin Hospital officially became Tianjin Hospital of Tianjin University with the signing of a comprehensive cooperation agreement between the hospital and the university at the 2nd Trauma and Emergency Medical Academicians Forum held by Tianjin Hospital. According to the agreement, the two sides will carry out in-depth cooperation in areas like sharing research platforms and clinical bases, and working together to train top-notch medical talents. Tianjin Hospital is a third-tier class A comprehensive hospital and regional medical center, ranking first in the country for comprehensive strength.

天津大学和天津医院于近期签署全面合作协议，天津医院正式挂牌“天津大学天津医院”。论坛开幕式上，天津大学和天津医院进行了合作签约，并将在科技、教育、人才培养和科技开发等方面建立全面和长期合作关系。

## Meet China's newest high-speed train — the Fuxing Hao 复兴号来啦

Two new “Fuxing Hao” trains debuted on the Beijing-Shanghai high-speed rail link June 26. Owned by China Railway Corporation, the two trains – G123 and G124 – set off at 11.05am. Traveling at 300 km/h, they take only 3 hrs from Shanghai to Beijing, and provide wifi. The Fuxing Hao, which translates as “the Rejuvenation”, is known as a China Standardized EMU (electric multiple unit) train. Its launch comes eight years after Hexie Hao high-speed trains were first put into use in 2007, and the ticket price remains the same.

6月26日，由中国铁路总公司牵头组织研制，具有完全自主知识产权，达到世界先进水平的中国标准动车组复兴号已由北京南站和上海虹桥站双向首发，分别担当 G123次和 G124次高速列车，上海至北京仅3小时，wifi全覆盖，票价还不涨！

## Future of high-tech featured at Tianjin conference 首届世界智能大会在津圆满落幕

The first World Intelligence Congress held on June 29 and June 30 in Tianjin was a showcase of next generation technologies and strategies from the world of artificial intelligence. It was an opportunity for participants and visitors to explore and discover the practical and successful implementation of AI in driving forward global business in 2017 and beyond. With 16 forums to pick from, WIC participants also enjoyed a 6,000-square-meter exhibition area displaying achievements in artificial intelligence.

首届世界智能大会于6月29日和6月30日在天津顺利举行。来自多个国家和地区的众多中外政要、企业家、科学家代表通过主题峰会、专题论坛、智能科技展等形式，探讨智能科技前沿趋势，分享智能科技产业成果，谋划智能社会未来愿景。



## Tianjin to Los Angeles, With a Mini Xiamen Holiday In the Middle 天津飞洛杉矶, 中途还能玩转厦门

Recently, Xiamen Airlines opened new routes to Los Angeles. Tianjin passengers can transfer from Xiamen to Los Angeles and if the layover time is 6-12 hours, they can take Xiamen sightseeing bus. For longer layovers of 12-24 hours, passengers can also apply for free accommodation.

近日, 厦门航空开通洛杉矶方向新航线, 天津旅客可从厦门中转洛杉矶, 中转时间在6-12小时, 可免费乘坐厦门旅游观光巴士; 中转时间在12-24小时, 可申请免费住宿。

## Bao-Lan High-speed Rail Will Open in July 宝兰高铁7月开通

Currently, the Bao-Lan High-speed Rail is still undergoing tests, but according to the existing schedule, we are expected to have the official opening and operation starting in July. Once running, passengers in Tianjin can transfer in Beijing and arrive to Lanzhou within ten hours.

目前, 宝兰高铁进入全线拉通试验阶段, 根据现有进度, 预计7月宝兰高铁正式开通运营。开通后, 天津旅客通过京津城际倒乘, 最快10小时即可抵达兰州。

## The World's First Pigs Cloned by Robotic Instrument Born in Tianjin 机器人“操刀”的克隆猪在天津诞生

Recently, China proved its success in cloning pigs, as test results show the new-born pigs and their surrogate sows are unrelated. The two sows gave birth to 13 purebred baby pigs after a 110-day pregnancy in April. The Robotics Institute at Nankai University in Tianjin headed the study on cloning pigs derived from somatic cells, in cooperation with the Animal Husbandry and Veterinary Research Institute. The technique involved is called somatic cell nuclear transfer, a classic technique used for improving the variety of crops. It transfers the cell nucleus of a somatic cell into an egg without a nucleus. The advantage of this method is that it guarantees the quality of the egg. However, the low rate of success limits the development of this technique. Based on this technique, the research group invested an in-situ microanalysis micromanipulator that combined all the functions of testing, analysis, and operation into one instrument. This robotic instrument made a great contribution in the process of removing a nucleus. The key challenge is avoiding destroying the delicate cells during the process. Researchers analyzed how much force was applied to cells by the instrument and then adjusted it to make sure the smallest possible force was applied when moving cells and removing nucleuses. The deformational degree of cells decreased from 30~40 mm to 10~15 mm afterward, which remarkably improved subsequent development of cell.

近日, 经过两个多月的漫长等待, 一份特殊的“亲子鉴定”报告出炉, 13头克隆小猪与“代孕”母亲无血缘关系, 仅与供体细胞存在“亲子关系”。这从医学上证明了, 世界首例机器人操作的体细胞克隆猪在中国天津诞生。“机器人操作体细胞克隆猪”研究来自南开大学机器人所赵新教授领导的跨学科研究团队, 天津市畜牧兽医研究所是主要合作单位。南开大学机器人所研发多年的“面向生物医学工程的微操作机器人系统”, 曾获2002年度国家技术发明二等奖。此次克隆猪的诞生, 也是时隔15年后, 该技术获得的又一重大突破。



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# LETTER

## FROM THE EDITOR

The moment Tianjin has been waiting for, China's National Games, is now here this August. With 10,000 athletes and even more visitors flooding in for the events, our city is set to be bubbling with activity. There will be a lot happening around town during the games, and there is no better way to keep up than by getting the latest news and information. Jin's new Wechat account will be providing readers with the most current games previews, events schedules, a guide to purchase tickets, and athlete profiles. Make sure to add the "TheJIN" on Wechat or just scan the QR code so you don't miss out.

If the large crowds aren't your thing and you would prefer to get out of town, take a look at this issue's Discovering Tianjin article about Binhai. A quick trip next-door to Binhai offers visitors a little variety and something different outside of the city. For a destination farther away, read about travel in Guiyang. This capital city of Guizhou serves as an excellent base to explore the surrounding mountains, caves and rivers.

A common theme in China's business news has been about the economy moving towards service and research. Read this month's People Section featuring acclaimed American chemist Jay Siegler and his role at Tianjin University. He is leading the charge for medicinal science research right here in Tianjin.

Thank you for reading our August issue! Enjoy the National Games, stay cool, have fun and make sure to follow Jin's new Wechat feed!

本月将会迎来全运会的召开。随着运动员和游客的来访,我们的城市将会充满活力。想知道这座城市又发生了哪些有意思的事情吗?赶紧拿起手机关注我们的微信账号,各种新鲜讯息、赛程安排、票务信息、以及相关内容都会出现在我们的平台上。扫描我们的二维码,别错过。

如果你不喜欢拥挤的人潮,甚至想过离开市中心,那么可以看看我们本期的探索文章,介绍的是天津滨海地区。一次短暂的滨海之旅,也许可以给你带来不一样的体验与感官。如果时间充裕,那么你还可以考虑我们旅行文章推荐的贵阳这个地方,去走走看看。

感谢您阅读我们的8月刊杂志!尽情享受全运会的赛事,还要时刻与我们保持联系。

Monica Wang  
Editor



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#### Publisher

Jinwan Media Newspaper Office

#### Editor-in-Chief

Miao Qiyuan

#### Assistant Editor-in-Chief

Liu Zheng

#### Director

Sam Ward

#### Editors

Monica Wang, Leticia Zhang

#### Regular Contributors

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

#### Design

Wang Xiaomin, An Rong

#### Sales & Advertising

CandyYang, LuHuiqing, Li He

#### Distribution

Chen Pengyu

#### Advertising

Tianjin Fenghua Advertising Co., Ltd.

#### Tianjin Office

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

**Tel** +86 22 2750 0877

**Fax** +86 22 2750 9201

**Supervision Hotlines** +86 22 27500289

+86 22 27509361

**E-mail** editorial@jinmagazine.com.cn

@jinmagazine

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传真 +86 22 2750 9201

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### Mr. Xu Yongge

Tel: +86 22 60336055  
13902115987  
E-mail: [xyg@tjgrlaw.com](mailto:xyg@tjgrlaw.com)

Managing Partner of Sino-Credit  
Director of Tianjin Human Resources Labor Dispute Mediation Center  
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TEL: 022-60336055 / 13902115987

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



A go competition in mass participation (Photo by Zhou Wei)

# BEHIND THE SCENES: SPORTS IN CHINA AND THE NATIONAL GAMES

By Sam Ward

Beijing's 2008 Opening Ceremony was simply the most amazing Olympics' history had ever seen. Event results almost played a second fiddle to the awe inspiring impression China made upon the rest of the world with its flawless coordination and presentation of the games. Fast forward almost ten years and Tianjin hosting the China National games seems like small news. Undoubtedly World Cups, Olympics and large scale international competitions eclipse everything else, but for China and especially Tianjin this event will still stir excitement and command attention. With some of China's finest athletes competing, it's a great opportunity for a preview of the talent that has been sweeping up medals in international competition.

## What are the National Games?

Originally coined, "Chinese National

Games," the nationwide competitions started in 1909 under the Qing Dynasty and at a national level has been China's premier sporting event. There was a brief hiatus starting in 1948, but after the formation of The People's Republic of China, competition resumed in 1959 and the event is now known as the "National Games of China." Generally occurring once every four years, since 1959 the event originally was hosted mostly by Beijing but in recent years has branched out to other cities like Jinan, Nanjing, and Shenyang.

This year in Tianjin there will be 341 competitions across 31 different sports, and over 10,000 athletes are expected to participate. In efforts to realize the goal of "mass participation," China has worked to expand the footprint from where athletes are drawn from. It has opened participation to Chinese living abroad, and is working to include participants from outer regions of China as well. Chen Zhemin, deputy director

of the organizing committee for China's 13th national games stated in a press conference, "About 7,000 ordinary people will participate in 19 sports items in the games. Mass participation is a big innovation in this year's National Games. Grassroots athletes will show off their skills in a total of 126 competitions such as badminton, table tennis, and rock climbing."

## Changes in Tianjin

For a city that permanently undergoes dramatic amounts of construction all around, it's still not hard to notice there has been an uptick in the projects around Tianjin. In a culture where face is so important, it comes as no surprise that all efforts are being made to present the city of Tianjin in the best possible light. Starting months ago the outer facade of street facing buildings began to undergo a facelift of sorts. New plaster, fresh paint and various cosmetic additions such as covering



external AC units have beautified buildings from the street's vantage. Long standing eyesores dotting various parts of the city have suddenly been made to look new, clean, and modern (at least from the front.)

Streets are being repaved and white center barriers have been added between the opposite facing traffic lanes. New paint and guides on the street surfaces have been updated and added everywhere. It's hard not to assume this new found attention to control the chaos of Tianjin's intersections is a proactive step to create a positive impression before the games arrive. A quick look at the three-way intersection with new fencing and fresh white lines in front of the Water Park's East gate, and one would never know what a traffic circus this place was before.

Sidewalks have been reblocked in mass. Places with free growing shrubbery and lack of design have suddenly found themselves neatly landscaped. The subway station at Yingkoudao is undergoing renovations and the line running adjacent to Aocheng and the Olympic stadium is finally finished. Even tall buildings in the area have quickly transformed from being skeletons to having the outward facing walls and windows erected and installed particularly fast. Was this already scheduled for these buildings as part of their construction plan, and the timing just a coincidence? Having witnessed the rate of progress for the past few years, I have my suspicion the arrival of the games was a catalyst for the final aesthetic step's expediency.

### Ancient History of Sports and Athletics in China

For expats living in China, there is some familiarity with Dragon boat racing because of the holiday, and the tradition of racing boats dates back to over 2000 years ago. There are also indications that in 200 BC, China was playing a sport similar to football. Go back even further and China still has a history of sports and athletics. Just like the martial arts, many of the athletic activities were based upon training for military. The Chinese were involved with wrestling, pugilism, fencing, tripod lifting, horse racing, stone throwing, hunting, and swimming. Some experts even argue that stone balls dating back to 100,000 years ago were used in a sport similar to the modern day shot put.

There is a cave painting in the Xinjiang province that depicts hunters skiing down a

mountain following a heard of ibex. The rudimentary equipment used for sliding down snowy slopes is still used today, and it is claimed by some Chinese archeologists that the tradition is 10,000 years old (2,000 more than the next ski artifact in record). Thought this claim is still yet to be substantiated with carbon dating technology. Even Golf dates back over a thousand years in China. A painting from the Ming era depicts a man with a club trying to hit a small ball into a small hole. This sport called chuiwan (hit ball) predates the previous known origins of Scotland where the sport was thought to have been invented in the 15th century. There are many signs of China's history in athletics, and many grew independent of Western influence.

### The Drama

In 2013 when the National Games of China were held in Shenyang, there was a fair share of controversy. The benefits that come along with success, fallout that results from failure and the incentive of pride being trumped by monetization of rewards all came together to form a perfect storm. As written by the French press agency, the stakes are high for each area's sporting officials, with success in the medals table unlocking opportunities for promotion and increased funding from the central government in Beijing. Failure meanwhile can lead to the sack.

This pressure to succeed resulted in unintended consequences starkly contrasting the games purpose. Poor sportsmanship, allegations of corruption and protest ensued. Officiating during a women's rugby match was so one-sided that the Beijing team on the receiving end of poor calls simply stood in the middle of the field in protest and allowed the

## NEW PLASTER, FRESH PAINT AND VARIOUS COSMETIC ADDITIONS SUCH AS COVERING EXTERNAL AC UNITS HAVE BEAUTIFIED BUILDINGS FROM THE STREET'S VANTAGE.

other team from Shandong to run up the score. In a page taken from the Mike Tyson playbook, a heavy-weight wrestler from Inner Mongolia sunk his teeth into the arm of his competitor from Henan. During a 10k marathon swim, two women got entangled in a fight and neither finished the race.

The grand finally occurred when a synchronized swimming duo, known for being one of the best in the world, placed third and behind a pair of swimmers from Liaoning, the province of Shenyang. Complaining about the judges' local favoritism, the favored pair took to their weibo accounts and broadcast their criticism. "We should thank the judge even more for helping us finish our swansong in third place. It's not that easy to be third in China after being second in the world!" wrote Jiang Tingting.

To the dismay of Chinese officials who aim to promote ideals of unity, health and fitness for the masses, these events became an unfortunate sideshow. However, this only adds to the story and entertainment value for the enthusiasts involved with watching the games as they unfold. Even when things turn sour, the passion and grit are always appreciated. When emotions run high and so much is at stake, the athletes should be



Street walls are painted with the National Games theme. (Photo by Wang Jin)



Ancient Chinese sport-chuiwan

wound up and have tunnel vision with only a focus on winning. This is how stars are made and the ambition must be fed. Let's hope fairness in competition and judging prevail so the seeds of indifference never get planted into the participant's psyche.

### Chinese Discipline and training camps

It's been the topic of many news articles whenever the international media profiles athletes from China. Young people for some of the athletic events are identified at young ages and farmed out to training centers and undergo extremely rigorous preparations to compete on the international stage. Young children are shown crying as they are pushed down to stretch their limbs for gymnastics. We are familiar with all of the stories about the rigid factory systems producing top athletes, yet things are slowly changing.

During the weaker economic times of the past, having a child compete on such a level was a means to rise out of poverty for rural or low advantaged families. In the past, any young person gifted with athletic skill would stop schooling and dedicate all time towards training. It's not uncommon for some of the older athletes in China to be stereotyped as being less intelligent, and in truth this is the case much of the time. Since news spread of some renowned retired athletes barely being able to read and performing demeaning jobs to make ends

meet, the previous model has undergone some adjustment. Many parents with only one child, and greater economic circumstances don't feel the same pressure to force children to endure such grueling routines. Nowadays, children attend school in the morning and go on to practice their athletics after they have finished. While performance is still important within Chinese culture, it has become more measured and balanced.

### Events to watch

#### Chinese Wushu

Directly translated "wu" means military and "shu" means art. Today the term refers to any number of Chinese martial arts. At one point kung fu and wushu were considered the same thing, but today wushu has become less combat related and more of a performing art like a gymnastics floor competition but with punches, kicks, and weapons.

#### Diving

In the Rio Olympic games, China won seven out of eight gold medals and 10 out of 24 in total. Needless to say this is an opportunity to watch the best divers in the world compete because China's team dominates. With divers jumping from platforms that are ten meters above the water, this is an event that can especially be appreciated by viewing in-person rather than on video.

### Women's Volleyball

The women's team has been a dominate force in international competition and won gold in the 2016 Rio Olympics. The same great athletes will also be in the National games. Check out the athlete profile for Zhu Ting, the captain of the volleyball women's team.

### Weight Lifting

What can be viewed as China's second most dominant group of athletes behind their diving team, the weightlifters brought in five gold medals last Olympics. The participants are separated into different weight classes and compete in fifteen different events. Watch out for Meng Suping, this women's +75 kilo weight class participant won a world record with a 188 kilo lift in the "clean and jerk" event. That is the one where athletes lift a bar full of weights from the ground to above their heads.

### Table Tennis

The players from China's men's team made news headlines recently. Three top players forfeited in June's China Open due to the head coaches' termination. Don't expect the same problem in Tianjin's games though. The best ping pong athletes will be doing what they are known best for, acrobatic shots and ridiculous hand-eye coordination.

### Conclusion

Athletics in China seems to run parallel with its growth as a nation. Having won only five gold medals in the 1988 Seoul Olympic games, only two decade later China went on to win 51 gold medals in Beijing. Tianjin, an already great place has become even more livable with the renovations made around the city for the National games. Over 10,000 athletes and some of the world's best competing locally is a great opportunity for residents to enjoy the comradery and entertainment or Chinese sport's culture. Please make sure to add Jin on Wechat for the most current information about athletes, events, schedules and how to buy tickets for the National Games. Just lookup "TheJin" on Wechat or scan our QR code.

**WE ARE FAMILIAR WITH ALL OF THE STORIES ABOUT THE RIGID FACTORY SYSTEMS PRODUCING TOP ATHLETES, YET THINGS ARE SLOWLY CHANGING.**





Zhu Ting

### Athlete Profile:

#### Zhu Ting

Zhu Ting is the captain of Chinese women's volleyball team. The China women's volleyball team is one of the most successful in team sports. They are the first team that swept five major world titles in succession and have been the world champion nine times in total. As the captain of this team, it's no doubt that Zhu Ting is excellent. From 2013 to 2017, Zhu Ting has been awarded more than 20 prizes in international competition and has also been awarded the title Bof MVP more than ten times.

Zhu Ting is 1.98m tall and was born in Henan province in 1994. She came from humble beginnings in a typical peasant family, her parents are both farmers and never played any competitive sports. The reason why Zhu Ting started playing volleyball is because of her height. In 2007, as a 13-year-old girl she was more than 1.7m tall. Her PE teacher found this unusual girl and recommended her to the sports school. It was in this sports school that Zhu Ting began her professional training and excelled with her ability. Finally she joined the provincial team and national team with her hard work and unremitting efforts. At that time, Zhu Ting's volleyball career started formally and began to achieve more glory.

How is Zhu Ting excellent and important? She is indispensable to the Chinese women's volleyball team, acting as the backbone of the team. Take the July 11th World Female Volleyball Great Prix Competition as an example, when team China was two points down, the coach decided to put Zhu Ting in the match. Once Zhu Ting

joined, China turned the table and won. The existence of Zhu Ting reassured teammates and undermined the morale of the opponent.

Members of the China women's volleyball team need to go through hard training every day, Zhu Ting's achievement comes from persistent effort, sweat and tears. There is an old saying in China: a minute on the stage takes ten-year practice. There really is no shortcut to success, and everything Zhu Ting has accomplished is the result hard work over a long period of time.

朱婷是中国女排国家队的队长，从2013到2017年，朱婷曾获得过20多个国际奖项，十几次“最有价值球员”奖。朱婷1994年出生于河南一个贫困的农村家庭，父母都是农民，从来没有从事过任何体育项目。朱婷因为突出的身高被体校选中，从此慢慢走上职业运动员的道路。朱婷经常临危受命，帮助球队在比赛关键时刻反败为胜，因此她成为女排国家队不可或缺的一员。

#### Sun Yang: A flying fish in China

Sun Yang is captain of the Chinese swimming team. He is the world-record holder of the men's 1500m freestyle and Olympic record holder of the men's 400m freestyle. Sun Yang dominated the championship of the men's 400m and 1500m freestyle in the London Olympics in 2012. Undeniably, Sun Yang is a legend in Chinese athletics. He was the first Chinese swimmer in the Olympics to win gold medals in the men's 200m, 400m and 1500m freestyle competitions.

Presently, Sun Yang is the best Olympic champion in China men's swimming. At the age of 21, he became the first Chinese man to win two Olympic swimming titles. The



Sun Yang

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Women's Volleyball preliminaries of 13th National Games

Chinese swimming team has won 12 gold medals in World Tournaments so far, with ten of the gold medals won by Sun Yang.

Sun Yang was born in Hangzhou city, Zhejiang province in 1991. His name connects his father's family name 'sun' with his mother's family name 'yang'. His father was a volleyball team athlete and his mother was a main force for the Zhejiang female volleyball team. Thanks to his family's history with sports, Sun Yang had quite an athletic upbringing. Standing at two meters, Sun Yang inherited physical traits from his mother and father well.

Sun Yang's great success comes from consistent effort and hard work. Sun Yang swims 15000m-20000m every day. Since he has formally joined the Chinese swimming team, Sun Yang has trained enough to swim completely around the earth. This persistent man needs to be in the water with chlorine, so it may not be entirely healthy and due to large amounts of training, his shoulder aches more frequently. Although Sun Yang needs to overcome a lot of difficulties, withstand a lot of pressure and regularly feels exhausted, he still works hard and never gives up.

When Sun Yang was asked the definition of great by media, he told the public "Only put in effort to make progress and succeed. Like Michael Phelps, who won 21 Olympic medals, I probably cannot achieve such a tremendous

glory like he has, but I will still try my best and pursue better achievement." In China, we firmly believe that Sun Yang will achieve his goals. Sun Yang, a flying fish in China, is the pride of Chinese swimming team.

孙杨是中国游泳队的领军人物，是1500米男子自由泳世界纪录的保持者和400米男子自由泳奥运会纪录的保持者，也是中国第一位在男子游泳项目上获得金牌的运动员。

孙杨1991年出生于浙江杭州，父母都是排球运动员，孙杨也继承了父母出色的身体机能。和很多世界冠军一样，孙杨经受了艰苦的训练，身体留下严重的伤病，但他一直没有放弃。

## China's Tennis Star, Peng Shuai

Having reached a career ranking of number one in doubles by the Women's Tennis association on February 17th 2014, Peng Shuai is the first Chinese professional tennis player to achieve such an accolade. Throughout the years she has had many notable achievements that include winning a gold medal in the 2010 Asia games, winning the women's doubles in Wimbledon in 2013 and the French open in 2014. Peng has also defeated some of the world's best tennis stars including recognized players such as Maria Sharapova and Martina Hingis.

Born in 1986 in the Hunan province, she first began playing tennis when her uncle who

is a famous tennis coach introduced her to the sport. Like many athletes, Peng also has overcome various obstacles during the course of her career. When she was only thirteen years old Peng had surgery to repair a heart defect. On other occasions she hasn't been able to participate in events due to injury. Yet at 31 years old today, Peng is still a formidable opponent.

She hits the ball double handed on both sides in a style that creates very flat ground strokes and catches her opponents off guard. Her serve and net skills are considered good, be her stamina is one of her greatest strengths. This year she ranks number 26 on the WTA money leader's board, an indication she is one of the top in the world. Fresh off the heels of the Connecticut ending August 26, Peng should be ready for competition in the National Games starting on the 27th.

By Luo Jialin



Peng Shuai



2014年，彭帅在世界女子双打的排位上上升到第一，这是中国运动员以前从未取得的排位。彭帅曾经获得过2010亚运会的冠军，2013温布尔登网球赛和2014年法国网球公开赛女子双打冠军。彭帅13岁的时候就进行过心脏手术，之后休整了很长时间才重回赛场。今年31岁的她仍然保持着良好的竞技状态，也将继续征战赛场。



Mascot-Baby Jin

## 中国体育和全运会

北京奥运会虽然已经过去将近10年时间了，人们提起那场如梦如幻的开幕式还是难掩激动的心情。10年后，第十三届全运会将在天津举行。也许和奥运会或其他国际赛事比起来，这项全国性赛事算不上大新闻，但是这会是一场汇集中国最顶尖运动员同场竞技的赛事，包括那些叱咤国际体坛的世界冠军也会在天津悉数亮相。

中国从1909年开始就有全国性的运动大会。在新中国成立之前到1958年曾经有一段时间的沉寂，之后在1959年这项全国赛事被正式命名为全国运动会，每四年一届，在不同城市举办。

在天津举办的第十三届全运会会有超过10,000名运动员参加角逐。这次全运会还首次开设了群众比赛项目，普通市民也可以报名参加包括羽毛球、乒乓球等120余个项目的全运会比赛，提高全民参与体育运动的热情。

为了筹备这次全运会，天津做了很多的努力进行前期准备，力图让这届全运会比以往的赛事更加精彩。早在几个月前，主要街道就开始重新铺设马路，沿路的建筑被粉刷一新，整个城市都有了一个新面貌。

交通秩序也有了很大改善。马路护栏被加高，跨越护栏的人明显减少，警察也加大了对行人和非机动车驾驶员违规的处罚和监管。

中国是一个历史悠久的国家，体育运动的历史也能追溯到很久以前。很多外国人都知道每年端午前后，天津都会在海河举办龙舟赛，这项运动就已经有2000多年的历史了。全球最流行的运动足球最早也是起源于中国，公元前200年，中国人已经在玩一种类似的活动，名为蹴鞠。在古代，体育运动

的最初是为了训练士兵，比如武术、摔跤、拳击、举重、赛马等。新疆古墓的壁画中描绘过古代人脚上绑着雪橇，从山上滑而下画面。明代的画作里也出现过一群人在玩一种类似高尔夫球的运动，名为捶丸。

每一块奖牌都凝结着运动员从小到大的汗水和泪水。年轻的运动员苗子被选拔到地方运动队直至国家队进行严苛和残酷的封闭训练。我们经常能在媒体上看到这样的照片，不到10岁的体操小运动员们一边拉筋一边流泪。

过去，很多运动员都来自贫困家庭，因为当运动员是他们走出贫困的一条途径。这些孩子进入运动队以后就不再念书了，把全部时间投入到训练上。文化知识的匮乏让这些老运动员在退役后只能做些低端的工作，再次进入贫困人口行列。但现在情况和以前不太一样了，一些有运动天分的孩子不都来自低收入家庭，家长们也不愿意让他们放弃学业，所以基本是白天学习，晚上训练，在保证成绩的基础上平衡学业与训练。

必看项目：

很多外国人都对中国武术感到着迷。现在的武术比赛不再突出格斗，而是更多地展示身体的力量、技巧和对武器的运用。跳水一向是中国的强项，也是金牌的主要来源之一。在这次全运会上，你能看到世界最出色的跳水运动员同台竞技。中国女排是中国的骄傲，天津女排曾拿过多次全国冠军。乒乓球、举重也是值得关注的项目，你能看到很多世界名将的身影。

中国体育的发展和其经济发展几乎也并肩。1988年汉城奥运会上，中国只赢得5枚金牌，20年后的北京奥运会上，中国就获得了51枚金牌。能在天津看到中国最高水平的运动赛事是一件幸运的事。想了解比赛最新资讯，就关注我们的微信公众号TheJin吧！

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# THE FUTURE OF MEDICINE IN CHINA WITH JAY SIEGEL

by Sam Ward



Prof. Jay Siegel

The recent past has seen huge leaps in medicine and its contributions to humanity. Vaccinations, antibiotics, and numerous drugs have improved our lives and increased life spans. Research from Alexander Flemming led to the development of penicillin which has saved over 100 million lives around the world. In the US, before a vaccine was made available in 1971, 3-4 million people contracted the measles every year, thousands were hospitalized and hundreds died. These are just two examples from a very long list of drugs that have made dramatic impacts upon humanity and while their benefits are easily recognized and appreciated, it's also worth understanding the process that leads to their creation.

Not so long ago, chemists and experts screened and experimented in various ways to find drugs. Penicillin as an example was virtually discovered by accident when Flemming noticed a petri dish was not showing bacterial growth due to a mold contamination. That mold's properties were studied to learn it was penicillium and the antibiotic Penicillin was created. Today's medicinal research has grown a lot more complex with the introduction of big data and so many specialized fields of study.

According to Jay Siegel, Dean of Pharmaceutical Science at Tianjin University "The drug industry is much more of a huge cooperative effort so you need some people who are making molecules, some people who are testing those just at the enzyme level, some people who are understanding the biology of animals so that they know what kind of tests they need to do, some people that are taking that into the clinic. You may need ten different teams working together to take a molecule and turn it into a drug that is safe and can be marketed."

All the complexities involved in this process are well understood by Siegel, and his research and past work have made him one of the mostly highly regarded chemists worldwide. It's not so common outside the world of academia for the rest of us to know the names or story behind such people, nor their amazing projects. However, Siegel is a fellow Tianjin Expat doing some incredible things here and understanding who he is and how he is contributing to pharmaceutical research is a story worth sharing.

Jay Siegel is a distinguished expert in the field of Medicinal Chemistry. He earned his PHD in Chemistry from Princeton University with emphasis in the fields of Stereochemistry and Structural Chemistry.

His past experience includes acting as a visiting professor at top Universities such as Caltech, and he was also a professor at UC San Diego for fourteen years. Before coming to Tianjin, Siegel was a Dean, Director, and Professor at the University of Zurich for 10 years. He is the author of three books and more than 170 high level Journal papers. In 2011 he was named as one of the "1000 Talents" in China, and by June of 2013 Jay was heading the School of Pharmaceutical Science and Technology here at Tianjin University.

It has been four years now since Siegel started his project to create a world-class pharmaceutical program at Tianjin University, and by all accounts everything has been coming together in the same way many had envisioned. There is now a staff of over 25 international experts in various related fields, all coming from different countries around the globe. Siegel was also appointed Dean of the Life Sciences department and combined the related disciplines so students could cooperate and work together. A super computer was designed from scratch by a foreign expert and has been put into use exclusively for his departments. All labs and equipment were also set-up by experts from the respective fields, and Siegel said it best "Everything here was made by scientists for scientists."

What exists today is a school containing various scientific fields focused on the broader vision of drug discovery and development. Labs, professors, equipment and classes have been carefully put together to create an academic environment that is the first of its kind in China. Under the direction of Siegel, Tianjin University has become a prestigious place to study Pharmaceutical Science. From day one of an undergrad all the way through doctorate, all courses are conducted in English. This also makes the program ready to attract bright English speaking students from around the world.

One of the other unique aspects about this





Prof. Siegel in the lab

program is the mix of Chinese and Western philosophy for doing such research. Siegel pointed out some of the differences he has noticed:

"What we're learning here in China which is very cool, is that Eastern culture is much more of a systems analysis. They see something as holistic, and the removal of a piece makes it no longer what it used to be, but instead two pieces that may be nothing and have lost something. In Western culture we assume that if we have an inventory of all the pieces that we will know what things are and their functionality, everything is very reductionist. Now with the advent of fast super computers, information theories, and AI, we can tackle problems that are much more complex, interdependent, and interactive in the way they evolve that we couldn't do before. Western models had to break everything down into little pieces because the models could only handle little pieces. In the East they inherently couldn't break things down because the philosophy was based on something that was far too interdependent and complex. Now with the new information age of big data and AI, we can bring those (philosophies) together and can have the best reductionist aspects of the West and the best holistic aspects of the East.

On an application level, Siegel also hopes to take traditional Chinese medicine that has been used for thousands of years without understanding and bring it to a level of understanding where the knowledge can be used for the development of drugs based on traditional medicine.

Siegel's passion for his job goes beyond his interest in the East West dynamic of

research, and many have questioned his inspiration and motivation to leave such lovely places as San Diego or Zurich and come to Tianjin. Siegel's candid explanation is that his work plateaus and he needs new challenges. For him, China is the future for many things and he wanted to be a part of it. "It's a new lifestyle, new language, new culture, and it's a new government. To negotiate all of those things in order to bring to fruition your dream of how an educational institution should look is a great opportunity. On the earth this is only going to happen in the history of human kind a limited number of times, so how many people in the history of humanity are going to get the opportunity to take a shot at something like this."

Siegel's work and contributions to the world of academia and medicine are now pushing China and Tianjin University to the forefront. Just as he is excited about being in China, we can all be excited about what the future will bring from his Chinese project. Perhaps these are the seeds being sown that will create new breakthroughs in the Pharmaceutical world, all having started with big ideas in Tianjin.

**TO NEGOTIATE ALL OF THOSE THINGS IN ORDER TO BRING TO FRUITION YOUR DREAM OF HOW AN EDUCATIONAL INSTITUTION SHOULD LOOK IS A GREAT OPPORTUNITY.**

## 世界一流导师为中国 的制药科学带来突破

人类在医学上的进步近两年来可谓突飞猛进，正是这些进步让我们能够击败病魔，延长寿命。亚历山大·弗莱明研制发明的盘尼西林拯救了全世界上亿人的生命。新药和新疫苗对人类的贡献显而易见，研制这些药物的过程也值得人们去了解。盘尼西林是一个偶然的发现，但当今的医学研究要复杂得多，而且引入了大数据和很多专业领域的研究方法。天津大学药物科学系主任Jay Siegel说：制药产业是一个通力合作的产业，在新药研制过程中，可能需要十个团队各自分工合作，才能让最初的分子变成上市的药品。

Jay Siegel是药物科研的专家，也是这个领域世界知名的科学家，但是外行人很少了解这个学术的世界以及他们正在进行的伟大项目。我们很荣幸能在天津与Siegel教授见面，并了解他的工作。

Jay Siegel在药物化学领域是一位出色的专家。他在普林斯顿大学获得化学专业的博士学位，主攻立体化学和结构化学。他曾经在加利福尼亚理工学院担任客座教授，在加州大学圣地亚哥分校任教14年。在来到天津大学之前，Siegel已经在苏黎世大学担任教授和系主任超过十年了。他曾经出版过三本著作，在170多个顶级期刊上发表过文章。2011年，他入选中国“千人计划”，2013年6月成为天津大学药物科学与技术系的系主任。

Siegel带着打造世界一流制药专业的梦想来到天津大学，目前一切都在按照计划进行。这个学院有超过25名外籍专家，来自世界不同国家。Siegel成为生命科学学院的院长之后，他把其他相关专业也结合进来，于是这些专业的学生就可以通力合作共同完成项目。有位外籍专家为他们的项目特别设计了一款超级计算机，所有的实验室和设备也是由各个领域的专家特别打造的。用Siegel的话说：“这里的一切都是由科学家为科学家们创造的。”

生物科学学院目前是有几个相关学科组成的学院，着眼于药物探索和发展方面的更广泛领域。实验室、教授配置、仪器设备和课程设计都经过精心严谨的安排和规划，打造出中国独一无二的一流学术环境。从硕士到博士学习的所有课程都用英语授课，所以同样能吸引到世界其他国家的学生来此学习。

Siegel注意到即使在严谨的科学领域，东西方的科学家也会有不同的思维和方法。他说：“东方文化比较注重系统的分析，凡事都看成一个整体，拿走任何一个部分，它都不再是以前的样子，成为两个互不相干且不再有用途的个体。而在西方文化里，如果我们看到所有的部分，那我们就知道这是一个什么东西，有怎样的功效，是一个简化法的过程。随着超级计算机、信息理论和人工智能的引入，我们能够处理比以往复杂得多的问题，可以使用的方法也更加多样。按照西方的模式，我们把问题分解成无数小的碎片，因为这个模式只能处理小碎片。在东方，我们不能把事物分解，因为东方的哲学是基于相互依存且复杂的整体。现在，借助大数据和AI技术，我们可以把这两种哲学结合起来，选取简化法和整体法各自的精髓。”

Siegel对于工作的热情不仅限于东西结合的动态研究方法，很多都不理解为什么他要离开之前的世界一流学府而来到天津。对于Siegel来说，这是一个新的广阔舞台，也充满新的挑战，Siegel认为这样的机遇在整个人类历史上也是少有的。Siegel对世界制药科学的共享和成就能够让天津大学在该领域的学术水平提升到世界前沿水平。我们也十分期待Siegel教授的中国项目能让天津的未来变得不一样。

# OPPORTUNITIES FOR THE OPPORTUNIST

by **Carmen King**



Opportunists looking to make money off of driving are everywhere.

In China it is all about capitalizing on the opportunity. Opportunists are everywhere. Often, these business opportunities won't last for long and won't make anyone a millionaire. Yet there are some exceptions to the rule, such as Mobike, which we will explain later. For the most part though, these opportunists are simply looking to make the proverbial "quick buck".

## Transportation

Opportunists looking to make money off of driving are everywhere. "Black cabs" are nothing new. Back in the day, before smart phones and apps these opportunistic drivers had to stand around for who knows how long as they harassed potential passengers passing by. Today, the "black cab" opportunity has taken a hefty blow by the legalization of web-based car booking services such as Didi. Still, the opportunity isn't dead. Take a trip to main transportation hubs, like the Tianjin train station, or the Tianjin Tianhuan bus station and

pretty much any day of the week and at any hour there will be a collection of aggressive, feisty, pushy "black cab" drivers looking to lure the unsuspecting and capitalize on the opportunity. They are all too easy to identify, as they will probably be the person in your face incessantly repeatedly some destination like: "Beijing, Beijing, Beijing." Most of them tend to be men and look more like a convict than a driver. These guys love to pray on people after they've missed the last train, bus, or subway to an intended destination. It is best to not engage them and keep moving with a purposeful appearance, getting away from the immediate area as quickly as possible. Also, if using Didi to book a car, be sure a driver has picked up your fare before exiting the station. Stay inside and away from the "black cab" commotion until your car has arrived to pick you up. Be aware, not all Didi drivers will pickup at major stations, like the Tianjin train station. This may be because not all drivers have completed the proper paperwork to drive officially and may face fines if caught.

Therefore, when needing to be picked up or taken to any of the Tianjin train stations or the airport, it is best to book an official cab with Didi and not a private car.

Cars aside, bikes are another big opportunity. It used to be, to get a bike meant buying, borrowing or stealing one. Now, it's all about renting a bike. Mobike seems to be leading the pack in terms of bike rental/sharing apps. The key to these companies success though, really is understanding the opportunistic nature of Chinese consumers. Two key characteristics for something to succeed in China are it needs to be cheap and convenient. Understand cheap doesn't always mean not a lot of money. Rather, cheap mainly means perceived as a "good deal". Chinese consumers are absolutely enamored by what seems to be a "once in a lifetime," "too good to be true" opportunity. If you want to see this in action, observe the mayhem when a box truck full of cabbage stations itself outside of a grocery store to sell its inventory at a special price. But back to the





Understanding local Chinese buyers, including why and how they buy is critical to success.

bike opportunity. There is the base need, that of a bike. Add to this, the opportunity to use a bike at a price “cheaper” than buying/owning one. Bike ownership not only involves the initial expense of buying it, but maintaining it, storing it, and protecting it via something like a pricey lock. Despite all effort, it will probably still get stolen resulting in more money needing to be spent to replace it. If the perceived cheapness of renting a bike wasn’t enough, the deal becomes virtually irresistible with the convenience of simply walking away after using it. Opportunistic riders get to leave the bike pretty much anywhere one pleases and essentially have zero responsibility or stress over what happens to it.

### Goods and More...

Rain happens in Tianjin sometimes suddenly and in large amounts. When it does, be ready for the opportunists to appear selling their wares. The top items of course will include over priced umbrellas and ponchos. They like their “black cab” buddies tend to be in your face and persistent, borderline if not outright harassing in nature. Be ready for loud yelling of the price, violation of personal space as they stalk you and repeatedly ask if you want to buy the things they are hawking. As mentioned earlier, this is the time to walk with an air of authority. Avoid engagement and run, well, at least walk quickly through the gauntlet of obtuse opportunists.

Of course, the best solution is to be prepared in some way at all times. Carrying a small, lightweight umbrella or poncho in a backpack or purse is an excellent idea. The plan mentioned earlier also works well, which is use Didi to order a car before exiting. Wait for it to arrive and then quickly go get in. However, in the commotion, don’t forget to double check that you are getting into the correct car by confirming the actual license plate matches what’s displayed in the app. As per Didi’s instructions, it is prudent to cancel and reject any attempt a driver makes at having you ride

in a car that is different than what is onscreen. Simply cancel and rebook, even if this means you get charged a cancellation fee because of cancelling after the car has arrived and you realize it doesn’t match up. Pay the fee and call for another car. Later on, when you are safe and dry, contact Didi and they will perhaps refund the cancellation fee since the car not matching was hardly your fault. True, during sudden storms when using Didi surge pricing may apply due to increased demand. But this happens automatically due to a system algorithm and definitely beats dealing with the shady opportunists outside. Another option, is to simply wait. That is stay inside the station or location until the storm has stopped and the opportunity has passed with it. It is amazing how many problems in China can be solved with patience.

Take to any pedestrian bridge such as those in the vicinity of Binjiang Dao or larger underground subway stations such as Yingkou Dao and there is potential to encounter yet another type of opportunists. These peddlers will peddle everything from clothing, electronic accessories such as earphones, phone cases, screen protectors and the like. Some even sell animals! Bunnies, fish, kittens, puppies and who knows what other type of poor creature might be for sale at any given time. They are hopelessly in the hands of some heartless opportunist.

### The Bottom Line

Realizing an opportunity and meeting the needs of consumers is not in itself wrong. Indeed, understanding local Chinese buyers, including why and how they buy is critical to success. Instead of opportunists looking to solely capitalize, perhaps they can also sympathize. As it feels totally different to pay a fair price for a convenience than be ripped off. Sadly, the insatiable appetite for profiting from

any and all opportunities though, especially those associated with a large group of people finding themselves in a moment of real need due to being in the wrong place at the wrong time seems to bring out the worst in some opportunists.



Mobike



Black cab

## 机会主义者的生财之道

在中国，人们随时都在利用机会，机会主义者也处处可见。遗憾的是，大多数的商业机会不会将你造就成百万富翁，但是这也并不妨碍某些例外的产生，比如摩拜。机会主义者大多看重的是如何去挣得所谓的“快钱”。

想方设法赚钱的“头脑”到处都是，“黑出租”也并不是什么新鲜事。在网约车还没有盛行的日子里，很多“黑出租”司机会在天津几个大的站点寻找生意。在网约车合理化之后，现行的制度虽然对“黑出租”有了一定的规范，但它们依然没有完全消亡。如果你曾路过天津的几大站点，你会很容易分辨出哪些是“黑出租”司机。需要注意的是，如果你选择使用滴滴叫车，那么一定确保他是载着你离开车站，远离黑出租直到你的车接到你为止。还有一部分滴滴车没有签订正规文书，那么他们就不能在天津的几大站点接送乘客，因此，当你选择滴滴乘车时，尤其是接送站的时候，最好使用官方认可的车，而不要选择私家车。

说完汽车，我们再来说说自行车。在以前，我们会有买车担心丢失的问题，但现在，随着共享单车的出现，问题似乎都迎刃而解了。这些公司之所以能成功，关键在于它们懂得中国消费者们的机会主义本性。想要在中国解锁成功，重点就在便宜和方便上。便宜并不意味着钱少，而更多代表的是一种“有意义的交易”。

实现机会且满足消费者的需求，本身并没有错。事实上，了解当地的买家，包括他们购买的原因和购买方式才是成功的关键。机会主义者不应只关注在资本上，他们还应该将注意力集中在与人产生共鸣上。因为在人们的心里，合理支付与敲竹杠的感觉是完全不一样的体会。可悲的是，只要一旦被我们发现机会，我们就能看到那些对于赚钱有着贪得无厌的嘴脸，尤其是在错误的时间错误的地点给人带来憎恶感觉的机会主义者。

**TWO KEY CHARACTERISTICS FOR SOMETHING TO SUCCEED IN CHINA ARE IT NEEDS TO BE CHEAP AND CONVENIENT. UNDERSTAND CHEAP DOESN'T ALWAYS MEAN NOT A LOT OF MONEY. RATHER, CHEAP MAINLY MEANS PERCEIVED AS A “GOOD DEAL”.**

## 16th Charity Golf Tournament and Annual US Independence Day Celebration July 1 – King Key Golf Club and the Ritz-Carlton Tianjin by Amanda He

AmCham China Tianjin celebrated the 241st year of American independence with its 16th Annual Charity Golf Tournament as well as a banquet with almost 300 guests.

The tournament, held at the King Key Golf Club, brought together almost 40 golfers. The winners of the day included:

**1st place:** Yuan Qiang & Jiang Han

**2nd Place:** Xia Qingshan & Wuxian

**3rd Place:** Jun Hwang & Jeff Xue

**Longest Drive:** Xia Qingshan

**Nearest to Pin:** Yuan Qiang & Preston Thomas

**Most Accurate Long Drive:** Wang Haijun

**Best Putters:** Yuan Qiang & Jiang Han

Later in the day, in the courtyard of the Ritz-Carlton, the July 4th banquet kicked off with delicious food, cold beverages, a live band, lucky draw

and games for the kids. This year's event even included a live cabaret show!

Amcham Tianjin Chapter would like to thank all the sponsors for helping raise money for the Tianjin Jian Hua Autism Rehabilitation Center. A sincere thank you to our Golden Sponsors: Schneider Logistics (Tianjin) Co., Ltd., Tianjin Custom Wood Processing Company Ltd., Boeing Tianjin Composites Co., Ltd., The Ritz-Carlton Tianjin and Air Canada; Beverage and Entertainment Sponsors: 1421 Wine, We brewery, Pan Pacific Tianjin and TAVA; Hole Sponsors: Bluestar AMG, Jones Lang LaSalle (Tianjin), Tianjin Selen Science and Technology Co., Ltd., Million Link (Tianjin) International Trade Co., Ltd. and Crown Relocation and other sponsors.



## Upcoming events:

**Tianjin Monthly Executive Breakfast Briefing** 7:15-9:00 AM, Thursday, August 17 – Four Seasons Hotel Tianjin

**Tianjin's Third Annual Joint Chamber Golf Tournament** 9:30AM – 8:30PM, Saturday, September 16

Golf Tournament Venue -- Tianjin Fortune Lake Golf Club / Awards Banquet Venue -- Tianjin Renaissance Lakeview Hotel



Scan the QR code; learn updated events and information of AmCham China, Tianjin  
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Address: Room2918, Exchange Tower 2, No. 189 Nanjing Rd, Heping District, Tianjin 300051

TEL: 86-22-23185075

Contact person: Amanda He amandahe@amchamchina.org

Website: www.amchamchina.org





## Past events

### Seminar - Joint Chamber Briefing: Demystifying China's New Work Permit Policies

22.06.2017

On Thursday June 22nd, German Chamber of Commerce Tianjin, along with AmCham China, Tianjin and the European Chamber of Commerce Tianjin, hosted a briefing on China's new work permit policy for foreigners at the Four Seasons Hotel. While this new policy has streamlined the process of gaining a work permit, there remains some confusion regarding its details, and how businesses can take advantage of it to attract new talent.

In order to alleviate some of that confusion, we have invited Mr. Li Zong Jing from the Tianjin Administration of Foreign affairs, to give members an in-depth understanding of policy changes. This event provides executives with the rare opportunity to have the laws governing their businesses directly explained by the local government, while also allowing for active interaction in the form of a Q&A.

In addition, this event featured a 3-course, western-style dinner with free flow beverages of wine, coffee, tea, and soft drinks.



## Upcoming Events

**August 18, 2017, 07:30 – 09:30:** Breakfast Seminar - B2B Premium Brand's Growth Strategy in China – Stay Premium or Tap into Mid-Market, TBC

**August 25, 2017, 18:30 – 21:00:** Special Event – Interchamber Welcome Back BBQ Networking, Four Seasons Tianjin

**August 30, 2017, 19:00 – 22:00:** Kammerstammtisch Tianjin, Bavaria Beer Keller (Italian Town)

## Save the Date

17.09.2017

The German Chamber invites all member companies in Tianjin to take part in the 5th German Chamber Soccer Cup Tianjin on Sunday, September 17, 2017 at the sports field of the International School Tianjin (IST).

The German Chamber Soccer Cup is an event for the whole family, including:

- \* 10 teams competing for the German Chamber Cup
- \* Additional cups for the best player, best keeper and best scorer
- \* Kids program with playground and soccer area for kids
- \* "Torwand"-Shooting with many prizes
- \* Food & drinks inclusive German BBQ, Chinese food, beer and soft drinks
- \* ...and much more

After the successful tournaments in the last four years we look forward to the 5th tournament in Tianjin, making this a permanent and memorable event for players, spectators and the German-Chinese community.



# EUROPEAN CHAMBER IN TIANJIN

## Joint Chamber Briefing - Dialogue with Tianjin Administration of Foreign Expert Affairs: Demystifying China's New Work Permit Policies

June 22nd, 2017

The European Chamber Tianjin Chapter together with AmCham Tianjin and German Chamber in Tianjin held this dinner briefing on June 22 regarding new work permit policies interpretation. This event provided executives with the rare opportunity to have the laws governing their businesses directly explained by the local government, while also allowing for active interaction in the form of a Q&A.



## F&T Discussion Forum – Accounting & Assurance: New Accounting Standards on Revenue and Leasing and Common Issues during Auditing

June 23rd, 2017

Do you know the latest changes in accounting standards? Do you have any doubt in preparation of financial statements? European Chamber Tianjin Chapter invited the accounting professionals from PwC to sort them all out for participants by sharing their views regarding the changes in accounting standards and common issues during auditing and practical case studies.



## Upcoming Event

### >> European Chamber Annual Business Gala Dinner 2017

October 20th, 2017

European Chamber Annual Business Gala Dinner is delicious, fun and rewarding altogether. We entertain over 200 members and friends every year for 11 years now. Dress up and indulge yourself in the air of festivity and celebrate the 60th Anniversary of the European Union with us. Enjoy an evening of excellent cuisine, interactive EU Culture quiz and breath-taking lucky draw prizes. The Gala Dinner provides a quality networking time for you to socialize with our members and invited guests, and a perfect opportunity to make new contacts, entertain key clients and get-together with your colleagues.

*\* For ticket purchasing, please contact Ms. Catherine Guo by 022-5830 7809.*

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



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

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

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

天津市和平区大沽北路2号天津环球金融中心41层, 邮政编码300020

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





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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WELLINGTON COLLEGE  
INTERNATIONAL  
TIANJIN

天津惠灵顿国际学校



## Embrace changes and Make breakthroughs The 7th HR managerial experts·Nankai Forum

**O**n 23rd June, The 7th HR managerial experts·Nankai Forum was held in Business School of Nankai University, over 50 senior experts in this field discussed with scholars of Nankai University to embrace changes and make breakthroughs !

Professor Yuan Qinghong, director of Human Resources Management Department of the Business School, recalled the development of HR managerial experts·Nankai Forum with the audience. He reaffirmed the three missions of the Forum, which include creating high-end communication for theoretical and pragmatic areas, establishing the vane of HR area on the basis of Tianjin and Bohai Sea-rim regions and looking whole China as well as building a home for HR professionals.

Xu Yongge, president of the HRCLUB, made a speech and raised the idea that social changes have brought challenges and opportunities to human resources management, and changes are the prerequisite for human resources to innovate. His speech responded the theme of the Forum

Professor Yang Bin, faculty of the Human Resources Management Department of the Business School, raised a question on how to evaluate the performance and his speech was themed on "Truth and Fake of Performance Management". Professor Yang intensively analyzed 5W1H, he said that performance was the conclusion of designing, organizing, management and coordination, which means the organizer needs to conduct reasonable performance management.

Madam Chen Shuye, chief editor of Jinwan newspaper overseas website, illustrated the relations between news information of media platform and click rate and raised the idea of mutual promotion of information from the perspective of characters of the industry, recent development and changes and her personal experiences.

Associate professor Liu Junzhen, faculty of the Human Resources Management Department of the Business School, proposed "Rise of purple collar and new order of management": purple comes from mixed blue and red, he holds the idea that the purple collar is becoming the new elites of job market and said the characters of "3 highs plus 3 highs" of purple collar group, which means

high techniques, high degree of liberty, and high personal brand and popularity as well as high penetration, high income and high social position. He showed three ways to create purple collar people and illustrated methods to respond to purple collar people and the trend from the perspective of organization model and new order of management.

After 8 years in manufacturing industry and 4 years in HR of internet industry, Mr. Zhang Ruiming, manager of senior human resources of Amazon China, has deep and unique understanding of internet industry. He believes the internet industry has obvious Combined Effect and remarkable gap between itself and traditional industry in terms of speed and quality. High efficiency, high tolerance of mistakes and capabilities are more important in the trail period. He also shared the undergoing "test and evaluation without performance" and changes in human resources management.

Lv Feng, vice director of EMBA Center of Nankai University, guided the audiences to look into the future from A Brief History of Tomorrow. In what ways will the human resources develop if robots replace human beings? Mr. Lv said, if that truly happens, human resources management will become Happiness risk management, Happiness Refresh Management and Happiness Rhythm Management. "No human beings" will become the trend, and characters of the supervisors are changing.

Madam Hu Guoming, director of human resources for China and Vietnam of GE Renewable Energy, illustrated the concept of unleashing the potentials of GE renewable energy from the perspective of GE digital enterprise positioning. She explained the ways and arts of management from the relations between environment and organizations. HR plays a crucial role in building a group with sound driving forces through invigorating potentials.

In communication and discussion part, members shared their own ideas with each other and jointly discussed the changes that HR need in enterprises.

The 9th group of outer-campus supervisors for the Human Resources Management Department of the Business School:

\*Madam Chen Shuye Chief editor of Jinwan newspaper overseas website

\*Mr. Zhang Ruiming Manager of senior human resources of Amazon China

\*Madam Hu Guoming Director of human resources for China and Vietnam of GE Renewable Energy

\*Madam Su Ying Human Resources Manager of Danfoss(Tianjin) Senior manager of human resources SSC of Danfoss(China)

\*Madam Li Yuling Senior manager of human resources Bombardier Tianjin Aviation Services Company Limited

The successful forum got off to a good start for next forum. HRCLUB will also closely contact universities and enterprises to offer more platforms for communication.



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



# REX SERVICE

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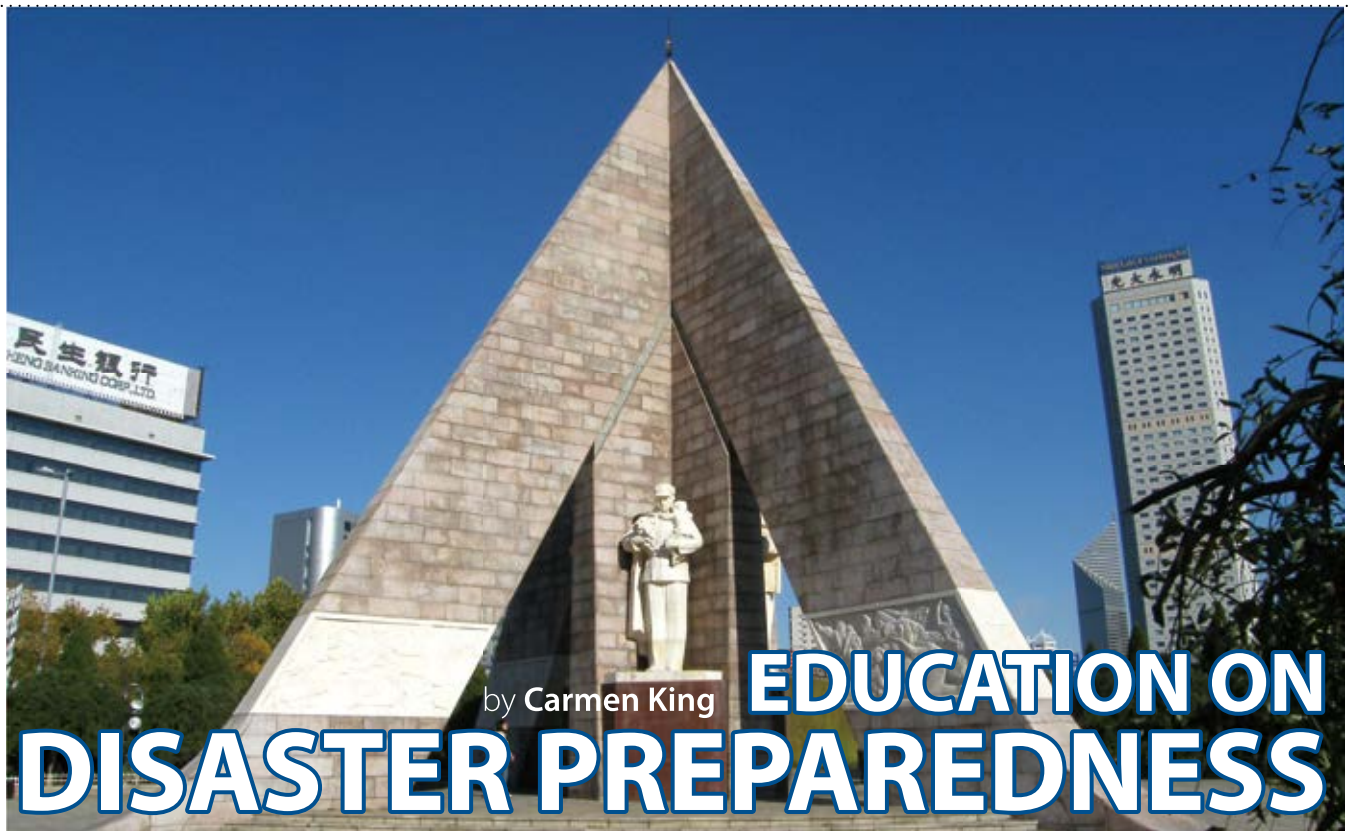


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A monument located on Nanjing Lu.

**D**isasters can strike anywhere, anytime affecting anyone. In the current system of things, disasters are inevitable. Preparation is the only option. Proper education on disaster preparedness is essential to reduce loss of life. An ounce of prevention is worth a pound of cure. Thus, JIN will present a few keys to disaster preparedness. Be aware though, this is not an infallible, exhaustive or all encompassing article and is for informational purposes only. In addition to what is being presenting here, by all means, readers should do their own research. Disaster preparedness needs to be an ongoing, routine topic of investigation and discussion. Especially for expats living aboard, like those in Tianjin, extra effort will need to be made in order to prepare effectively for possible disasters.

### Possible Disasters

Based on the past few years in Tianjin, some of the top disaster threats include torrential rain, flooding and fire. If the timeline is extended and the areas neighboring Tianjin are included, than earthquakes must also be considered. The most notorious earthquake in recent decades not far off from Tianjin according

to Wikipedia occurred on July 28, 1976 in Tangshan. It goes on to report, after the initial earthquake which registered nearly 8 on the Richter scale, a brutal aftershock also occurred. There is a monument for this earthquake located on Nanjing Lu in Tianjin not far from the Westin hotel in the Heping district. Search the following characters to find it: 天津市抗震纪念碑 (tiānjīnshì kàngzhèn jìniànbēi).

Though not a weather disaster in itself, but something that may happen as a result of an earthquake or other trouble is a natural gas leak. Many homes in Tianjin rely on natural gas for cooking. The natural gas infrastructure making this possible must be fairly extensive and could be damaged resulting in leaks.

### How to Prepare?

Based on ready.gov/earthquakes before an earthquake happens, practice these basic steps: "Drop, Cover, and Hold On!" During an earthquake, reaction times need to be fast. To achieve this, practice is necessary. Another tip the site makes is to secure unstable items in advance that could fall or tip causing injury. This is an excellent suggestion since many apartments in Tianjin do not have closets. This means often large wardrobe units are used. These may be a huge danger should

they fall onto someone. It also mentions look for a safe place such as under something sturdy or against an interior wall. Information online elsewhere, also seems to suggest that standing in a doorway is no longer the best option. Looking for coverage and protection from falling debris is critical to survival. So too, holding on. After all, in severe earthquakes floors or other structures may collapse. Holding on to something anchored down may make a difference.

Earthquake survival seems to focus on getting as low as possible, thus the tip to "drop." The closer one is to the ground the better. If inside, that means the floor. Sticking by interior walls or corners may be better than being out in the middle of the room. Ready.gov warns though, if in bed when the earthquake happens and it's dark, stay in bed and cover one's head with what is available as any attempts to move around in the dark could lead to greater injury.

If outside, avoid trees, power lines and anything else that could collapse or fall down. Being in a city this could be more challenging. Whereby the site suggests moving inside a stable structure may be necessary to "avoid falling debris."

When it comes to natural gas issues, by all means, each home and ideally each



**BASED ON THE PAST FEW YEARS IN TIANJIN, SOME OF THE TOP DISASTER THREATS INCLUDE TORRENTIAL RAIN, FLOODING AND FIRE. IF THE TIMELINE IS EXTENDED AND THE AREAS NEIGHBORING TIANJIN ARE INCLUDED, THAN EARTHQUAKES MUST ALSO BE CONSIDERED.**

room needs to have a carbon monoxide/gas detector. These can be brought from overseas, bought locally at markets which sell home goods or online. The key is, get them. Plus, don't forget smoke alarms. Fire is another hazard. Consider getting a fire extinguisher(s) and having them ready in case of an emergency. If a gas alarm goes off, immediately: 1) turn off all gas to the home; 2) open all windows; 3) get outside into fresh air; and 4) call the gas company. At the time of writing 2300 6777 was a phone number that could be used to report gas leaks in Tianjin. However, be sure to confirm the phone number applicable to your area. A good way to do so is ask your landlord and/or someone at the apartment complex's property management company. Take all alarms seriously. It is best to report the incident and have a gas technician come and double check everything is safe.

Ready.gov mentions preparing important items like drinking water, documents and medicine. Ideally these items should be easy to locate and highly portable, such as in a "go bag." "Go bags" are essentially a bag which is not used everyday, but instead has been specifically prepared for the purpose of surviving a disaster. There are many possibilities and suggestions as to what should go in a "go bag." However suggestions usually include having water, food, first-aid supplies, medicine and clothing sufficient for at least 72-hours for each person.

Consider buying a LifeStraw in addition to having actual water for each person. The LifeStraw can be considered as another resource, not as a replacement



When flooding occurs, the water is usually filthy and likely contains sewage.

for the water itself. When it comes to food, think not highly-perishable and compact with high caloric content. Camping relating websites or shops may be good options for creating a "go bag." Some backpacks designed specifically for hiking may be great choices. Be aware of any special medications needed. Stock up on these along with a basic first-aid kit. Things like toilet paper, some sort of sanitizer and even a fire starter, like water proof matches or flint are handy. Consider having a non-battery operated radio and flashlight. A change of clothes, including some warmer layers, such as thermals and water resistant garments like a poncho. As you can imagine, the list of things that could go into a "go bag" grows fast. In the end, remember it must be portable and needs to cover the basics. That is food, water, clothing, first-aid and perhaps something encouraging to read to help keep survivors in good spirits during the wait for help.

In Tianjin water related disasters are possible. Many are familiar with what torrential rains can do in a very short period of time. Therefore, have good rain gear. Things like rain boots/jackets and even waders are great items to have. Be especially careful when outdoors in deep water as man holes, ditches, and other underwater hazards such as sharp objects maybe unseen. Any cuts or open wounds could easily become infected after contact with contaminated water or be the point of entry for bacteria. Remember, when flooding occurs, the water is usually filthy and likely contains sewage. As soon as possible wash yourself and all clothing thoroughly, disinfecting if possible. It may not count as a disaster, but on the topic of preparedness don't forget transportation related safety. Such as carrying a seat-belt cutter and glass breaker at all times. There are great little tools specifically designed to accomplish either of these tasks and are

small enough to be carried on a key chain.

### The Bottom Line

Disasters are going to happen so be prepared. Research where you live, such as Tianjin. Find out what are the top risks and formulate a plan to survive. This should not only include a "go bag" with necessary items but also an escape route from common places like the home, office or school. Know where to go and where to meet in case family members get split up or are not able to return home or use cell phones. It is best to identify and be familiar with disaster shelters in the area. Be keen to obey any instructions from authorized agencies, especially if they include instructions to evacuate an area. Disaster preparedness is a topic we all need to be educated on.

## 灾害防备，不容忽视

我们永远都不知道意外和明天哪个会先来，因此，适当的防备就显得尤为重要，一分预防胜似十分治疗。本文中，我们将会提供些许预防灾难的方法，但这也只能作为参考意见，具体的事件要具体对待。对于那些生活在天津的外国朋友而言，防灾常识和预防措施更是不容忽视。

纵观天津的过去几年，一些灾害多以暴雨、洪水和火灾的形式发生。再往前深究，也有地震这样的情况发生。位于天津市南京路上的天津市抗震纪念碑就是为了纪念1976年发生的唐山大地震而立。除了自然灾害外，居家生活中，我们也不可避免很多危险的发生，比如天然气泄漏等。

当地震来临时，我们的反应速度一定要快。当然，在逃跑的过程中，还要谨防物体掉落可能会给我们带来的二次伤害。大多数天津的公寓都没有壁橱，这也就意味着那些大型的衣柜很可能是潜在的危险因素。有研究表明，地震中相对安全的地方应该是那些固定物体的下方或内部墙壁，善于找到底身之处才是生存的希望。当地震发生时，如果我们在室内，那么尽可能放低自己的身位，不要随意移动。如果当时我们是在室外，我们应避免树木、电线和其它可能倒塌的东西。

当涉及到天然气问题时，我还是坚持希望每个家庭都能有一个气体探测器，以确保自家和他人的安全。当气体险情发生的时候，我们应首先关闭家中所有气体；其次打开一切门窗；然后即刻跑到室外呼吸新鲜空气；最后打电话给煤气公司报案，或者请师傅过来查看情况是否安全。

天津是一座常见雨水的城市，也经常会发生积水等问题，因此常备雨具是最基本的工作。雨天的污水很容易滋生细菌，所以，在踩水后要要及时清洁周遭物品。

灾难发生在所难免，防患于未然总是正确的。仔细研究你生活的城市，找出可能发生的最大风险并制定自己的生存计划。准备好救生袋子，以及规划好逃生通道。清楚知道你周围的一切灾难避难所。服从授权机构的指示，特别是疏散区域指示的标识。时刻谨记，备灾是我们都需要接受的一个教育话题。

**ALTHOUGH MY SON GETS TO SPEND HIS SUMMER ABROAD LIVING LIKE HIS AMERICAN PEERS, SPENDING A FEW WEEKS AT DAY CAMP AND BEING ON A SWIM TEAM, UNLIKE THEM, HE'S STUCK DOING A FEW HOURS OF HOMEWORK EACH AND EVERY DAY.**



Swimming class

## HOW CHINESE KIDS SPEND THEIR SUMMER VACATIONS

by **Charlotte Edwards**

**B**y now, you probably know that Chinese schools don't get out for the summer holiday until late June or early July, and often the exact date is not announced until after the exams. This makes it challenging to plan ahead; planning is something I thrive with, but Chinese culture seems to survive just fine with spur of the moment decisions.

Being the planner I am, as soon as my husband and I decided that I'd take the kids back to my hometown, I wanted to buy tickets. But which date would be best? I had to make a very educated guess as to whether or not my son would be out of school before the ticket prices jumped \$1000 USD, typically somewhere after July 5. I went for the fourth and prayed that my son's exams would be over by then. I was lucky; he was on his summer vacation the evening of July 1.

Although my son gets to spend his summer abroad living like his American peers, spending a few weeks at day camp and being on a swim team, unlike them, he's stuck doing a few hours of homework each and every day.

Chinese parents love to keep their kids learning and summer is prime time for teachers to pad their meager earnings with summer classes. Parents are eager for their kids to take these classes to give them an extra advantage. Teachers will teach things they don't have time for during the school year, or go in depth on the next years

curriculum, giving kids a head start on the material. In fact, the days leading up to my departure, I got more calls from parents asking for me to give their kids classes during the summer than I had all term.

In addition to the classes, students are assigned summer home work which typically entails a workbook (70 pages each, this year) for each of their main subjects. For my soon-to-be fourth grade son, this is Chinese, math and English. On top of the workbook, teachers add other requirements: the math teacher asks the parents to write out five math problems each day; have the students learn units one and four of their new book. The Chinese teacher wants them to read a minimum of five books, write out ten quotations from them, keep a diary, write a 600 word essay and memorize the text from units one and two, plus the new vocabulary. English is much easier: watch a cartoon repeatedly to learn words and phrases from it and write two sentences daily. Since English is one of his primary languages, my son completed the workbook in just a few days. I still have to correct it. Yes, the parents are also responsible for correcting all of this homework.

Some of my son's classmates will be going to summer camp. These are usually heavy on the classroom learning activities and with extra focus on cultural things like tea ceremonies and tai chi. They do very little of traditional camping experiences that I learned as a child: learning to make a camp

fire, cooperating to prepare meals over the fire, doing team building activities and going on nature hikes. I see this changing; one of my son's classmate is at a camp where they're shooting bow and arrows! Next summer I will send my kids to an "American-style" camp that my friend runs in the South. To afford that, I'm sure I'll be taking on extra tutoring gigs!

As busy as I am these days, chauffeuring the kids to and from camp, the pool and the library, I'm finding it much more enjoyable than my summers where I took him to classes that gave additional homework. Or the summers when I taught over-tired kids every day.

### 过有意义的暑假

中国的学校都是 6 月底、7 月初才开始放暑假，并且具体时间都是在考试结束后才会公布出来。我是擅长做计划的人，但中国的文化常常让我不得不放弃自己的计划习惯，转而即时决断。

孩子放假之前我想的是带他们回美国过暑假，但因为放假日期迟迟定不下来，我又担心机票一直上涨，所以一直在心里忐忑不安。庆幸的是，他们在 7 月 1 日就正式放假了，而我提前订的机票并没有浪费。

尽管孩子们会在美国像其他小朋友一样参加各种活动，但他们还会有每天几小时的家庭作业需要完成。

中国的父母热衷于让孩子们在假期接受课外辅导，我也的确接到了很多家长打来的电话，希望我在假期为他们的孩子补习功课。如果都答应下来，那么这些课程可以比我整个学期的课时还要多。

除了补习班之外，学生们还要做很多练习册，各种各样，各个学科，孩子们做完，家长负责批改。

一些我儿子的同学他们会利用假期去参加夏令营活动，这是在学习以外更重要的事。而现在的孩子们已经比我们当年要有更多的机会去接触社会实践。明年夏天，我也准备让孩子们去接触一些夏令营，让他们去体验真正的社会生活。

通过这些日子的忙碌，接送孩子到营地、泳池、图书馆，我发现它竟然可以带给我更多的乐趣相比于送他们去上课。暑假也让我学到了很多，感谢假期。



## Brave Attempts

On June 1st each year, the Jian Hua Autism Rehabilitation Center's daycare children take part in a special parent-child sports day under the teachers' guidance. This year was the 5th Children's Day we celebrated with the games. Group after group, the children could feel the happiness of participating in sports, and could also harvest the joy of success after brave attempts at some of the sports. The parent-child games were held on the morning of June 9th as scheduled, at Nankai District's Yuzhi School. The children and their parents watched performances, joined the competition, exercised, and felt happy together.

There were four interesting sports: 'picking fruit and vegetables', 'Jumping challenges', 'Driving the little pigs', and 'Fun bowling'. 'Driving the little pigs' was the children's favorite. The children used a badminton racket to push a small football around obstacles, then put the ball into the goal. Although some of the children needed their parents' help, and some



pushed it to the side, every time the ball went into the goal, the children would have smiles of victory, enjoying the taste of success.

The next event was 'picking fruit and vegetables'. The teachers put a picture of fruit and vegetables on the playground. At the starting line, there were two big boxes with toy fruit and vegetables. First, the children chose some their favorite fruit or vegetables, then with a straw hat on, found the same fruits and vegetables in the big picture and put the model toys in the right place. In this project, the children practiced not only their fine motor skills, but also matching and classifying skills.

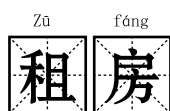
The annual parent-child games gives the children an opportunity to experience

the pleasure of success. It also creates a special opportunity for the children to play with their parents. The games allow these children with autism to also experience the joy of childhood like ordinary children, experiencing the joy of victory as the result of brave attempts.



## RENTING AN APARTMENT

by Zheng Hong Xiang and Kate King



Realtor: Hello, may I ask if you are looking to rent or buy?

Zhōng jiè : Nín hǎo , qǐng wèn nín shì yào  
中介：您好，请问您是要  
zū fáng hái shì mǎi fáng  
租房还是买房？

Lisha: I'd like to rent a one bedroom apartment with a living room near Shuishang Park.

Lǐ shā : Wǒ xiǎng zū ge shuǐ shàng gōng yuán fù  
丽莎：我想租个水上公园附  
jìn de yī shì yī tīng  
近的一室一厅。

Realtor: Any specific requirements?

Zhōng jiè : Yǒu shén me jù tǐ yāo qiú ma  
中介：有什么具体要求吗？

Lisha: I'd prefer it not to be too old. Ideally it will be newly renovated and fully furnished with furniture and all household appliances.

Lǐ shā : Fáng zi bié tài jiù , zuì hǎo shì  
丽莎：房子别太旧，最好是  
jīng zhuāng xiū jiā jù jiā diàn qí quán  
精装修，家具家电齐全。

Realtor: And how much are you looking to spend on rent?

Zhōng jiè : Fáng zū ne  
中介：房租呢？

Lisha: I'll accept rent anywhere from ¥2,500-3,000.

Lǐ shā : Dōu kě yǐ jiē shòu .  
丽莎：2,500-3,000 都可以接受。

Realtor: I've searched our company's website using your criteria and have found a place with a really good balance between quality and price that fits your needs.

Zhōng jiè : Àn zhào nín de yāo qiú , wǒ  
中介：按照您的要求，我  
zài wǒ men gōng sī de wǎng zhàn shàng sōu suǒ  
在我们公司的网站上搜索  
le yī xià , zhǎo dào yī tào xìng jià bǐ  
了一下，找到一套性价比  
hěn gāo de .  
很高的。

Lisha: Are there pictures?

Lǐ shā : Yǒu zhào piàn ma  
丽莎：有照片吗？

Realtor: There are, take a look. This place was remodeled just last year for a newly married couple. This is the first time it's been rented out.

Zhōng jiè : Yǒu nín kàn yī xià . Zhè shì qù  
中介：有，您看一下。这是去  
nián xīn zhuāng xiū de hūn fáng shǒu cì chū zū  
年新装修的婚房，首次出租。

Lisha: Looks pretty good. How do they want the rent paid?

Lǐ shā : Kàn qǐ lái hái bù cuò , fáng zū zěn  
丽莎：看起来还不错，房租怎  
me fù  
么付？

Realtor: Normally you would sign a year contract with a one month deposit and three months' rent up front.

Zhōng jiè : Yī bǎn shì qiān yī nián hé tóng ,  
中介：一般是签一年合同，  
zū jīn yā yī fù sān  
租金押一付三。

Lisha: Hmm, when could I go see it?

Lǐ shā : ò shén me shí hou néng kàn fáng  
丽莎：哦，什么时候能看房？

Realtor: We can go this afternoon. If you are satisfied with it, the contract can be signed on the spot.

Zhōng jiè : Jīn tiān xià wǔ jiù kě yǐ ,  
中介：今天下午就可以，  
yào shì nín jué de mǎn yì dāng chǎng jiù  
要是您觉得满意当场就  
néng qiān hé tóng  
能签合同。

Vocabulary: (C) 词 (huì) 汇

Xíngjiàbǐ: The ratio of function, amenities, and price.

Xíng jià bǐ : jí xìng néng pèi zhì děng  
性价比：即性能、配置等  
yǔ jià gé de bǐ lǜ  
与价格的比率

Language Tip: (Yú) 语 (yán) 言 (Diǎn) 点

Yàoshi... jiù...: "If"... , "then", such as: "If you're not feeling well, then go home and rest up."

Yào shì ... jiù ... : Biǎo shì jiǎ  
要是...就...：表示假  
shè rú : Yào shì nǐ shēn tǐ bù  
设，如：“要是你身体不  
shū fu jiù huí jiā xiū xi ba  
舒服，就回家休息吧。”

## Three Days in Yushu--TIS Brings Service to Qinghai

It started with a simple question to Vera Chen of the Teda Charity Association: "Next time you visit our schools in Qinghai, can I come too?" In 2015-2016, TIS students provisioned their first library in Qinghai at Galeng School in Xunhua County near Xining. Each class at Teda International School from K-5 created a service project

to raise funds to buy books and bookshelves. It's a touch too far to take the students on a field trip, so a group of three TIS staff, along with Ms. Chen took five days out at the start of summer holidays to go exploring.

With the plan in place, we wanted to take with us a useful gift to present to the



children. So the Crayon Project was born with a modest goal of 140 packs of crayons at a value of around 5000RMB. Before the week was out, we topped 10,000RMB and with the help of the students, raised a total of over 17,000RMB enabling us to provision yet another library as well as gifting crayons and chalk to 150 children.

**Travel tips:** \*Be prepared for hot sun, rain, cold \*Bathrooms au natural \*Be aware of altitude sickness \*Give the Yak food products a try.  
**Useful Tibetan Phrases:** \*Hello – Demu \*Blessings and luck – Tashi Delek \*Thank You – Tujay-Chay

### Day 1 Local Sights

#### Morning: Mani Stone Pile

##### Trip Time: 2 Hours

When you first hear of the Mani Stone Heap, you might have a lot of questions. "What is a Mani Stone?" "How big is this pile?" A Mani Stone is a stone plate inscribed with a Tibetan Mantra of compassion. They are grouped together as an offering to the spirits. This particular Mani Stone pile is the largest in the world, with over 2.5 billion pieces! The whole complex is overwhelmingly large, and even more so when you consider that each stone was placed by someone as a single offering of compassion.

#### Morning: Tongtian River Crossing

##### Trip Time: 1 Hour

This spot on the Tongtian River comes straight out of the epic novel Journey to the West. In the story, the Monkey King, Sun Wukong, makes a promise to a great turtle

after the turtle ferried him across the water. Upon reaching the other side, the Monkey King promptly forgets his promise to the turtle! Oops. On their return, the turtle becomes angry and dumps him into the water. If you decide to visit, don't mirror the fate of the Monkey King. Instead, enjoy the cold rushing water and literary significance from the safety of the shore, where Sun Wukong was forced to morosely dry his precious belongings.

#### Afternoon: Legabou Rock Paintings

##### Trip Time: 2 – 3 Hours

It takes a moment to recognize the large Tibetan writing inscribed on the stream rocks. You are distracted by the sound and sight of the clear rushing water tumbling over them. When the letters come into focus it causes a strange sensation, as you realize you are looking at the perfect juxtaposition of art and nature. Go here to imagine the vision the artists had as they stood in freezing water and carefully carved



the river boulders. Continue on wooden pathways to find a large etched Buddha in the side of the mountain and see near entire cliff sides carved in Tibetan art and writing.

#### Afternoon: Vairocana Temple

##### Trip Time: 1 Hour

Tibetan flags cover the hillsides in a thousand streamers outside this 1,100 years old temple built by Princes Wencheng. You can't help but feel the significance of it before you even go inside. The Princess' retinue carved the rock to create this otherworldly space during the Tang Dynasty; it is currently watched over by a guardian monk. Everything about it is old and sacred. No pictures.

### Day 2 Batangxiang Primary School

#### Morning

##### Trip Time: 3 – 4 Hours

Head south out of Yushu to the village of Batangxiang to visit the grassland primary school there. If you go at the end of June, the students will just be returning from a month of hunting for caterpillar fungus. Caterpillar fungus is an extremely valuable fungus that can be found growing in the plateaus and mountains around Yushu during the months of May and June. We visited on June 22nd. It was obvious from the dirty hands and runny noses that the students had recently spent some time in the forest. In fact, many children hadn't returned to school yet.

To really form a connection with this small school, find a project to do with them; we built bookshelves! Our school had

bought and shipped them ahead of time, but their school waited for us so we could assemble them together. We bonded with the staff and students while we put them together. After, when the bookshelves were complete, we gave the students a special gift that we had bought for them: a box of 48 Crayola Crayons each. It was rewarding to see the students accept the pleasant weight of the square yellow boxes. Compassion goes a long way here, so don't be shy!

To get the most out of your trip to Batangxiang Primary School, bring a local teacher named Michael. He was a former student at the school who later went on to

teach there. If you're lucky, he will speak to the students about the importance of study and hard work. It is moving to see the students hang on his every word, and to witness the determination in their faces as they resolve to follow his advice.

Upon leaving Batangxiang Primary, I recommend giving the students a parting gift that they will enjoy; our school chose sidewalk chalk. A few days after our departure WeChat's were full of bright pictures from the school courtyard covered in chalk drawings! It seemed appropriate to see the students playfully drawing after a hard month of working in the woods. Reach out to them, you won't be disappointed.





## Tibetan Grasslands

### Afternoon and Evening Trip Time: overnight

You will not want to miss an overnight on the grasslands. It is picture book perfect. You will see mountain tops that are barren and capped with snow. Beneath that a layer or purple heather that from a distance seems to be the deepest of greens. Then there is the never-ending expanse of emerald green grass, dotted with rocks and stones and crossed by burbling streams of icy clear snow-melt. Yaks meander through the grassland, occasionally herded by whip cracking herders.

Further down the valley the creeks broaden and gather momentum. The adjoining fields are dotted with 'groundhog' burrows. They pop in and out, running over the roads at whim. Your driver will keep up a constant rhythm on the horn to warn them

out of the way.

The farmhouse we stay at is more a collection of buildings. The newest building is bright and colourful with a red and white picket fence. It is a training residence to promote the Tibetan culture which is sadly at risk of decline. Fortunately, many have a passion to reverse this trend. You will not want to miss a visit to a calligrapher; such detailed artistry!

The main house shows its age, weathered by the seasons. A massive 'yak poo' combustion stove dominates the centre of the room with couches lining the walls. We are greeted by Mama, sixty-five years old, a face of timeless wrinkles. This climate and this life are harsh and the folk here are tough.

The water from the creek is boiled in a pot on the fire. Beside it is an equally old but

impressive tea pot full of yak milk tea. My first taste was tentative. As long as you drink it hot, it is fine. If you let it cool, you will not miss the characteristic oily taste that sticks to your mouth. If you're brave of heart, add a dollop of yak butter, scooped from a yak hide bowl. Be sure to enjoy a dinner of yak meat stew with homemade pasta.

If you look for a bathroom, you probably will not find one, other than the creek and the grassland! It's an interesting conundrum; how do you find a private spot to do your business in a landscape void of trees or ditches to hide behind. Remember, boiling your drinking water is essential! The room we sleep in is huge, ringed with broad, delicately carved Tibetan beds. You will love to snuggle up in thick, fluffy quilts, knowing that the vagaries of the weather will not touch you beneath the covers.



## Day 3 Xiwang Elementary Grades K-3

### Morning Trip Time: 3 – 4 Hours

Xiwang Elementary is a little hill nestled on the shoulder of the surrounding hills. This school has been through some changes. Following the earthquake in 2010, students continued their schooling in tents and then in more substantial accommodation. Last year, a new building project commenced which you will hopefully see completed later this year. The kitchen is very clean, albeit in a tented structure with a packed dirt floor. You can see the children line up

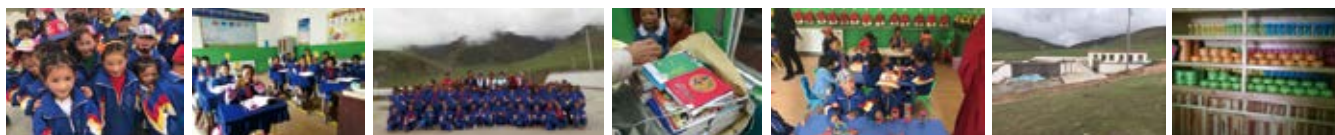
outside and file in to have their lunch in colourful bowls.

The majority of parents are nomadic horse farmers, often away for days at a time. You will see the local community nearby, small identical houses on the side of a hill where most of the children live. There is no playground, but you will see a large concrete slab which signals a future assembly area and there are plans for a playground down the hill. Watch out if you visit while it's raining! There's plenty of mud on the ground during these wet summer

months during construction.

The children were delightfully vocal in greeting us, much shyer one to one. You will love a visit to the classrooms. We distributed crayons, took some time to chat with the children, and played with the Kinder kidds. When you touch hands in greeting, you will feel small, sturdy hands already roughly aged from daily labor.

Be sure to visit the library. It is now full of colourful books. The children, teachers and the headmaster were very grateful and so were we.



## What for the future?

We already have the name of the next school we will help. So much positive change has occurred in the last few years but there is more to accomplish. Our next school is a Kindergarten that was started by a Tibetan lama many years ago. The school is small and under-resourced but essential.

The families in this region are uneducated and struggle to see how education can be

helpful in their nomadic life. People like the lama see the value of education, especially for the young, and are willing to work hard to change the mindset and provide for the needs of the children.

You will see, as we did, this common thread of compassion and passion at work in many communities. Leaders who are making a difference. Tibetan lamas with a heart to build confidence and capacity in

the underprivileged young. Headmasters and teachers who themselves surmounted incredible obstacles to gain an education and who have then returned to their communities to make a difference.

So, next time you plan a vacation, take a risk and head to the hills. Remember, you have to actually be 'in life' in order to be in the right place when the opportunities come. This is a must do!





The Nurses' Day activity held at the rehabilitation medicine department on May 12, 2016.

# TIANJIN RENHUI SOCIAL WORK SERVICE CENTER

by David Wong

**T**his month, Jin Magazine's "The Helping Hand" is identifying a volunteer service in Tianjin that is giving back to our community. We hope to help shed light on their efforts, let people know what they are providing and why and how you can participate and also lend a helping hand. If you would like to let us know of other volunteer organizations, please contact us.

Tianjin Renhui Social Work Service Center is a diversified, comprehensive social work service organization, which was established in November 2016, and in the same year in December organized an incubation center.

The Center, adhering to the unity and benevolence, heart of the community, with the purpose of providing professional social work services to the Tianjin people. Tianjin Renhui regularly provides professional supervision and training by the Hong Kong Borderless Social Work Agency. At present, the project of the agency is mainly around the elderly social work and medical social work.

The projects that have been carried out include: Tianjin Medical University General

Hospital Medical Social Workstation Project, District Finance Bureau to support the "Qi" 耆 happy - home support system for the construction of public welfare projects and Weihai City Social Welfare Institute (retired military Corning Hospital) Medical Society Workstation project.

"Qi" happy - home support system for the construction of public welfare projects in February 2017 officially began to implement a period of 6 months, the project to benefit 60 years old and above clients, with economic and special difficulties, to provide them with support of accurate practical social work services.

In connection with the resources of the Hanoi District Social Organization Incubation Center, there is liaison cooperation with the Habitat Society for the Peace Zone. At present, the project has completed the community research stage and community promotion stage, which is linking social resources with the specific implementation of the service phase and assessment feedback stage.

9 cases were referred to the community referral case, 3 cases were docked, 3 field activities were conducted,

and 19 visits were conducted. Community life manuals are being collected and prepared; community events are expected to be carried out in the rest of the community, including lectures on legal, healthy and safe "Living Lectures".

The Tianjin Medical University General Hospital Medical Social Workstation, as of March 1, 2016 is the city's first general hospital medical social workstations. Medical social work station to "people-oriented, self-help, around the medical, reflecting the professional principle, following the "holistic care" concept as a pilot,

Weihai City Social Welfare Institute and Retirement Office Corning Hospital (hereinafter referred to as the hospital) under the Weihai Municipal Civil Affairs Bureau, is responsible for the adoption of urban objectives, to provide support, treatment and rehabilitation services. The hospital is to assist the Weihai city area with return home rehabilitation of psychiatric patients with rehabilitation and treatment for the city's focus on the provision of comprehensive medical care services.

Tianjin Renhui social workers from March 2017 settled in the hospital to carry out medical social work projects. The team consists of two resident social workers, one Hong Kong social worker supervisor and one project consultant. The team will create a culture of care for the hospital, the establishment of cohesive and centripetal culture; through professional practices, such as agricultural therapy, horticultural treatment, kitchen therapy, music therapy, to carry out cross-professional cooperation for the elderly, social, spiritual rehabilitation services for the whole person.

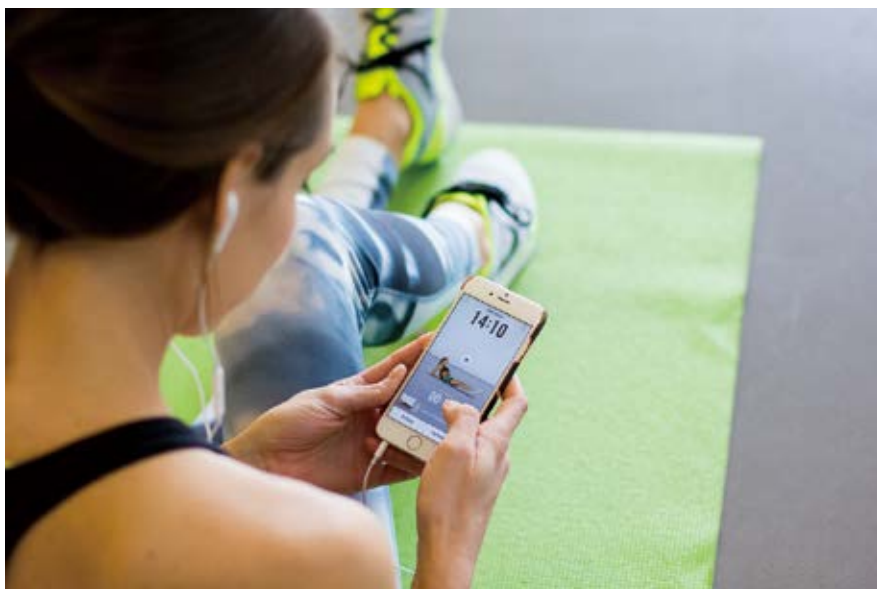
Telephone: 022-5906-3755

Address: Heping District Rong Ye Street No. 138 天津市和平区荣业大街138号

## 天津仁怀社会工作服务中心

天津仁怀社会工作服务中心是一家多元、综合的社会工作服务机构，成立于2016年11月，同年12月入驻和平区社会组织孵化中心。中心秉承着“安老怀少，团结仁士，心怀社区”的宗旨，为和平区以及天津市的居民提供专业的社会工作服务。天津仁怀由香港无国界社工机构定期提供专业督导和培训。目前，该机构的项目主要围绕着老年社会工作与医务社会工作两个领域开展。





You don't need to go to gym if you follow an exercises APP.

# EXERCISE APPS

by Carmen King

The first exercise app to be discussed is "Keep - 自由运动场" (zìyóu yùndòngchǎng). After downloading the Keep app and opening it, new users have three options for registration. Use a phone number, WeChat or QQ to signup and login. After entering a phone number, a four digit confirmation code will be texted, enter that and then the user will be prompted to set a password. The next step is to upload a headshot and enter a nickname.

After registration, the app will ask some questions to understand the user's preferences. For example, gender and date of birth. For some reason, Keep does not allow the gender to be changed after initial selection. The app will want to obtain GPS location of the user. However this can be skipped. Next provide current height and weight using the metric system, that is cm and kg. Then comes a series of multiple choice questions about the users current athletic condition and workout goals. There will also be a permission request for "workout reminders."

In the end a few different workout routines will be suggested. Those preferred can be saved. Users who allow GPS tracking will receive suggestions of nearby workout locations. Such as running tracks at schools in the area. Another feature is to display the

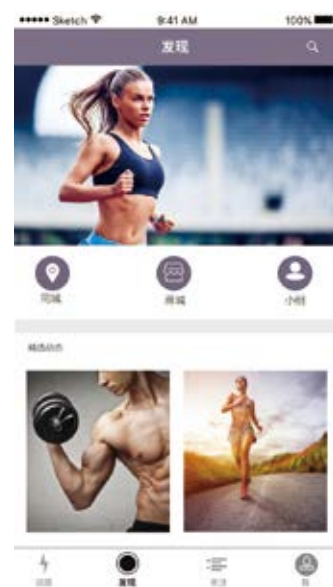
workout venue on a map. Choosing it will then show other Keep users who frequent that spot. Outside of suggesting daily workouts social media features are available for sharing and interacting with other Keep users. A database of movements with visual and text based explanations is also provided. This content is useful for expats looking to brush up on training moves and fitness related Chinese vocabulary.

The next exercise app is: 咕咚 (gūdōng). New users are faced with a similar registration process as Keep, namely use a phone number, WeChat or QQ. Sadly, from a privacy perspective Gudong wants GPS tracking enabled even when not using the app and requests access to motion sensor data to record activity. The UI seems lighter weight with less features when compared with Keep. Gudong also appears more focused on cardio related exercise like running, walking, biking and hiking.

While these apps and those similar have their novelty, they in no way replace good old fashioned self-discipline and self-control. After all, an app can remind a user everyday they need to workout, but like all the other alarms that go off many times they simply get ignored. If there is a positive to Keep, it is the database of exercises with text descriptions. The downside and upside to both of these is

**AFTER ALL, AN APP CAN REMIND A USER EVERYDAY THEY NEED TO WORKOUT, BUT LIKE ALL THE OTHER ALARMS THAT GO OFF MANY TIMES THEY SIMPLY GET IGNORED.**

the Chinese UI. For expats looking to shape up physically and linguistically, these apps will probably work fine. A final warning is also due. Somehow anything related to fitness and exercise has ties to inappropriate content of a visual nature. Both of these apps displayed this tendency especially in the features related to social media, such as photo and video sharing. Whereby they seriously stray from the real purpose, which is exercise.



The UI of KEEP

## 运动类APP

运动类的APP首推KEEP。你可以用手机号、QQ号或微信号直接登录。KEEP会问你几个小问题，了解你的锻炼偏好，还会记录你的性别、年龄、身高、体重等信息，以便帮你制定健身计划。

每一个训练内容都配有视频和讲解，所以很方便用户实践。通过GPS功能，KEEP还可以为你推荐附近的健身场所，比如某个学校的操场。你还可以把每次的运动情况分享到朋友圈等社交媒体上。咕咚运动和KEEP有类似的功能项，但更偏重于跑步、健步、骑车等有氧运动，使用界面更加简洁。

其实无论你是否使用哪种运动APP都不能替代自律和自控。虽然这些APP可以设置运动提醒功能，但这就像闹钟一样，可以被我们任意忽略。还有一些人使用这些APP只是为了在朋友圈打卡或晒自拍，偏离了运动的真实目的。



An illustration of Journey to the West

Any elementary Chinese language student probably knows the Chinese aren't exactly in love with the number four. The reason is because it's a homonym for the word death in Chinese. Especially to the torment of language learning, the only difference between death (死 sǐ) and four (四 sì) in Chinese is the tone. So give up on that argument that tones don't matter in Mandarin. However, before giving up on all things "four" consider what seems to be a direct conflict of this otherwise absolute abhorrence for four. That is, the "four great..."

Look up: 四大 (sìdà) in a dictionary. In Pleco depending on which dictionaries you have, there will be a number of different definitions, however "CC" defines it as follows: "the four elements: earth, water, fire, and wind (Buddhism)." This is but the beginning of an endless collection of "fours." In Chinese, there are countless groupings, which start with the characters: 四大 (sìdà) and follow with usually

two more characters to make up a sort of "top four" in this given realm or category. Here are but a few examples: "The Four Great Mountains" (四大名山 sìdà míngshān), "The Four Great Inventions" (四大发明 sìdà fāmíng), and "The Four Great Novels" (四大名著 sìdà míngzhù). For the sake of this discussion on Chinese culture, we are going to focus on the last one, which is "The Four Great Novels." Before we do, a final word on "four." At first blush, the Chinese hate four for its close connection with death based on pronunciation. In fact, some phone service providers have actually given free services for customers who are willing to accept a phone number with "4" in it. Elevators may have no number "4" and forget about giving gifts in quantity of four. Any yet, here we have a real paradox, in the infinite lists of "four greats" and the love linguistically for "four" Chinese character combinations. As in idioms and even these various "four greats." Now on to "The Four Great Novels."

### What Are They?

Perhaps to the disbelief of Chinese everywhere, there are plenty of people who don't know what the "The Four Great Novels" are. For example, an expat from Holland who arrived in China back in 2008 and even studied Chinese at the infamous Qinghua University when asked about the "The Four Great Novels," replied candidly by admitting not only did he not read them, but added: "I don't even know which [books] those are." Remember, if a student doesn't know something, who is to blame? Instead of playing the blame game though, let's proceed by introducing "The Four Great Novels," drum roll please.

In no particular order, here are the names of each book: "Dream of the Red Chamber" 《红楼梦》 (hónglóumèng), "Romance of the Three Kingdoms" 《三国演义》 (sānguó yǎnyì), "Heroes of the Marshes" 《水浒传》 (shuǐhúzuàn), and "Journey to the West" 《西游记》 (xīyóujì). Note this, the English names



## DESPITE BEING REQUIRED READING DURING ADOLESCENT YEARS FOR THE 1 PLUS BILLION CHINESE, THESE BOOKS TAKE A NOSE DIVE WHEN IT COMES TO POPULARITY AMONGST THE OTHER 6 BILLION OR SO NON-CHINESE HUMANS ON THE EARTH.

of these books can vary. As with many translated names, there can be variation. Though a small detail, this may be just the beginning as to why these books haven't ever really caught on with Western readers. The standardization of a book's name in English is very important. Not only does the name need to be consistently translated, but ideally it should seem natural to a native English reader. Of these four titles, perhaps the best one in terms of linguistics, that is naturalness and ease of remembrance in English, would be "Journey to the West."

The point is the lack of consistency and promotion associated with the English titles of these four books is a definite barrier to their global popularity. As the quote from the Holland expat noted earlier reveals, some expats who have actually come to China, and even studied Chinese don't even know what "The Four Great Novels" are. Imagine how much less than will the rest of the world's population living outside of China be in terms of awareness.

Another reason why even expats studying Chinese may not know about these books could be because they are often referred to by locals in Chinese simply as: "四大名著" (sìdà míngzhù). There is rarely a need perhaps in the mind of a local to verbosely mention all four titles in their entirety. Therefore, unless an expat learning Chinese actually takes the time to look up: "四大名著" (sìdà míngzhù) perhaps they will never know what these four books are. Making matters worse, to the average Chinese student, if they didn't hear the word "书" (shū) which is the literal Chinese word for "book," they probably won't even realize the person is talking about four books, let alone know their titles!

The next possible barrier to widespread

knowledge of the "The Four Great Novels" is apparent lack of distribution of the English versions of these books. Granted, some expats with advanced Chinese language skills may take on the challenge of reading these books in Chinese. However, this will definitely be a very finite group. To put this in perspective, a UK expat who has formally studied Chinese for 7 years and passed the old HSK level 10 has read two of the "four greats." Which two? He has read "Journey to the West" and "Tales of the Three Kingdoms" (a.k.a. "Romance of the Three Kingdoms"). When chatting with this expat, he himself unprompted used the alternative title translation of "Tales of the Three Kingdoms." This drives home the point made earlier about the English title inconsistency. Title translation consistency is imperative to ensure greater recognition and notoriety within the non-Chinese community.

Back to the English translation versions of these books. This UK expat did recommend starting with the English versions as it will give "a good grounding upon which to tackle the original texts." He continued by saying about the Chinese versions: "In most cases it would require someone to help you through it, a book club lead by a Chinese bookworm, a tutor to guide you through the books specifically."

### The Bottom Line

The phrase: 四大名著 (sìdà míngzhù) is widely known within the native Chinese community, including which four books it represents. Despite being required reading during adolescent years for the 1 plus billion Chinese, these books take a nose dive when it comes to popularity amongst the other 6 billion or so non-Chinese humans on the earth. Even within the China based expat community, many have not read these books. Some, don't even know what they are. Of the four American expats polled, three knew of the books, but only one of the three had "read the

first Chapter of [Dream of the Red Chamber], in Chinese." The fourth didn't even know what the phrase meant in Chinese. Both expats from the UK knew of them, yet only one had read two of the four books. Another Canadian was aware of the novels, but hadn't read any of them. And, last but not least our Hollander didn't know what they were, let alone having read them. So there you have it, of the eight expats living, working, and studying in China all with some level of Chinese language ability, only one of them, has actually put a real effort into reading the so-called "Four Great Novels." It really says something in terms of his grasp not only of the Chinese language but also the culture. It is perhaps no surprise that he is part of a rather exclusive group of expat English-Chinese translators within China. For the rest of us mortals, looks like it is time to go back to Chinese class if we want to have any hope of tackling "The Four Great Novels." Plus, as was recommended by our UK linguist, do enlist the help of a native Chinese "bookworm."

## 你听说过“四大名著”吗？

学过中文的人都知道，中国人不喜欢数字“四”，因为它音同“死”，所以很多时候你都要注意规避“四”。但是中国人又喜欢在归纳总结的时候用到“四”，总是提到“四大”什么什么，比如四大名山、四大发明，还有四大名著。

今天我们就说说这“四大名著”。“四大名著”是中国最伟大的文化遗产之一，了解这四本著作是每个中国人必备的常识。但是学习中文的留学生对这四本书了解多少呢？一位在清华大学学中文的荷兰留学生说，他并不知道“四大名著”指的是哪四本书，更别提读过了。

四大名著包括《红楼梦》、《三国演义》、《水浒传》和《西游记》。对于中文著作能否被西方读者接受，译名首先是一个关键问题。在现有的翻译版本中，这些著作的英文译名并不统一，所以这就对人们的认知造成了障碍。其次，书名的翻译还要符合译入语的语言习惯，听起来好记、顺耳。

对于“名著”这种说法，有些外国人也搞不懂，因为他们只知道“书”指代 book，而并不知道别的说法。这四大名著在海外发行的数量也十分有限。即便是中文水平比较高的学生，阅读中文书籍也是个不小的挑战。一位英国留学生已经正式学习中文 7 年了，还过了 HSK10 级，他说只读过其中的两部，《西游记》和《三国演义》。他的建议是，先读一遍英文译本，对这本书有个大概的了解。而阅读中文原著还是需要帮助的，比如参加读书俱乐部或有人指导。

虽然这“四大名著”是十几亿中国人在青少年时期必读的作品，但对于世界上其他六十多亿人来说，这完全是四个陌生的名字。要看懂这四本书，你不仅需要有很高的汉语水平，还要对中国文化十分了解。如果你决定接收这个挑战，就像那位英国学生说的，先找个中国“书虫”帮忙吧。



The Four Great Novels



In the classroom of a well-equipped urban school

# WHAT PRICE EDUCATION

by Paula Taylor

**N**elson Mandela once said "Education is the most powerful weapon that you can use to change the world". Do I agree with this statement? Yes and no.

Not all education is good. Nowadays if someone wants to learn how to kill someone or even themselves, all they have to do is go on the internet and there are hundreds, maybe thousands of sites that are willing to teach them how to do so. Malcolm X said "Education is the passport to the future, for tomorrow belongs to those who prepare for it today". Do I agree with this statement? Yes and no. Preparing for the future is important but the kind of preparation we make is also important. There are those who are known as "Preppers", people who think that the end of the world is imminent and so are preparing bunkers, weapons and food etc. They think there will be a fight for survival and are determined to win. Whilst I agree we live in perilous times, I think this kind of preparation

is useless. There are also those who are paying large amounts of money to have their corpses cryogenically frozen after death, as after studying about the process, firmly believe that medicine will in the future advance to such a degree that they can be resurrected scientifically.

Benjamin Franklin said "An investment in knowledge pays the best interest". Do I agree with this? You probably know what I am going to say. Not all knowledge is beneficial or even necessary. Albert Einstein said "Education is what remains after one has forgotten what one has learned in school". Very interesting. I can truthfully say that some of the things I learned in school have not influenced or changed my life one iota. In a Maths lesson I learned about tessellation. I can categorically state that to this day I have never needed to use that knowledge. One statement I do agree with was made by John F. Kennedy who said "The goal of education is the advancement of knowledge and the

dissemination of truth. I agree with this, the dissemination of truth is very important.

Well I would like to continue to write about the quotes of famous people, but I must get on with this article which is about the opportunities open to poorer Chinese students, the ones that come from the countryside.

### The Key That No Longer Opens Doors

For Chinese people getting a good education is the only means by which a person can change their life. In the West, certainly in England, they will want to know if you can actually do the job, regardless of what your educational qualifications are, and in fact it is said that within ten seconds of an interview, most employers will already have made up their mind as to whether or not you will fit in with their firm. Hence the interview questions these days are designed to work out what kind of personality you have and if their company needs such a person as you. A



## IF RURAL STUDENTS GO TO AN ORDINARY UNIVERSITY WITH AN AVERAGE REPUTATION, THEY WILL NOT BE ABLE TO GET SUCH A HIGH PAYING JOB THAT IT WILL CHANGE THEIR LIVES.

highly qualified friend of mine just failed an interview for a job that he really wanted because the interviewer asked him what he least liked about his current job. My friend said it was stressful. At the end of the interview the interviewer said "I am worried about the fact that you have an inability to deal with stress". My friend's qualifications, which were perfect for the job did not help him.

Getting back to China, if education is the key to opening doors, the Gaokao (the fiendishly difficult university entrance exam) is the key that accesses all areas. Once upon a time farmers would do their utmost in order to be able to send their child to university. They would make huge sacrifices because going to a good university meant getting a good job, which in turn meant that the child would be able to help his poor family, who would be anxiously waiting to reap the rewards for all the years of scrimping and scraping.

Just recently when the Gaokao scores were announced, a young man by the name of Xiong Xuanang, a Beijing high school graduate who got the highest score in the Beijing gaokao was interviewed on TV. Imagine that, out of all the thousands and thousands of students who took the test, he got the highest score. This means that he is already on track to achieve great things. He is obviously a thoughtful young man, as despite the fact that he comes from a privileged background, his parents are diplomats and he had access to the best educational resources, he worried that poor students would no longer be able to change their lives by going to university. The stakes have been raised so much that there is no way for poor students to reach that stellar bar. If rural students go to an ordinary university with an average reputation, they will not be able to get such a high paying job that it will change their lives. Added to that, for local students in Beijing,



A girl is studying in a rural school

Shanghai and Tianjin, the requirement for the scores they have to get for the Gaokao in order to be able to go to the best Universities in their city are lower than for a student from say Anhui province who is trying to go to Beijing University or Tsinghua University. The local students get priority, so you could have an average Beijing student that is able to go to one of those universities which are obviously amongst the best, if not the best in the country, whilst an outstanding student from a rural area would not be able to get in.

### The Death of Dreams

I see many Chinese middle school children here on expensive holidays, the point of which is to study English. No child from a rural family would ever be able to dream of such an opportunity, in fact it is not likely that studying English will be a priority for them in the first place.

In China people always say "knowledge can change your fate". I will leave the last poignant quote on education to young Mr. Xiong who said "It is not definite that knowledge can change a person's fate, but it is definite that without knowledge a person cannot their fate". Rural students are making different choices now, instead of allowing their families to sacrifice all for an uncertain return, they are choosing to forgo a university education and start work early instead. These students have given up hope that knowledge can change their fate - they simply do not have access to it.

## 教育的成本

尼尔逊·曼德拉曾说过：“教育是改变世界的最强大武器。”对于这句话，我并不完全同意。教育有好也有坏，现在就连如何杀人和自杀都有教程。马尔科姆·X说过：“教育是通往未来的护照，未来属于今天有准备的人。”这句话我也不完全同意，为未来准备很重要，但做什么样的准备也很重要，杞人忧天的未雨绸缪完全是做无用功。

爱因斯坦曾说过：“教育就是你忘掉学校里学过的内容以后脑子里还剩下的东西。”很多人都有这样的感触，大部分在学校里学到的知识以后都没有再用过更不用说改变命运了。那教育到底是什么呢？会对一个人的人生产生什么影响呢？

对很多中国人来说，获得好的教育是改变命运的唯一途径，未来人生的每一步都要有学历作敲门砖，而高考就是你的终极钥匙。在最为迫切改变生活境遇的农村地区，家长总是不惜一切供孩子上学，这样才有更好的工作，走出农村。

今年高考成绩已经尘埃落定，北京地区的高考状元熊轩昂接受了电视台的采访，除了自己的学习心得，他还强调了家庭背景对其学习的帮助。他的父母都是外交官，能够让他获得最好的教育资源。同时他还对农村地区的考生表示了担忧，他说：“农村的孩子越来越难考上大学，而第一名都是我这种，家里条件好又厉害的人。”虽然这话听着有些扎心，但确实反映出现实。北上广这样大城市的高考分数线会比其他省份低很多，即便是中等水平的考生也能上一个重点大学，而农村地区最优秀的学生也未必能进入这样的大学。

在英国，每年暑假都会有很多来这里游学中国学生，既提高了英语水平又开拓了眼界，而这是众多农村孩子不可能有的机会，甚至学英语对他们来说并不是最重要的事。中国人经常说“知识改变命运”，但是很多农村学生现在宁愿放弃上大学的努力而早早出来工作。他们不是不想通过知识改变命运，而是知识离他们太远。正如熊同学所说：有知识不一定改变命运，但是没有知识一定改变不了命运，这是一个无奈的困局。



by GaoShan PangJian

# REVIVE ANCIENT BOOKS

Zhao Chunshan, an ancient book restorer.

According to the statistics of National Ancient Books Protection Center, the number of existing ancient books in China is about 50 million, and the related ancient books collection units are more than 2,800. However, with the passage of time, ancient books showed a trend of destruction and disappearance, and ancient books restoration skills became an important means in the process of protection. There are more than ten processes to repair a damaged ancient book. The damaged book has to suffer from dismantling, numbering, sorting, mending, folding, cutting pages, spraying, flattening, and pounding processes, it can be repaired well for storage. All the processes are based on previous master's wisdom and experience, they handed down these experiences and gave us for reference. When you fix a book, how many damaged pages do you have, and how many times you have to repeat your work.

Municipal intangible cultural heritage inheritors Zhao Chunshan, worked in the purchasing department of an ancient Bookstore since the age of 16, and over the decades he has worked, he has become a master. He says "An ancient book restorer is



Remnant pages of ancient books.

like a general practitioner. It requires superb skills, and also the knowledge on edition, book protection, historical and artistic appreciation. You have to be an eclectic, and you must have love and patience. The ancient books are often fragile, you have to hold each damaged page with needle, and

then recover it little by little. Some of the broken small holes need to be filled with paper, and the choice of paper is also very exquisite, as far as possible, we will select the paper close to the original book, which allows the restoration of ancient books have a feeling of vicissitudes of beauty."





Special tools



Take care at every step.



Restoring ancient printed books which were printed at the end of Yuan Dynasty and early Ming Dynasty.



Zhao Chunshan teaches his disciples.



Every morning Zhao Chunshan goes to work on time.



There are many ancient books that need to be restored.



Apprentice, Ma Jinxiang.

## 让古籍复活

高山庞剑

根据国家古籍保护中心的统计,中国官方现存古籍书数量约 5000 万册件,有古籍收藏单位 2800 多家,随着时间流逝,古籍呈现出破损消亡的趋势,而古籍修复技艺就成为保护古籍的重要手段。修复一本破损的古籍要经历拆解、编号、整理、补书、折页、剪页、喷水、压平、捶书等十余道工序,这些工序都是综合前人的智慧和经验,总结传习下来的,一本书有多少残页,就要重复多少遍相同的工作。

市级非物质文化遗产传承人赵春山,16 岁进古籍书店收购部工作,几十年间练就一手“绝技”。他说:“古籍修复师很像全科医生,不仅需要高超的技术,还要集版本知识、图书保护知识、历史知识、艺术审美等为一体。干这个活儿得是个杂家,同时还要有爱心和耐心,要修复的古籍往往脆弱不堪,得一张纸一张纸地用针尖摊平残页,再一点点儿修复,讲究‘修旧如旧、最小干预’。这些破损的小洞,需要用纸张填补,用什么纸来填补很有讲究,得尽量选择接近原书的纸张,这让修复过的古籍有一种别样的沧桑美。”





by David Wong

# LOCAL SPORTS

Swimming.

**A**s described in this month's feature, Tianjin is hosting this year's 13th National Games of China along with city of Luoyang, Henan province. This year's event will feature 341 events in 31 sports. Although these events will see many of the best Chinese athletes competing for medals the honor of their respective provinces, you don't have to be in a national competition to enjoy and benefit from sports. It's beneficial for your health and a great way to meet new friends. Let's look at some of the sports that are available for you in Tianjin.

**Aquatics** – Nothing like having a good swim when it is hot enough to fry an egg on the sidewalk. Try the following pools:

**Swan Lake Resort Swimming Center**

Address: Tianjin Wuqing Development Zone Fuyuan Road 20

天鹅湖度假村游泳馆 tiān'é hú dùjiàocūn yóu yǒng guǎn

天津市武清开发区福源道20号Tiānjīn shì wǔ qīng kāifā qū fú yuán dào 20 hào

**Olympic Swimming Diving Hall**

Address: No.86, Hongqi South Road, Nankai District

**奥林匹克游泳跳水馆**

天津市南开区红旗南路586号增1号

Or contact the many 5 stars hotels that will allow using their pools on a day use basis for a fee or just treat yourself to a weekend stay that includes a breakfast buffet.

**Badminton** – Badminton is one of China's most popular sports and China has won more Olympic medals in badminton than any other country. It is so easy to play badminton, best if you have access to an indoor court, which is easy if you contact the many badminton clubs or try a local school, which may allow access for a fee. The other alternative is just buy a pair of racquets and a tube of "shuttlecocks" or birdies, which the better ones are made of feathers or buy the plastic or nylon ones which last longer and tie a string between two trees or poles (5 feet high) and away you go.

**Basketball** – Also best if played indoors but there are many outdoor courts and the good thing about basketball is it can be played with as many people as 10 persons, 5 per team or just 2 persons, one on one on a half court or just fun if you are just by yourself shooting hoops on your own.

**Equestrian** – Horse riding events and show jumping has become very popular in

China in recent years. There are hundreds of clubs now throughout China and several in Tianjin and Beijing. One that you may want to try in Tianjin is: the Tianjin Riding Equestrian Club 天津市骑士马术俱乐部 Tel: 022-13032282 in the XiCheng District 天津西青区杨柳青农场泰和庄园H1-4

**Football** – "Zu Qiu" 足球 in Chinese is popular as a spectator sport and played by many children in schools, all that is required is an open field and a soccer ball. Tianjin is lucky to have 2 professional football teams: TEDA 天津泰达 and Tianjin Quanjian 天津权健. No need to round up the 11 players per side to have some fun, just having one on one and a soccer ball and an open patch of field is sufficient.

**Frisbee or Flying Disc** – Not a sport listed in the upcoming China Games, it is very popular worldwide and there are many competitions in China, so likely to be a future event in upcoming China Games. The team competitions is called "Ultimate" and is comprised of 5 or 7 players on each side and compete by passing the disc through the air to cross the opponent's end zone. The Tianjin organized ultimate team is called "Tianjin Speed"

It is a very fast game and fascinating to





Tennis.

see the skill of players throwing the disc long distances and making incredible catches. Another popular version is throwing the disc and being caught by dogs. The longest throw caught by a dog over 300 meters.

No need to have a formal team or a competition, just bring along a plastic disc and you will be amazed how popular it becomes by just passing it amongst friends.

**Golf** – There are several nice golf courses within the Tianjin area. One of my favorites is the Warner International Golf Club in the downtown TEDA area. If you don't want to do full 18 holes and just want to practice hitting a few balls on your own, try one of the many driving ranges. Just make sure you stretch properly beforehand or else you will strain your back muscles.

**Judo/Martial Arts** – There are many forms of Asian martial arts, Judo, Kungfu功夫 and Wushu武术 are the official events in the China Games but if you have interest, you do not need to compete with an opponent, just learning the moves and practicing on your own would be a good exercise. Another popular form is Tai Chi太极拳, which you will see practiced by many individuals or groups in the morning at public parks. If you go and watch, you will get an idea of the movements and by asking to join, you will likely be warmly accepted.

**Table Tennis** – Called Ping Pong “乒乓” in Chinese is the most popular sport in China with almost everyone playing the game. It can be played between two players or with a pair on each side. All is needed is a table with a net or piling that is 6 inches or 15.5 cm high in the middle. You will find many tables outdoors

made of concrete and wooden tables indoors.

On April 1971, an event called “Ping Pong Diplomacy” made the game famous when the USA team of young players visited China and initiated relations between the two countries, which led to President Nixon's visit in 1972.

Although China has dominated this sport amongst all countries, did you know that table tennis was invented by England in the 1870's and the English company named Jaques of London in 1901 trademarked the words Ping Pong?

**Tennis** – Not as convenient as the table tennis format, this sport has become very popular in China since Li Na李娜 won the French Open and the Australian Open and was ranked No. 2. Tianjin's own Peng Shuai彭帅 a world-class player and won the 2016 Tianjin Open.

There are several outdoor tennis courts in Tianjin and a few indoor courts, try some of

**ALTHOUGH CHINA HAS DOMINATED THIS SPORT AMONGST ALL COUNTRIES, DID YOU KNOW THAT TABLE TENNIS WAS INVENTED BY ENGLAND IN THE 1870'S AND THE ENGLISH COMPANY NAMED JAQUES OF LONDON IN 1901 TRADEMARKED THE WORDS PING PONG?**

the local tennis clubs. Also some of the hotels have tennis courts that are open to the public at a fee. The other alternative is find an open lot and volley with a friend.

### Conclusion

No matter what sport you choose, it is important to not overdo it, especially if you have been inactive for some time. It is not likely that you will be at the competitive level of the upcoming China Games but doing any of the above sports will be good for your health. Some of the team sports are a good way getting together with friends and family, so instead of just sending wechat moments, try and organize a swimming party or have a picnic and bring along a Frisbee or basketball and have some fun.

## 夏季也要多运动

8 月份, 天津将迎来第十三届全运会的召开。看着选手们在赛场上为荣誉而拼搏, 你是否也在蠢蠢欲动, 想要借着比赛的势头, 加入到体育运动中? 运动有益健康, 同时也是结识新朋友的好机会。一起来看看, 在天津你都能开启哪些有意思的运动项目吧。

水上运动—当天气热到可以在人行道上煎鸡蛋时, 游泳就是最好的选择。天鹅湖度假村游泳馆和奥林匹克游泳跳水馆都是不错的场馆, 或者有条件的朋友不妨考虑星级酒店内的健身场馆。

羽毛球—国民最喜爱的运动之一, 也是中国最值得骄傲的项目之一。打羽毛球最好选择室内球馆, 如果可以接触一些俱乐部或学校, 只需很少的费用就能享受完善的打球场地。

篮球—可室内可室外, 可多人可少人。高兴的话, 你还可以自娱自乐。

马术—马术运动近几年在中国格外流行, 单就京津冀地区的马术俱乐部就不胜枚举, 这里推荐天津市骑士马术俱乐部。

足球—最受大众欢迎的体育运动。一个足够开放的空间, 一个足球, 大家就能玩的尽兴。

飞盘—尽管并不作为全运会的项目之一, 但飞盘依然是时下非常流行的运动。各种飞盘可分为四大类: 一般飞盘, 回收飞盘, 高尔夫盘, 玩具飞盘。天津也有玩飞盘的组织“天津速度”, 感兴趣的朋友可以访问。

高尔夫—天津有几家不错的高尔夫球场。个人推荐位于泰达商业区的华纳国际高尔夫俱乐部。切记运动之前做好伸展, 否则会拉伤背部肌肉。

柔道、武术—亚洲的武术有多种表现形式, 当然你不一定非要和对手有什么竞争, 只是单纯的学习也是一种很好的锻炼。很多人都会选择在晨间进行太极拳练习, 尝试加入他们, 你也许会爱上这项运动。

乒乓球—中国国球, 虽然一直被中国所主导, 但其实最早是由英国人在 1870 年发明的。1901 年一个英国公司率先将“乒乓”注册成功并使用。

网球—已经变得非常流行。李娜、彭帅, 不得不说, 她们的出色表现带给了我们一次又一次的震撼。天津有很多不错的网球场馆, 或者你可以接触一些俱乐部。

不管你选择什么运动, 重要的是不要过度, 尤其是如果你已经停止运动一段时间后, 再重新开始的时候, 切记适可而止。很多运动都可以和家人一起进行。抛开手机, 关掉微信, 找一个适当的时机和家人好好沟通感情, 你会发现生活可以有很多的樂趣。



Guo Bao Rou, a Dongbei signature dish

# GREAT CHINESE FOOD AND MENUS WITH PICTURES

by Sam Ward

**F**oreigners in China often long for the comfort food from back home, but maybe not so much as they used to. Just like all the major developing cities in China, Tianjin is getting packed with a growing number of restaurants offering international dishes. For hanging out with other expats or having places that offer familiar feelings this is great, but where are some of the best Chinese food restaurants in town? When friends or family come visit, it's important to have a "go to" for giving them a good local Chinese dining experience. Not only is this useful for the special occasions, but for times when you would like Chinese food it's also good to know where to go besides the small number of spots that fit into your comfort zone.

This month's dining feature should help give you some ideas for getting the most out of your Chinese dining experience while in Tianjin. All of the restaurants listed have easy to read menus, and by that I mean plenty of pictures so all you have to do is point and say "zhege."

There are countless other good restaurants in Tianjin, but if the menu is all in Chinese with no pictures then it won't be very helpful to us anyways.

The restaurants listed are also chosen to provide a little variety. Since so many Chinese living abroad are from Southern China, many of us already have experience eating a modified version of Southern style cuisine in our home countries. The relatively more sophisticated foreigner will also know that Sichuan food is associated with being spicy, and proudly volunteers to share their awareness. This article purposefully does not include such a restaurant because spicy food can be found everywhere.

## Bei Li Mama Cai

This Restaurant is a part of a larger chain that can be found in most high end malls and the waiting lines serve as evidence of the restaurant's popularity. Its bright red letters with a white background make it easy to find and for those who don't want to be around the fragrant traditional style restaurant with

cigarette smoke permeating the air, Bei Li Mama Cai and other shopping mall restaurants provide a clean air environment. The clean, light and modern style of decor and seating give guests an ambiance that could suit any type of food.

Bei Li is a reference to Dong Bei or North Eastern style of cooking which in contrast to other regions of China contains more meaty and hearty dishes because of the colder climate. There really seems to be slight similarity with Russian and Eastern European flavors, and some Dongbei dishes have the qualities of almost being "fusion" cuisine mixing East and West. Geographically located next to Korea as well there are also a lot of crossovers with Korean food like the pickled cabbage which is a lighter version of Kimchi.

The paigu or beef ribs, are delicious and come with plastic gloves so diners don't have to get their hands dirty. Compared with American BBQ style ribs, the meat isn't as easy to get at, but the flavor is still great. If you were to close your eyes and taste the cabbage soup,





Dongbei style ribs

there is no way you would guess it's Chinese food and it goes perfectly with the other dishes. With wide selection and pictures to match, it's easy to pick and choose to your heart's content. One interesting dish though is the glutinous rice dessert that is shaped like a pancake and a few centimeters thick. It comes served with sugar on the side to add sweetness, and for many Chinese who grew up with it, this is one of their favorites.

**Add: 6F, Riverside 66, 66 Xing'an Lu, Heping**

**5F, Heping Joy City, Nanjing Lu, Heping.**

## Ayi Lai Xinjiang Canting

Don't miss the opportunity to experience a Chinese food most foreigners will never have the opportunity to enjoy. With a convenient location in Aocheng, this Xinjiang style restaurant has a menu full of wonderful Uyghur dishes that are quite different than the Chinese fare we are accustomed to. During the warmer months this restaurant also has seating outside which is perfect for enjoying their lamb kebobs and outdoor barbeque. The staff dress in Uyghur style clothes and the interior design has some touches of this influence as well.

Although quite different from Chinese food, the flavors, textures, and style of the dishes are nothing strange or unappetizing. On the contrary, most people that try this food for the first time find it to be great and don't need any time to get used to the tastes before digging right in. The Central Asia influence and Uyghur diet inspire the selection of different dishes available on the menu. The yang rou chuanr (lamb kebob) has bigger chunks of meat than what's typically found in other Chinese BBQ, and is worth the slightly more expensive price. One of the most popular

dishes is called Da Pan Ji, and it's a large platter full of chicken, potatoes and peppers. There is a traditional Xinjiang noodle called "la tiao zi" that is very thick and should be placed in the dish and given some time to soak up the deep and slightly spicy flavors of the sauce. For something a little sweeter, one of my personal favorites is the fried melon dish that is sure to put a smile on your face. This unique dish is not something easily found anywhere else. Finish your meal with some yogurt and milk tea, and this evening will be a huge success.

**Add: C1-109, Aocheng Commercial Plaza, Bin Shui Xi Dao, Nankai**

## Restaurant Number Three?

When associating Tianjin with a restaurant, the first name rattled off by local people is Gou Bu Li. Tianjin is known for its baozi and this restaurant features a decent variety. Yes the food is good, but the prices aren't cheap. Inside there are places decorated and set-up to take pictures, and performers sing folk sounding music with a thick Tianjin accent. The truth is that Tianjin is full of great restaurants with more reasonable prices and they are everywhere. If you want to have a great meal without paying for a brand name and marketing, just explore a little bit. Not



The lamb kebob

every business has a picture menu, but many do! Walk around the neighborhoods behind big buildings and see which restaurants are full. Popularity is usually an easy indicator of a restaurant having good food.

The best part is getting the bill at the end and telling your guests how much that huge wonderful meal cost. It's easy to have more than enough food for a party of four and spend no more than 200 RMB. Even better is when you pay the bill and let your guests draw their own conclusion that you are a big spender. Affordability aside, sometimes it's just nice to patronize a local mom and pop type place. Sometimes the best meals are at the familiar places close to home, and while in China expats might as well find some eateries that can give visitors a glimpse of normal daily life and dining.

## 有图有真相， 欢迎进入中餐的世界！

外国人在中国总会想念家乡的美食，但是现在他们的日子好过多了。很多天津这样发展水平的城市都有越来越多种类和口味的餐厅不断出现。虽然很多外国人只喜欢去熟悉的几家餐厅聚会，但在中国生活这么久，如果连哪家中餐最好都说不上来，那就白白浪费了在这里的时间。

不懂中文的老外害怕进中餐厅首先是怕点菜，但如果菜单上的每道菜都配上精美的图片是不是就容易多了？本期我们推荐的餐厅都可以让外国人轻松点菜，而且着重于北方口味。因为国外的中餐厅大多是南方人开的，口味比较单一，来到天津你自然要多尝试北方菜。

北里妈妈菜在很多高档商场都有连锁店，而且经常有很多顾客排队等待就餐。餐厅里面的环境比较明亮整洁，不会有烟雾弥漫。这家餐厅以东北风格菜肴为特色，因为地处寒冷地带，所以饮食中的肉类比较多。这家店的排骨非常值得推荐。和美式烧烤里的排骨相比，东北排骨需要费一番功夫才能吃到嘴里，所以餐厅给客人配了一次性手套，但味道还是很不错的。

新疆菜恐怕是你在国外吃不到的。外国人聚集的奥城地区就有一家阿依来新疆餐厅生意也很火爆。夏天的时候你还可以坐到外面享受一顿烤羊肉。新疆菜和大部分中餐都有很大不同，因为它受到很多中亚文化的影响。羊肉串是任何新疆餐厅的主角，新疆的羊肉串总是更肥更大。大盘鸡也是必点美食，除了鸡肉、辣椒和土豆，新疆特有的拉条子一直泡在汤汁里，充分吸收了味道，当做最后的主食，非常令人满足。

当然，天津还有远比这些多得多的选择。天津最有名的算是狗不理包子了，它的味道当然很好，价格也不便宜。除了包子，狗不理有精致的装潢，和独居地方特色的表演，这些都增加了食客的体验。但如果你想找性价比更高的餐厅，不如转到临街大厦的后面，你会发现很多小门脸门庭若市，那可能就是你要找的地方。



People over 50 are definitely more vulnerable when it comes to succumbing to heatstroke

# HEATSTROKE

by Kate King

Summer has finally arrived. It seems all winter long everyone complains about the cold and can't wait for the warmer temperatures to arrive. The funny thing is, once those warmer temps do finally come upon us, all we seem to do is complain about the heat. The problem is the extreme temperatures at either end of the spectrum, it's either too cold or too hot. When the mercury rises in that thermostat, there is actually true reason for concern though. When a person gets overheated the reality is, heatstroke is a dangerous and serious possibility. What is heat stroke and how can we avoid it?

Heatstroke is usually the result of a mixture of dehydration and being exposed to high temperatures for an extended period of time. It can also be the result of strenuous physical exertion in high heat situations. Drinking alcohol or wearing excess clothing in the heat can lead to heatstroke as well. When the core temperature of the body reaches 104°F (40°C) or higher, heatstroke occurs. At this point the body is no longer able to cool itself off. The internal cooling system has reached its limits.

What are the signs of heatstroke? If someone has been exposed to high temperatures for some time and starts displaying symptoms like nausea,

disorientation, racing heartbeat, flushed skin or a headache these may be a sign that the person is suffering from heatstroke. If that is the case, it is essential that they receive medical care immediately. Letting heatstroke go untreated can lead to brain damage and cause damage to other organs in the body. While you are waiting for medical care to arrive, be sure to get the person into some shade or indoors and do all that you can to get them cool. Misting them with cool water, using a fan or placing cool wet rags on their head, underarms, back and groin. The key is to do all you can to lower the body temperature.

The best way to avoid heatstroke is to stay indoors in air conditioned conditions when the temperatures are excessively high outside. Also, if you must go outside be sure to wear loose fitting clothing, drink lots of fluids, sports drinks may be recommended on particularly hot days since they are full of electrolytes and can replace salt that has been depleted from the body from excessive sweating. Avoid alcohol though, as it can actually cause dehydration.

If someone does unfortunately fall victim to heatstroke, they will definitely be more sensitive to heat in the following days, so be sure to talk with your physician about when you can resume regular

**IF SOMEONE HAS BEEN EXPOSED TO HIGH TEMPERATURES FOR SOME TIME AND STARTS DISPLAYING SYMPTOMS LIKE NAUSEA, DISORIENTATION, RACING HEARTBEAT, FLUSHED SKIN OR A HEADACHE THESE MAY BE A SIGN THAT THE PERSON IS SUFFERING FROM HEATSTROKE.**

activities.

People over 50 are definitely more vulnerable when it comes to succumbing to heatstroke, but, no one is immune. Things like lack of air conditioning, taking certain medications or even pre-existing health problems can increase a person's risk of heatstroke. So, when the temps start rising, be smart, take precautions and don't take unnecessary risks with your health. Plus do as the Chinese often like to say: “多多喝水”(duō duō hē shuǐ), that is drink more water!

References: [www.webmd.com](http://www.webmd.com) and [www.mayoclinic.com](http://www.mayoclinic.com)

## 远离中暑危害

酷暑的日子终于来到。看着温度计上的指数不断攀升，我们要时刻注意，谨防自己中暑。那么炎炎夏日里，我们怎样做才能避免中暑呢？

中暑是指长时间暴露在高温环境中、或在炎热环境中进行体力活动引起机体体温调节功能紊乱所致的一组临床症候群，它也可以是高温环境下剧烈运动的结果。如果穿衣过量，或者饮酒多度也会导致中暑。当人的核心温度达到 40°C 或更高的时候，人的身体无法自我调节使其冷却下来，中暑就会发生。

当有人在高温下暴露很长时间，并开始出现恶心、迷失、心跳加速、皮肤发红或头痛等症状时，要注意了，这些都是中暑的信号。发生中暑时，患者一定要接受紧急治疗，切勿耽误病情并对身体的其它器官造成伤害。用一切可能的办法为其降温。避免中暑的最好办法是尽量待在有冷气的室内。此外，如果必须选择外出，那么最好穿着宽松衣服，多喝水，适当饮用运动饮料。避免摄取酒精类饮品，以防更多水分流失。

有数据表明，50 岁以上的人更容易成为中暑的受害者，因为随着人年龄的增长，免疫力也在逐渐下降。因此，当气温开始上升时，要时刻注意自己的健康。



# SWIM GEAR

by Carmen King

PUT COLOR ASIDE, THOSE SWIMMING OUTDOORS MAY WANT TO CHECK TMALL'S SELECTION OF SUNSCREEN.

So the heat is here. For some that means its time to beat the heat by going swimming. Be it a trip to the beach or simply a nearby swimming pool, swim gear will be needed.

Expats can check out TMall (天猫 tiānmāo) for swim gear. Do so by opening the app and search: 游泳 (yóuyóǒng) which means "swimming" in Chinese. This will bring up a bunch of swim related goods. To simplify the search, there is a list of swim related categories that will appear below the search bar with pictures. If viewed on a mobile device, these photos can be scrolled left to right. Choose one to check out the different brands offering that type of product.

The most basic item needed for guys is a pair swim trunks: 泳裤 (yǒngkù). Which depending on brand and style may run from about 20-100 RMB. Girls also have plenty of choices for swimsuits: 泳衣 (yǒngyī), with prices running from around 30 RMB all the way up to 4799 RMB for a competition grade Speedo swim suit. Swimmers with sensitive eyes, or those who may be swimming in salt water can check out the selection of swim goggles:

泳镜 (yǒngjìng). The cheapest were selling for 19.9 RMB. The most expensive pair were the Speedo brand at 829 RMB. There are also swim caps 泳帽 (yǒngmào), nose clip 鼻夹 (bíjiā), and earplugs 耳塞 (ěrsāi) for those looking to keep the water out. Be aware, that public or indoor pools such as at a gym or school may require all swimmers to wear a swim cap when swimming.

The category named: 打水板 (dǎshuǐbǎn) has plenty of different foam-type floatation devices and swim boards. Whereas the category called: 游泳浮标 (yóuyóǒngfúbiāo) offers blowup buoys. Under the: 浴巾 (yùjīn) category there is a great variety of towels. This includes a shammy like high absorbent cloth by Speedo for 79 RMB. Decathlon also has a good swim towel at 39.9 RMB with a number of colors to choose from. For expats who are often on the road, actually these swim towels make for better traveling companions than tradition bath towels. Especially the towels which feature high absorbency and fast drying fabric. These are usually more compact in terms of size and weigh less than cotton towels.

In the East according to tradition,

especially for women, when it comes to skin the whiter the better. Of course, in the West it is the exact opposite. White or pale skin is thought of as sickly whereas tan or bronze sun baked skin is beautiful, particularly for ladies. Put color aside, those swimming outdoors may want to check TMall's selection of sunscreen. To do so, search: 防晒霜 (fángshài shuāng) for suncream or sun lotion. Or try: 防晒喷雾 (fángshài pēnwù) for spray-on sunscreen. Last but not least, don't forget a good sun umbrella: 阳伞 (yángsǎn).

## 选购游泳用品

夏天是游泳的季节，海滩、泳池，都是不错的选择，但是去之前，可别忘记准备好必须的游泳装备。外国朋友可以考虑在线购买器材。打开天猫商城，输入关键词：游泳，你可以发现很多关于游泳的选择。去游泳首先你需要一件泳衣泳裤，衣服的价格会根据品牌的差异而有所不同。当然除此之外，你可能还会需要泳镜、泳帽、鼻夹、耳塞。很多游泳池都会有必须佩戴泳帽的规定，下水的朋友一定注意。按照东方人对美的标准，女性朋友皮肤白皙为最佳，但在西方，情况恰恰相反。白色皮肤会让人感觉有一种病态成分，因此西方人的眼里古铜色的肤色为最佳。如果你对皮肤颜色有要求，那么室外游泳的时候，千万不要忘记涂抹防晒霜，如果可以，携带太阳伞也是可行的防晒方式。



WeRun

# SPORTS ON WECHAT?

by Culturalbility

**Y**ou might not immediately think of Wechat as the goto source for sports in China, but at the very minimum, it's a good way to get started in the scene. Obviously, raising your phone to your ear every few seconds or vigorously typing with your fingers barely counts as exercise, let alone sport. But we'll introduce a few different ideas to stay active and aware of different happenings.

And with all of these fun options, there should be no excuse for not being able to find good sporting activities in and around Tianjin. Of course, if you really want to do actual team sports, you'll have to get off of your phone and go meet your actual friends.

## Track your Daily Step Count:

A new feature was released a couple years ago that helps Wechat users track the number of steps they take every day, AKA the Fitbit of Wechat. It's called WeRun and even ranks you with your circle of friends who also have it enabled.

To turn it on, go to Me – Settings – General – Features – “WeRun” and play around with different settings like notifications and privacy. Carry your phone with you everywhere and wait till the end

of the day to see your steps! What's better than winning the award for Best Walker? Nothing is better.

## Follow your Favorite Leagues, Teams, and Events

With Wechat Official Accounts, we can easily stay up to date with our hometown teams around the world. Sadly, a lot of this content will be in Chinese, but we need every opportunity to practice our language skills.

There are subscription accounts for the NFL, NBA, FIFA, Champions League, as well as individual accounts for certain teams. We recommend following the Tianjin Lions CBA team, the TEDA soccer team, and keeping track of the upcoming National Games and Tianjin Tennis Open. They'll be handy to already have in your list when you go to the events.

To find other random ones, simply type their name into the ever-improving main Wechat search bar.

## Create Wechat Groups for your Sport Meetups:

We've talked extensively about Wechat groups in the past, and these are the single best way to organize sport activities in town. Add a bunch of friends

who like playing the same sport, pick a date and location, and easily remind everyone each time you play.

In Tianjin, there are countless groups like this for futbol, baseball, American football, yoga, badminton, volleyball, salsa dancing, poker, etc. We could go on and on.

## Play Poker:

Some might argue that poker isn't a sport, and they'd be wrong. Although it doesn't take much physical exertion, it still takes a lot of skill, ability, and a little bit of luck to win big.

To play on Wechat, go to Discover – Games – “天天德州” which means Everyday Texas Hold'em. The rules are all the same that you're used to back home, but it's in Chinese, so it might take a few hands to learn the lingo. Also, this isn't for real money. Gotta go to Macau for that.

# 微信运动，动起来！

提到运动，你大概很难和微信产生关联。把手机举到耳边或者间或打几个字显然不能称作运动，文中我们会介绍一些有特色的能让我们的生活保持活跃的方法。在所有这些有趣的选择中，天津以及周边地区总能找到最佳的体育活动。当然，如果你想做真正的团队运动，你就得放下电话去见你活生生的小伙伴们了。

跟踪每天步数：

微信运动是再早几年发布的功能，它可以帮助微信用户跟踪每日步数，分享朋友之间的步数排名。在“设置”功能里选择打开“微信运动”，那么你的每一步就能被统计在程序里。一天结束后，看看你的排名究竟如何。没有比赢得最佳步行者更兴奋的事了。

关注你最喜欢的联赛、球队和赛事：

通过关注各类账号，我们可以很容易地了解世界各地的团队。可悲的是，大多数内容都是中文的，我们需要每一个机会来练习我们的语言技能。这里我们推荐大家关注天津狮CBA队，泰达足球队，以及即将举行的全运会和天津网球公开赛。

创建你的运动微信群聚会：

我们之前也讨论过微信群的一些情况，不妨组织一场大家都喜欢的聚会，让每个人都参与其中。天津的运动项目有多种选择，足球，棒球，美式足球，瑜伽，羽毛球，排球，萨尔萨舞，扑克，只要你愿意，我们都可以愉快的玩耍。

扑克类：

有人会说扑克不能作为一种运动，但其实他们错了，扑克虽然不需要太多体力消耗，但它仍然需要大量的技巧、能力和一点运气。当然，在中国玩扑克类游戏，你还需要掌握些许的术语才能游刃有余。







The waiting lines at the train ticket windows

**PASSPORT HOLDERS MUST WAIT IN LINE FOR A TICKETING AGENT TO BUY TICKETS WHEREAS LOCALS WITH A 2ND GENERATION ID CARD CAN USE AUTOMATED TICKETING MACHINES TO EITHER PURCHASE OR PICKUP TICKETS.**

ticket, such as an extra 5 RMB.

Another option is to book online. An expat friendly app is Ctrip. The good news is they offer an English interface and accept foreign credit cards. The app ensures getting the date and time of train desired versus heading to the train station only to end up waiting a long time until the next available train. The bad news is they charge an outrageous 20 RMB booking fee per ticket and another foreign credit card transaction fee. Still, for linguistically challenged expats, this may be the best option. Since after booking the tickets via the app an email will be sent with instructions for ticket pickup. Simply show the ticket pickup number provided in the email to the agent at the window along with the passport used when booking and they will print and hand over the tickets. No Chinese conversing needed! However, be ready to wait in line if going to the train station to pickup. Ideally an authorized ticket office outside the train station can be used for pickup.

## TACKLING TRAIN TICKETS

by **Carmen King**

**T**he biggest problem with expats buying train tickets is the requirement to use a valid passport. A passport number along with the name exactly as it appears needs to be entered to buy tickets online. This same passport must be shown when picking up the tickets, when boarding the train or buying tickets in person. For expats that may temporarily not have their actual passport, such as while waiting for a visa to be issued, use the official "pickup slip" with red Chinese stamp given when the passports were submitted at the visa office to buy tickets during the interim.

Passport holders must wait in line for a ticketing agent to buy tickets whereas locals with a 2nd generation ID card can use automated ticketing machines to either purchase or pickup tickets. The lines for agents at the train stations are usually long and the environment near mayhem. Imagine blistering heat or freezing cold, numerous loudspeakers blaring, plus the noise associated with countless people being herded into the same area.

In attempt to avoid the chaos, find a ticket office outside the train station. This could be a stand alone booth somewhere obscurely located on the side of the road or inside some store, like a Jingong Supermarket (津工超市 jīngōng chāoshì). The good news is the people buying tickets at these locations are usually far less. With passports and money, train tickets can be bought and printed on the spot. When you arrive at the train station you can go directly to security scan and then on to the waiting area for the train. No need to get involved in the insanity around the ticket windows.

The bad news is these remote sales locations often are subject to change and/or random inability to sell tickets due to network issues or some other technical problem. Therefore, it would be good to identify more than one of these ticket booths nearby and plan for the possibility when going to buy tickets that one may be closed and needing to try another. Take cash (RMB) as usually foreign credit cards are unacceptable. These locations may also charge a service fee per

## 外国人如何买火车票

外国人买火车票最大的问题在于必须使用护照。在网络购票的时候，你需要输入正确的护照号与与护照上一致的姓名。检票时把护照和车票同时出示给检票员。有些外国人因为在申请签证所以护照不在手上，这种情况下可以用公安局开出的盖章证明来购票。

外国人无法享受中国公民刷身份证上车或自助机器上取票的便利，不论现场购票还是网络购票，外国人都要去售票窗口排队取票。购票大厅的环境一般都很喧闹拥挤，队伍也很长，在这里等上十几二十分钟并不好受。

另外一种途径是去代购点买票，比如一些津工超市就设有代售网点。用护照购票可以直接打印车票，但需要交5块钱的代购费。

中文不太好的外国人可以使用携程旅游APP的英文版，一切操作非常简单，还可以使用国外信用卡支付，但代购费高达20元。对完全不懂中文的老外来说，这恐怕也是最好的选择了。



The giant Mazu Statue

**THE THEMES IN THE PARK ARE NEARLY ALL FROM CHINESE CULTURE, SUCH AS 'JOURNEY TO THE WEST' AND 'BOONIE BEARS', BUT THERE IS ALSO A VERY POPULAR HARRY POTTER LIKE ATTRACTION TOO.**

gives a good impression of the strategic importance of the area, but the lack of attention to detail, the modern architectural flourishes and build quality betray its lack of authenticity.

### **Aqua Magic Water Park**

We had planned for a light lunch at Bestown, but the restaurant and bar that used to exist had closed. So, as the sun and temperatures climbed we sped off to Aqua Magic, the water theme park further along the coast. The water park makes a great first impression; a pirate ship being broken in two by a giant octopus. An impression that is maintained by its cleanliness and a design that while being quite large, nowhere is far to walk. The largest feature is the beach, a wide sandy strip that slopes into an enormous pool. The water gradually declines to a depth of 1.9 meters. It's a clean, safe alternative to bathing in the Bohai Sea.

A highlight is mid-afternoon, when there is an energetic performance of dancers set to thumping music on a stage suspended over the deep end. Periodically, impressively large waves are unleashed and when they smash into you, filled with the swept aside debris of bodies and inflatables, it's pretty scary. Great fun if a little dangerous. In the shallower water, the waves break more gently and there is plenty of room for surprised toddlers to be softly knocked down or to jump over the little crests.

The queues to some of the popular flumes are quite long and slow moving. Unless you do these early, when the crowds are smaller, you might feel the brief minute of exhilaration is not worth the wait. There are however, plenty of other watery ways to keep cool. My favorite was the surfing, where you get the chance to balance on a board over a fast-moving stream of water. Exhilarating to do, but also highly entertaining to watch other

**W**e were up early to catch the 9.25am train to Yujiapu from downtown our small bag packed for a weekend break in Binhai. The forecast is for bright sun and temperatures of 38 deg C, perfect for a couple of days of sun, sea and sand in the rapidly developing tourist area.

### **Bestown old seafood city**

Our first stop was Bestown (北塘古镇), where a whole antique settlement is being constructed on the location of Beitang, a once famous source for imperial seafood. The imitation Qing dynasty period buildings are dominated by a large fort overlooking the river mouth. A homage to several structures

that once protected the river as a defense against pirates and later, against western aggression. The original Taku forts, as they are known, were dismantled as part of the peace agreement following the Boxer Rebellion in 1901. The double walled fortress has large guns that point out over Eco city. On the opposite side, it overlooks the town's narrow streets and tiled roofs. It makes an attractive scene, used as the setting for several Chinese TV dramas.

We first visited Bestown 4 years ago. Then, the fort was not open and the town was still being constructed. Today, the fort is more complete, but the shops, restaurants and housing are still a work in progress. From the ramparts and battlements, the views of the sea





people fall off and get swept ungraciously away into the padded walls.

## Fanta Wild Adventure Park

After the show, we shot off to Fanta Wild Adventure Park. If you enter after 4pm the tickets are half price. If you have been to Disneyland, the layout of a main street of shops and several zones leading off with themed rides under a fairytale castle will feel familiar.

Fanta Wild Adventure Park has several rollercoasters that provide a varying degree of stomach churning scariness. What differentiates it from other parks is its heavy use of 3D imaging. There are several indoor features and their air-conditioned darkness is a very welcome break from the heat and screaming of the thrill-seekers outside. I particularly liked the story of Nezha Nao Hai, based on a local legend of a boy who goes under the sea to kill the dragon king's son. As well as being educational, it had us ducking sharks and arrows as our seats rose and weaved over beautiful sunken cities. The themes in the park are nearly all from Chinese culture, such as 'Journey to the West' and 'Boonie Bears', but there is also a very popular Harry Potter like attraction too.

As darkness descends there is a reasonable live boy band followed by a series of dance shows in the main street. The night ends around 9pm.

## Sunday seaside.

Sunday morning was another hot sunny day. We had booked a return train at 3pm so

only had half a day to explore the rest of the vast tourist area. We had been to the most popular attraction - Binhai Aircraft Carrier Theme park before, so was keen to see the new beach at Rolling Waves. We had heard it had been created from sand imported from Gulangyu in Xiamen. The taxi dropped us off at the entrance to the quiet marina. Several blue fishing boats were tied up to the quay side and people were wading in the muddy banks collecting oysters.

The Rolling Waves beach is around the corner, part of a new development which hasn't progressed beyond a model and artist's impressions of the future. The beach isn't finished, with just a small section of sand open and no access to the sea. The beach at Dongjiang is infinitely better. Disappointed, we went on to the Giant statue of Mazu the Buddhist goddess of fishermen. The statue stands at the end of a very long causeway, dotted with fishermen. There is nothing there, except the statue, but it is impressive and on a day where the haze blurred the margin



The gate of Bestown

between sea and sky, quite ethereal.

One weekend isn't long enough to do everything that the Binhai tourist area has to offer, the distances between the attractions is vast and although most are served by public buses, it's better to use Didi if you don't want to waste your time waiting at bus stops. There are clearly great plans for the area, including a subway line from the city but it's all going to take a long time to finish. In the meantime, the 2 parks and the aircraft carrier are enough for a couple of very good cheap breaks out of the

## 滨海周末游

在一个 38 度高温的周末，我们从北京启程坐高铁到于家堡站，开始了为期两天的滨海之旅。在我的期待中，这将会是一个充满阳光、海浪和沙滩的假期。

我们第一站来到北塘古镇。北塘邻近渤海，出产的海产品曾经是清朝皇室的贡品。古镇是一片清代仿古建筑群，中间有一个堡垒，站在上面可以看到河流的入海口。最初的炮台已经被拆除，从现在的这片建筑来看，这里曾经是抵御外来入侵者的一个主要堡垒。这片特色建筑群还曾经是多部影视剧的取景地。

我们本来想在古镇简单吃个午饭，但是之前去过的几家餐厅现在都已经关门了。眼看着正午的阳光开始变得毒辣，我们决定马上去往下一个目的地——欢乐海魔方。公园入口处的巨型海盗船会给人留下深刻的第一印象，很有视觉冲击力。游乐园虽然看起来很大，但环境保持的很整洁，通道设计也很合理。最大的一片区域是仿真海滩，碧水白沙让人有海边度假的感觉。

每日正午都会有激情四射的歌舞表演，舞台就在水池最深处。这个模拟海滩还能制造海浪，每一次有浪袭来都会听到游客们或惊喜或恐惧的叫声。如果你胆子小，就在浅水区体会微微波浪吧，这里也适合婴幼儿玩耍。

不过一些热门项目人比较多，需要排很久的队，所以你要提前想想是否值得排队。不过在这么热的夏天里，只要有水就是极好的！我最喜欢滑水池，在湍急的水流中，你要尝试在一块滑水板上保持平衡。不过最好玩的还是看着别人从板上摔下来的滑稽样子。

中午的表演结束后，我们又马不停蹄地来到方特欢乐世界，下午 4 点后入场门票可以减半。如果你去过迪士尼乐园的话，你会对这样的主题公园并不陌生。方特最特别的地方是它的 4D 影院，里面的冷气很足，是避暑的好地方。我很喜欢一部名叫《哪吒闹海》的 4D 影片，哪吒和虾兵蟹将打斗的时候，我们的座椅也跟着上下起伏。

第二天我们下午 3 点就要返回北京，所以只有一个上午可以玩，去滨海航母主题公园时间不够，而且以前我也去过了。我听说中心渔港那里新开辟了一片沙滩，于是就过去看看。据说这片沙滩的沙子都是从鼓浪屿运来的，于是被命名为鼓浪屿。这里显然还没有形成东疆湾沙滩那样的气候，只有零零散散几个游客在海边散步、抓牡蛎。没有在此浪费太多时间，我们奔向这次旅程的最后一站——天津妈祖文化园，这里最令人震撼的是约有 14 层楼高的妈祖圣像，如果遇到雾气迷蒙的日子，这里宛若仙境一般。

仅用一个周末游滨海显然是不够的，每个景点之间的距离都不算短。我建议你还是打车比较好，虽然每个景点都有公交直达，但是等车也会耗时很久。

# GUIYANG

by David Wong

The Jiaxiu Pavilion

If you are like me, I always confuse Guiyang and Guizhou. So to set the record straight, just remember that Guizhou is the province 贵州省 "Gui Zhou Sheng" in Southwest China and one of the poorest provinces, ranked 26th and has a population of about 35 million people which is comprised of several minorities. Its capital is Guiyang 贵阳市 "Gui Yang Shi" which is located in the center of the province and has a population of about 5 million. Not to be confused with the city of Guilin 桂林 in the province of Guangxi. Guizhou is probably most famous for its national liquor, Maotai 茅台, the strong white liquor in the white bottle that is used at all official Chinese functions.

## Demographics

The Guiyang population is comprised of over 40% of 23 minorities and the ethnic Han majority. The Miao people 苗族 "Miao Zu" are the most populous and are known for the women's black headdress and colorful silver ornaments. The Miao people hold a special place within China, as they were very helpful to Chairman Mao during his fight with the Kuomintang KMT.

## Guiyang Cuisine

Guizhou is near Sichuan and Hunan so you can expect a strong influence from these areas in their cuisine and obviously is traditionally spicy but the uniqueness of Guizhou cuisine is the combination of sour and spicy 酸辣 "Suan La". Guizhou Cuisine is listed as one of China's eight treasure cuisines and is called "Qian Cai" 黔菜 a reference to the ancient name for Guizhou. Here are a few of the traditional dishes for the area and you can probably find them in authentic restaurants in Tianjin.

Fish in sour soup 酸汤鱼 "Suāntāngyú" - a Miao dish with roasted fish and various vegetables.

Guiyang Spring Roll 丝娃娃 "Siwawa" - is a delicate roll of rice crepe wrapping with vegetables and you can dip in your favorite sauce, very refreshing. The literal translation is "Silk Dolls/Babies" because the roll looks like a newborn wrapped in silk.

Guiyang Vegetarian Rice Noodles 贵阳素粉 "Guíyáng sù fěn" - is the most common street food, comprised of cold rice noodles mixed a spicy fried pepper sauce and crispy soybean, pickled radish and chopped green onions.

Tofu Ball 豆腐圆子 "Dòufu yuánzi" - deep fried tofu and chopped vegetables formed into a ball that is crispy on the outside and tender in the middle, then dip in a sauce.

Dan's Crispy Duck 但家香酥鸭 "Dàn jiā xiāng sū yā" - not sure if you will find this outside of Guiyang, it is a unique dish of deep fried duck using the "Dan Family" recipe, crispy and not greasy.

Intestines and blood noodles 肠旺面 "Chángwàngmiàn" - this one you may want to leave to the locals, it is noodles made up with pig's intestines and pig's blood.

Old Godmother 老干妈 "Lǎo gān mā" - this is probably China's most famous sauce and was invented by 70 year old Madam Tao Huabi 陶华碧 who started the company over 30 years ago and is now the leading brand in China and exported to over 50 countries around the world and is a billion dollar business. If you want to help Chinese visitors to accept foreign dishes when travelling, take along a jar of 老干妈.

## What to see -

The Jiaxiu Pavilion 甲秀楼 "jiǎ xiù lóu" - The Jiaxiu Pavilion is located in the southern tip of the Guiyang Nanming River, which is



the city's emblem and its symbol. It was built during the Ming Dynasty and has more than 400 years of history.

Qingyan Ancient Town 青岩古镇 "Qīnyán Gǔ zhèn" - Qingyan Ancient Town is located in the southern tip of Guiyang. It was originally built in the year 1378, during the Ming Dynasty. It is known its beautiful Chinese ancient architecture.

Confucian Center 孔学堂 "Kǒngxué táng" - the Confucian center is a non-public and educational organization affiliated with the Ministry of Education of the People's Republic of China. The Confucius Institute promotes and teaches Chinese culture and language around the world. The Confucian Temple, in the center of Qufu city, was built in 478 BC.

Huaxi National Wetland Park 花溪湿地公园 "Huāxī Shīdì Gōngyuán" - Guiyang Huaxi national urban wetland Park is located in the north of downtown Guiyang's Huaxi district. It is one of the only urban Wetland in the country. On the environmental aspect, it belongs to a subtropical humid climate of the plateau karst hilly region, based on Karst landform characteristics of urban wetland park, its unique geographical location and geological structure form a rich variety of landscapes resources and a good place to see many local species of wild birds.

## Conclusion

There are many five star international hotel chains such as Sheraton, Kempinski, Hyatt, Pullman etc. and budget chains like 7 Days and Jingjiang for choices of accommodation. Also plenty of nightlife where the most popular street is Qianling Donglu 黔灵东路, locally called "Drinking Street". The people of Guiyang are known for their hospitality and foreigners are welcome, perhaps because of the diversity of the city's demographics and number of minority groups.



Guiyang Spring Roll



Fish In Sour Soup



Lao Gan Ma

In speaking with Neil Yeaman, the Canadian principal of the prestigious Guiyang Concord College of Sino-Canada, he said, "... first impressions were the unique limestone green covered mountains everywhere, peaks, troughs and valleys and streams and caves..." He also commented that the people are very friendly to foreigners and curious. He liked the real grit and ruggedness of the South Western people and their straight forwardness. "People here love to eat and enjoy the nightlife with lots of after supper snacking and barbecues with their special chili sauces."

So if you want to see a part of China that is not the common impression of megacities like the everyday travelogues, try going to Guiyang, just a 2 hour and 45 minute direct non stop flight from Tianjin and a choice of 4 daily flights.

**GUIZHOU IS NEAR SICHUAN AND HUNAN SO YOU CAN EXPECT A STRONG INFLUENCE FROM THESE AREAS IN THEIR CUISINE AND OBVIOUSLY IS TRADITIONALLY SPICY BUT THE UNIQUENESS OF GUZHOU CUISINE IS THE COMBINATION OF SOUR AND SPICY 酸辣 "SUAN LA".**



Huaxi National Wetland Park

## 游贵州青山绿水，品黔之风土人情

贵州省，地处中国西南腹地，是西南交通枢纽。整个省内约有人口 3500 多万，是一个多民族共居的省份。贵阳，贵州省省会，有“林城”之美誉，因境内贵山之南而得名，是西南地区重要的中心城市。贵州地区四季分明、春暖风和、雨量充沛，因此造就了它得天独厚的人文气息和浓郁的历史文化底蕴。

贵州菜又称黔菜，由贵阳菜、黔北菜和少数民族菜等数种风味组成。在明朝初期，贵州菜已趋于成熟，许多菜式都有 600 多年的历史，名列中国八大菜系之一。贵州因其地理位置的特殊性，因此在烹饪上也或多或少受有四川和湖南地区的影响。贵州菜看的最大特色就是酸，贵州常有“三天不吃酸，走路打蹿蹿”的民谣。天津也有很多能吃到正宗贵州菜的地方，感兴趣的朋友不妨前去品尝。

贵州高原山地居多，素有“八山一水一分田”之说，它也是迷人的“天然公园”，境内自然风光神奇秀美，山水景色千姿百态，溶洞景观绚丽多彩，野生动物奇妙无穷，文化和革命遗迹闻名遐迩；山、水、洞、林、石交相辉映，浑然一体。

甲秀楼位于贵阳市城南的南明河上，以河中一块巨石为基而建。甲秀楼始建于明朝，后楼毁重建，改名“来凤阁”。甲秀楼朱梁碧瓦，四周水光山色，名实相符，堪称甲秀。

青岩古镇，贵州四大古镇之一，位于贵阳市南郊，建于明洪武十年，原为军事要塞。古镇内设计精巧、工艺精湛的明清古建筑交错密布，寺庙、楼阁画栋雕梁、飞角重檐相间。被誉为中国最具魅力小镇之一。

贵阳花溪国家城市湿地公园是贵州省首个国家城市湿地公园，冬无严寒，夏无酷暑，气候温和湿润，空气清新宜人，具有生态“大氧吧”、天然“大空调”的美称。以花溪河为纽带，串联起十里河滩、花溪公园、洛平至平桥观光农业带三个景区，是全国罕见的城市湿地。在环境上它属于亚热带湿润气候下的高原岩溶丘陵区，是以喀斯特地貌为特征的城市湿地公园，其独特的地理位置和地质结构形成丰富多样的风景地貌资源。是游人观景观鸟的绝佳景点。

从天津直飞到贵阳，只需 2 小时 45 分钟，每天都有四个航班。趁着假日欢乐时光，即刻出发，去解锁新一段的美好旅程。



**THE WESTIN**  
TIANJIN  
天津君隆威斯汀酒店

## “Summer Cooler Episode - Chapter 1” - Mojito Madness

“Once you have one, it’s all you’ll want to drink.”

We warmly welcome you to our Cuban bar, Qba, where we are showcasing our fabulous Mojitos and now offering buy one get two every Friday night.

Level 2 Qba, The Westin Tianjin

For more information, please contact us on 022 2389 0171



**THE ASTOR HOTEL**  
TIANJIN  
天津和悦酒店  
THE LUXURY Collection

## Spicy Sichuan Cuisine @ ShuiAn

The world famous cuisine from Sichuan has found its way to Tianjin. Our Chinese Executive Chef Li Bo has created an authentic hot and spicy Sichuan menu to tantalize your taste buds.

11:30-13:30; 17:30-21:00, August to September

ShuiAn Chinese Restaurant, Haihe Wing, 2F

The Astor Hotel, a Luxury Collection Hotel, Tianjin

For more information or reservations, please call 022-5852 6888 ext. 8920



**hotel nikko tianjin**  
天津日航酒店

## Spectrum Lunch Set Menu

Price starts from RMB 68 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



**TEDA**  
天津泰达国际会馆  
TEDA INTERNATIONAL CLUB TIANJIN  
★★★★★

## Chinese Valentine's Day Package

Enjoy the romantic and Western delicious on Chinese Valentine's Day, each table can get steak (or pork chops) 50% off coupons.

Hotline: 022-58695555-8456

Add: 7+2, Fu Kang Lu, Nankai District

**THE RITZ-CARLTON**  
TIANJIN



## Summer Garden BBQ Night

(5:30pm – 9:30pm) ZEST is giving you a delicious summer to remember with the Garden BBQ Night. Besides the food selection available at the buffet counter, chefs will prepare grilled vegetables, prawn and tender meat at the outdoor garden. Cool off from the summer heat with a crisp beer, and have good time. RMB398+\* per person.

Date: Every Saturdays and Sundays, July 1 – September 3

Venue: 1st Level, ZEST of The Ritz-Carlton, Tianjin

Tel: 86-22-5857-8888

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

**TANGLA**  
TIANJIN  
天津中心酒店  
Tang Place



## Tangla Hotel Tianjin Launches Graduation Feast

Tianjin, China – 20 July 2017 The graduation season has arrived. The last class bell was ringing, we didn't wish to get up and say goodbye. Just like dream, that day we have just started...

When we were young, we grown up in beautiful young day. Just want to cherish the time we had gone though and remember the people who passed toward our life.

Tang Place sets graduation feast dinner menu for you to remember this moment.

RMB1288/6 persons with season juice.

RMB1888/10 persons with 4 bottles beer and season juice.

RMB2888/10 persons with a bottle of red wine and season juice.

\*Above price is subject to 15% service charge

Operation Hours: 11:30-14:00 17:30-21:00

Venue: 6F Tang Place

For reservation, please call 022 2317 5108

**RENAISSANCE**  
TIANJIN  
天津万丽酒店



## Reunion in Silver Moonlight

This Mid-Autumn Festival, let's celebrate the traditional culture with modern flavors mooncakes which filled with love and reunion, and bring you back to what this festival all means.

- Mooncake Gift Box RMB 198/box, inclusive of 8 pieces of different flavor mooncakes;
- Homemade Custard Mooncake RMB 288/box, inclusive of 8 pieces mooncake and 1 bottle of wine.

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





**Radisson**  
TIANJIN  
天津天城丽尚酒店

## 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!

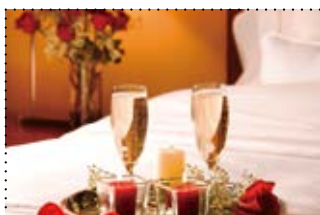
Price: RMB 218\* per person

\* 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



**WandaVista**  
Tianjin  
天津万达文华酒店

## Romantic Chinese Valentine's Day

Celebrate the sweetest day and pamper your beloved with sumptuous buffet delicacies, lovely desserts, live band and splendid lucky draw prizes at Café Vista! Melt your loved one's heart with our romantic offers. Make the night memorable in stunning river view and beautiful melody at Executive Lounge!

RMB 198net/adult, romantic dinner buffet at Café Vista

RMB 688net/couple, luxury set dinner

RMB 1,988net/couple, luxury set dinner one night stay in a deluxe room with two breakfasts

Valid on Monday, August 28th, 2017

Business Hours: 17:30 - 21:30

For reservations kindly call 22-24626888



**TEDA**  
天津泰达国际酒店  
TIANJIN  
TEDA INTERNATIONAL HOTEL  
★★★★★

## Keep cool in the whole summer

We are delighted to announce that The 2nd Beer Festival will be opened in TEDA Garden Restaurant. Hotel from July 21th, 2017. Arabia BBQ, assorted meat kebabs, lamb chops, chicken wings, spicy fried tempura, deep fried seafood, spicy crayfish and more you expected. Come to enjoy the Friday night with cool beer and delicious food in TEDA International Hotel.

TianJin TEDA International Hotel

Add: 8, 2nd Avenue, TEDA, Tianjin

Tel : 022-2532-6000

**Sheraton**  
TIANJIN HOTEL  
天津喜来登大酒店



## “Chocolate & Pear” Afternoon Tea

Our pastry chef is proud to present his new “Chocolate & Pear” Afternoon Tea in the Lobby Lounge. Treat yourself to a selection of sweet and savory delights along with the finest teas and coffees.

Time: 14:00 – 18:00

Venue: Lobby Lounge, Sheraton Tianjin Hotel

Price: CNY198 net/ two persons

From August to September, 2017

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

Advance reservation recommended

**FOUR SEASONS**  
HOTEL  
TIANJIN



## Four Seasons Hotel Tianjin Debuts Chef Iacopo's Signature Menu at Cielo Italian Restaurant

A native of Tuscany in Italy where good food and wine are the rule, Iacopo Frassi, the Michelin-credentialed Head Chef of Cielo Italian Restaurant in Four Seasons Hotel Tianjin, launches a new signature menu, for guests to savour a truly authentic and creatively inspired Italian dining experience. This new a la carte menu features a great combination of flavors including Gratinated Boston Lobster with Seasonal Vegetables; Australian Wagyu Beef Carpaccio with Arugula & Parmigiano; Boston Lobster Tartare with Black Caviar & Lemon Foam; Affogato and more.

For enquiries or reservations about Chef Iacopo's Signature Menu at Cielo Italian Restaurant of Four Seasons Hotel Tianjin, kindly contact +86 (022) 2716-6263/6688.

**MARRIOTT**  
JIXIAN  
天津 Marriott 酒店



## Mid-Autumn Spice Up! @ Jixian Marriott Hotel

Come and grab a mooncake gift set for your loved ones at Marriott Jixian. 3 different kinds of gift sets for all your likings, featuring traditional, snow skin and crispy skin mooncakes in a variety of flavors. Be it giving away as gifts, or for self-enjoyment, our quality is guaranteed for a wonderful experience!

Price: Start from RMB 198 per box

Venue: ManHo Restaurant, Marriott Jixian, 6 Fenghuangshan Road, Jixian District, Tianjin

For more information, please call 022 29178233

# LISTING

咖啡 COFFEE

红酒 WINE

餐厅 RESTAURANT

酒吧 BAR

购物 SHOPPING

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

## RESTAURANT

### [ Western 西餐厅 ]

#### Tianjin Downtown

##### Café BLD

餐廊西餐厅 ★ **P E D3**

Offers buffets with open kitchen.

1F, Renaissance Tianjin Lakeview Hotel,  
 16 Binshui Road, Hexi  
 河西滨水道16号万丽天津宾馆1层  
 Tel: 5822 3388  
 Hrs: 06:00am-10:30am/11:30am-14:00pm  
 17:30pm-22:00pm

##### Pacifica--All-day Dining

帕西菲嘉西餐厅

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

##### 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.  
 湖南路1号粤园餐厅  
 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**

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

### [ 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楼和二楼  
 Hrs: 11:30am-14:00pm  
 17:30pm-21:30pm  
 Tel: 5857-8888  
 Seats:160



**Noodle Bar**

面馆

Address: Pan Pacific Tianjin 1F1 Zhang  
ZiZhong Road, Hongqiao District  
Tianjin, China 300091  
天津泛太平洋大酒店 1楼  
Tel: +86 22 5863 8888  
Ext. 8716

**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

**Nice To Meet You**

很高兴认识你

Specializes in French style seafood,  
serves around 15 types of oysters  
including Gillardeque and Greay from  
France, Tasmanian oysters from  
Australia as well as oysters from South  
Africa, Canada and Japan.  
278 Hebei Lu, Heping District  
(near Chengdu Dao)  
和平区河北路278号(近成都道)  
Tel: 2339-0409  
Hrs: 11:30-22:00

**FLO**

福楼 ★ ¥350 P E D7

The best French Restaurant in Tianjin  
offers the most authentic French cuisine.  
Brasserie FLO is the first restaurant in  
Tianjin to offer fresh oysters from France.  
河北区意大利风情区光复道37号  
No.37 Guangfu Road, Italy Style Town,  
Hebei  
Tel: 2662 6688  
Fax: 2445 2625  
Hrs: 11:00am-23:00pm

## [ Italian 意大利餐厅 ]

## Tianjin Downtown

**Prego**

意大利餐厅 ¥400 P E D6

Prego's cuisine is rustic yet refined,  
rooted in tradition while producing  
innovative creations using only the finest  
and freshest ingredients available.  
3F, The Westin Tianjin, No.101, Nanjing  
Lu, Heping  
和平区南京路101号  
天津君隆威斯汀酒店3层  
Tel: 23890088  
Hrs: 11:30am-14:30pm  
18:00pm-22:00pm

**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 ]

**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)

**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

## ■ Wine 红酒

## Tianjin Downtown

**Montrose Wine House**

名特公司进口葡萄酒

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

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

香达(天津)国际贸易有限公司

Room 104, No.30 Building, KEYUANLI,  
Hexi District, Tianjin China  
天津市河西区可园里30-104  
Tel: 86-13920706019



## ■ BAR

## Tian jin Downtown

**WE Brewery**

卫酿酒庄

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 Li, 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

**WE Taproom**

卫酒吧

WE Taproom 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 with buns created from the  
malt left over after making the beer.  
109, Tian Xi, Aocheng, Nan Kai District,  
Tianjin  
天津市南开区时代奥城  
天玺底商109  
Tel: 18630888114  
Hours: Sun-Thursday: 5pm~midnight  
Fri-Saturday: 5pm-2am  
Monday closed

**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 5

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

The Ritz-Carlton, Tianjin, 1st floor, No.  
167 Dagubei Road, Heping District,  
Tianjin China  
和平区大沽北路167号  
天津丽思卡尔顿酒店一楼  
Tel: 5857-8888  
Mon-Fri 17:00-24:00  
Sat-Sun 17:00-01:00  
Seats: 118

**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

**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

**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

**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

SHOPPING 购物

BAR 酒吧

RESTAURANT 餐厅

WINE 红酒

COFFEE 咖啡

**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**

天津凯悦酒店  
126 Weiguao 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: 2731 3388

**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贸广场  
(“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**

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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 Xin  
Qu, Tianjin 300384, China  
中国天津滨海高新区海泰华科九路16号  
Tel: 022 8372 8888  
Web: www.metropolitanpoloclub.com

**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  
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**Crowne Plaza Tianjin Jinnan**

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North Side Of Jin Gang Road Balitai,  
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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**

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河西区紫金山路35号  
Tel: 5856 8000  
Web: www.stayariva.com

**The Ritz-Carlton Executive Residences**

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和平区大沽北路167号  
Tel: +86 22 5857 8888

**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

**Somerset Youyi Tianjin**

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

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

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No. 328 Haihe East Road, Hedong  
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天津经济技术开发区第一大街34号  
Tel: 2528 0670

**Ascott TEDA MSD Tianjin**

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No.7 Xincheng West Road, Tianjin  
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Area, Tianjin 300457 China  
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Tel: (86-22) 5999 7666



## SCHOOL

## Tianjin Downtown



## Tianjin International School

天津国际学校  
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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



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Mon-Fri 07:30-16:30  
T: +86 22 2859 2001  
W: www.istianjin.org



## Wellington College International Tianjin

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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

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

## Hopeland International Kindergarten

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

## Shuoba Chinese Academy

说吧汉语  
Tianjin Heping District Chengdu Dao  
No.126 Somerset Olympic Tower 403  
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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

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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 &amp; 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.eurochamber.com.cn  
Email: tianjin@euccc.com.cn

## The American Chamber of

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

## German Chamber of Commerce in

China - North China  
中国德国商会  
Rm. 1502, Global Center, No. 309  
Nanjing Road, Nankai  
南开区南京路309号  
环球置地广场1502室  
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.  
华苑产业园区开华道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  
河西区滨水道15号紫金花园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1F门607  
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 &amp; 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

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Rm. 1901, Ning Tai Plaza, No.1, Xia  
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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  
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residence permit, driver license transfer,  
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## Tianjin SYD Real Estate Consultants

天津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: 022-23296999/022-83611666  
Web: www.herac.com.cn

## The Executive Centre

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World Financial Centre | 17F, C1 TEDA  
MSD | 18F, Innovative Financial Building  
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MSD C1座17层1于家堡新金融大厦18层  
Tel: 5830 7860  
Hrs: 7x24



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SCHOOL 学校

HOTEL 酒店

SPORTS 运动

SHOPPING 购物

OFFICE 商务中心

### Zhang Xin Appointed Director of Sales & Marketing of The St. Regis Tianjin

**The St. Regis Tianjin**, an iconic hotel in town located along the Hai River, is delighted to announce the appointment of Mr. Zhang Xin as Director of Sales & Marketing.

As a Sales & Marketing leader, Zhang Xin has many years' experience in hotel industry with various international hotel companies, such as Wyndham, Starwood, IHG, Carlson and etc. Prior to this position, Zhang Xin was Director of Sales & Marketing at the Radisson Hotel Tianjin, led the team gain a good performance with his passion, goal-oriented personality.

With Zhang Xin's S&M working experience in the hotel industry, we believe that he will perform excellent and will celebrate lots of successes with his team at The St. Regis Tianjin.



### Tangla Hotel Tianjin Won the Continental Diamond Award by World Hotel Association

World Hotel Association the 9th "Continental Diamond Award" Ceremony was successfully held in Haikou. Tangla Hotel Tianjin received an award for the "Annual Most Influential Branded Hotel".



### The Ritz-Carlton, Tianjin Creates New Summer Activities With The Passport to Adventure to Enhance Ritz Kids Programm

**The Ritz-Carlton, Tianjin** has deeply enriched The Ritz Kids journey with new experiences launched this summer. The new Ritz Kids experiences include an in-room campsite adventure, specially-created amenities and fun, and colorful summer activities to enhance Ritz Kids programme and bring more memorable moments for families.

### Mobike to the Cinema

**On June 30**, the first Mobike themed cinema was revealed in Wanda Cinemas Hedong. The cinema was decorated with various Mobike's orange elements, including the ticket, seats, popcorn and ticket check booth. In the next three months, the first 50 guests of the each day that come to watch movies at this Wanda Cinemas by riding a Mobike will receive a free cold drink.



### Gusto Bar of Four Seasons Hotel Tianjin Introduces Its New Band "Iris Duo" with Absolut & Hot Night Party

**Gusto Bar of Four Seasons Hotel Tianjin** has introduced its new band, "Iris Duo", with the exciting "Absolut & Hot Night" party in cooperation with Absolut Vodka on July 14, 2017, attended by 100 local elites and journalists. The guests enjoyed an extraordinary spirits-drinking experience with exclusive handcrafted Absolute cocktails that are hotter and stronger than the ordinary vodka, as well as the mellifluous live pop & jazz performance by the new band, "Iris Duo".





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



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+

**The Hairy Crab gift box** (3 pairs)/(4 pairs)  
Book before September 1, 2017 to enjoy our special offer:

RMB 266/pack  
RMB 1038/pack, RMB 1236/pack



JIN

公益广告

photo by You Sihang



Buying groceries in the open market

# CAREFUL IN BUYING GROCERIES

by David Wong

**T**ianjin has some wonderful markets and you can virtually buy anything and now with the explosion of on line market, you can buy many things on line. However many people still prefer to do their grocery buying on a daily basis and go to the markets in person and feel and smell the produce before making the daily meals.

In fact most traditional Chinese housewives will shop on a daily basis or every other day to prepare their dishes. Items like fresh fish and shellfish were swimming just a few hours before ending up as a delicious dish on the dinner table.

When buying seafood, make sure that the merchant doesn't load the plastic bag with excess water, tear off the bottom corner and drain off as much water as possible before weighing. If you are buying live shrimp, pick the ones on the top part of the tank; the dead ones drop to the bottom. Live crabs sometimes have heavy bands on the claws; ask that they be removed if they look excessively large.

Zhu Shui Ruo 注水肉 literally means "pouring water meat"; in order to add weight to meat, water is forced into the meat. You can tell if the meat is treated in such a manner by pressing your finger or napkin on the meat and there is excess water.

When buying fruit such as berries, strawberries and blueberries, the large ones are usually on top and smaller ones or bruised ones are on the bottom. Best remedy is inspecting the total container. The same holds true for gift baskets, try and inspect the fruits on the bottom.

Check expiry dates, usually clearance items will expire in a short time, that's why they're on sale. Will you use the entire item if you buy it now? Usually these items are taped together and sold as 2 for 1 with the expired or near expired item on the bottom where the expiry date is hard to see.

A good way to keep the merchant honest is bring your own scale. There are many small spring scales that easily fit in a purse or bag and pulling it out before the vendor weighs it, will ensure an honest measure. Make sure to test it at home to ensure its accuracy before using it at the market.

In an open market, there is a general manager's office usually in the back. Generally speaking, their main concern is to operate a reputable facility and will treat any complaint seriously. Just make sure you have all the evidence and have someone fluent in Mandarin because they won't be able to speak English.

## A GOOD WAY TO KEEP THE MERCHANT HONEST IS BRING YOUR OWN SCALE.

Having said all this, consumer rights have improved in recent years. If you save your receipts and proof of purchased most stores will honor a refund. In fact, if the goods are spoiled or misrepresented, the larger established stores are required to give you as much as 3 times the value. The logic is consuming spoiled food can be dangerous and the store should accept this responsibility. They key is to locate the store manager or someone with the authority to give you the refund.

There is a growing trend to buy everything on line, including groceries. I have bought frozen seafood and friends have delivered hairy crabs and all were delivered in good condition, even fresh vegetables but if you decide to use this method of buying, you will need some proficiency of Chinese and access to local banking. Also you should make sure someone is home to receive the goods.

In the end, still nothing replaces the traditional way of holding and smelling the goods before buying.

## 市场套路深，买家多留心

在中国，购买蔬菜水果十分方便，无论是菜市场还是线上超市，你几乎什么都能买到，但还是有人喜欢每天亲自去农贸市场挑选货品，感受那些新鲜农作物的清新味道。

在市场上买菜买水果有很多挑选的诀窍和避免吃亏上当的方法。比如，购买海鲜的时候要尽量把鱼虾身上的水甩干，蟹钳上捆的橡皮筋也非常压分量，尽量把它取下来再称重。

购买肉类要谨防注水肉，挑选的时候用手指在肉上面按一下，如果有很多水出来说明就注过水了。

有些摊贩会把个大大看的水果摆在上面，卖相不好的放在下面。如果你整箱购买一定要全部查看一遍。

如果你怕缺斤短两，最好带上自己的秤。很多弹簧秤可以随身携带，非常方便。对于打包买一送一的产品，你要关注一下产品保质期，有些商家会把快过期的货品降价出售。

如果你在菜市场遇到摊贩欺诈的行为，你可以找到市场的管理办公室，让他们帮助协调。你要保留好证据并带上一个能说中文的人帮你沟通。

近几年对消费者权益的保护有了很大提升，尤其在大型的购物场所，如果你买到腐烂变质的食品，商家会给予最高三倍的赔偿。

现在网络购物也很流行，我购买过冷冻海鲜和蔬菜，货品都非常好，送货也很及时，但你需要一定的中文沟通能力和一个本地银行账号。





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