



# 今日天津

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

2017 ISSUE 06 MONTHLY  
2017年第06期 总第185期 / 月刊

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国内统一刊号: CN12-1262/Z 定价: 10元

ISSN 1004-826X



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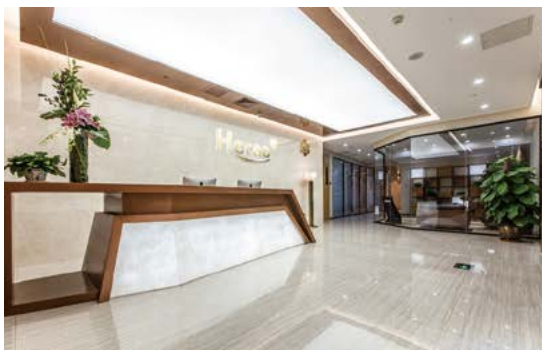
**CNY**  
**368**<sub>net/person</sub>

**CNY**  
**168**<sub>net/child  
(5-12 years old)</sub>



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Preferred  
Guest





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The Herac International Business Center provides a high-end, international and one-stop service that targets various organizations based in or out of China, as well as facilities for startup companies that have set up branch offices in Tianjin and all manner of small and medium size companies. Herac is located on the 7F-8F of the Tianjin International Financial Center at the junction of Nanjing Road and Binjiang Road. Our centre is equipped with independent offices of various styles and working spaces with fashionable designs, multi-functional meeting rooms, training rooms, a presentation hall and tea room.

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Bus: Binjiangdao Station / Binjiangshangsha Station  
Beijing Airport shuttle bus can be taken directly to Nanjing Road.  
It is about a 30 min ride from Tianjin Airport to the city centre.  
Hotline:  
022-23296999/022-83611666  
Website: [www.herac.com.cn](http://www.herac.com.cn)

Address: 7F-8F, Tianjin International Financial Center, 136 Chifeng Dao, Heping District



## LIFE ADVISOR IN TIANJIN

### About Us

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

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

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

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

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



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### Two Locations.

**King Hall Hotel** 天津君豪酒店  
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**TEDA International Hotel** 天津泰达国际酒店  
No.8 2nd Avenue, TEDA Tianjin. 天津滨海新区经二大街8号

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10:00am English & Mandarin services  
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... plus Spanish & Filipino afternoon services  
**TEDA Location:**  
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10:30am Children's Sunday School (up to 3rd grade)

In observance of Chinese government regulations, TICF activities are open to foreign passport holders or foreign residence permit holders only. Hong Kong, Macau, Taiwan nationals are also welcome to attend. You must show your passport before entering. Thank you for your understanding and cooperation!





**A Peak Into Chinese Family Culture: Grandsons**  
中国家庭的“长孙”观



**Dos And Don'ts Of Attending A Chinese Wedding**  
参加中国式婚礼的注意事项



**International Education, Count The Cost**  
送子女出国？先算算成本吧！



**Hand-painted Tianjin**  
手绘津沽

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TEDA International School

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YY Craft Beer House  
Din Tai Fung  
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#### Others 其他

Fellowship  
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Sino-Credit  
JINGS STUDIO  
TNC  
Herac



## June 3



▶▶▶ Tianjin Grand Theatre 天津大剧院

### Drama: Oedipus The Tyrant

德国柏林邵宾纳剧院话剧《俄狄浦斯》

演出: 德国柏林邵宾纳剧院

Time: 19:30

*Interesting information about the theatre in Germany. Can we explain how it relates to this Drama?*

*The Schaubühne is a famous theatre in the Wilmersdorf district of Berlin, located on the Kurfürstendamm boulevard. It is a conversion of the Universum cinema, built according to plans designed by Erich Mendelsohn in 1928. One of the theatre's distinctive features is a stylistic variety in approaches to directing, which includes new forms of dance and musical theatre. The search for a contemporary and experimental theatre language which focuses upon storytelling and a precise understanding of texts – both classical and contemporary – is a unifying element.*



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

## June 3



▶▶▶ Tianjin Grand Theatre 天津大剧院

### Piano Recital: Pablo Amorós

伊比利亚风情

—西班牙钢琴家帕布洛·阿莫罗斯独奏音乐会

演出: 帕布洛·阿莫罗斯

Time: 19:30

*The pianist from Cordoba, Pablo Amorós, studied in London with the prestigious Noretta Conci, a protégé of Arturo Benedetti Michelangeli. He augmented his studies with great pianists such as Joaquín Achúcarro, Hans Graff, Marcela Crudelli, Walter Kraft, Natalia Troull and Alicia de Larrocha. He completed his studies with Cristina Bruno, a key figure in his personal and artistic development.*

*With an extraordinary sensibility and an innate elegance, he bestows a surprising originality on his interpretations of the great pianistic repertoire. His interest in the music of our time has led him to become a principal international disseminator of the work of recognized contemporary Spanish composers.*



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## June 24



▶▶▶ Tianjin Grand Theatre 天津大剧院

### Piano Recital: Shai Rosenboim

浪漫主义之夜

—以色列钢琴家罗赛·罗森博依姆独奏音乐会

演出: 罗赛·罗森博依姆

Time: 19:30

*Shai Rosenboim is emerging as one of the most promising young musicians in Israel – a highly requested performer of contemporary music who has worked with prominent Israeli composers, Ami Ma'ayani and Tzvi Avni and has been awarded the highest scholarship from the American-Israeli Cultural foundation as a "highly sensitive and thoughtful pianist".*



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Tel: 83882000

## June 9

▶▶▶ Tianjin Grand Theatre 天津大剧院

### Trio Concert

阿尔卑斯之声—瑞士罗西尼三重奏音乐会

演出: 瑞士罗西尼三重奏

Time: 19:30

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

## June 17

▶▶▶ Tianjin Grand Theatre 天津大剧院

### HD projection: Three Penny Opera

英国国家剧院现场《三分钱歌剧》高清放映

演出: 英国国家剧院

Time: 15:00

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

## June 17

▶▶▶ Tianjin Grand Theatre 天津大剧院

### Guitar Quartet Concert

琴弦上的世界音乐

—美国明尼阿波利斯吉他四重奏音乐会

演出: 美国明尼阿波利斯吉他四重奏

Time: 19:30

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

## June 18

▶▶▶ Tianjin Grand Theatre 天津大剧院

### French Raven Band Concert

蓝色爵士系列—法国Raven乐队音乐会

演出: 法国Raven乐队

Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi  
河西区平江道文化中心  
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## June 16

▶▶▶ Western Shore Art Salon 西岸艺术馆

### Cello World Music Appreciation

温情转动—大提琴世界名曲欣赏会

Time: 19:30

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

## June 23

▶▶▶ Western Shore Art Salon 西岸艺术馆

### Pipe Music Concert

舞动的旋律—管乐重奏音乐会

Time: 19:30

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





## June 2

### Movie: Wonder Woman (2017)

Release Date: 2 June 2017 (China)  
 Genres: Action, Adventure, Fantasy  
 Director: Patty Jenkins  
 Stars: Gal Gadot, David Thewlis, Robin Wright

Before she was Wonder Woman she was Diana, princess of the Amazons, trained warrior. When a pilot crashes and tells of conflict in the outside world, she leaves home to fight a war to end all wars, discovering her full powers and true destiny.



## June 9

### Movie: The Mummy (2017)

Release Date: 9 June 2017 (China)  
 Genres: Action, Adventure, Fantasy  
 Director: Alex Kurtzman  
 Stars: Tom Cruise, Sofia Boutella, Annabelle Wallis

An ancient princess is awakened from her crypt beneath the desert, bringing with her malevolence grown over millennia, and terrors that defy human comprehension.



## June 23

### Movie: Transformers: The Last Knight (2017)

Release Date: 23 June 2017 (China)  
 Genres: Action, Adventure, Sci-Fi  
 Director: Michael Bay  
 Stars: Laura Haddock, Mark Wahlberg, Gemma Chan

Humans and Transformers are at war, Optimus Prime is gone. The key to saving our future lies buried in the secrets of the past, in the hidden history of Transformers on Earth.



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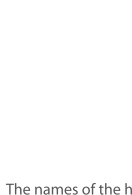
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**Todd Mischke**

Territory Developer for SUBWAY Tianjin  
赛百味天津地区发展商



## Tianjin First high altitude glass walkway 九山顶建成千米高空玻璃栈道

Tianjin will have its first high altitude glass walkway. The glass walkway is located at the famous Guo Hua Ling of Jiu Shan Mountain Scenic Spot in Jixian County and is expected to open soon. The path is 320 meters long, 2 meters wide, and more than 1,000 meters above sea level. When compared with other paths in China, the path can provide a broader perspective and with curved shape of the path, it can allow visitors a better view of the scenery.

天津将有首个高空玻璃栈道。该栈道位于蓟州区九山顶风景区著名景点国画岭, 预期近日内正式接待游客。该栈道长320米, 宽2米, 海拔垂直高1000多米。与其它玻璃栈道相比, 该栈道呈现弯曲状, 观赏角度更大, 游客站在玻璃栈道上可以看到美丽的于桥水库和周边秀美的景色。



## Tianjin University holds its 10th International Culture Festival 天津大学第十届国际文化节圆满落幕

The International Festival of Tianjin University was held on May 6, with foreign students from more than 40 countries and regions participating in this festival via dancing shows, a picture exhibition, and food festival. To date, there are 2,668 foreign students from 133 countries and regions studying at Tianjin University. The International Culture Festival is held every year and attracts many people.

近期, 以“留学天大 情系中华”为主题的天津大学第十届国际文化节在北洋广场开幕。来自40多个国家的200位留学生代表带来了精彩的文艺表演和文化展示, 吸引了众多师生和市民前来观看。



## Green Life Experience Space Showed at the Binjiang Shopping Center 绿色生活体验馆亮相滨江购物中心

Recently, an experience space aiming to provide green life style and nostalgic experiences for local people was set up in the Binjiang shopping center. The experience space is divided into five functional blocks, such as time corridor experience area, and manual experience area. Visitors can enjoy many old things such as a vacuum flasks, frog toys and more.

日前, 以打造绿生活、怀旧体验为主题的绿色生活体验馆在滨江购物中心落成。体验馆分为时光长廊体验区、手工体验区等5个功能空间, 暖水瓶、青蛙玩具等“老物件”悉数亮相。





## 200 shared cars revving up in Tianjin

### Gofun共享汽车首入天津

Gofun, a car rental brand from Shouqi Group, entered the Tianjin market recently. Their 200 new energy vehicles were placed around Hexi, Hedong, and Nankai districts, and the company expects to field 600 cars by the end of June, which will cover the whole urban area and suburbs of Tianjin.

The first Gofun shared cars were put into use in large residential areas and near universities. For the sake of convenience, Gofun uses new energy vehicles in case of traffic or pollution control conditions. If a user wants to rent a car they should download the app "Gofun". They then register with their phone number, provide proof of identify using an ID card and driving license, and pay a deposit of 699 yuan (\$101.55). The new energy shared cars can be rented for one yuan per kilometer plus 0.1 yuan per minute. Gofun cars have certain parking spots in public parking lots, and users are charged until the vehicle is returned to its assigned area.

首汽集团旗下新能源分时租车品牌 Gofun出行正式进驻天津, 首批已经在河西、河东及南开区投放200辆车, 继共享单车后, 天津市民迎来新一波“共享新风尚”。预计至今年6月底投放量将达到600辆, 届时将覆盖整个天津市内及近郊, Gofun出行也因此成为首个大规模投入共享汽车的品牌。

## Bus 188 takes you directly to Pan Shan

### 188路从天津站直达盘山

From April 18 to October 31, Tianjin Bus Jin-Ji High-speed Line 188 will combine transport with Tourist Bus Line 11, and from the front square of Tianjin Station, we can easily go directly to Jixian County Pan Mountain Scenic Area. The bus ticket is 35yuan, and after a short two hour trip we can arrive to the destination.

Departure time: Monday to Thursday, front square of Tianjin Station is 7:00; Jixian County Pan Mountain Scenic Area is 16:30. Friday and Saturday, front square of Tianjin Station is 7:00 and 8:15; Jixian County Pan Mountain Scenic Area is 14:00 and 16:30. Sunday and legal holidays, front square of Tianjin Station is 7:00 and 8:15; Jixian County Pan Mountain Scenic Area is 10:00, 14:00 and 16:30.

自4月18日起至10月31日, 天津公交津蓟高速专线188路将与旅游专线11路进行联运, 由天津站前广场直达蓟州盘山风景区。车票35元, 车程130分钟, 便可直达盘山目的地。

发车时间: 周一至周四: 天津站前广场为7:00, 蓟州盘山风景区为16:30。周五、周六: 天津站前广场为7:00、8:15, 蓟州盘山风景区为14:00、16:30。周日、法定节假日: 天津站前广场为7:00、8:15, 蓟州盘山风景区为10:00、14:00、16:30。

## Binhai International Kite Festival Will Open on May 20

### 滨海国际风筝节5月20日盛装启幕

2017 Binhai Tourism Golden Season Theme Activity Binhai International Kite Festival will open on May 20. According to the authorities, the festival will be held on May 20, May 21 and June 17, at the Dong Jiang Bay area. This year's event will take the beach as a platform to fully display the marine culture of the New Area. Meanwhile, there will be more than 100 professional kite performers from China and abroad to add bright colors to the sky.

2017滨海旅游黄金季主题活动之滨海新区国际风筝节将于5月20日盛装启幕。据了解, 此次风筝节将于5月20日、21日、6月17日, 在东疆湾景区举行, 活动以沙滩为平台, 充分展示新区海洋文化, 届时将有国内外专业风筝表演者100余人天空增加亮色。



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# LETTER

## FROM THE EDITOR

Originally a California transplant, Tianjin has been my home for more than four years now, and it comes with great excitement to have accepted a role with Jin Magazine. Life in Tianjin is full of rewards and surprises that I am thrilled to share with everyone, and Jin is the perfect medium to do exactly that. Whether you are just passing through, spending a semester abroad, or have lived here many years, Jin Magazine has something for you.

This month's issue is packed with fantastic articles. One of our particularly adventurous writers took it upon himself to ride his bike from Beijing to Tianjin via the North Canal. Read about his unique experience in the Discovering Tianjin section. Check out the People feature about a local expat making helpful Youtube videos that teach everyday Chinese. Maybe you can learn some new key Chinese phrases. Ever been to a Chinese wedding? Understand as a foreigner how to behave without making any mistakes with the cultural norms. Perhaps you are looking for a great place to dine during your stay in Tianjin, the dining feature can help you make a proper decision.

From useful information about airport transportation to travel in Dongying, Teacher culture in China to Wechat's takeover, I'm certain Jin's June edition will be an enjoyable read! If there is anything thing you would like to comment, ask us or share, feel free to email or contact Jin directly via Wechat. Just scan the QR code below.

Finally as Summer vacation begins, the end of this month's feature article gives you some ideas for recreation with a short list of different places you can enjoy around town. With points of interest all equipped with prices and easy directions to get there, it should be as easy as 123. Enjoy!

从加利福尼亚一路辗转来到天津，四年来，可以说天津就是我的家。我很兴奋和大家介绍我的新角色——《今日天津》杂志社的一员。作为传播文化和讯息的媒介，《今日天津》是相当出色的一本刊物，无论你是短期旅游亦或是长期留学，这里总会提供你需要的讯息。

本月的文章包含很多精彩内容。有一位长期为我们杂志撰稿的作者，他从北京一路骑行到了天津，期间还横穿北运河。如果你对这样的探险内容感兴趣，千万不要错过我们“发现天津”的好文章。你是否参加过中国朋友的婚礼？你知道在婚礼上来宾都会有哪些注意事项吗？如果你从没参与过或者是即将要去参加一场中式婚礼，我们的文章一定是你参加婚宴的好指南。

暑假即将开始，在我们主题文章的结尾也为大家提供了一些休闲娱乐的好想法，里面包含很多有价值的指导和介绍，感兴趣的朋友一定不要错过。好好享受你的假期，愉快享用《今日天津》为你带来的每一期精彩纷呈的内容。

Sam Ward  
Director



JUNE

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Jinwan Media Newspaper Office

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JIN MAGAZINE

### Legal Consultants

Sino-Credit Law Firm

### Korean Advertising Agency

Duoyun Advertising

**Price** ¥10



主办 今晚报社

承办 今日天津画刊编辑部

总编 苗祺源

总编辑助理 刘笋

编辑 王宗元, 张晓丽, Sam Ward

美编 王晓敬, 安蓉

广告独家代理 天津市风华广告有限公司

固定形式印刷品广告登记证号 120103200482505027

地址 天津市南开区南京路358号今晚传媒大厦8楼

电话 +86 22 2750 0877

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广告销售 杨颖, 陆惠卿, 李鹤

发行 陈鹏宇

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

法律顾问 天津共融律师事务所

韩国广告代理 天津市多芸广告有限公司

读者监督服务电话 +86 22 27500289

+86 22 27509361

2017年6月刊

国内统一刊号: CN12-1262/Z

国际标准刊号: ISSN1004-826X

价格: 10元

未收到样刊和稿酬的作者请与本刊编辑部联系



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# LIVING AND LEISURE

By Sam Ward

Summer is here! Technically the Summer solstice begins on the 21st of June but for anyone that has broken a sweat outside this week, an argument can be made that Summer's arrival has already come. The heat and long daylight hours conjure up the day dreamer in all of us, and especially for those of us working full time. Summer is the time when we contemplate all the things we want to do versus the things that we must do. Some of us might recall the nostalgia of long family road trips and fighting with siblings in the back seat of the car. For others it might be planning a vacation getaway to somewhere exotic. Summer can be about things as simple as the comfort of sleeping in, to going swimming and eating popsicles. Whatever the daydream might be, from recalling the past to imagining the future, our passing thoughts certainly involve recreation and leisure.

## A Brief History of Leisure

While academic and philosophical explanations of leisure highlight many gray areas of the word's meaning, a simple explanation can still be made so it's easily understandable. Leisure is free time. This is any time independent from attending school or going to work. While some people might enjoy their work or studying, these things are primarily considered obligations. It comes as no surprise that Summer Holiday serves as the example for free time since young people around the world share the common experience of relief from their main commitment of going to school.

The roots and concept of leisure trace back to recent history from the 19th Century. During the times of the industrial revolution, many people from the upper crest of society saw a growth in income and had the ability to spend their time on activities outside of work. The phenomenon also spread to the working

class as they began to work fewer hours as well. Remember, in the scope of history it wasn't long ago that scores of people were working from the time they woke up until it was time to go to bed. Whether it was new labor laws or natural economic trends that have brought us to our current position today, leisure is a large part of our lives.

## Work Life Balance

The question goes, "Do you live to work or do you work to live?" There are different ways to analyze this question as well as answer it. The idealistic view people hold is that work enables them to live their life which is separate from work. On the other end of the spectrum, people are so engulfed in their work that they don't have much of a life outside of their day job. Their purpose in life is to work versus work enabling them to spend their life as they wish. I will leave the life purpose discussion for the experts.



## WHEN YOU DON'T HAVE ENOUGH TIME TO HANDLE PERSONAL BUSINESS THE CHANCE FOR A BURN-OUT INCREASES, AND WORKERS WHO ARE BURNT-OUT ARE NOT EFFICIENT EITHER.

Regardless of life's purpose, drawing a line and creating a boundary between work and personal life has been a topic in modern culture for some time. In 1974 the song "Cat's in the Hat" by Harry Chapin reached the number one spot in the Billboard Hot 100 charts with lyrics that pull at the heart. The song essentially is about a father and son who are too busy to spend time with one another, a true failure in finding balance. In addition to pop culture, this topic is tackled by business publications like Forbes and even Health and Medical Industry related businesses. Most literature and articles reveal a heavy preference towards the life balance side.

### Tricks to Achieve Balance

No article about leisure would be complete without providing some useful ways to gain more free time. Gathered from the writing of experts, here are three easy steps you can take to create more time for yourself outside of work.

1.) Prioritize. Take a moment to evaluate where you are with your work situation. Consider the associated trade-offs between working more and working less. For some, hard work and longer hours today might have the benefit of greater free time in the future. For another person, five thousand dollars a year of extra salary to be a manager requires ten extra hours of work each week. After taxes are removed, the pay equates to less than ten dollars per hour. For someone with a family, time with the spouse and kids cannot be recompensated and this trade-off isn't worth it. For a young professional aspiring to excel in a new career, the money isn't as important as the potential to rise in the ranks. Additionally, if there isn't a family missing out on their presence then perhaps this time sacrifice isn't so detrimental. Everyone's situation is unique, and understanding the trade-offs between working more or less can help you prioritize. It

can even involve evaluating whether or not your current job fits your needs.

2.) Set Boundaries. Draw a clear line that separates work time from your own time. This might be the most difficult part for some people especially depending upon the types of jobs they have. In some cases it requires you to say "no" to work that cannot be completed within the standard business hours, or save some things to be done the following day. Not letting work infiltrate personal life appears to have made some traction outside of just being a personal choice. Semi-recent news has covered stories about after work emails being banned to some degree in France and Germany. Unless you are French, only you are capable of setting the standard for where this limit lies. The details of your personal life (having a family or not) should not allow your employer to set the rules for when work ends and your free time begins. If this is the case, revisit step one.

3.) Be Efficient with Work. Being efficient with work can lead to more free time, and efficiently spending your free time can maximize its benefit. Have you ever heard of the five hour work day? Stephan Aarstol is the most successful contestant in the history of the popular American TV show "Shark Tank." With his company Tower Paddle Boards he has implemented a five hour work day (salaries remain the same) and written a book about its success. He explains that Henry Ford's production line maximized output of the human body and created the eight hour work day, and that today's technology maximizes productivity of the human mind but we still

operate on the factory worker schedule of 100 years ago. In his company, the employees are expected to complete their daily work in five hours. Their work day goes from 8:30am to 1:30pm. Despite the shorter hours, employees still finish their work and the company continues to grow in size and profitability. While a standard worker might not be able to get around their forty hour per week schedule, entrepreneurs and students alike can get work done quicker if they want more free time.

The importance of a work and life balance is not just selfish in nature. It doesn't discount the value of work ethic and rally around simply having fun with no responsibility. Balancing time for your self is also about sustainability. Time is required to fulfill personal needs, be it getting laundry done, shopping, or even just resting. When you don't have enough time to handle personal business the chance for a burn-out increases, and workers who are burnt-out are not efficient either. With the suggestions above you can tool strategy to make sure your time away from work is enough to meet your needs.

### Own your Leisure

My Grandma used to say, "Busy hands are happy hands." It's funny how at the time I never truly appreciated these words which is probably because I didn't really understand what they meant. All I knew is that she was always busy doing something whether it was cooking, cleaning, planning an activity, or hosting one. If she were to serve as an example, I'd say her permanent smile and



It takes time and efforts to develop a hobby like dancing.



regular laughter were proof that the saying has merit. During her years of retirement, which can be viewed as an eternal state of leisure, she managed to stay busy with something all of the time!

This is not to suggest laying by the pool and doing NOTHING all day is a bad thing. For the people working long hours, or working and raising a family or who are just generally overly occupied, doing absolutely nothing can be just what the doctor ordered. Decompression for the people who fit in this category is absolutely understandable. Change the background story of laying at the pool all day, and suddenly things can be dramatically different. For example, when someone has so much leisure time on their hands that they spend all day doing absolutely nothing but laying by the pool, then this is no longer a case of decompression. Perhaps this is perfectly acceptable for some people, but for the majority of us, doing nothing would get very boring very quick.

Just as balancing work and life is an important consideration for people, so is the balance of how to spend leisure time. Really, leisure time is meaningless. It's just free time open to be used in any variety of ways. How the time is spent is what's meaningful. Leisure activities are either passive or active, although some academics have created several categories and defined their differences. Passive leisure tends to be explained as an activity that doesn't require any special effort

or training to enjoy. Relaxing by the pool, reading a book, watching TV, eating a nice meal, or going for a walk are all casual/ passive leisure activities. Typically the pleasure from casual leisure is short lived and ends at the time the same activity does. Compared to active leisure it tends to be more hedonic in nature.

Active leisure or serious leisure falls more into the lines of a hobby, and has six defining characteristics. 1) need to persevere at the activity, 2) availability of a leisure career, 3) need to put in effort to gain skill and knowledge, 4) realization of various special benefits, 5) unique ethos and social world, and 6) an attractive personal and social identity. While pleasure is also gained from serious leisure, the defining difference from casual leisure is the personal development aspect. A casual summer pick-up soccer game might be a passive leisure activity for one person, while for another person a soccer game can be very active and more serious. Anyone interested in reading more about the academic study of leisure can look-up Robert Stebbins and his research that started back in the 1970's.

From what I gather there isn't a right way or wrong way to balance serious and casual leisure. Even in the case of being busy or doing nothing, there is no special recipe of what is correct or an instruction book about how to achieve equilibrium. Ultimately all of us are different and what we choose to do with our free time is up to us. Looking back on

how our time was spent, and evaluating our levels of satisfaction is a personal judgment call. The most important thing is that we don't waste our time doing things that don't benefit us or that we don't enjoy.

### Increase Your Satisfaction

Be efficient with your free time. Just like money, it is also a scarce resource and shouldn't be wasted. You wouldn't spend \$1000 dollars on plane tickets you can get for \$500, so why would you spend time on something that doesn't bring you as much satisfaction as another activity?

Plan what you want to do and make time for the activities that benefit you the most. When do you access social media? How much time do you spend on it per day? Perhaps you spend too much time in front of the TV. There is nothing wrong with these things, but sometimes we fall into a habit of doing what is easy and not truly things we prefer doing or should be doing. Whether it's a scheduled "date night" with our spouse or "game night" with the whole family, when the time is reserved we can share in an experience with loved ones rather than gaze steely eyed into our cell phones, or read other people's Facebook posts. Planning our schedule not only stops us from wasting time, but it also gives us something to look forward to.

Having free time or leisure is not to be mistaken for being invariably pleasurable. Sometimes we feel the need to do things we



A family playing in water





Summer is the time to show off your body shape. So work on it!

don't like because of some external pressure. While planning might not solve every problem, it can certainly give us a reason to politely decline from participating in activities or events we don't enjoy. It's important to be able to say "no" and not accept doing things out of feelings of guilt or obligation, when you stop doing these less pleasurable things you will have more time for the things you do enjoy.

Tianjin: Where to Locally Spend Your Leisure

**FOR THE PEOPLE WORKING LONG HOURS, OR WORKING AND RAISING A FAMILY OR WHO ARE JUST GENERALLY OVERLY OCCUPIED, DOING ABSOLUTELY NOTHING CAN BE JUST WHAT THE DOCTOR ORDERED.**

The beauty of living in a foreign place like China is that just exploring can be a fun way to spend free time. Walking down a small street or visiting a different neighborhood can bring new surprises, and it's always rewarding to discover a new restaurant or tasty dish. Do you have a favorite la mian restaurant? While you might have found one close by your apartment that is convenient, sometimes eating this bowl of noodles in a new place can open your eyes to the fact that even a simple dish like la mian can be better or worse in different restaurants.

Tianjin is a great city for sampling the goodies from various small shops and different street food stalls. Although they aren't as easy to find as they used to be, random locations with street barbeque are a fun way to relax outside with friends and eat Chinese style barbeque while hydrating with a cold beer. Outdoor dining places can be found all over town. Some of the main places are the street behind Heping's Joy City, Min Yuan, Aocheng, and Italian Street. When money isn't an issue, dining outside behind the St. Regis Hotel offers a great backdrop as

well.

Once the novelty of exploring wears off and Tianjin is no longer new, there are still tons of things to do around town. The number of Western style restaurants has grown dramatically since I first came here more than four years ago. Gyms for working out are everywhere, and most activities we enjoyed back at home are also available for us here. Go see a movie on the IMAX screen. Compared to most places, the number of IMAX movie theatres in China is huge and the ticket price is very reasonable. Compared to the US, an IMAX ticket here is about five dollars cheaper. In Tianjin, their locations are numerous and easy to find.

Places for a great casual evening stroll are everywhere. The water park has wonderful views of a lit-up Tianta TV tower. Hai He's river walk is full of people and has different bridges and buildings that change with every winding turn. Behind the Galaxy Mall is a large lake and every evening there is a Vegas style water fountain show choreographed to orchestra style music. Wander to the other side of the park, and the vast flat well paved areas are full



Enjoy the cool oceanic world at Tianjin Haichang Polar World

of people inline skating or doing other fun activities. West of Bin Jiang Dao is a neighborhood with many old style buildings that are fun to look at while walking around. The list goes on, and if you have a favorite place to walk that we didn't mention, please drop us a line.

If you are into playing basketball, just go to the local university and both indoor and outdoor courts are full of players competing in pick-up games or just shooting around. While you won't find baseball, university campuses around town also have tennis and soccer. For those who prefer non sport activities for exercise, most gyms in addition to traditional work-out machines have a variety of classes from yoga to belly dancing. In my gym there is a spinning room with classes and on occasion they even bring in a live DJ to keep the energy alive as people sweat away.

Outside of Metropolitan Tianjin there are places to take day trips or spend a weekend. There is now a direct bus to the Jixian scenic area, and getting to the coast is quick and easy as well. Want to take some unique pictures, go near Yu Jia Pu station outside of TEDA and hit the streets with your camera. Tall buildings will serve as your background and the area is virtually free from cars and people. You can be the star in your personal "I am Legend" style shots. Check out Jin's story about the North Canal, and perhaps you might want to visit one of the serene and peaceful locations Robert visited during his ride.

How you choose to spend your leisure here is completely up to you. Be creative! Just as Harvey Danger lyrics directly stated, "If you're bored then you're boring!" Get out, have fun, meet people and enjoy the heck out of your free time! You could be back home living your ordinary and predictable life, but you're not. You're in Tianjin and there is a lot to see and experience. If you need a little help and encouragement, read the short list at the end of the article for some different ideas. Here are some of the various places around Tianjin worth visiting, and even might be ideal to for families with kids. Enjoy!

### Leisure Places in Tianjin

#### Tianjin Binhai Aircraft Themed Park

Take bus 462 from Tianjin Railway Station and it directly goes to the park.

Ticket: 220RMB

Hours: Monday to Friday: 09:00-17:30, Saturday and Sunday: 09:00-18:00

1. Adult: 220 RMB

2. Kid: 110 RMB

#### Tianjin Haichang Polar World

地址: 天津市滨海新区滨河南路响螺湾商务区61号(近海门大桥)

Add: 61 Xiangluowan Business Area, Binhe Nanlu, Binhai New Area (new Sea Gate Bridge)

Tel: (022)66227777

Ticket: adult 170RMB; kid 110RMB

Hours: 9:00-17:00

Dolphin Theatre schedule: 11:30; 15:30

Saturday & Sunday: 10:30; 13:00; 16:00

Take metro line 9 to Tanggu Station and transfer to bus 110/821

#### Happy Valley

欢乐谷主题乐园

Tickets: adult 180RMB; kids 120RMB

Transportation: Take bus 663 from Tianjin Railway Station and get off at Huanle Gu (欢乐谷)

Hours: 9am-9pm

#### Milifang Water World

米立方水世界

Transportation: bus 152, 652 and get off at Milifang (米立方)

Hours: 9am-9pm

Tickets: adult 160RMB; kids 60RMB

#### Feng Mang Indoor Rock Climbing

锋芒探险攀岩馆

Address: 5F, Hedong Sports Center, at the crossing of Jintang Lu and Dazhigu Xi Lu, Hedong District

Take bus: 608\642\656\665\676\856 905\962 and get off at He Dong

Ti Yu Chang (河东体育场)

Cost: 70RMB with no time limit

#### Tianjin Kingkey Golf Club

天津京冀高尔夫球俱乐部

Area: 1,000,000m2, 18 fairways, 27 pars

Add: North of Jin Gang Express Way,



Balitai Town, Jinnan District, Tianjin  
Tel: 022-58830666  
Price: for 18 holes: visitors 1160RMB  
(weekdays), 1460RMB (holidays)  
Members ranging from 460RMB to  
1160RMB  
All including greens, caddies, cart, locker

### Tianjin Fortune Lake Golf Club

天津松江团泊湖高尔夫球会  
Two 18-hole golf courses,  
standard golf ranges  
Price: for 18 holes: visitor 700RMB  
(weekdays), 1000RMB (holidays)  
Members 260RMB  
Members' guest 560RMB  
Including greens, caddies, facilities  
and carts; membership price  
doesn't include cart fee  
Add: Tuanbo Lake, Jinghai District, Tianjin  
Tel: 022-68505299

### Xuanguang Shisu Go-Kart Club

炫光时速卡丁车俱乐部  
Add: B1, Ling Ao Creative Industrial Park,  
Lingbin Lu, Nankai District  
地址: 凌滨路凌奥创意产业园内地下  
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## 学会享受人生

夏天终于到了! 今年的夏至是在6月21日, 但是离这个日子还有一个月的时间我们已经每天汗流浹背了, 谁敢说这不是夏天? 每到夏天来临, 人们就开始盘算暑假应该去哪, 也会常常想起小时候和兄弟姐妹在车后座上打闹。夏天总要做一些夏天必须做的事情, 比如游泳、吃冰激凌。总之, 夏天就是一个放松身心的季节。

但是在当今社会, 想要完全放松身心享受生活并不很容易, 很多人都被工作缠身, 几乎没有个人的时间。就像那句话说的“你是为工作而生还是为生存才工作?” 理想的状态当然是有一份安身立命的工作, 同时能有时间享受生活。获得工作与生活之间的平衡是需要技巧的。

首先, 你要考量你在职场中的状态。有些人现在没日没夜的工作是为了以后能早点退休; 有些人每周多工作10小时, 得到的加班工资税后每小时还不到10美元; 对于有家庭的人来说, 与孩子相处的时间永远不能再找回, 所以这些加班费是得不偿失的; 而对于初入职场的新人来说, 钱不是最重要的, 积累经验才重要。每个人情况都不同, 所以还是要自己来盘算。

其次, 要在生活和工作之间划清界限。要学会对工作说“不”, 正常工作时间内没有完成的工作不妨留到第二天。在法国和德国, 老板不允许在下班后给雇员发邮件。既然你没有生活在这两个国家, 那就要由你自己来划这条线。

第三, 保证工作效率。良好的工作效率能让你有更多的自由时间, 充分利用自由时间也对你有好处。美国一档创业节目的常胜将军Stephan Aarstol在自己的公司里推行5小时工作日的政策, 而薪水

保持不变, 这就是建立在超高工作效率的基础上, 在5小时里完成8小时的工作。

我奶奶总是说“人忙起来才开心”, 我以前从来都没理解这句话的意义。我从来没看到她闲下来过, 洗衣服、做饭、组织活动, 但她的脸上总是挂着笑容。在她退休以后本应该闲下来的时候, 她想尽办法让自己有事可做。

这当然不是说在泳池边躺一整天什么都不做是件坏事。医生总是会建议那些长期超负荷工作, 承受巨大压力的人放空自己, 什么都别做。但是对于本来就无事可做的人来说, 不给她事情做就是一种折磨, 对大多数人来说, 什么都不做太无聊了。

下面我们来说说如何休闲。休闲活动有积极的也有被动的, 根据科学家的研究, 被动休闲方式是指不用思考或努力就能满足休闲需求的活动, 比如在泳池边放空、看书或看电视, 这些活动持续时间短, 能带来短暂的愉悦。

积极休闲更多指的是爱好类, 需要有一定的毅力, 要不断学习和这个爱好有关的知识和技能, 能给自己带来特殊的益处, 有自己的圈子, 能为自己带来不同凡响的社会身份。

即便是自由时间也要讲求效率, 为什么不在这段时间给你带来最大的满足感呢? 首先要知道自己想做什么, 然后为这项活动安排充裕的时间。你可以想想, 每天有多少时间都是在漫无目的地刷朋友圈中度过的? 有多长时间是在电视机前度过的? 这两件事没有错, 但我们总是习惯于做这种不用动脑筋, 但又不是真正想做的事。我们把自己想做的事情计划出来, 就有理由推掉那些自己不想参加的活动了, 这不失为一个积极的办法。

生活在中国最好玩的一个地方就是仅仅是探索就会是一种很好的消遣。在一条无名小路上走一走, 去一个陌生的社区逛一逛, 你有可能遇到很多惊喜。如果你已经去过太多奥城、民园和意式风情街, 天津还有很多有意思的地方等待和你不期而遇。

健身房、电影院在天津都能找到最先进的设施和场所, 看一场IMAX电影的票价要比美国便宜得多。

能在夏天的傍晚出去散步也是非常惬意的事情。天塔湖周边、海河沿岸的美丽景色每天都吸引着很多市民散步。银河广场后面有一大片人工湖, 每逢重要的日子还会有喷泉表演。旁边的一大块空地上每天都有很多人滑旱冰或进行其他体育活动。

体育爱好者也能找到挥洒汗水的地方。大学校园里足球、篮球等场地和器材齐全, 而且面向大众开放。各健身房不但有常规运动器械, 还有各种有氧类或舞蹈课程, 一定有适合你的项目。

在市区之外, 也有很多地方适合假日休闲。天津有山、有河还有海, 这是非常独特的地理优势, 也为市民提供了各种游览的可能。只要你花一点心思, 你就会度过一个快乐悠闲的夏天。



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• Cold-chain logistics

• Household goods moving

• Exhibition

• Africa Line

• Domestic logistics & distribution

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C+ 中寶易佳



# SURVIVAL LEVEL CHINESE AND KWADWO'S ROLE AS A YOUTUBE VLOGGER

by Sam Ward

Kwadwo in his elementarychinese.com video

Language barriers are awesome, especially when mistakes are made! Hands move creatively in an attempt to convey meaning where words cannot, facial expressions take dark turns or eyes become glazed over, and occasionally tempers flare. It's hard not to laugh when you see it happen on TV, witness it as a third party, or hear somebody else's story. Put yourself in a situation with language barrier related complications, and suddenly the humor of any situation disappears and is replaced by a level of frustration that can grow exponentially.

For international travelers and expats, China presents a whole new world of communication challenges. While there certainly are a growing number of Chinese people able to speak English, aside from certain areas around big cities, English is almost completely useless. A foreigner without any Chinese speaking ability is very dependent upon others' help for everyday situations. The smallest errand or task that is taken for granted in a home country, becomes a real endeavor in China requiring greater

consideration, time and effort. A Language barrier is the primary reason for this added trouble.

In China, many young enthusiastic exchange students are able to attend school full time and break through this barrier at a quicker rate, but many foreigners aren't afforded the same luxury. Whether a full time job occupies the majority of a China based expat's schedule, or someone is simply visiting for a vacation, time is a scarce resource and breaking through the language barrier doesn't happen quite as quickly. This doesn't mean all hope is lost, and for most people a modest command of a few crucial words and phrases is enough to make time in China a little easier and more enjoyable.

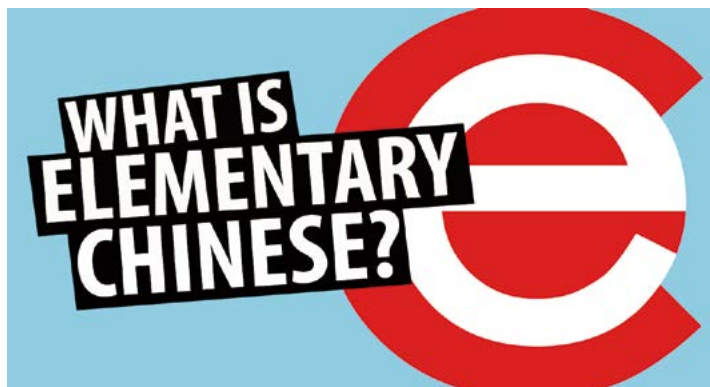
Elementarychinese.com was founded by Kwadwo Sampany-Kessie to fill this need and help give expats the language tools they need to survive day to day life in China. The topics available are chosen based upon practicality and usefulness, but the presentation and style of delivery are fun, refreshing, and entertaining. Every week a new topic comes out in the form of a website blog along with a short video on

Youtube. After spending a few minutes on Kwadwo's Youtube channel, users can learn how to order street food, take a taxi, or even get useful tips about how to maximize their studying results.

According to Kwadwo (pronounced Quayjo), some people's needs are already covered by big software programs like Rosetta Stone or Berlitz. Other serious learners also attend language courses. For him, it didn't make sense to compete in those markets. He also wanted to cater towards a beginner level audience. What became apparent was an exciting opportunity to help ordinary people with survival Chinese.

His Youtube videos are fun! The music and opening sequence energize the mood, and the video following is a combination of a real life conversational exchange and convenient pauses to highlight the important Chinese words and phrases being taught. At about three to four minutes in length, each video is quick, direct, and doesn't waste any time. This is a purposeful strategy that has been carefully orchestrated. People studying language tend to suffer from drifting minds,





and attention span directly impacts an ability to learn and retain new words. "I shortened my introduction to only a few seconds because the ten second introduction was losing viewers" said Kwadwo. Further evidence that no time is idle and viewers are hooked, entertained, and educated from the start to finish of each video.

Contrary to the short time it takes to watch one of his videos, the production and editing take hours. From splicing videos together or adding text, there is a lot involved. The style of text popping up all over the screen is eye catching and a video effect not available with all software. Since not even the standard bearer Final Cut Pro can accomplish this, Kwadwo uses Screenflow which is a popular software among vloggers. Add in the special microphone, well tailored logo created by the help of a friend, and the final result is very professional.

The road to becoming a Youtube vlogger focused upon educating people with basic Chinese, is a story that has a beginning from a long time ago. As with most great stories, it all began with a girl. When Kwadwo was a student of linguistics at the University of Washington, he took advantage of the opportunity to study abroad and went to spend a semester in France (Yes, he speaks French too). In a country renown for romance Kwadwo found himself on a date that would change his life. "We only went on that one date" he recalled, "but I remember she told me about some guy she used to date and how she bragged that he was able to speak three languages: English, French, and Chinese." The Chinese, he thought, was the key ingredient that made her eyes twinkle like so.

When he returned to Washington and needed to prepare his semester's schedule, most classes were already full. As luck would have it, there were still some seats for

Mandarin Chinese and so his journey began. Kwadwo really got into it and was fascinated with the language, so when he had the chance to study abroad again, but this time in China, he signed up to do it for a year. Ironically he didn't make it the whole year though, as his University was worried about health, safety, and liability. SARS was making its way around Southern China and before his program came to an end, Kwadwo was forced to return home. That didn't stop him from returning though and since his first stint up until today, Kwadwo has lived off and on in various cities around China. Today he resides in Tianjin and teaches at an international school.

Just as the idea of learning Chinese started with a girl, the idea of his Youtube channel and website was inspired by a girl as well. "I love my wife!" He exclaims "She is my best friend and I enjoy every second I spend with her." At his previous job, Kwadwo and his wife shared the same schedule and could spend all of their time together. These days however, his wife stays home to raise their daughter, and he must leave to go to work. This is something he would like to change, and he aims to spend more time with his family. In an effort to accomplish this goal, Kwadwo sees financial independence as the answer.

"I see these young people on Youtube with so many subscribers and they make a real income doing what they love. It made me wonder why I can't discover the intersection of pursuing my passion and helping others too!"

**AT ABOUT THREE TO FOUR MINUTES IN LENGTH, EACH VIDEO IS QUICK, DIRECT, AND DOESN'T WASTE ANY TIME.**

For Kwadwo, generating a second income outside of a standard salary will allow him to have more time with his family. As he develops his brand Elementary Chinese to help achieve this goal, the rest of us can benefit from his videos if not just be completely entertained. If you happen to watch one of his videos and enjoy it, don't forget to hit the like button and subscribe. Good good study, day day up!

## 美国网红教你短小精悍的实用中文

语言障碍真是个奇妙的事情。作为旁观者，我们经常被两个鸡同鸭讲的人逗得前仰后合，但同样的事情发生在自己身上就一点也不好笑了，只有窘迫和尴尬。

在中国，你会遇到各种各样想象不到的交流难题。虽然会说英文的中国人越来越多，但出了大城市或特定圈子，你的英语完全没有用武之地，哪怕以前最简单的一件小事你也要绞尽脑汁想办法让对方明白。

很多外国人不能像留学生一样把全部时间投入到汉语学习中，他们要么忙于工作，要么只是来短期度假，不会有很多时间专门用于学中文。但这不代表永远没有希望，能掌握一些简单实用的短语和词组就能让你在中国的生活轻松很多。

Kwadwo来自美国，他创建了Elementarychinese.com自媒体频道，专门帮助外国人学习简单的中文对话。Kwadwo选取生活中最实用的对话情景，寓教于乐，通过Youtube这个平台，粉丝们能够学到如何买路边小吃、如何乘坐出租车这样的简单汉语。

Kwadwo的教学视频是当前非常流行的微视频风格，镜头的剪辑和音乐、字幕等特效都很炫酷，每期只有三四分钟，简单明了，没有任何一秒的浪费。Kwadwo显然是做过一些研究的，他说：“学习语言的时候，人们容易走神，所以首先视频的时间不能太长，其次视频的每一秒都能够紧紧抓住观众的注意力。”

虽然只有短短的几分钟，制作视频的时间则要用小时来计算，镜头剪辑、添加字幕等都是Kwadwo自己完成。

为什么Kwadwo能如此熟练地掌握中文并且还能制作教学视频呢？这全部是来自于一个姑娘的鼓励（或刺激）。Kwadwo曾经在法国学习，在这个浪漫的国度，他邂逅了一位姑娘，他们只约会过一次，而这仅有的一次就改变了他的一生。那个姑娘谈到以前的一个男朋友，能说三种语言，其中就包括中文，那眼神中带着无限崇拜，就是这个眼神让Kwadwo决定要攻下中文。

回到美国Kwadwo立刻报了中文课，而他也确实对中文着了迷，而且选择来到中国学习。但那一年正是非典肆虐的时候，他没能完成1年的学习。时隔多年之后，Kwadwo还是回到了中国，并且在很多城市生活过，目前他在天津的一所国际学校当老师。

至于在Youtube上开频道做网红这件事，也是由一个姑娘而起，那人就是他的太太。Kwadwo非常爱他的太太，他们非常有共同语言，总是有聊不完的话题。在女儿出生后，太太不得不辞去工作在家里带孩子，Kwadwo希望能通过自媒体经营获得一些收入，这样可以多花些时间陪家人。如果你也喜欢Kwadwo的视频，认为对你有帮助，那就不要吝啬给他点个赞吧！

# THE WECHAT TAKEOVER

by **Carmen King**



Wechat has taken over in China

**A**sk anyone about doing business in China and the word "relationship" a.k.a. "关系" (guānxi) will be stressed. That said, how can technology be utilized to manage and maximize those Chinese relationships? Again, anyone who knows anything about China will probably say "WeChat" a.k.a. "微信" (wēixin) is indispensable. Yet it wasn't all that long ago that there was no WeChat. The previously "indispensable" technology tool was QQ. How exactly did WeChat takeover? With the help of a WeChat subject matter expert named Matthew Brennan (a.k.a. MB) of China Channel (<http://chinachannel.co/>), who also happens to be an expat living in Shenzhen, we are going to try to figure that out. Many thanks to Matthew for accepting a JIN interview and sharing some of the most informative, up to date data available on WeChat.

## The Company behind WeChat

The irony of this technology takeover is that QQ and WeChat are produced by the same company, Tencent (腾讯 téngxùn). Tencent.com states the company was "founded in November, 1998." The site lists Ma Huateng a.k.a. Pony Ma as the

Co-Founder/CEO with a BA in Computer Science from Shenzhen University. Wikipedia.com reports HQ is in Shenzhen's Nanshan District. Yet, MB succinctly stated: "Tencent is the most important company in the world that no one in the West has heard of." He added, Tencent is slightly larger in terms of market cap when compared with the far more notorious Alibaba. He clarified that Pony Ma and Jack Ma are not related. Despite Tencent being the world's largest gaming company, dominating social communication and payment processing (e.g. Tencent is far larger than PayPal), generally speaking they shun publicity. It simply isn't their style. Instead MB describes them as heads down, very techy, even geeky. The company "Roadmap" as displayed at [tencent.com](http://tencent.com) puts QQ as having been launched in February of 1999, whereas WeChat didn't debut until January of 2011. Despite the far later launch, MB sees WeChat as one of the most disruptive technology tools in China. He is constantly tracking the WeChat takeover. As part of this effort, on April 24, 2017 Matthew released an amazing breakdown (Available at WeChat ID: China-Channel) of the new WeChat user report. The data is compelling. In what ways has WeChat taken over in China?

## Communication

In terms of communication in China, a huge amount of it is going on via WeChat. This includes text, voice, video (chat), and media (i.e. Photo, audio, video). Matthew's data as shared from Tencent shows "WeChat 898 million] surpassed QQ [868 million] users for the 1st time ever in Q4 of 2016!" Perhaps the most amazing aspect of the user count comparison is the trend. QQ has been bobbing up and down in the 800 million users range for years. Yet during the same 4 years, WeChat has aggressively acquired users going from 194 million to the recent peak of 898 million. The data also reveals that time spent in WeChat is rapidly increasing.

## Payment

WeChat has taken over payment processing in China. WeChat can be linked with a card issued by a Chinese bank. (It currently does not support cards issued outside of China.) This is wonderful for shopping within China, be it a brick and mortar store or online. For example, places like 7-11 will accept payment via WeChat. After linking a bank card, open WeChat and click the plus sign in the top right corner. The fourth option is "Money" (收付款shōu fù kuǎn), tap that. Then enter a pattern



password for payments. (This is an added layer of security available in the app and it is highly recommended to activate this feature.) After entering the pattern password a QR code will be displayed. Simply show this to the cashier who will then scan it, and payment is made. Goodbye dirty bills, heavy coins and cashiers throwing a hissy fit over giving change.

After the QR code has been generated, note there are a few additional interesting options. Below the QR code is a link to "Change", click on that to change the primary payment method. Typically there are at least two options to choose from. One is "Balance" a.k.a. "零钱 língqián" which is money actually being "stored" in the user's WeChat account itself. Second is the bank card(s) which have been linked. Toggle between these two options as needed. The next option is at the bottom of the QR code called "Receive Money". Tap on that and another QR Code will be created. This is super useful as it allows a user to get payment "without being friends" with the payee.

Other payment features include gifting money to others, this is the infamous "red envelope" in digital form. WeChat accounts can also be linked with Jingdong and other online retailers. This means when checking out with the 3rd party, it will list WeChat as a payment option. All this makes WeChat in many cases the preferred method of payment in China. The stats don't lie. MB's user report post proves the WeChat payment takeover: "WeChat pay is used by 93% of those surveyed for offline purchases in tier 1&2 cities in China." And "44.5% of users

claimed not carrying cash was a reason to use WeChat pay."

The payment features of WeChat have completely changed commerce in China. After all, a trip to other countries where WeChat is virtually "unknown" will quickly reveal how convenient, disruptive, and widespread WeChat payment has become in China. MB sees China moving towards a cashless society. He can see within 3 years there being huge problems for tourists coming into China because no vendor will take cash anymore and may not accept foreign credit cards. It will be either pay by WeChat or go home empty handed.

### Mini Programs

WeChat's takeover includes being able to build in-app mini programs (小程序 xiǎo chéngxù). MB shared that some may mistakenly think WeChat mini-programs will simply be lightweight versions of an existing program, which they aren't. In actuality they are fully functional programs in themselves, with the caveat that they must run within the WeChat app. Based on MB's assessment, the two best mini programs at current are those by Mobike and McDonald's with the key being dramatically reduced friction associated with new user adoption. In the traditional "app" model, users wasted precious mobile data and time in downloading. App size was yet another barrier for all those possessing a space strained 16 GB device. New user registration also meant annoying and redundant data entry and yet another username and password. With mini programs that's all history. How powerful is this change? MB referenced Mobike's claim of new users doubling overnight after releasing the WeChat mini program. The McDonald's story is just as exciting. Customers can in mere moments install the mini program which consumes a negligible amount of data to download and device storage capacity. Registration is a breeze, as it already knows the phone number due to being a WeChat user. In seconds the rewards account is setup and it runs in the background. Anytime WeChat is used to pay at McD's points are automatically accrued.

As WeChat nears one billion users, unquestionably it is the leading technology tool for communication, payment and mini programs in China. What's next? MB sees a day when WeChat isn't an app but an OS

itself. Of course success isn't without its challenges, as just recently on May 6th MB announced via ChCh that WeChat is no longer accessible in Russia. Thus while WeChat has taken over in China, worldwide dominance appears elusive.



## 微信时代，全面到来

中国人做生意讲究“关系”二字。因此，如何经营且最大化的维持彼此关系也就显得尤为重要。想了解中国，那你一定得从认识“微信”这道关卡开始。多年以前，在那个没有微信的年代，我们的主要聊天软件就是QQ，而今天究竟是什么原因让微信逐步取代了QQ，转而成为我们的主流媒介呢？感谢马修·布伦南——微信专家，接受《今日天津》杂志的采访，和我们分享微信的相关数据内容以及为我们解惑答疑。

腾讯公司成立于1998年，最早由马化腾等人共同创办。采访过程中，MB一直强调：“腾讯是世界上最重要的公司，可是西方人对它却鲜少了解。和著名的阿里巴巴相比，腾讯的市场占比还会更大一些。”尽管腾讯是世界上最大的游戏公司，占领社交和支付领域的一席之地，但它们却回避任何广告营销。QQ是在1999年发布的，而微信却是在这两年后才发布上市，然而在2017年4月24日的一份报告上显示，微信用户的人群，数量已经大得颇为惊人。微信用户群数量第一次超过QQ是在2016年的第四季度，并且这样的数据差还在持续加大。究竟是什么力量促使微信发展如此迅猛？

微信支付或许是另一个吸引粉丝的法宝。微信支付通过绑定中国发放的银行卡，可以为用户提供更加便捷的支付方式。点击收付款或者让收银员扫一扫你的付款二维码都可以简单轻松完成支付。MB的用户报告表明，一二线城市中有近93%的用户会选择微信付款方式，而44.5%的用户选择不携带现金是因为他们会选择微信支付。

微信支付完全改变了中国电子商务的格局。MB也预言，未来三年内，来中国旅游的游客将会面临很大的支付问题，因为没有哪个商家还会愿意携带现金出门，当然他们更不可能接受外币信用卡，所以对于游客而言，你要么使用微信支付，要么你就得接受空手而归的尴尬。

小程序，一个微信时代的又一新鲜产物。MB解释说，很多人可能会误以为小程序就是一些大程序的简易版，这样的想法实则不对。小程序也有功能性，它的研发解决了手机内存不足、流量不够、新用户注册所带来的烦恼，为各类使用人群都提供了更加便捷的服务享受。

随着用户数据逼近十亿，毫无疑问微信是世界上领先的社交工具。MB也相信终有一天，微信将不再作为一个程序，而以一个独立的系统存在于人们身边。当然，成功的路上也会面临各种挑战，当微信统领中国，世界的格局似乎似乎更加难以捉摸。

**MB SHARED THAT SOME MAY MISTAKENLY THINK WECHAT MINI-PROGRAMS WILL SIMPLY BE LIGHTWEIGHT VERSIONS OF AN EXISTING PROGRAM, WHICH THEY AREN'T. IN ACTUALITY THEY ARE FULLY FUNCTIONAL PROGRAMS IN THEMSELVES, WITH THE CAVEAT THAT THEY MUST RUN WITHIN THE WECHAT APP.**

## Past events

### AmCham China, Tianjin Delivered 2017 White Paper to Tianjin Vice Mayor and hosted Tianjin Government Appreciation Dinner (May 15, 2017, St. Regis Hotel)

On Monday, May 15th, AmCham China, Tianjin hosted Vice Mayor Zhao Haishan at the St. Regis Hotel for a discussion with AmCham member companies about how current levels of engagement and support can be strengthened between the local government and American businesses operating in Tianjin. The AmCham delegation was headed by William Zarit and Alan Beebe, Chairman and President of AmCham China respectively. During the dialogue, Mr. Zarit presented Vice Mayor Zhao with AmCham's 2017 White Paper, which gives a sector-by-sector analysis of the business environment and challenges American businesses face operating in China. It is important to note that the meeting between the two delegations went well beyond discussing challenges and policy recommendations. Equally important to AmCham was the opportunity to express its sincere gratitude to the local government for its continued support in making Tianjin one of the

friendliest places for American businesses in China.

One of the goals of this event was to highlight the growing importance of the aviation industry in Tianjin. To that end, AmCham China, Tianjin Executive Committee Member Michael Hart invited a panel of industry leaders to give their insight into the aviation industry in Tianjin, as well as highlight the growth of the Tianjin Airport Economic Area (TAEA). The panel included Zhao Xuesen, Vice Mayor of TAEA, Lanny Schindelmeiser, General Manager of Bombardier, Scott Watson, General Manager of ACCEL, Rocky Zhang, Vice President of Textron, and Geoffrey Jackson, Executive Director of ACP. The esteemed panel was clearly very knowledgeable, however each panelist kept an approachable tone that made highly technical content palatable for the average listener. Of particular interest was a fact shared by TAEA Vice Mayor Zhao, who not only highlighted the fact that Tianjin

has fared far better than other cities enduring the economic slowdown, but also that TAEA alone has accounted for at least 10% Tianjin's overall GDP growth, and 20% of the GDP growth within the Binhai area.

Attendees to this event were able to get a firsthand look of the Tianjin Airport Economic area earlier in the morning with a behind-the-scenes tour of both Bombardier's and General Electric's facilities. While at Bombardier, guests were able to visit the hangar site where Bombardier builds its luxury private jets such as the Challenger and Global. In addition, guests were surprised to learn that Bombardier is essentially a family owned business that has grown to have global reach. At General Electric attendees were also given a firsthand look at the work that goes into preparing parts for dams and solar turbines.

The event was capstoned by an evening dinner banquet with where Mr. Zarit, and TEDA Vice Mayor Zhao both represented their respective

delegations in expressing mutual gratitude for the exchange of ideas. In addition, U.S. embassy representative, Thomas Leiby, expressed his hope for the continued improvement of U.S.-China relations.

The success of the government appreciation dinner would not have been possible without the support of its sponsors. AmCham would like to take this opportunity to thank PPG Aerospace, Schneider Logistics, Bombardier-Tianjin, JLL, BorgWarner, Tianjin United Family Hospital, and Asia Clean Capital who each sponsored the Government Appreciation Dinner.

This event represents AmCham China Tianjin's most important advocacy event of the year, and its success is a measure of AmCham's dedication to creating a welcoming environment for all American business operating in Tianjin.

For more information regarding this or future events, please check out the official AmCham webpage ([www.amchamchina.org](http://www.amchamchina.org)) for more.



## Upcoming Events

**Joint Chamber After Work Summer Mixer** 6:30-10:00 PM, Friday, June 9 – Rooftop of Qing Wang Fu

**Tianjin Monthly Executive Breakfast Briefing** 7:15-9:00 AM, Thursday, June 15 – Renaissance Tianjin Lakeview Hotel

**16th Annual Charity Golf Tournament and US Independence Day Celebration**

10:00 AM - 9:00 PM, Saturday, July 1 – Tianjin Kingkey Golf Club and the Ritz-Carlton, Tianjin



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

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Website: [www.amchamchina.org](http://www.amchamchina.org)



## 2017(sixth) China Human Resources Service Industry Conference and Training & Development Forum Were Completed Successfully



On May 18th, 2017(sixth) China Human Resources Service Industry Conference and Training & Development Forum, one of the annual grand conferences featured with the highest level, the most participants and the highest quality, were held ceremoniously in Tianjin. Against the current background of economic transition, human resources industry has played a very important role in helping to improve the enterprises' efficiency and it is a future economic growth point with the development potential to create GDP of trillions. This conference has invited more than 30 leaders in governmental competent authorities, university experts, industry leaders and enterprises' top managers to deliver some wonderful speeches, focusing on the development opportunities of human resources industry in the integrated and collaborative development of Beijing, Tianjin and Hebei and the role played by human resources industry in economic transition and surrounding three topics—"HR innovation technology, leadership development and employee relationship change"—to make deep discussions. This conference has attracted thousands of enterprises' senior executives and HR managers from global top 500 enterprises, large state-owned enterprises and famous private enterprises in Beijing, Tianjin, Hebei, Shanghai, Guangzhou, Hong Kong, Shenzhen and many other places, showing the leading position of Tianjin in human resources industry and playing an important part in attracting high-quality human resources services for the integrated and collaborative development of Beijing, Tianjin and Hebei.

The exhibition held at the same time has also attracted almost 100 human resources service institutions from Beijing, Shanghai, Hebei, Shenzhen and Tianjin to take part in it. These service institutions have showed new products and new technologies, matched the demands of enterprises directly in this exhibition and had a lot of cooperation intensions with enterprises. Professional forum and this exhibition help both suppliers and demanders to gain the greatest achievement with the lowest investment and play a positive role in promoting the benign competition and healthy development of human resources industry.

One highlight of this conference is the annual summit of HRCLUB's private advisory board. As the first domestic high-level think-tank which focuses on the role played by human resources management in enterprises' strategic development, it only opens for 100 senior executives from equity companies. In its two-year history, HRCLUB private advisory board has held many activities, gained the recognition of many domestic and overseas senior executives and become a think-tank where senior executives in equity companies can share management experiences and discuss the management difficulties.

This conference was jointly held by HRCLUB and Tianjin-Heping industrial parks of human resources service. We are grateful for the supports provided by many units, media as well as sponsors. It has been six years since HRCLUB initiated China Human Resources Service Industry conference, which always discusses the hot issues and devotes to promoting the healthy development of this industry. It has become one of the most praised brand

exhibition activities in the industry. The host, HRCLUB was founded in 1994 and it is a professional human resources platform cross Beijing, Tianjin and Hebei. Up to 2016, it has contained 1,000 member enterprises with more than 10,000 HR managers and senior executives and organizes over 100 member activities each year. Owned by HRCLUB, the most influential regional professional human resources platform, Easy Job, Shared Ministry of Personnel, Big Data Application Center, Elite Magazine and HRCLUB Private Advisory Board have become the industry benchmarks.



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



European Chamber  
中国欧盟商会

# EUROPEAN CHAMBER IN TIANJIN

## WeChat Marketing Training - Release the Power of WeChat Marketing

April 21st, 2017

WeChat, among those popular social media nowadays, has become a preferable choice for most of the marketers. It is interactive, quick and with lower cost. The European Chamber Tianjin Chapter invited experts from within Tencent to interpret the WeChat marketing from more varied angle and to help companies to achieve a more satisfactory goal in branding or promoting products and services.



## 2017 EUCCC Tianjin Chapter Board Election and China Manufacturing 2025 Launch April 24th, 2017

The European Chamber Tianjin Chapter held the annual Board Election on April 24th, 2017. The newly elected board comprises one Chair, one Vice-Chair and three board members who will serve a two-year term. European Chamber President Jörg Wuttke also took this opportunity to share with Tianjin members the major report released by The European Chamber recently – China Manufacturing 2025: Putting Industrial Policy Ahead of Market Forces which examines the effects that the China Manufacturing 2025 (CM2025) industrial policy initiative is having on China's domestic economy and on its international relations.

## Visit to Nangang Industrial Zone and its Leading Danish Company "Topsøe Catalyst"

May 18th, 2017

The European Chamber Tianjin Chapter brought members to Haldor Topsøe for factory visit this time in May. Haldor Topsøe is a Danish company specialises in production of catalysts and design of catalytic process plants and has always been in the leading role within its industry. Government officials from TEDA-Nangang Industrial Zone were also invited to share the future plans for the area with the participants.



## Upcoming Events

**June 8th, 2017** >> 2017 Business Confidence Survey Launch and Mid-year Cocktail Reception

**June 16th, 2017** >> Factory Tour – A Visit to Novozymes Biotechnology Ltd

**June 17th, 2017** >> European Chamber 2017 Badminton Tournament

**June 23rd, 2017** >> F&T Discussion Forum - Attention Points of New China Accounting Standards on Income and Operating Leasing

## Sponsorship Opportunities Available for Following Events

>> **European Chamber Annual Business Gala Dinner 2017** Forthcoming in October

\* Sponsorship opportunity available, please contact Ms. Lorraine Zhang by 022-5830 7608 for more.

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

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

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## Past events

### Special Event

#### - Day of Logistics 2017: Visit of SEW-Eurodrive (Tianjin) Co. Ltd.

27.04.2017

As one of the annual highlight events of German Chamber of Commerce, "Day of Logistics" has now come to its 10th. year in 2017. This time, the German Chamber of Commerce, in cooperation with BVL Beijing Chapter, invited their participants to an informative factory tour in SEW-Eurodrive (Tianjin) Co. Ltd. on April 27th.

The event officially started with the opening speeches from Ms. Jean Wang, Chairperson of BVL Regional Group Beijing, and Ms. Doris Hohmann, Regional Manager Tianjin of the German Chamber of Commerce - North China. Following the speeches, both Deputy General Managers of SEW - Eurodrive, Mr. Huafeng Yang and Mr. Weihua Ren also extended their warm welcome to the guests along with a detailed company introduction and an in-depth presentation about smart logistics and intelligent transportation technology at SEW.

Before the factory tour started, Ms. Jelly Wang, Deputy Project Director of Hannover Milano Fairs Shanghai delivered an informative presentation on the topic of "Smart Logistic- Future is coming", which was followed by a quick visit at the Electronic Products Exhibition Centre and later at the Manufacturing Centre. More than 30 logistic professionals participated in the event, which aimed to help companies to optimize processes, reduce costs, and establish an effective supply chain management.



### Special Event - German Night in Tianjin 2017

13.05.2017

On May 13, 2017 the German Chamber of Commerce invited to the German Night in Tianjin at the Bavaria Beer Keller (Italian Town). The German Night is the major social event for the German Community and everyone interested in German culture and already took place for the 6th. time in Tianjin. About 80 participants enjoyed the casual evening in a typical German atmosphere with German buffet, beer and lucky draw.

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



## Upcoming Events

**June 9, 2017, 19:00 - 22:00:** Special Event - Summer Mixer Night, Rooftop Bar @ Qing Wang Fu

**June 15, 2017, 07:30 - 09:30:** Breakfast Seminar - Financial Management for German SME in China, The Ritz-Carlton Tianjin

**June 28, 2017, 19:00 - 22:00:** Kammerstammtisch Tianjin, Bavaria Beer Keller (Italian Town)

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

Tel./Fax: +86 22 8787 9249

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



The open working space on 7F

# Prime Property on Flexible Terms via Herac

by **Carmen King**

**E**ntrepreneurs in Tianjin yearn to find prime property available for lease on flexible terms. JIN is excited to share what may be an ideal solution not only for resolving real estate related trouble, but also financial, technical, and marketing. It is Herac.

What is Herac? Herac International Business Center offers high end, fully furnished, contemporary office space in a shared environment. This means, instead of being forced to rent an entire facility and face costly renovations, business owners can now conveniently lease a private office or open workspace inside Herac.

Herac can not only resolve a corporation's requirement for real estate but also facilitate the company becoming a member of a elite-business community, unlocking networking opportunities, skilled staff recruitment, and even obtaining additional capital investment. Members are also granted access to other Herac properties when traveling to other cities, thus alleviating the need to rent additional remote facilities.

Herac offers over 500 leasable spaces spanning floors 7 and 8 of the Tianjin International Financial Center (IFC). IFC is located at the intersection of Nanjing Road and Binjiang Dao in the Heping district. Subway lines 1 and 3 intersect there making

the Tianjin Train Station about 10 minutes away, after which Beijing can be reached via a 30-minute bullet train. The 7th floor features styling suitable for those engaged in new-media and web-based education. The 8th floor has been designed for those in the financial industry.

What makes Herac great? They make the otherwise unavailable available. Generally speaking, the average company could not afford to rent such high-end, prime location property in Tianjin. Thanks to Herac's ingenious open-office, shared work environment, numerous companies can now enjoy the advantages associated with working at the Tianjin IFC without the usual capital constraints.

Furthermore, the Herac shared environment becomes a huge networking

opportunity in itself. Instead of being isolated within a private office unit, whereby a certain company's employees only associate with themselves, entrepreneurs are able to commingle with other like-minded leaders and emerging enterprises whereby merely showing up at the "office" creates cross-marketing opportunities. Herac also provides clients with numerous support services. These include the following areas: Human Resources, Legal, Accounting, Tax, Department of Commerce, and Patents.

Additional onsite Herac amenities include access to small and large conference rooms, a multi-media presentation room, a coffee bar, private entertainment rooms, a shared reception area, a copy center, a tea room, and workout area.

What are the lease terms and rates? A private office ranges from 6,000-60,000 RMB/month. Open-workspaces are available for 700 RMB/week. As per client need, contracted space can be easily expanded at anytime. Spaces can be leased on a weekly, monthly, quarterly or annual basis. The longest lease term available is one year. Current promotions include: 1) Free coffee and tea for tenants; 2) 1 month free for a 6 month lease; 3) 2 months free for a 1 year lease.

## 海瑞格打造灵活、 高端和舒适的办公空间

Herac海瑞格国际商务中心位于天津国际金融中心大厦7-8层，有封闭式和开放式办公工位共500多个，以及大小会议室、培训室、路演厅、咖啡厅、会客茶室、共享前台、文印、茶水间、健身区域等。

海瑞格打造的是“高端舒适型商务中心”，主要面向国内/国际大型企事业单位驻津办事机构，以及天津区域有一定成功基础的创业团队，发展成熟稳定、高能高产的中小型企业，为这类机构、团队和企业提供舒适的、资源共享的办公场所，满足其办公、共享、社交和交流的需要，同时满足部分有一定能力和规模的中小型企业加速发展的需要。



The high-end meeting room on 8F



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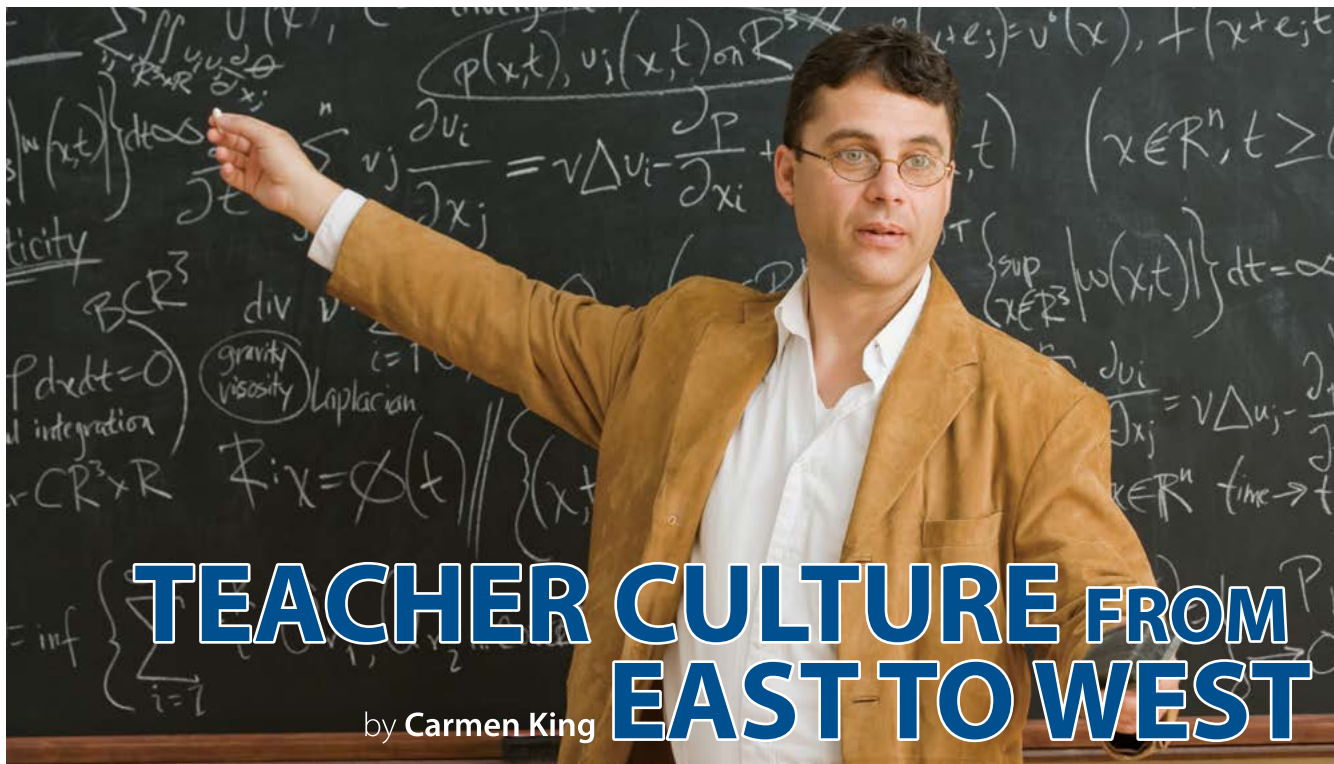


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Teacher in West are appreciated but not honored.

A well known Chinese idiom is: “三人行必有我师” (sān rén xíng bì yǒu wǒ shī). This translates to: “As three walk together, my teacher must be present.” Another expression is: “拜人为师” (bài rén wéi shī). The meaning is: “To venerate someone as a teacher.” As usual, the language reflects the culture. In China, generally speaking, to be viewed as a “teacher” is honorable.

## The East

The first idiom noted above is a saying of Confucius. The use of the character “必” (bì) which means “must”, expresses the definite nature of the reality. What reality? That in a group of three people, at least one of those present at any given moment can become a teacher to the others. In some area of life, in some particular skill, that person is wiser. They know more, have more experience, and can therefore teach. To admit this is of course an act of humility. It elevates one person to the position of teacher and relegates the other to the role of student.

The difference in position between that of teacher and student is further illustrated by the verb choice in the second phrase. The character used is “拜”

(bài) which MDBG.net defines as: “do obeisance, bow, kowtow.” All three of those actions in English are signs of one party viewing the other as superior and ascribing a definite level of respect to the object of the act. Especially the last one, kowtow, which is still relevant in Chinese culture today. Wordset.org includes the following in its definition for kowtow: “touching the ground with the forehead as a sign of respect or submission.” In fact, this same verb is used when speaking of worshipping a deity, as in the Chinese expression: “拜神” (bài shén).

What's the point? In Chinese culture a teacher has links to “respect”, “submission”, and even “obeisance” as in worship. This helps to set the stage for understanding the difference between “teacher culture” from East to West. Obviously, there are always exceptions to the rule. Yet, in general no student in the West is going to view a teacher as their master such as the relationship between a sensei with his ever loyal and submissive student. In terms of Westerners understanding this rather Eastern concept of the teacher and student relationship the 1984 movie “The Karate Kid” stands out. According to imdb.com the master or teacher in this film Mr. Miyagi teaches

the young Daniel the ways of self-control, self-discipline and ultimately self-defense. In the context, Daniel must “honor”, submit, and do “obeisance” to his teacher. This is done in many ways, not the least of which includes bowing.

The student being required to revere one's teacher is manifest throughout Asian culture. In the movie “The Karate Kid” Mr. Miyagi is Japanese. In 2010 imdb.com lists a re-make of “The Karate Kid” starring Jackie Chan and Jaden Smith. The key roles and core concepts from the 1984 classic essentially are the same except the backdrop is China instead of Japan, and the sensei is Chinese instead of Japanese. The fact that this story can so naturally transfer from Japan to China is evidence of how consistent the “teacher culture” is throughout the East. Likewise, Korea is not to be left out in all this, as bowing is also a huge part of their daily life and literally an almost automatic response to one's teacher being present.

## The Middle East

As Confucius founded Confucianism in the East, so Jesus Christ founded Christianity in the Middle-East. At the time, in the first-century C.E., throughout Jerusalem and the surrounding areas



## IN CHINESE CULTURE A TEACHER HAS LINKS TO "RESPECT", "SUBMISSION", AND EVEN "OBEISANCE" AS IN WORSHIP.

"teachers" were likewise revered. In fact Jesus himself was often called "teacher." Consistent with Asian culture, bowing down was also a common act. It would be done as a sign of reverence and submission particularly when a teacher or master of some sort was present. Down to today, the class distinction between student and teacher can be observed in the middle east. Although much of this reverence for teachers is found within the context of religious ritual.

The Middle East may be a key link in spreading the tradition of revering teachers. Seeing that Christianity spread to the West, much the way Buddhism spread from India into China, many of the tenants associated with first century piety became popular amongst Western culture. However, it does seem that with time and distance comes dilution as currently in America a teachers position socially speaking has slipped.

### The West

The differences in teacher culture were discussed with an American high school teacher who teaches math and history. Personally he feels teachers in America are appreciated but not honored (such as in Eastern cultures). Do to the challenging nature of the job, he feels appreciated but not revered. Americans don't see being a teacher as a high ranking position such as a doctor or lawyer. The title teacher does not come with the same awe-inspiring aura as in the East or Middle East. For students, they see the relationship with teachers as more of a partnership and not a hierarchy, wherein the teacher is superior. Teachers are facilitators of learning not lords. As if to say, the information is all out there and freely available, however the teacher can help students acquire it more easily.

He went on to add, Americans are more impressed by a teachers teaching style than simply head knowledge. Based



Confucius.

孔子

on experience, parents also see teachers as a partner in the project of helping their child advance through youth. They don't care though if the child disappoints the teacher, like by showing up late, or not finishing homework. After all, teachers in America don't have direct authority over a student's SAT score, which ultimately decides their academic future.

As to faculty, he felt fellow teachers look after each other since they are all playing on the same team. In general the school treats him well and there is a good working relationship with site management. However, things are little more challenging with the District Office. He lamented that they often make policy changes that are totally contrary to the teachers' wishes. Such as in the selection of new textbooks. They may poll teachers in advance to ask which new books are preferred, but then totally disregard this feedback when making the final decision.

Things are a little different though at the university level. When an undergraduate advisor who worked at a top ranked US university was asked about teacher culture, she said: "Professors are treated like gods." She expounded, university professors have worked long and hard to achieve their goals. They are used to being in control. Thus, what they say goes. They are very protective of their research, funding and staff.

### The Conclusion

Teacher culture varies from East to West primarily in the amount of honor and

respect is given to them. As is typical with many things in the West, relationships are view more laterally than vertically. From this standpoint, some would perhaps choose to be a teacher in China as they very well may be more highly esteemed in their daily life than in America. That said, around the world teachers should be recognized and appreciated for their tireless effort. It is a very challenging job and not without sacrifice. When the teacher interviewed was asked where he would prefer teaching, America or China, he took a long pause before answering. It was a question that took time to respond to, as there are definite pros and cons with each teaching culture. One thing is for sure, in traditional Chinese culture, teachers are to be revered.

## 中西方教师文化面面观

中国有句老话讲，“三人行必有我师”，它的意思是说：别人的言行举止，必定有值得我学习的地方。在中国，老师的地位可以说是至高无上的。

“三人行必有我师”这句话出自孔子的《论语·述而》。它里面明确表明了在某些特定领域一定有人比我们知道的多，知识面比我们广，因此我们可以从他的身上学到自己所不具备的东西和经验。诚然，这是一种谦卑的行为，但至少它清楚的将老师和学生区分开来。

教师和学生之间的位置差异进一步解释了“拜人为师”这个成语中的动词意义。所谓“拜”，它有鞠躬、叩头之意，从这一点上我们不难看出它实则是带有一种尊重的成分在里面。如果你了解中国的文化，你一定听过中国人常用“磕头”的方式来表达对神灵的敬畏与尊重。

在中国的文化里，教师永远和“尊重”、“谦恭”紧密相关，但是在西方国家里，学生们却鲜少将老师视作“神”一般的存在。“尊师重道”的文化内涵影响了整个亚洲范围内的师生关系。

孔子在东方创立儒学，耶稣在中东创立了基督教。在当时公元一世纪的时候，耶路撒冷以及其周边地区的“老师”也和现在亚洲教师的情况一样，受人推崇和尊敬。耶稣本人也常被尊称为“老师”，享受“鞠躬之礼”。如今中东地区范围内，师生之间的阶级差异在很大程度上是受了宗教礼仪的影响。随着时间和地域的推移，我们却不难看到美国教师的地位正在逐渐走向下滑。

中西方的教师文化各不相同，它们主要表现在尊敬层面上。在西方国家，人和人之间的关系更趋向于横向发展而不是东方人所推崇的垂直。从这个层面上看，很多人来中国都更乐意选择教师作为职业发展，因为这可以为他们带来崇高的敬意。教师应该受人尊敬，教书育并不容易，更何况常常会有自我牺牲。最后，我也问了一个教师关于他更喜欢在中国教学还是西方教学的问题。他思考良久，说：“每个国家都有它自己的教学文化，但不可否认的是，中国的传统文化中，教师更值得被人尊重。”



Since boys can help with farm and labor work, they're still somewhat revered and seen as good luck.

## A PEAK INTO CHINESE FAMILY CULTURE: GRANDSONS

by **Charlotte Edwards**

Up until I was seven months pregnant with my first child, I thought I was having a girl. Two ultrasound techs had told me, on three occasions, that it was a girl. I'd even started knitting an adorable pink sweater for her. All that changed one rainy day when I went in for yet another ultrasound at the hospital where my husband works. The same middle aged woman, who'd done more ultrasounds on me than I could count, was doing her job while my husband chatted with the other tech. As she peered at the computer screen, which was out of my view, she suddenly shrieked, "ni kan! ni kan!" (look, look).

Based on her excited tone of voice, instantly I knew what she wanted them to look at. I sadly thought about how I'd wasted so much time on a tiny, pink, ruffled sweater that I'd never put on my little boy. Don't get me wrong; I was glad for the baby, no matter which gender. My only preference was that he or she was healthy. Health, was all I really cared about.

I felt the same couldn't be said for the rest of my husband's colleagues, the patients who were milling around, and his family who were excitedly congratulating us immediately afterwards and in the

hours following the discovery. Sure, health is important to them, too. But they were over-the-top excited about the news that Baby was a boy. I couldn't quite believe it and, upon seeing his parents' reactions, I was really upset. They didn't react this way when we'd found out that we were expecting, nor when we'd been told Baby was a girl. So why now? And why the big fuss?

I was in tears by the time we got home. Since this was when single children were the norm, I thought my in-laws wouldn't want me to have a second child although I really wanted at least two kids. I questioned my husband as to why his parents were more excited than I'd ever seen them before and he said it's because finally, they'd have a grandson. I was so confused by this; my child was only their second grandchild (they have three children; until the year prior only one was married and in a position to have children since you need a marriage certificate to register to have a baby). It wasn't like they had a whole line of offspring who were just not having babies. And, this was the kicker for me, my sister-in-law who was already a mother had a nine-year-old BOY! Wasn't he a grandson?

According to a commonly held belief, no. He doesn't "count" since he's

not part of the family line. It took awhile to wrap my mind around it. Logically, I understood. Linlin doesn't carry the Zhang family name; he's a Wang. But to my Western-raised, pregnant, emotional self, it seemed heartbreaking to me. At first I equated the label "grandson" with how much they cared about him. Over time, since I was quite new to the family, I realized this was certainly not the case. They loved him; even catered to his every whim. To them, it was mostly about the label and lineage. Maternal grandson and paternal grandson are two different words, and with only one son to carry on the family name, it was important to them that Baby Zhang be male.

It's been nearly a decade and I understand the culture better now. While boys aren't preferred, in that they're necessary to help with farm and labor work, they're still somewhat revered and seen as good luck. But as young girls demand more and more material possessions from potential husbands, by way of a nice car, furnished home and plenty of cash, I do see more parents relieved to have baby girls.

### 中国家庭的“长孙”观

在我怀第一个孩子的时候，我一直以为即将到来的应该是一个女孩，因为所有的检测都显示她应该是个女孩子，我甚至已经开始为新生儿准备女孩子用品。直到一个雨夜，一个同样年纪大小的中年妇女决定再为我做一次超声波，情况改变了。当她用激动的语气让我的家人看结果时，我就知道，我准备的那些东西都白费了。说实话，我一点都不介意孩子的性别，做为母亲，我关心的永远都是孩子是否健康。

接下来的时间，我看到所有的亲朋好友都向我们发来贺电和祝福，他们的喜悦是我曾在以为怀的是女孩的时候感受到的，我有些难过，也有些疑问，他们究竟为什么会有这样大的反差？

我带着不解询问老公，他解释说，因为他的父母终于有孙子了！我不明白了，明明我嫂子已经有一个孩子了，难道那个孩子不是爷爷奶奶的孙子吗？经过我再三的理解，我后来终于想明白了，从本质上讲，那个孩子并不能算作直系血统，他姓“王”，不姓“张”，所以他并不是我老公家族的真正“孙子”。由此，我知道了，就传宗接代的角度来讲，只有男孩才能保证血脉的传承。

在中国生活了十几年，我也渐渐了解这里的文化。诚然，每个家庭对子女的期望都不会一样，但依旧每个孩子都有他自己的本领和能力。随着物质欲望的不断攀升，我看到越来越多的女孩对自己的另一半有更高标准的经济要求。所以你们看，现在不是已经有越来越多的家庭开始接受女孩子了吗？



## A "playing music" class

With the warm wind marking the spring on March 28, 2017, the Happy Class welcomed the monthly class open to parents.

Music is a common language of mankind. No matter at what stage of development a child may be, even if there is as yet no language development, most children can show an interest in music and enjoy a good musical experience. When my child was 2 years old and couldn't speak yet, he could follow different rhythms and speeds of music to walk or run accordingly. Not only could he follow different kinds of actions, but he could also follow exercises according to the music.

Widely recognized music therapy uses the child's favorite music, opening a window into the child's soul. During the class, the first warm-up activity had us sit behind the child and use the children's body as a musical instrument with our hands. We gently patted the child's back with the rhythm of the music, touching the child's arm, could embrace the child, swinging together.

Interaction blends regular movements,

cultivating social interactions. The common problems of our children are interpersonal and emotional communication barriers; some people may call these social defects. Social training is not accomplished overnight, but rather, it is a systematic project; it should be like any other learning process, from simple to complex, from easy to difficult, following the rules of objective development.

One of the things that impressed me most from the class was a song called "Where is my friend". This activity was broadly divided into two stages: in the first stage, the parents and children were to perform as "friends"; in the second stage, the child moved to the next parent according to the rules, making a new "friend". From the interaction of the children with their own parents, moving to the interaction with other adults, it is conceivable that later stages can also be developed for the child's interaction with other children (which is our goal), following the rule of going from simple to difficult. Activities such as music, performances, games, interaction, rules (regular changes), cooperation (and performing cooperatively with "friends") and so on, can effectively enhance the child's awareness of following others, an awareness of cooperation, an awareness of rules, the



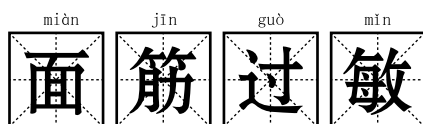
ability to respond, communication skills, and performance abilities, among others. Activities and ABA teaching methods were used seamlessly.

Let "play" become the main theme of the music activities. What left the greatest impression on me from this music class was not the singing, dancing, or the musical instruments and other teaching as the goal, but rather having "play" as the main theme, through a variety of ways to play. In an atmosphere of play, children have excellent attention spans and participation, significantly reducing behavioral problems. Sounds of song, music, and laughter reach the ear; with a song in our ear and love in our hearts, interactions are cheerful and enjoyable.

"Play music", let us look forward to the next open parent class.

## GLUTEN ALLERGY

by Zheng Hong Xiang and Kate King



Meimei: What's wrong with Luxi?

Měi měi : lù xī nǎ lǐ bù shū fu ?  
美美：露西哪里不舒服？

Lingling: She's allergic to gluten.

Líng líng : miàn jīn guò mǐn 。  
玲玲：面筋过敏。

Mei mei: What? Allergic to gluten? I've heard of allergies to pollen, dust mites and milk, but never heard of a gluten allergy. Are you saying those that are allergic to gluten would even have a reaction to Tianjin's specialty sweet and sour gluten?

Měi měi : Shén me miàn jīn guò mǐn ? Wǒ tīng shuō guo huā fēn guò mǐn mǎn chóng guò mǐn niú nǎi guò mǐn kě cóng méi tīng shuō guo miàn jīn guò mǐn 。 Nán dào chī ge Tiān jīn tè sè cài táng cù miàn jīn hái huì guò mǐn ?  
美美：什么？面筋过敏？我听说过花粉过敏，螨虫过敏、牛奶过敏，可从来没听说过面筋过敏。难道吃个天津特色菜糖醋面筋还会过敏？

Ling ling: This "gluten" and that "gluten" are not the same. The gluten I'm talking about isn't that gluten, like we usually eat in sweet and sour gluten. It also isn't the gluten in Shaanxi cold noodles. Rather, it's a kind of protein found in wheat, barley and rye. It's basically "wheat gluten", commonly referred to as "gluten".

Líng líng : Cǐ "miàn jīn" fēi bǐ "miàn jīn" yě 。 Wǒ suǒ shuō de miàn jīn bù shì zán men píng shí chī de nà ge táng cù miàn jīn lǐ de "miàn jīn" , yě bù shì zán men chī de Shǎn xī liáng pí lǐ de "miàn jīn" 。 Èr shì xiǎo mài , dà mài , hēi mài zhōng hán yǒu de yī zhǒng dàn bái zhì , yě jiù shì "mài jiāo" , yǒu chéng "miàn jīn" 。  
玲玲：此“面筋”非彼“面筋”也。我所说的面筋不是咱们平时吃的那个糖醋面筋里的“面筋”，也不是咱们吃的陕西凉皮里的“面筋”。而是小麦、大麦、黑麦中含有一种蛋白质，也就是“麦胶”，俗称“面筋”。

Mei mei: What? Wouldn't people allergic to gluten not be able to eat any kind of wheat product?

Měi měi : Ó , nà miàn jīn guò mǐn de rén qǐ bú shì chī bù liǎo miàn fēn zhì pǐn le ?  
美美：哦，那面筋过敏的人岂不是吃不了面粉制品了？

Ling ling: If they eat things made with gluten free flour they won't have any problems.

Líng líng : rú guǒ shí yòng qù chú le mài jiāo de miàn fēn zhì pǐn jiù méi yǒu wèn tí le ,  
玲玲：如果食用去除了麦胶的面粉制品就没有问题了，

Mei mei: What are the symptoms?

Měi měi : Yǒu shén me zhèng zhuàng ne ?  
美美：有什么症状呢？

Ling ling: Bloating, diarrhea, vomiting, abnormal bowel movements and things like these.

Líng líng : Fù zhàng , fù xiè , ǒu tù , dà biàn yì cháng děng 。  
玲玲：腹胀、腹泻、呕吐、大便异常等。

Cí huì  
Vocabulary: ( 词汇 )

Hǎn jiàn: An adjective, it means rare/seldom.

Hǎn jiàn Xíng róng cí yì wéi shǎo jiàn 。  
罕见：形容词，意为少见。

Yǔ yán Diǎn  
Language Tip: ( 语言点 )

This "a" isn't that "a". Means this "a" is not that "a".

Cǐ fēi bǐ zhè ge bù shì nà ge 。  
此非彼：这个a不是那个a。

## PROMOTION

### The Mexican Fiesta at IST

**The Mexican Fiesta** organized by IST's energetic PFO (Parent Faculty Organization) on Saturday, May 6 was an amazing event enjoyed by the large number of families that turned out to take part in the festivities. There were families not only from the IST community but also from the local expat community, including from other international schools. There were Mexican dances, music, food, games, piñata and beautiful Mexican handicrafts on sale. The weather was perfect and made the day all the more enjoyable. A clown also came to visit and play with the kids. A fantastic time was had by all. Thank you to the Mexican Fiesta Committee of the PFO for organizing such a wonderful event. Such events strengthen and enhance the friendly family feel of the IST community!



## PROMOTION

### April celebrated as Poetry Month at IST

**April is Poetry Month at IST!** The IST Library has a long tradition of promoting and celebrating Poetry Month.

This year's activities included a shared Poem-of-the-Day, a huge magnetic poetry board, a variety of Poetry Post Cards that community members could send near and far, lunch-time activities for students of all ages and a focus on poetry in a number of classes.

In addition, the Elementary students and teachers celebrated World Book Day on April 24th with a Character Dress-up, parade and a library green-screen photo shoot.

We're always a bit sad when April comes to an end but we're already planning some spectacular events for Poetry Month 2018!





## M.A.D. Night – IST's annual celebration of Music, Arts & Drama

The evening of April 28 added yet another feather in the cap for IST Arts. Every year parents, students and friends within the IST community are treated to a whirlwind tour of a wide range of Art forms and this year was no different.

The evening began outside in a colorful display of circus skills and dancing amid the alfresco eats before moving inside to journey through IST's beautiful facilities to delight in the annual celebration of the arts! Corridors aligned popcorn, ice-cream, drinks and other snacks formed a fragrant pathway to rooms hosting instrumental ensembles, the elementary choir, the Jazz Choir, the



grade 10 theatre ensemble, Art workshops and activities as well as individual singers and instrumentalists.

The evening came to an explosive end with the dance troupe and orchestra closing the night with a bang. One can only imagine what MADNESS will come this way this time next year! Get ready! It will surely be WILD!



## PROMOTION

## Tianjin's Youth Soccer Tournament

Valentina Bevilacqua

The economy is not the only thing booming in China in recent years, sports are also becoming more and more important in the everyday lives of many Chinese, who are eager to learn and compete in many different disciplines. Among the many different athletics available, Chairman Xi's favorite one, soccer, is really taking off, and this has been proven on Sunday, May 14th, when more than 250 children from all Tianjin districts came together and participated in one of the biggest tournament in the history of Tianjin's youth soccer.

Held by Momentum Sport information Consulting Tianjin, a foreign company cofounded by Eelco van Kuilenburg and Mehdi Jemli, and Wellington College, the tournament saw 27 teams from many local academies and primary schools, divided in three categories, namely U8, U10 and U12,



competing against each other in the attempt to take home the title.

From early morning till late in the afternoon, players, coaches and referees have been busy playing 68 games and scoring 367 goals, in what has been described by the organizers as a great success in terms of both level of play and sportsmanship.

In conclusion of a day full of sun and fun, second Master of Wellington College



International Julian Jeffrey, after honoring the teams with their well deserved trophies, ended the day by paraphrasing Pierre De Coubertin famous saying "the essential is not to have conquered but to have fought well", stating that competition itself was just a medium to teach youngsters the importance of having fun and fair-play when taking parts in athletic contests, important messages for growing new ballers.

# Wellington College International Tianjin Graduation Success

**Wellington College International Tianjin Graduation ceremony** took place on the 26th April 2017. The College was delighted to welcome distinguished guest Clare Pearson, Chair of the British Chamber of Commerce for China, who delivered a truly inspirational speech to the pupils. The evening was a great success; more than half of the graduating pupils performed or spoke on stage, some of whom were performing on stage at Wellington for the first time.

The graduates will go on to study at some of the most prestigious universities across the world, including Parsons School of Design in New York, the Universities of Toronto, NYU, Warwick, Edinburgh, Glasgow, Royal Holloway, the London School of Economics (LSE), Central Saint Martins School of Art, as well as Bond and Monash Universities in Australia. The College is immensely proud of their achievements.

These young Wellingtonians leave with the values instilled in them during their time at the College; knowing that they are well equipped to progress on to the next stage in their lives safe in the knowledge that they will forever be part of the global Wellington family.

The vision at the College is to educate pupils to thrive in an ever-changing global society; and there are few occasions more gratifying than seeing passions being pursued at some of the world's finest and most progressive universities and higher education institutions. These pupils have worked tremendously hard to achieve their goals.

In persevering to achieve their set goals pupils at the College have learned lessons in humility, independence in learning and research, vital soft skills in communication, teamwork and the importance in trusting others. The vision of the College states 'we aspire to create a caring international community that develops well-rounded individuals with strong values and the skills to thrive in an ever-changing global society'. These are the pupils that are being sent out into the wider world. Huge congratulations go to these Global Citizens of the 21st Century.

In addition to the first-choice offers, pupils have received, offers and scholarships from a much wider range of universities, with the clear majority of pupils receiving on average 3-4 offers from universities and colleges in the US, UK, Korea, Australia, and Canada.

These offers secure the College's reputation for excellence in preparing pupils for further education all around the world, building upon and complementing the wonderful successes of pupils studying at Wellington College UK.

### OFFER LIST (2015-2017)

#### USA

Cornell University  
UC Berkeley  
UCLA  
University of Virginia  
Carnegie-Melon  
University of Rochester  
New York University  
UC Irvine  
San Diego  
UC Davis  
University of Illinois Urbana-Champaign  
Penn State University  
The George Washington University  
University of Connecticut  
Syracuse University

#### Liberal Arts college

Hamilton College  
Bard College

#### Art College

Parsons School of Art and Design  
Rhode Island School of Design  
Art Institute of Chicago  
SVA (School of Visual Arts New York)

#### UK

St Andrew's University  
Durham University  
Imperial College  
University College London  
Warwick University  
The London School of Economics and Political Science  
Lancaster University  
Loughborough University  
University of Bath  
University of Leeds  
Birmingham University  
Bristol University  
Sheffield University  
King's College London  
University of Glasgow  
Manchester University  
Royal Holloway university of London  
Edinburgh University  
Liverpool University  
Queen Mary University London  
Central Saint Martins University of London  
London College of Fashion



Camberwell College of Arts

#### Canada

University of Toronto  
University British Columbia

#### China

Peking University  
University of Hong Kong  
Nankai University

#### Australia

University of Melbourne  
University of New South Wales  
University of Queensland  
Monash University

#### Korea

Korea University  
SungKyunKwan University  
Sogang University  
KyungHee University  
Chung Ang University  
HongIk University  
HanKuk University of Foreign Studies





## TIANJIN SUNSHINE ELDERLY 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.

The Tianjin Sunshine Elderly Service Center (TSESC) is a relatively new organization founded just 2 years ago by Ms. Zhou Liying 周立莹 女士. Ms. Zhou was the Executive Director of the China Welfare Foundation, Tianjin and had experienced a great deal of long-term old service for the old elderly.

She felt the needs of the elderly and knew that the hearts, worry and anxiety of a great many of these problems were waning with the existing help projects. The projects in place were mostly funding basic life material-based needs and did not lift the elders on how to bloom in their old age and resolve future property and other issues, thus TSESC was formed.

Coupled with the growing complicated legal awareness of the people and the service agencies and the high cost of these services required additional help, this generation of people reaching the twilight of their life were not familiar with

the use of legal tools. If final estate arrangements were not properly made, many families were faced with difficult circumstances after the death of a loved one. They would be faced with a number of inheritance disputes, resulting in family disruptions and irreparable feuds.

In order to support family harmony, the TSESC can provide the family with current advice, good legal tools and estate planning. This is done in a transparent manner to protect existing and future wealth distribution and to safeguard the legitimate rights and interests of the elderly.

TSESC Services: provides counseling, planning, custody, community law lectures, the succession of disputes mediation and commissioned services.

Clients: 60 years old or older, or special groups.

Institutional status: Since the establishment in May 2015, has accumulated more than 10,000 elderly clients. It has established relationships with the government departments, the media, and the community and highly recognized by the elderly. TSESC is actively involved in the work of community public service, completing more than 100 law lectures and assisted many families with inheritance issues and legal advice. TSESC has begun to improve cooperation with the relevant

agencies to provide mediation work to reduce the family law litigation. For the empty nesters of the elderly, unaccompanied elderly, autistic families and other special groups, the Center is working to develop future legal advisory services in the theoretical and practical aspects of the problem of research in order to seek better solutions.

### Challenges

1. Due to the traditional concept of people, estate wills are considered very private and sensitive so people do not want to discuss this with others. In order deal with the process, there is a need to invest a lot of time and effort;
2. It is difficult to tackle this project with limited means, lack of experience and lack of professional staff. Wages and benefits are low; the staff turnover rate is relatively high.
3. Public welfare organizations do not have sufficient theoretical and learning opportunities and the gap between the advanced organizations abroad and TSESC is still significant in the areas of: project planning, management and other training guidance.
4. Funding is limited and therefore further development is difficult.

Contact: Yuan Xiaopeng, deputy director  
Tel: 13821946895  
Office Address: Room 205, Hanoi District Social Organization Incubation Center, 138 Rong An Avenue, Heping District, Tianjin

## 天津市阳光老年服务中心

为使更多老年人在有生之年利用法律工具来安排身后之事, 避免造成很多家庭在老人去世之后面临的诸如继承纠纷等问题, 天津市阳光老年服务中心积极投入社区公益服务工作。除此之外, 中心还为诸多家庭在家庭继承问题上提供法律咨询, 以及逐步尝试与相关机构合作提供调解工作, 减少家庭类的法律诉讼。自 2015 年 5 月份成立以来, 已经累计服务一万余位老人, 得到了政府部门、媒体、社区和老人们的高度认可。尽管如此, 中心在实际运作中也会遇到大大小小的各种挑战, 如缺乏专业人员、资金短缺、发展受阻等一系列问题。中心地址位于天津市和平区荣安大街 138 号, 和平区社会组织孵化中心 205 室, 如有提供帮助者, 可联系负责人。



Hospital exterior

## Tianjin United Family Hospital, Making Healthcare Easy

by Sam Ward

If you have ever been to a local hospital in Tianjin, then you understand it is truly a learning experience as compared with what we are accustomed to in our home countries.

For a foreigner that isn't proficient in Chinese, the task of trying to receive medical care or consultation in a local hospital is very difficult without the help of a translator. Not only does the language barrier make the process complicated, but the general system is different as well.

Tianjin United Family Hospital is one of the pioneering enterprises in China to offer private medical care. The staff and doctors all speak English, and they are able to provide patients from foreign countries a more user friendly experience. In Tianjin, the staff of primary care physicians not only makes communication and understanding easier, but they are well accredited and experienced as well. Lines are almost non-existent and excellent care is immediate. The usability and quality of the hospital is such that the patient base is fifty percent Chinese. For quicker service and better access to medications, even local people with the means turn to Tianjin's United Family Hospital.

According to Chief Medical Officer and Doctor, David Park, the Tianjin location, although not as large and specialized as Beijing's, is still well equipped to handle a wide variety of medical procedures from delivering a baby to performing an appendectomy. For more serious problems,

patients can receive the proper level of treatment in Beijing United Family Hospital or avoid the trip all together and have a local expert brought in from one of the area public hospitals. Doctor Park advised that aside from very particular health problems, foreigners can rest assured they will receive the top level of healthcare right here in Tianjin, and very rarely have to go home for the treatment they need.

Being able to afford this kind of care is more within reach than one might expect. While some have resigned themselves to accept that they can't afford the expense, there are actually many feasible options. United Family Healthcare works with more than two dozen health insurance providers and does direct billing. For someone experiencing a medical emergency, money doesn't have to come out of pocket to get timely help as the insurers are billed directly. The Tianjin United Family hospital has a pamphlet with a list of all the insurance companies they work with, making it easy for



Dr. David Park

you to find a company and policy that can work for you.

Also available are a variety of in-house coverage options. Healthy Life Co-operation (HLC) is an annual policy that gives patients cost effective access to physicians. The services offered and discounts vary by policy, but can effectively bridge the gap between what health insurance pays and its sometimes high deductibles.

No matter your financial or health situation, Tianjin United Family hospital is committed to helping you. There is no need to cross your fingers and hope nothing will happen to you while here in China. Peace of mind is only one step away, so go make sure you are covered.

**DOCTOR PARK ADVISED THAT  
ASIDE FROM VERY PARTICULAR  
HEALTH PROBLEMS, FOREIGNERS  
CAN REST ASSURED THEY WILL  
RECEIVE THE TOP LEVEL OF  
HEALTHCARE RIGHT HERE IN  
TIANJIN, AND VERY RARELY HAVE  
TO GO HOME FOR THE TREATMENT  
THEY NEED.**

### 天津和睦家医院， 让看病不再是烦恼

作为一个在天津生活的老外来说，生病是件很麻烦的事。如果你去过中国的医院，你会发现这里的一切都是这么陌生，中文不灵光的你还需要有个中国朋友陪伴并作翻译。不只是语言的问题，整个看病流程也和你熟悉的都不一样。

天津和睦家医院一直在中国提供先进的私人医疗服务，所有的医务人员和工作人员都能说流利的英文，提供更方便外籍人士的医疗服务。在天津和睦家医院里，看不到长长的候诊队伍，富有经验的医生能够顺畅地与患者交流。这样的服务也很受中国患者的青睐，现在医院有一半来就诊的病患都是中国人。

天津和睦家医院的Dr. David Park介绍说，天津和睦家医院的设施配置足够处理从产科接生到阑尾切除的各种医疗问题。如果遇到更严重的病症，医院可以把病人转到北京和睦家医院或是邀请本地医院的专家来天津和睦家医院问诊，免去交通上的麻烦。Dr. Park说，除非是特殊的病症，天津和睦家可以保证外籍人士能够在天津得到恰当的治疗，无需回国医治。

很多人会认为，这样的医院一定超过自己的经济承受能力，但其实并非如此。天津和睦家医院与20多家保险公司有合作关系，很多急症费用可以由保险公司直接支付而无需患者垫付。天津和睦家医院也有自己的医疗套餐，让患者花更少的钱享受更多的服务。谁都无法保证自己不生病，未雨绸缪才能临危不乱。





Ofo and MoBike

# BIKE SHARING APPS

by **Carmen King**

## MoBike vs. Ofo

In the app store search: Mobike or "摩拜单车" (móbài dānchē) and download it. First time users will be required to register. Registration can be done either via mobile number whereby a pin will be texted or by using WeChat or QQ. Permission for location services will also be requested. Use of the app will require some Chinese skills as the map and street name where the bike is located will appear in Chinese characters. Open WeChat, tap on the third icon at the bottom which is "Discover" and then tap "Mini Program." In the search bar at the top enter: "摩拜单车" (móbài dānchē). Note, at the time of writing searching the name in English (i.e. Mobike) did not work. After installing the mini program within WeChat it will ask for permission to "access your location." First time users will need to register by tapping on the 注册/登录 (zhùcè/dēnglù) at the bottom of the screen.

Ofo is another bike sharing app. Core features and functionality are about the same. However, as the reviews below reveal, it definitely looks like Mobike is the incumbent. Generally speaking the reasons why include Mobike's availability, possible free rides, and WeChat compatibility. Another con for Ofo is lack of availability for

the China version of the app in the US app store.

## Reviews

Matthew Brennan a WeChat subject matter expert feels the Mobike mini program is one of the best mini programs currently available in WeChat. Yet, another expat spending time in both Beijing and Tianjin votes for Mobike over Ofo citing better bike availability. In terms of the shared bike concept he simply stated: "It's the most wonderful thing." Why? "It's just nice to be able to unlock a bike anywhere and ride places without care. I don't need to own a bike and worry about theft or coming back to the spot where I left my bike. I can just find a new bike." A Tianjiner who uses both Mobike (app/mini program) and Ofo currently prefers Mobike. The main reasons yet again include more available bikes, better GPS locator, and promotional discounts (a.k.a. Hongbao) resulting in free rides. Another Tianjiner, who also uses both apps, likewise chooses Mobike over Ofo. She too feels Mobike's app functionality is better than Ofo and likes to take advantage of the free rides available via the mini program. Before we conclude that everyone loves these bike sharing apps, not to be overlooked are the comments from a veteran expat who doesn't use

**MATTHEW BRENNAN A WECHAT SUBJECT MATTER EXPERT FEELS THE MOBIKE MINI PROGRAM IS ONE OF THE BEST MINI PROGRAMS CURRENTLY AVAILABLE IN WECHAT.**

either. The reason? He stated bluntly: "I don't need it and don't really care." Where's that leave him for transportation? "I walk."

So there you have it, a quick review of the top two bike sharing apps which are all the rage around town right now. Though, they aren't without their naysayers and even unfriendly contention between the two brands. Issues include willful damage and/or theft of the bikes.



## 共享新玩法，单车任我行

在应用商店搜索: Mobike 或 "摩拜单车", 用户可以完成相关应用程序的下载。首次使用的用户需要完成一系列的注册过程。或者你可以打开微信, 在 "发现" 选项里找到 "小程序" 功能, 完成添加相关程序也可以使用该程序。Ofo 是另一款共享单车软件, 其功能和作用大致和 "摩拜" 一样。但当我们采访完相关人士之后, 我们的想法却有了大大的改变。

马修 · 布伦南, 微信方面的专家, 在他看来, 摩拜单车的小程序是目前运营最好的小程序之一。在采访过程中, 我也询问了另一个外国朋友, 他在北京和天津都体验过共享单车的文化, 当然他的选择更倾向于摩拜。但是就共享单车的概念而言, 他却坚定表示: "这样的想法简直太棒。你可以随时随地解锁单车, 而不用担心车辆的丢失, 因为总有一辆单车在等着你。" 随机我也问了几位天津的朋友, 他们的喜好也都无一例外的选择了摩拜, 理由都是车辆多, 定位准, 有折扣。共享软件如此便捷, 但我也看到了其中不乏一些另类朋友, 他是一位资深的外籍人士, 他告诉我说他才不管什么共享不共享, 好用不好用, 他喜欢的就是走路。

以上是我们能为大家采集的用户体验信息, 我们并不是在比较两个软件之间的好与坏, 当然两个品牌在天津市场上的运营也相当成功, 我们希望大家能找到最舒服的选择为自己的出行提供更加便捷的享受。



A happy toast

# DOS AND DON'TS OF ATTENDING A CHINESE WEDDING

by Bryce Cristiano

Attending weddings whether you're in China or abroad can always be an exciting occasion. While weddings can be seen as a petty-bourgeoisie extravaganzas to one-up your family with a show of wealth, they do allow an opportunity for family to gather together for celebration. If you are not the focal point of the wedding, it can be a great occasion to nab some free food and free alcohol. Most traditions are malleable, allowing for foreign influence or modernization and China is certainly no different. There are two distinct types of weddings in present day China, the traditional weddings decked out in a flood of red and the more modernized version which are aesthetically influenced by Western wedding ceremonies.

When attending either type of ceremony, it is best to play it safe with a few typical do's and don'ts of wedding etiquette. While these may not always relate to your

hosts, they may appreciate the thought that you took to try to assimilate to their culture. Opportunities to attend social events in China with friends and their family can be an excellent time to practice your Chinese or have a direct look into normal cultural events for Chinese citizens. As everything goes with being an expat, it's good to have an adventurous mindset while engaging with a new cultural experience. Being a foreigner, while it is kind to present an interest in Chinese culture, do not be so gripped by a fear of making an infraction against what you perceive as your hosts expectations that you fail to enjoy yourself.

When attending weddings, like in Western culture, gifts are almost necessary but usually are given in the form of a red envelope of money for the couple. Family usually give the married couple large sums of red packet money but as a friend, you're safe to judge how much to give for yourself. Avoiding

auspicious numbers like "4" is also a plus but it seems dubious that anyone would complain over getting a 400RMB red packet versus a sum of 200RMB.

With gifting red packet money, we can beat the stress of selecting gifts for married couples. Gifting during holidays and special occasions can be a headache for most people and unless you have a long rapport with the recipient, you're bound to disappoint. While gifting cash may seem impersonal in the U.S., it is the norm in China. If you insist on gifting, understand that it is not normal for Chinese people to open up gifts upon receiving them, so do not take that as a sign of disrespect. If you happen to receive a gift yourself, it is polite to wait to open the gift unless specifically told to unwrap it. When presenting or receiving a gift, be sure to use both hands. Simply handing out a red packet or taking a gift with one hand comes off as a bit rude and disinterested.



## NO TWO WEDDINGS IN CHINA ARE ENTIRELY IDENTICAL AS CONTEMPORARY INFLUENCES HAVE CRAFTED AN AMALGAMATION OF TRADITIONAL AND MODERN CULTURE.

Chinese people don't need much of an excuse to host large dinners with their families and weddings are certainly no exception. Similar to the West, the ceremonies are almost always followed by an elaborate meal with some hotels charging exorbitant prices for mountains worth of food. Feel free to dive in and indulge in all the dinner has to offer. Holding back from eating can come off as a sign of dissatisfaction, so the best way to make your hosts happy is to dig right in.

When it comes to dressing for the occasion, standard formal or semi-formal wear is to be expected. In Chinese culture, the color white is often associated with death, so try to avoid wrapping any gifts or dressing yourself in all white. Not only will you awkwardly stand out as a reminder of our mortality but you become a magnet for every stain imaginable during the wedding feast.

If you happen to find yourself participating in the wedding ceremony, the best advice is to simply roll with the punches. No two weddings in China are entirely identical as contemporary influences have crafted an amalgamation of traditional and modern culture. The typical play for a wedding can be broken into three distinct parts. First, the groom prepares the home for his bride in the morning by tidying up and hanging up decorations, usually done with the help of friends or family. For lunch, the families of both couples enjoy meals away from each other before returning home to dress and prepare for the ceremony. At this point, the groom and his entourage will travel to the bride's home, armed with plenty of red packet money. The second part is uniting the bride and groom at her residence, which can prove difficult as the friends of the bride will often force the groom to participate in a game to gain access to the bride. These games can be anything from reciting bizarre aspects of the bride's past to having the entire groom's entourage engage in a humiliating game. You can never be

certain of what to expect.

After the bride and groom have been united, the entire family will relocate from the bride's residence or hotel to the location of the banquet. Before dinner, the bride and groom will present thanks to their entire family and possibly conduct a ceremonial vow. Legal vows are usually carried out prior to the ceremony at a government office, so any vows exchanged during the wedding are purely for show. As a guest, you are free to enjoy your meal but the bride and groom will make their rounds amongst family to toast, thank their family for joining the ceremony and to receive red-packet money. While it is common to toast family with baijiu, the groom may stealthily switch to water at a point to avoid becoming absolutely soused.

As the dinner drags on, you may be approached by family members and friends of the bride and groom, as you will stand out as a foreigner. Exchanges like this are usually small-talk followed by a drink. If you feel intimidated by the amount of drinking, do not feel pressured to keep on consuming alcohol, switching to juice or water instead. While it is acceptable to drink a lot at a wedding, don't overdo it. Following the banquet, the family and friends will begin to depart and are seen out by the bride and groom. You may find yourself receiving food, gifts, or red-packet money from the wedded couple as a parting gift.

A number of the aforementioned points serve as etiquette which extends beyond a wedding ceremony. Weddings, birthday parties, and holidays spent with locals can be an opportunity to practice your own Chinese etiquette. When in doubt, remain courteous and polite, no one likes to deal with an indignant individual in any situation.



A wedding red pack



On a western style wedding

## 参加中国式婚礼的注意事项

无论在哪个国家，婚礼都是一个令人激动场合。这是一个家庭团聚的机会，宾客们觥筹交错，享受盛宴。人们现在不会拘泥于传统，根据自己的喜好融入创意的元素，也会结合现代化的时尚或添加异域风情，而中国也不例外，你很难找到两个一模一样的婚礼。

如果你去参加中国朋友的婚礼，有一些婚礼礼仪需要遵守，因为主人会特别欣赏你融入本地文化的努力。去参加婚礼自然不能两手空空，在中国，人们更喜欢直接给红包，而不是买礼品。按照习俗，尽量避免“4”这个数字的钱数，但相比于200块钱的红包，新人并不会因为收到400的红包而不高兴。

给红包就是简单直接，免去了绞尽脑汁挑选礼物的烦恼。虽然这不符合西方人的习惯，但你也最好理解并遵从这样的习俗。如果你坚持要送礼物，收礼的一方一般不会当着你的面打开礼物，这在中国是一种礼貌，而不是对你不尊重。

中国人办什么聚会都讲究隆重奢华，尤其体现在菜品上，一定会非常丰富，所以你也不必客气，如果主人看到你吃的很少会认为你哪里不满意。

天津的婚礼一般遵循这样的流程：婚礼当天的上午，新郎家进行最后的准备和布置，中午，新郎家和新娘家各自和亲戚朋友吃喜面。下午，新郎要带人去新娘家接亲，还要准备一些红包给新娘家的人，因为新娘的家人会想办法给新郎出些难题，不能让他轻易带走新娘。

新郎过关斩将之后终于可以带走新娘了，这时候所有人从新娘家转移到举办婚礼的酒店。在婚礼上，新郎新娘会对所有宾客表示感谢并彼此交换誓言。在之后的喜宴上，新郎新娘会轮流敬酒，期间感谢大家的光临并收红包。敬酒本应该用白酒，但新郎一般都会把白酒换成水，不然就糗大了。

除了新郎新娘，双方的亲戚也会过来敬酒。你不必太过实在，每次都把杯里的酒一饮而尽，当你觉得自己有些醉了的时候不妨把酒换成饮料。婚宴结束后，新郎新娘会在门口送客，你也许会收到一个小小的伴手礼。

不只是婚礼，中国人的生日宴或其他派对都是你练习中文的好机会。如果你不知道怎样做才算合适，那就尽量表现出谦恭礼貌，总不会错的。



The financial burden to support the kid's overseas education is huge.

# INTERNATIONAL EDUCATION, COUNT THE COST

by Paula Taylor

**R**ecently a huge online debate has been sparked by whether or not Chinese parents should send their children abroad to study. Parents have to make huge sacrifices in order to fund an expensive foreign education, and it is not just the financial aspect that is involved. As most people only have one child, should that child then decide not to go back to China, parents have to be prepared to give up involvement in their lives.

This debate has in fact has drawn

attention to deeper issues and what sparked it is 61 year old father, Zhang Yong, who sold his house in order to fund his daughter's ten year study in America. She then met and married an American and has no intention of returning to China. Having worked at an electronics factory, Mr. Zhang comes from modest origins so selling his house was his only way of paying for his daughter's expensive education. He is now worried that there will be nobody to care for him and his wife Zhu Jing in their old age.

This is not a simple issue and there are so many elements to this situation that I hardly know what to address first. Obviously my opinion is influenced by my background, and in England most people who go to university will fund it themselves through student loans and working part time. Unlike American parents who will start college funds when their children are still young, our parents cannot help us, and most of us would not expect them to anyway. We have it hammered into us from a young age that if you want something you work to get it yourself.

### One Sacrifice too many

Chinese parents as you know are willing to sacrifice everything for their children, however everyone knows what the deal is and payback is expected in the form of parental care when the parents get old. Unfortunately sending their children abroad almost never results in the parents' expectations being realised and their financial outlay being recouped. A Government report states that 80% of those students that receive a foreign education return to China. There is absolutely no guarantee that they will be able to get a better job because of their international experience, so some may think that it is not money well spent. I have met many Chinese students here and away from parental supervision they do what most university students do, immerse themselves in student life, and I don't mean studying, they go to bars and nightclubs, something that they would not do in China, and spend their parents' hard earned money enjoying themselves and shaking off the shackles of parental control.

Zhu Jing said that when she said goodbye to her daughter at the airport she gave her a set of rules that she expected her to live by, namely that she must not find a foreign boyfriend, become a single mother or become romantically entwined with any of her teachers. Rules two and three are good advice but did she really expect her daughter, Zhang Li to obey rule number one? Well Li didn't. No doubt when she was in China she did everything her parents said, but needless to say she must have relished in her freedom for ten years and was obviously unwilling to give that up just to go back to China to care for her aging parents.



## Their daughter's American husband may be unaware of the sacrifices his in-laws made, but even if he is aware he would not feel that he and his wife should have to pay them back.

Mr. Zhang said it was the worst decision of his life to send his daughter abroad. Remember Yi Ling my former flatmate? She was dreading going back to China because she could see that she would no longer be able to make decisions for herself and is now dealing with the pressure of her parents insisting that she let them find someone for her to marry.

Going abroad isn't all plain sailing and many students struggle with the language and cultural barrier, the food, isolation from their families, the weather and a myriad other differences. Whereas in China their parents did everything for them, they find that abroad they have to do everything for themselves, there is no-one to help them. I know that many of these students struggle to get on with their fellow students and roommates as the realisation that they are not the centre of anyone's world anymore hits home.

### Payback?

Going back to the debate around this subject, opinion is divided with some denouncing Li for her unfilial actions, and having taken everything her parents offered, does not appear to want to pay them back. Others say that her parents should not expect any kind of payback and that maybe she wasn't even given a choice as to whether or not she wanted to go abroad. Still others think that the bigger issue is a society problem which highlights the limited care provisions for the elderly, and that children should not necessarily have to shoulder this burden alone.

Whether or not Zhang Li owes her parents anything for their sacrifices is a matter of dispute. Some of her critics say that she should pay her parents back the money they spent on her education. She was in America for ten years and her parents spent \$43,000 yearly for her tuition.

How can she ever pay this back? Also, I am still in touch with some of the students that were here and have now gone back to China and they do not have fantastic jobs, in fact they have got the kind of jobs that they could have got anyway even if they did not go abroad, and in many cases it was their fathers who "introduced" them to somebody who could offer them a job, so the most important thing there is 关系 (guanxi). And after all, Chinese people in general do very well without a foreign education.

### The call of freedom

Zhu Jing says that she used to call her daughter three times a day but to date it has been two weeks since they spoke. No doubt Li's husband was not best pleased at the constant calls, particularly if they were voicing their displeasure at their daughter's choice of husband. Mr. Zhang and his wife have spent everything and now have nothing with which to take care of themselves in their old age. Their daughter's American husband may be unaware of the sacrifices his in-laws made, but even if he is aware he would not feel that he and his wife should have to pay them back.

There is no doubt that both Chinese parents and their children feel that a foreign education is like a golden key that opens all doors, they think it is a guarantee of a better life. However they should be aware that if they send their children abroad there is a very real risk that they will not want to go back to China, and it is not because it is a bad country, rather it is because their parents are there. Even if they have no choice but to go back they are changed forever and will not find it easy to once again obey their parents to the letter. This may sound harsh, but

freedom is irresistible. Maybe Li cannot look her parents in the eye, maybe she is consumed with guilt. If she was in China every day she would be confronted with the fact that her parents gave up everything for her. Far away in America she can put it out of her mind.....she is free.

## 送子女出国？先算算成本吧！

我们总是说，父母的爱不求回报，但事实往往并非如此。一位姓张的父亲卖掉了自己的房产供女儿在美国念书，十年后女儿与美国男友结婚，打算在美国定居，无论父亲如何劝说都无济于事。这位可怜的父亲觉得自己白养了这个女儿，到头来无人给他养老送终。

这个故事反映出很多问题，我不知道先说哪一条好。在英国，大多数人上学都是靠学生贷款和打工来自己负担学费的。我的家庭条件并不是很好，父母从小就向我们灌输这样的观念，你想要什么就自己去挣。

中国的父母能为孩子牺牲一切，对子女的教育更是不惜血本。有调查表明，80% 的海外留学生选择毕业后回到国内，而他们的海外留学背景并不能保证能帮助他们找到更好的工作，尤其是那些终于摆脱父母的束缚，把他们辛苦挣来的钱挥霍在夜店里而不是好好学习的留学生。

另一方面，孩子成年之后都会有自己的想法，父母无法再像以前一样完全左右孩子的生活。虽然老张夫妇在女儿出国前和她约法三章，不许她找外国男朋友，但天高皇帝远，他们根本无法控制女儿。老张现在很后悔，他说把女儿送到国外读书是他这辈子最糟糕的决定。

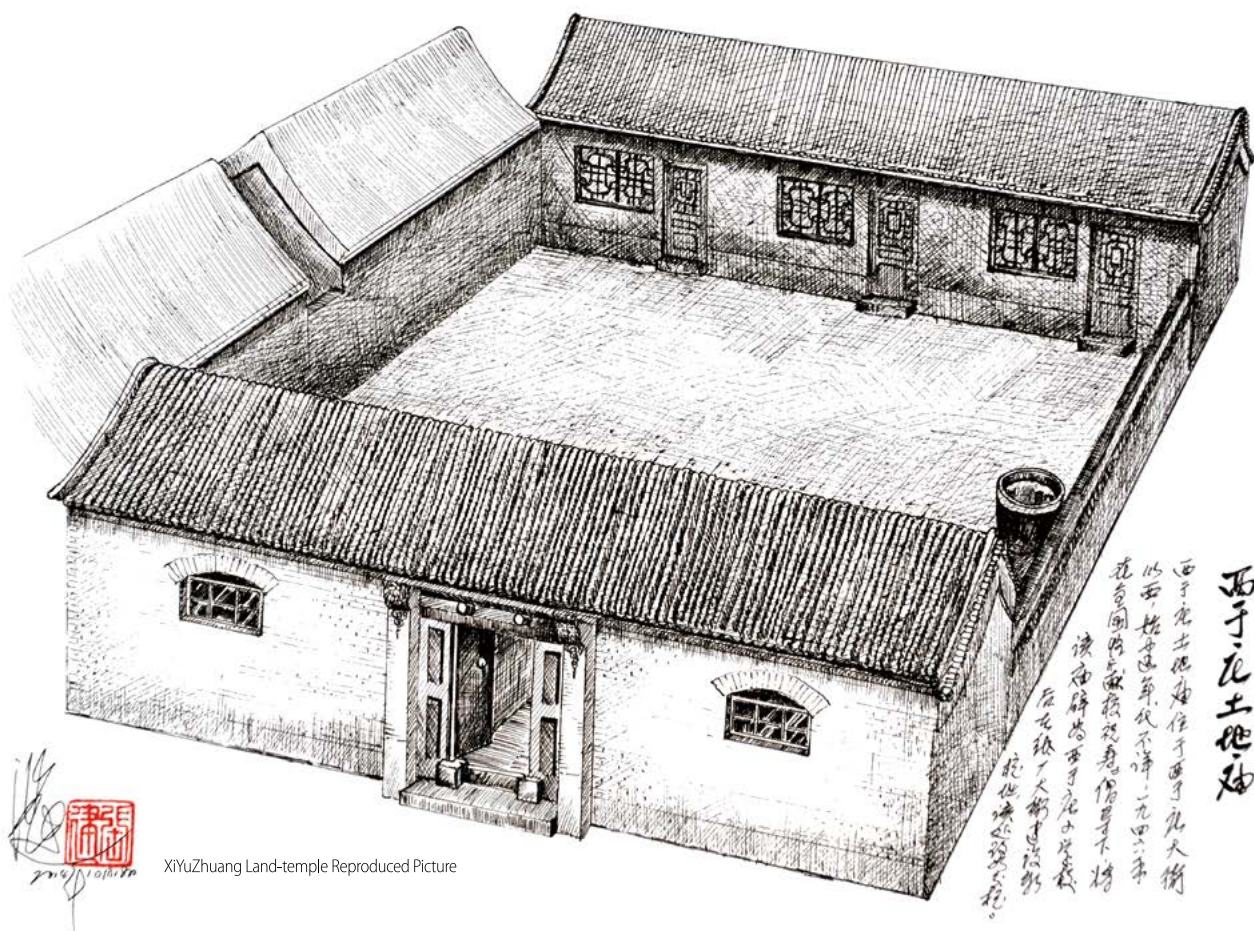
关于这件事，人们也有各种各样的观点。有的认为，这个女儿花着父母辛苦挣来的钱去国外留学却不懂得报恩。有人说，父母的爱本来就是无私的，况且当初他们可能根本没征求女儿的意见是否愿意出国。还有的人把这个故事归结为社会问题，如果老年人的养老问题能够有更多的保障就不会把所有期望都寄托在孩子身上了。

现在，出国留学的含金量恐怕大不如从前了。还和我保持联系的几个留学生回国之后并没有找到理想的工作，而且有些最后还是靠父母的关系才找到工作。

很多中国父母要明白，经过几年留学生活之后，他们的孩子可能会有翻天覆地的变化，他们会希望留在国外，而即使回国了，他们也会有很多自己的想法，再也不是当年那个任由父母摆布的小孩子了。虽然这听起来扎心，但雏鸟长大了总要飞走的。

Graduating from an overseas university, the kid can decide what kind of life he wants.





# Hand-painted Tianjin

by Zhang Jian

**T**hese years, with the rapid development of city construction, we can see new buildings, massive in span and artful in design, have sprung up everywhere.

Meanwhile, there are a lot of dilapidated and crowded old buildings have been demolished and disappeared along with the original life style of the local people. Lost time is never found again, and an era inevitably goes to the depths of history. From the year 2006, I started the collection and research on the folk stories which happened among Tianjin people and passed from mouth to mouth. From LaoChengXiang, DaZhiGu, LingDangGao, NanShi, DiTou, to XiGu, XiyuZhuang, I visited most parts of old living areas in Tianjin. After interviewing more than 200 native people, I had hundreds of thousands of oral material, tens of thousands of pictures, hundreds of all kinds of diagrams and reproduced

pictures, what I want to do is to leave images for those vanishing and disappearing old towns, and leave little memories for our common people's common lives.

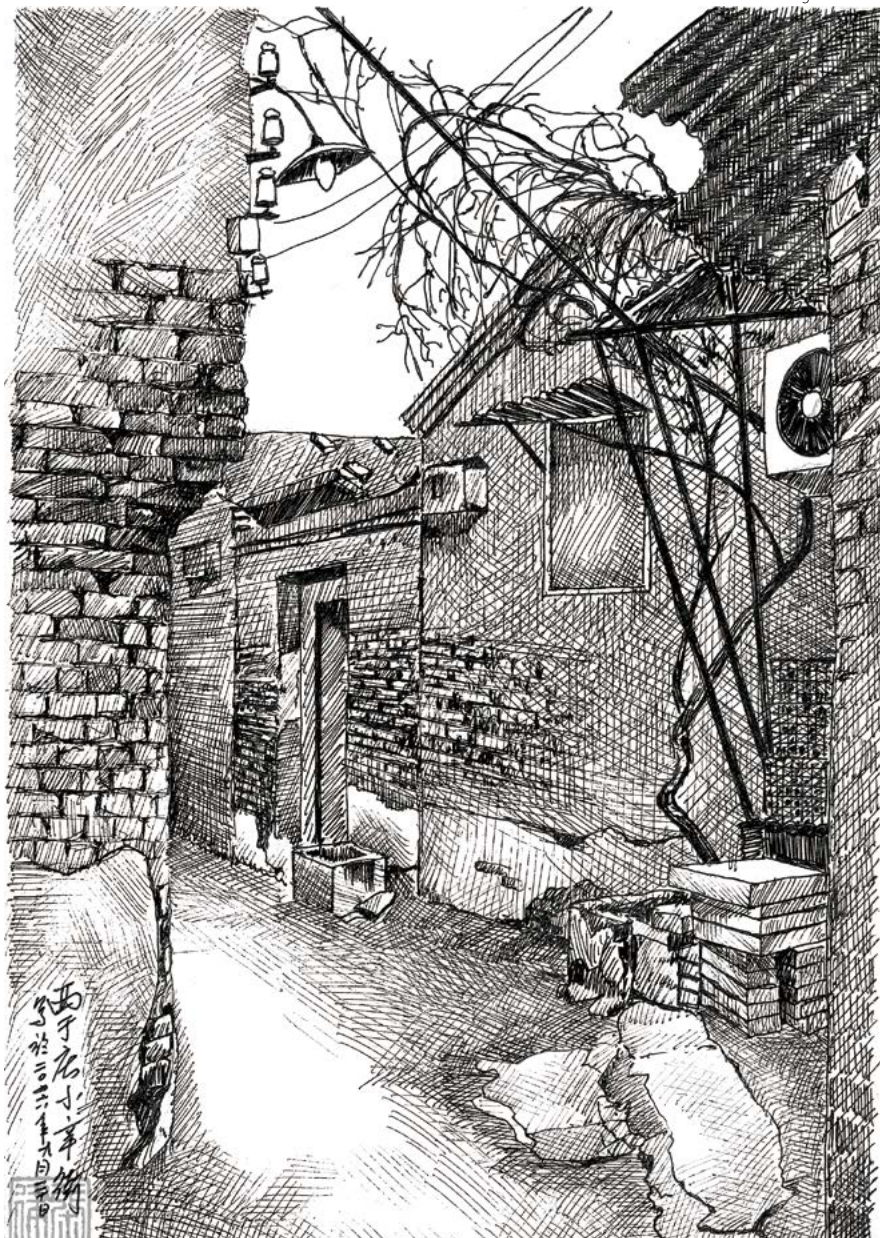
I've always loved painting since I was a child, but unfortunately I failed to become a painter in the end. Even though, I have a gift for art. I can take it smoothly no matter what kind of art it is. In 2016, I was doing my book 'Oral History On XiyuZhuang', it was my first time to hand paint the past and disappeared scene according to the oral instruction by parties. I restored the ordinary history and recorded the most common people's lives in the past. These are not painters' paintings, they are more similar to the recovery diagram in archaeology, which provide a reference for researchers in the old city of Tianjin, and also add something special to the collection and arrangement of my oral history.

XiyuZhuang XieKangLi





XiYu Zhuang XiaoXinJie



XiGu YaoJia Alley



Back Alley of XiGu ZhengJiaDaLou

Reproduced Picture of Slaughterhouse Operation Room



## 手绘津沽

张建

近年来，随着城市建设的快速推进，高楼大厦拔地而起，破旧拥挤的老式建筑群相继被拆除，随之消失的，还有原汁原味的旧时百姓生活风貌，一个时代不可避免地走向历史深处。我从2006年起，开始探索民间口述史的采集和研究，从老城厢、大直沽、铃铛阁、南市、堤头，到西沽、西于庄，走遍天津老城区，采访原住民200余人，整理口述史料几十万字，拍摄图片上万张，绘制各类示意图、复原图近百幅，为那些消失的以及即将消失的老城留下影像，也为市井生活留下一点记忆。

我从小就喜欢画画，然而最终没能成为画家，不过，我还是承认自己有这个天分，不论哪种艺术形式，接受起来都特别顺畅。2016年，我在汇总《口述西于庄》书稿时，第一次根据当事人的口述将已经消失的场景手绘下来，还原了那段普通得不能再普通、却记录了历史原貌的寻常百姓生活。这些不是画家的“画”，类似于考古学中的复原图，为天津老城的研究者提供了参考，也为我的口述史收集、整理增添了特别之处。



# MINIMALISM AS AN EXPAT

by Bryce Cristiano



Minimalism can make some meaningful change in our life.

In the words of Chuck Palahniuk's famous anti-hero and social agitator, Tyler Durden.

**"THE THINGS YOU OWN END UP OWNING YOU. IT'S ONLY AFTER YOU LOSE**

**EVERYTHING THAT YOU'RE FREE TO DO ANYTHING."**

Perhaps the best book he has written, Chuck Palahniuk's *Fight Club* was a breath of fresh-air for readers and eventually movie audiences when a film rendition of the novel was released in 1999. The author of *Fight Club* has noted that the David Fincher directed film perhaps touched on points better than his book had and as such has a cult-following to this day almost two decades later. The central theme of the story revolves around the Narrator subconsciously creating an alter-ego that becomes an outlet for his discontentment with society. The facade of the American-dream with the white picket fences, family, and happiness falls short of expectations. Our lives become cordoned off into confined spaces, be it at work or at home. Our struggle ceases to be accepting the absurdity of life and instead is given an ultimately unfulfilling goal of collecting IKEA furniture.

While Tianjin is certainly no Tokyo, the living arrangements here may be a bit of a

culture shock for some foreigners. Coming from a land like the U.S. where everything is supersized, settling into a tiny apartment in a big city can be upsetting for those who previously lived in the suburbs where breathing room was plentiful. Where you have a bedroom sized closet in your bathroom, a massive pool in your backyard, and lots of places to store all your precious belongings. When you make the big move from home to being an expat in Tianjin, you may choose to only bring some of your belongings, keeping the bulk of your collection in storage.

When moving, we bring only the essentials, working hard to cut out many superfluous and unnecessary items. Necessary items like clothing, electronics, makeup, and toiletries amount for the bulk of a traveler to China although some exceptions may exist. For avid readers, you may choose to take a collection of books. For those who do not know what kind of products that Chinese supermarkets offer, they may choose to stock up on snacks and certain toiletries that they enjoy. Moving to such a faraway place is an opportunity to hit the reset button on your accumulation of stuff.

**"THAT'S ALL YOUR HOUSE IS, YOUR HOUSE IS JUST A PLACE FOR YOUR STUFF. IF YOU DIDN'T HAVE SO**

**MUCH STUFF, YOU WOULDN'T NEED A HOUSE. YOU COULD JUST WALK AROUND ALL THE TIME. YOUR HOUSE IS JUST A PILE OF STUFF WITH A COVER ON IT."**

**-GEORGE CARLIN**

Once we realize our essentials, we may start to feel silly about all the unnecessary garbage we have sitting around back home. My years in China have prompted me to cut-loose many years worth of saving back home. Each visit back home is an experience to rummage through old boxes, hoping to donate the items which I have no attachment over. Five boxes turned into three boxes. Three boxes turns into two. Two boxes may turn into a smaller box filled with old notebooks, a few books that I've yet to bring to China, and some sentimental objects.

How do we fare in China though? Obviously when you stop living in your home country, it becomes a bit difficult to accumulate garbage. All the accumulation we do just begins anew in China unless we actively change our behavior to condemn such actions. A simple spring cleaning is not enough, you need to fundamentally change yourself, asking what is necessary and what is just baggage. If you happen to be moving to Tianjin fresh out of your parents' home, the



situation changes as you need new essentials.

In Japan, there is a rising trend amongst civilians for a minimalist lifestyle. One Tokyo resident,

Fumio Sasaki, latched onto the trend in 2014 after becoming disenfranchised with the hamster wheel of catching latest trends. He then when on a quest, cutting down his material possessions to just 150 objects, barely owning even 20 articles of clothing. In our society, we see cutting back like this to be a sign of poverty or worsening work conditions. A choice to sell one car that you barely use when you own two vehicles may be seen by colleagues and family as sign of money problems, not understanding the utilitarian motives behind the decision. We have been born into a consumerist culture and as such have hard times disengaging from the cultural hegemony of consumerism.

For people like Fumio Sasaki, he may own on the essentials but his life has become more fulfilling, having the chance to spend more time with his friends or traveling. Spending both less time and less money shopping allows for individuals like Fumio to occupy himself with pleasurable activities.

**"ALL OVER THE PLACE, FROM THE POPULAR CULTURE TO THE PROPAGANDA SYSTEM, THERE IS CONSTANT PRESSURE TO MAKE PEOPLE FEEL THAT THEY ARE HELPLESS, THAT THE ONLY ROLE THEY**

## CAN HAVE IS TO RATIFY DECISIONS AND TO CONSUME."

-NOAM CHOMSKY

Take the recent explosion in shared bikes across China as an example. How often do you ride your bike that you own? Unless you're a professional or hobbyist cyclist, probably not much more than an hour or two a day to simply transport to school or work. With ownership of a bike comes the worry of theft, breakdowns, and storage that cost you both time and money. Shared bike services allow users to (hopefully) respectfully borrow bikes that are employed by users much longer than a personal bike would be. Breakdowns are handled by the company and storage is a non issue since the bike is not yours. Some communities in the U.S. have taken this further with offering communal hardware rentals. Members of a small community may go to a shop to borrow power tools, blenders, and other items which we occasionally need yet seldom use. Of course, we can't lend out underwear and toothbrushes but we can share seldom used tools.

The minimalist lifestyle that moving abroad actively promotes is one which is antithetical to the wants of corporations which profit off of excessive spending habits on items which breakdown or serve no real use. Ideas like the Spring cleaning play right

into the hands of companies, which promote a culture of throwing out perfectly good items while enforcing wasteful consumption towards the end of the year through Black Friday, Christmas, and 11/11. What's needed is not a yearly purge but a continuous understanding of your wants and needs. Instead of spending hours of your life accumulating garbage and throwing it out, take precautions to keep that junk from your life to begin with. To make any meaningful change in our life, we can not keep on rehashing the same mistakes but must instead address the core issues in a proactive manner. If we carry out a massive effort to address some wrongdoing, it will only reappear when our back is turned.

## 取舍有道，极简生活

“拥有即是负担。我们只有在抛开一切之后，才能自由自在，随心所欲”。这是恰克·帕拉尼克的小说《搏击俱乐部》里一句经典台词。1999年，导演大卫·芬奇将它改编拍成电影。可以说，无论什么时候欣赏到这部作品，它总能引起我们强烈的思考与探究。

当然，现实终究不能和电影抗衡。对于自小生长在什么都讲究“大”的地方的外国朋友而言，当他们选择踏上这片寸土寸金的土地时，他们自然也要抛下很多东西。该带的带，该舍的舍，长距离搬家是我们重新梳理自己物品的最好机会。

当我们了解了那些我们需要的物品时，便开始觉得当初购买不必要物品时愚蠢。多年在外生活，我早已习惯了尽可能多的丢掉不必要物品的打包规则。每次回到家再整理行李时，我都后悔自己当初应该少买一点再少买一点。

当我们远离家乡，选择去往别的地方生活的时候，整理垃圾是很费时费力的一件事。简单的清洁并不能完全满足我们的需求，我们需要的是从根本上改变自己。问问自己你真正的需求是什么，你能带走的可以有什么。

时下，日本正流传着一股极简主义风潮。佐佐木文雄，一位极简主义追随者，因为厌倦了紧随潮流的作风，于是两年前，他义无反顾的加入了“极简主义”阵营。从2014年开始，他就不断删减自己的物品，直到现在衣服数量不过20几件。当群众的思想还停留在变卖家产便是穷的象征时，我们也该是时候重新审视一下“极简主义”背后的意义。

对于崇尚“极简主义”的人而言，他十分明白自己需要什么，并且会将自己的生活安排的有条不紊，他可以将更多的时间用在旅行或陪伴亲朋好友，而不是过分追求物质上的飘渺享受。

马路上最近多了很多共享单车，试问一下你究竟有多久没骑过你的单车了？是否你骑共享单车的时间要大于骑你自己的车？其实，在美国很早就流行起来这种共享的生活方式。在一些社区里，社区成员可以去商店借走任何平时他们很少使用的工具，比如电具、搅拌机等等。

极简生活方式的推崇无疑给了那些利用节假日打出五花八门促销活动企业一记重拳。与其将来要花数小时清理垃圾并扔掉它们，不妨采取预防措施让垃圾从你生活中消失。我们每个都要清楚自己需要什么，用积极的态度改变我们的错误习惯，生活才会变得更加绚烂。

Shared bikes.





# SEEKING ITALIAN FLAVOR IN TIANJIN

by Sam Ward

The sound of conversations flood through the air with a slight echo against tall walls and combine with a chorus of silverware chiming and dishes clanging. Somewhere in the background there is music playing but it almost goes unnoticed by the diners as it becomes indistinguishable from the other noise. It's a lively restaurant with a contemporary style and design that can be found in metropolitan cities throughout the world and along with the wait staffs' formal attire, and keen attention to customer service, exemplifies the high standards of a semi formal dining experience. Furnished by a full bar and providing a variety of dishes, this is a place people visit in the evenings to celebrate a special occasion or simply enjoy the company of friends in a lively environment.

## -A Restaurant You Know- Modern Dining and Italian Flavor

Now with three locations in Tianjin, it's not hard to understand Pizza Bianca's success. The menu is concise but offers enough options to satisfy most people's preferences. More importantly the taste, presentation, and quality

of dishes consistently prove to be top rate. Despite dancing circles around the likes of certain chains that shall be purposely unmentioned, Pizza Bianca's prices are comparatively reasonable. For a budget conscious consumer, Pizza Bianca is a perfect choice to have better food, ambiance, and locations than recognized franchises, while not breaking the bank. Diners that are primarily concerned about food and experience will find Pizza Bianca is up to the task and meets expectations.

The original location is in the Olympic building, the same as Sitong dance club, and served as the catalyst to grow Pizza Bianca's popularity. Location number two opened in the Galaxy Mall, and the high-end shopping was a perfect fit for attracting sophisticated customers. The most recent location (and my favorite) is the one in Min Yuan stadium that opened just over a couple years ago. All three locations are a perfect fit for the restaurant as the surrounding neighborhoods are also some of Tianjin's finest.

For foreigners that long to eat a non Chinese food meal, they don't have to go any further than Pizza Bianca. The mix of good food and atmosphere is enough to make it on

anyone's short list of considerations for where to spend dinner or evening out on the town.

### Details:

**Add:1F, Olympic Tower, 126 Chengdu Dao, Heping District,**

成都道126号盛捷奥林匹克大厦107-108室

**Tel:022-23512887**

**Add:4F, Galaxy Mall, 9 Leyuan Dao, Hexi District,**

乐园道9号银河国际购物中心4层

**Tel:022-83889069**

**Add:Inside Minyuan Stadium, 83 Chongqing Dao,**

重庆道83号民园体育场院内

**Tel:022-83122728**



Pizza from Bianca





## -A Restaurant You Don't Know- No Homesick Italians in Tianjin

In the rapidly evolving environment of Tianjin, it's not difficult to find a chain restaurant within a short distance from anywhere. It seems as though pizza has become a staple in the Chinese diet, and it's not difficult to find things like spaghetti at a restaurant where Western food is on the menu. Despite widespread availability of such fare, the unfortunate reality for expats in Tianjin is that quality standards and expectations get lowered. Half hearted appreciation of a Western food's availability rises to supercede the disappointment of a dish being just a pretty good version of the real thing. Slight changes are regularly made to better suit the Chinese pallet.

While an average pizza paired with a cold beer is still great in most people's book, there is a restaurant in Tianjin that goes above and beyond to provide the old world style and authenticity of traditional Italian cuisine. Items on the menu are carefully considered by a combination of history, geographic origin in Italy, and family recipes passed down through the generations. Venezia Club was the first restaurant to open in the historic Italian town area, and to this day offers its enthusiastic patrons an ambiance and culinary experience rivaling venues in Italy.

A step into the restaurant now and you would never have known about the humble beginning. "When Venezia first opened, we used to sit down here and play cards because there were no customers." Recounted the owner, Renato. In 2008 before the Olympics, he made a gamble and started the journey of providing Italian food to people in a land

without any familiarity beyond the noodles. This was a milestone actually, as Renato was the first Italian and restaurateur to setup shop in Tianjin's Italian district since it's opening in 2002.

Fast forward to today, and Venezia Club's roots have grown deep. The restaurant offers outdoor dining, has an old fashioned style bar, and several dining rooms, each with their own unique styles and decor. The evolution over time has been purposeful and every detail carefully planned. Its first floor cafe as an example has the same cozy style and architecture and the famous Cafe Florian in Venice's Marco Square. There is one thing that has stayed the same over time however, and that is the quality and style of the cuisine.

Owner Renato is unapologetically stubborn when it comes to maintaining a purely Italian experience. All ingredients are imported from Italy and are regularly sampled to ensure only the highest quality dishes make it to the table. Even down to the particular type of extra virgin olive oil used in the cooking, no compromise has been made. The best oil is made from olives that are processed within twenty-four hours of having been picked and that is why only extra virgin olive oil is used for Venezia Club's dishes.

While painstaking effort is taken to celebrate truly Italian cooking and dining, there is a small secret. Chinese customers are served softer noodles in their pasta. Yes, in one regard Venezia Club has bent to the pressure of local preference. But rest assured, for the Western diners, pasta is still served in typical fashion with proper Italian noodles. As for Italian diners, Grandma's comfort food isn't something only available at home because it's also in Tianjin's Venezia Club. From dinner salads to main entrees, every dish at Venezia Club is nothing short of delicious. As for me personally, I recommend the gnocchi topped with "Fantasy Mama Rina" sauce. You're welcome.

**VENEZIA CLUB WAS THE FIRST RESTAURANT TO OPEN IN THE HISTORIC ITALIAN TOWN AREA, AND TO THIS DAY OFFERS ITS ENTHUSIASTIC PATRONS AN AMBIANCE AND CULINARY EXPERIENCE RIVALING VENUES IN ITALY.**

**Details:**

**48 Ziyou Dao, The Italian Street, Hebei District,**

**河北省意式风情街自由道48号,**

**022-87613413**



Gnocchi topped with "Fantasy Mama Rina" sauce

## 寻找意大利风味——一家你知道的店和一家你不知道的店

人们热烈地交谈，觥筹交错间会听到刀叉与盘子的碰撞声，轻柔的背景音乐几乎被淹没在这样的气氛里。在大都市里，有着现代装饰风格的高级西餐厅比比皆是，训练有素的服务人员身穿得体的制服，时刻关注着客人的需求，提供专业的服务。

意大利风格的餐厅在天津并不少见，但也许你并不是每一个都熟悉。Pizza Bianca 现在已经有三家分店了，它的成功似乎是必然的。虽然菜单很简洁，但完全能够满足大多数食客的需求，菜品的口味、摆盘和品质也能够保持在很高的水准，价格还很亲民。对于普通大众来说，既能享受更好的食物、环境和服务，又不会担心钱包阵亡，这样的餐厅最适合庆祝人生重要的时刻。

虽然意大利风格的餐厅在天津并不少见，但是对于外国人来说能称得上纯正的并不多，为了迎合本地人的口味，这些菜品多少都要进行一些改良。

但在天津，有一家意大利餐厅坚持按照意大利传统的配方制作，而且相当成功地运营了9年的时间。威尼斯意大利餐厅是在意大利风情街开业的第一家餐厅，老板就是意大利人，他把意大利的历史、地理渊源和家族配方都融入了这家餐厅里。

餐厅刚开业的时候，人们对意大利餐的认识仅限于意大利面，所以那时候几乎没什么客人，从老板到店员都无事可做，只能靠打扑克打发时间。但今天你会看到餐厅的户外就餐区总是坐满了客人，

威尼斯餐厅的户外就餐区在这个季节尤为受欢迎，总是一座难求。不过走到小洋楼里面，你会看到一个老式吧台，楼上还有意大利传统风格的用餐区以及单间。

老板 Renato 对于传统的坚持近乎顽固，从就餐环境、选料到做法都必须贴上意大利的标签。但是作为开门迎客的商家来说，顾客才是上帝，于是威尼斯餐厅也学会了“看人下菜碟儿”。比如，遇到中国客人，厨师会特意把意面煮的软一点，而对西方客人，那火候就该怎样就怎样。要是有意大利客人来了，老板就会拿出家乡菜来招待客人了，所以菜单上肯定会有一些你没听说过的菜品，你不妨试一试，说不定那才是意大利人餐桌上的家常菜。

## EL FLAMENCO RESTAURANT & BAR



The Italian street has gathered restaurants of various origins, including Italian, German, French, American and even Thailand. Now a new force from Spain joined in the competition. El Flamenco Restaurant & Bar is owned by a young couple who have lived in Spain for many years. Like many of its counterparts in this region, the restaurant is also nestled in a historic building, which were once the movie shooting scene of world famous Chinese actress Zhang Ziyi and Fan Bingbing.

The decoration is featured with the colors of Spain's national flag, making people feel passion and romance. You can see many Spanish elements such as the painting of flamenco dancer, the soccer stars and bulls.

Paella and tapas are definitely the main roles in a Spanish restaurant. The wine list is also unique in El Flamenco as the husband had been working in Spain as a bar tender for ten years so you can expect many classic cocktails presented in an excellent manner. El Flamenco even has its own craft beer, which is worth of trying. Sangria, the symbol of Spain was liked by many customers.

Summer is the best time to experience the Italian street and El Flamenco has a wonderful terrace on the 3rd floor where you can overlook the beauty of the street and enjoy a fun party.

### El Flamenco Restaurant & Bar

44-46, Ziyu Dao, The Italian Street, Hebei District

天津市和北区意式风情区自由道44-46

022-86286811 11:00-02:00 RMB 175

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Tel: 022-5990-5166



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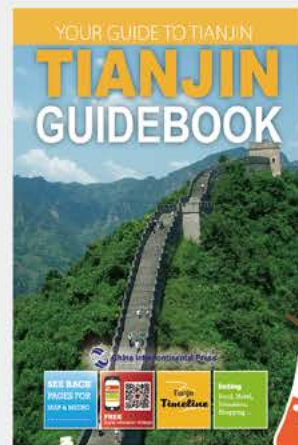
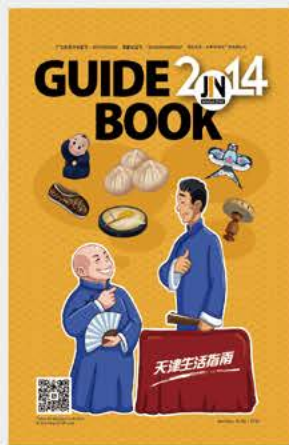
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# GLUTEN

by Kate King



Gluten is a name for proteins found in wheat.

**G**luten. This is a word that probably a decade or so ago, few had ever heard or encountered. It's almost as if overnight, this term has become a common word used everyday. Is there gluten in that? Is that Gluten-free? In America for example, on shelves at the grocery store, foods are labeled with eye-catching signs, "Gluten-free". There are whole sections in stores marked as gluten-free. Foods that never even had gluten in them, all of a sudden are slapping labels on them saying gluten-free. One of these labels was even on a cucumber! With so many people using this term, it makes one wonder who actually knows what it mean. Or even why they want or don't want it in their food.

What is gluten? Gluten is a name for proteins found in wheat. It is what makes dough so elastic and gooey. The majority of people who have a problem with it are generally sensitive to the gliadin fraction of gluten. And, interestingly enough, some have an allergy to gluten while others have an intolerance or a sensitivity. The difference between an allergy and an intolerance is the type of response the

body has to gluten. If allergic, the immune system is responding to this protein being in the body. If it is an intolerance to gluten, it is a digestive system issue. Also, should someone have a sensitivity, normally being exposed to small amounts of gluten will not be catastrophic. But, for those with an allergy, consuming even small amounts can be disastrous. To be sure which it is, considering seeing a doctor and getting clarification. For those who suffer from Celiac Disease it is imperative that they avoid all gluten. It can actually destroy the lining of the small intestines which reduces the ability to absorb nutrients.

What can be done if allergic or intolerant to gluten? The best thing may be a gluten-free diet. While this may seem daunting, in the past few years the selection of products that are gluten-free have skyrocketed. It must be mentioned though, that just because a food is labeled gluten-free does not mean it is healthy. A gluten-free cookie, is still a cookie. Obviously fruits and vegetables are gluten-free as well as meats (as long as they are not breaded or have a batter coating), dairy, eggs, beans and potatoes. There are still plenty of tasty options

**IT MUST BE MENTIONED THOUGH, THAT JUST BECAUSE A FOOD IS LABELED GLUTEN-FREE DOES NOT MEAN IT IS HEALTHY.**

despite abstaining from gluten.

While it is certainly not ideal to have to deal with disease or cope with various sensitivities, food can still be enjoyed. Its been said that focusing on everything that can be eaten and not what can't is the key. Due to the apparent rise in gluten related disorders it would behoove us to not only be aware but sensitive to those coping with these challenges. First, be clear on who has trouble with gluten and take this into consideration when cooking. Second, if not feeling well personally, especially after eating certain foods, perhaps do more research to determine if gluten is the culprit.



Gluten free food

## 小“麸质”，大影响

麸质，一个老生常谈的词。很多美国的商店货架上，都会对含有“麸质”的食品贴有明显标志，甚至很多商店还会主营无麸质食品。当我们越来越频繁地看到“无麸质”产品呈现在我们眼前时，也该是我们认真思考这个问题的时候了，人们为什么要关注食物里的“麸质”问题？

所谓麸质，它是谷物特别是小麦中的一组蛋白质。麸质可以使面团具有坚固的结构。在面包加工时的醒发过程中麸质蛋白形成网状结构，如果没有麸质就不能形成这样的结构，面包也就不能发酵。对于大多数人来说麸质是很普通的蛋白质，容易被胃肠道消化。然而少部分人却不能消化麸质蛋白。这些人有麸质蛋白不适应症，最常见的病症是乳糜泻。患有这种疾病的人食用含有麸质蛋白的食物时，他们的免疫系统就会通过损害小肠来做出反应。

需要注意的是，很多产品声称“无麸质”，但它却未必是健康产品。因此对于过敏体质的朋友来说，还是应该注重饮食均衡，合理搭配。当我们身体出现异常的时候，务必反复检查，考虑是否是过敏所带来的影响，然后对症下药。





Cooked by oven

## I PROBABLY WON'T USE IT EVERY DAY, BUT IT WILL ADD ANOTHER DIMENSION TO THE FEW LOCAL WESTERN RESTAURANTS WHOSE MENUS NEVER CHANGE.

themselves. The only downsides have been the amount of cream, butter and milk I'm suddenly consuming and how hot the kitchen gets during an hours baking. As the encroaching summer pushes temperatures even higher and I'm forced to keep myself cool with glasses of chilled Sangria and Ice-cream, I realise that getting an oven wasn't the healthiest choice. But then, who comes to China for their health?

# THE HEAT IS ON by Robert Watt

I've spent nearly 4 years living in Chinese apartments. In the main they've been great, but there is one thing I periodically miss and that's a decent western cooker. I'm not a great cook, nor even a very regular cook, but sometimes, such as when entertaining, having a kitchen with more than two gas burners would be handy. In my previous apartments I had a microwave and as a result I was able to cook parts on the hob before assembling them for a quick dose of radiation to finish off. But my current kitchen lacks even this.

What I really want is an oven. Somewhere I can bake some cakes, roast a joint or some vegetables, and make crispy garlic bread and milky puddings. A grill too, where I can toast cheese, make a soufflé omelette and have an alternative to frying: It's the choice I want. I probably won't use it every day, but it will add another dimension to the few local western restaurants whose menus never change.

Research isn't easy. Web sites are obsessed with pizzas and ready meals reflecting their main use by campers and students. I eventually work out I need a device with at least 30 Litres in capacity and with a convection fan. The fan is important for baking which I expect to be

its main use. Some brands offer hot plates on the top of the oven. There is an attraction to having a hob that doesn't cook everything at a zillion miles an hour. Where a pan of chilli-con-carne can be left simmering for an hour without boiling dry as soon as the backs turned. Some offer a rotisserie too, I've no experience of one myself, but the pictures of the rotating roast chicken do look good.

After looking in Walmart and Sunning and online on Weibo, I realise that postage and packing of familiar western brands make them prohibitively expensive. I cross my fingers and choose an Iris Ohyama which meets my specification and has good reviews. The total price is 500RMB.

My first experiment is some scones, they rise and brown well and I enjoy them with fresh cream and strawberry jam. This is followed by an apple pie with cinnamon and a baked camembert with garlic and rosemary. Later, I do roasted vegetables with baked fish stuffed with lemon for dinner and a quiche and butterfly cakes for a picnic.

All the results are quite good and I've enjoyed the extra variety that the first months use adds to my diet. Chinese guests too have been impressed with the food and keen to try the oven for



Home made cakes

## 简单烘焙，快乐生活

我在中国公寓住了 4 年，邻里之间相处愉快。算起来，我不是一个合格的煮夫，我的厨房里没一件像样的炊具。之前住过的公寓里还或多或少有点电器，可以让我偶尔的做个饭煮点东西，但现在的厨房却什么都没有。每当我吃烦了餐厅食物时，我总想自己做点什么，所以我的厨房里至少该有个烤箱。

经过一番研究，我最终决定购买一个带风扇的 30 升烤箱。对于烘焙而言，风扇的作用绝对不可忽视。走访了几家实体店，再经过网上对比，我最后花了 500 元购买了一个相对熟悉的国外品牌。

开箱之后的第一个实验我做了烤饼，看着面团在烤箱里缓慢上升并上色，我知道制作成功了。就着新鲜奶油以及草莓酱吃下，味觉得到充分享受。后来我也尝试了烤蔬菜和鱼，效果也都很棒。

自己烘焙乐趣多多，但唯一的缺点大概就是对于奶油和糖分的摄取控制。当天气渐渐变热，我偶尔也会自己制作一些饮品，我才发现烤箱可能不是最健康的选择。可是，那又怎样？我们难道谁是为了健康才来中国的吗？生活那么美好，可别辜负了大好时光。



The Sticker Lord

# WECHAT PERSONALITY TYPES

by Culturalbility

**W**e've all taken a personality test before. Usually a questionnaire or a survey of some sort that asks us a wide range of random questions and then at the end determines precisely what kind of person we are, down to a tee. So awesome! To be honest, we find these so-called tests quite narrow minded. Regardless, in this month's Wechat column, we want to make a special list just for Wechat users.

Out of all the contacts you're connected to, there has to be a certain number of them who all have the same things in common, right? We think you'll know exactly what we mean. Ask yourself: do I exhibit any of these characteristics?

### The Voice-Note Vixen

This "friend" is a force to be reckoned with. They seem to have all the time in the world and expect you to actually listen to their ten 60-second voice messages in a row. Trust us when we say that we know the benefits of the voice notes. But come on, there's no way to easily skim the message or to make sense of incoherence.

### The Photo Editor

You'd better watch out for this Wechat type, in particular. Know which one we mean? For some reason, they have oodles of apps on their phones and can photoshop any photo in to a thing of beauty within a manner of minutes. On the flip side, though, they can also shop your mug into a number

of different nefarious situations. Don't get on their bad side.

### The Sticker Lord

This type speaks for itself. The master of reaction GIFs; the slinger of cartoon emojis. They always have the best sticker for just the right situation. Assumedly, they have multiple groups just for stickers, and they must label them appropriately so they can search history quicker than anyone else.

### The Hongbao Hog

We don't want to label this type "beggar" but it's pretty close. This contact is constantly asking different groups or even individuals for hongbaos. And somehow, they're always able to be one of the first ones to grab it. How do they do it? They probably have some illegal software installed.

### The Groupaholic

So you're in a handful of useful groups? This person is probably in more than a hundred! That's right, they are literally addicted to Wechat groups. With every topic imaginable covered, they start creating their own. They aren't necessarily vain, maybe they just like being in control. Might be time for a group purge. We tried it once and it does wonders.

### The Spammer

Your Moments feed is covered with them trying to sell clothes, products, travel packages, whatever, for pennies on the dollar. Thankfully, we can easily block their

Moments posts. But once they get added to a group you're in? Pray your group admin has enough foresight to call them out and kick them out of there quickly. Just say no to spam. It's very uncool.

### The No Sleeper

Does this friend ever sleep? No matter what time of day or night, they are always responding within a few minutes. Sometimes, we can really appreciate this. But other times? Like at 2am? They must be in a different timezone. Note: They do have lives, those lives just happen to always be on Wechat.

### The Ghost

On the other hand, we all have those certain contacts who absolutely never respond. If we've sent multiple messages over multiple days, it's probably time to give up and call in reinforcements. They ain't replying.

## 微信性格趣谈

我们都做过人格测试，一份带有若干问题的调查问卷，在你对一系列问题做出相应回答之后，根据你的答案将你归为什么类型的人。讲真，这些所谓的测试简直匪夷所思。如果真有性格之分，我倒更愿意根据人们的行为习惯，将玩微信的人分为几类。在我们所认识的人群中，他们是不是有的具有相同特点？然后再问问你自己：我也有这些特征吗？

**音频怪物**——这类朋友似乎总有时间和理由相信你一定会花 60 秒的时间来倾听他们美妙的声音。拜托，我们知道语音的好处，但也请适当的考虑一下倾听者的世界，好嘛？

**修图专业户**——这类人群你要格外小心，因为他们永远有能力把美的变丑，再把丑的变美。

**表情包狂人**——他们总是有无穷无尽的表情、动图来配合各种聊天场景。和他们聊天，你总能发现新奇表情。

**红包狂人**——虽然不想，但还是忍不住要把这类人贴上“乞丐”的标签。他们究竟是怎么做到的不放过任何一个抢红包的机会？我猜，一定是某些软件在作祟。

**群组达人**——这类朋友沉迷于群组之间无法自拔，他们不管话题如何，总能自说自话，神奇的很。他们可能只是喜欢控制的感觉。

**微信小贩**——当我们朋友圈里有售卖消息出现的时候，只需悄悄拉黑即可忽视这类内容。但如果这些小贩钻进了你的群组里呢？赶紧呼叫管理员，把他们踢得越远越好。

**无眠者**——你们不睡觉，别人还要睡觉好不好？虽然我很感谢你们常常以最快的速度回复群消息，但千万不要在别人入睡以后还来打扰大家，好吗？

**幽灵**——对于那些我们反复发送消息，但他就是迟迟不回复的人来讲，也该是我们将他们清理出去的时候了。别担心，反正他们也不会知道。

你是哪类人群？欢迎扫描二维码进入我们的讨论。







Taking a didi car to the airport

**EVEN IF THIS COST IN TERMS OF TIME AND TICKETS IS ACCEPTABLE, DO NOT UNDERESTIMATE THE INCONVENIENCE OF DOING THIS WITH LUGGAGE.**

runs via automobile, Didi Chuxing (滴滴出行 dīdī chūxíng) or Huolala (货拉拉 huòlāla). Didi provides a few options, namely a cab, private car or van. Huolala on the other hand primarily facilities very stripped down cargo vans. A ride in a mini-van from Huangguangsi to the Tianjin Airport quotes at 78 RMB via Huolala. That same van quoted at 426 RMB to the Beijing Airport. Using Didi, a more professional private 6 passenger van (versus the cargo van available via Huolala) quoted at 129 RMB to the Tianjin Airport whereas getting to the Beijing Airport was a whopping 850 RMB. Keep in mind these are quotes only. That means, any traffic or route issues could easily result in actual fares being much higher. Also, some private cars will refuse driving to Beijing due to issues entering Beijing or the airport itself.

In addition to the options listed above, it is definitely a good idea to ask trusted friends who they use for airport runs. Sometime this results in finding a reliable driver who makes airport runs for a flat rate. Save these sorts of contacts even if no immediate trip is planned.

# AIRPORT RUNS

by **Carmen King**

**F**or expats living in Tianjin airport runs are an inevitable event. Two issues arise when planning an airport run. One, which airport to fly out of. Two, how to get there. In terms of issue number one, flights departing from Beijing tend to be cheapest. That said, any attempt to enjoy cheaper tickets can be offset by the hassle and cost of trying to get to Beijing with luggage.

Those traveling light (i.e. backpack or small carry on) may consider taking the Tianjin subway to one of the train stations. The east, west, and south stations all have trains to Beijing. From there catch a train to Beijing and then onto the Beijing subway which connects to the airport. Here's what a trip like that could cost in time and money. We will use a starting point of Haiguangsi in Heping district. The metro from Haiguangsi to the Tianjin West rail station costs 2 RMB and lasts 9 minutes. The train from the Tianjin West station to the Beijing South station costs 54.5 RMB and lasts

38 minutes. The subway from the Beijing South station to the Beijing Airport costs 30 RMB and takes about 1 hour. Note, these times do not include time spent waiting for trains, changing lines, or buying tickets. It is highly recommended to have pre-paid subway cards for both Tianjin and Beijing. The total cost of this airport run to BJ would be at least 86.5 RMB. In many cases there will also be at least one cab ride to get to the nearest subway station in Tianjin which will add expense. So figure on about 100 RMB to get from Tianjin to the Beijing Airport via metro. Time wise it will be about 4 hours one-way and that's if tickets are bought in advance. Even if this cost in terms of time and tickets is acceptable, do not underestimate the inconvenience of doing this with luggage. Especially the Beijing leg which is notorious for subway cars packed like canned sardines.

Parties with several travelers and check bags will definitely be looking for another option. Consider one of two apps for airport

## 从天津到北京机场该选择什么交通方式?

很多外国人在选择机票的时候都会把北京作为出发机场，因为大部分北京出发的国际航线还是比天津便宜一些。但是从天津到北京机场这段路程却是很耗费时间和金钱的。如果你的行李不多，打算采用火车加地铁的出行方式，那么以海光寺出发为例，从海光寺坐地铁到西站9分钟，2块钱；从西站坐城际特快到北京54.5元，耗时30分钟；再从北京南站坐地铁换乘若干次到北京机场，票价30元，耗时1小时。所以，单程就需要4个小时，86.5元，更不要说你带着大小行李穿梭于换乘通道，追赶拥挤的地铁。

另一个选择是用APP打车。你可以选择滴滴出行或货拉拉。货拉拉顾名思义使用的都是小面包或小货车，费用相对便宜，从天津到北京机场大约462元，滴滴上的标准轿车则需要850元。

当然你也可以问问朋友是否认识长期在天津和北京机场之间拉活的司机，他们的费用可能更便宜一些，你可以存下他们的联系方式。

# PASSING ALONG THE NORTHERN CANAL

by Robert Watt



**T**he Northern canal is the final section of waterway between Tianjin and Beijing that makes up the 1776 kms Grand Canal. An engineering achievement that was centuries in construction, but still completed 1000 years before the canal age in the UK.

Recently recognized as a UNESCO world heritage site, its condition today lies in various states of repair. The Northern canal section, converted into pretty parks at each end, is otherwise unnavigable and almost forgotten. There are controversial plans to restore this section of canal. It's UNESCO status, it's strategic location connecting two huge cities, it's symbol of Chinese ingenuity and greatness, make it a potent source for tourist revenue and political prestige.

While it awaits its inevitable fate, traffic along its length has ceased. Probably less than a handful of engineers will have travelled its length in recent times and I want to cycle along its banks, explore this local relic of ancient history as it passes through the modern world. Seeing the changes of the landscapes and lives along its route, before the scene is reconstructed and packaged for the tourist hordes.

## Out from the Wasteland

I started in TongZhou in Beijing, closely following the water's edge. Slow progress was made along unmarked paths and trails of farm vehicles. Thin woods and fenced off farms were interspaced by

homes made from scrap. Mongrel dogs guarding heaps of bitter smelling rubbish barked and snarled at my pedals. At one bend of the canal I found the decomposing bodies of three dogs. Punctures, tiredness and time forced me onto the roads and a modern cycle path to arrive in Wuqing, dirty and exhausted, for the night.

The next morning, I started out again. The parkland that lines the canals path through Wuqing terminated suddenly at a hectic flyover. On the other side, the canal returned to the more familiar state of dust dry banks, strewn with litter and construction waste. After the previous days experience I took the Beiyunhe Xidi road, which runs along the canal's western side and soon the shabby remnants of the suburbs withered and were replaced by verdant fields. The canal looked clean, young reeds and mature willows growing along the sides. The road too was tree lined and although it was the weekend, wonderfully free of traffic. As it bent gently around a curve of the canal, the sun filtering through the leaves, it felt like rural France. I sped through smart villages, waste and wild dog free. The buildings were in good repair and old men sat peacefully in the shade. Further on there were some graves and here too the cones of the burials were well cared for, adorned with fresh flowers and red rosettes. Today's start an uplifting contrast to the day before.

## Riding waves amid the country

The route continued through the flat



countryside. Fields filled with thick lush grass were being cut for turf, acres dense with greenhouses and orchards. The vigor of growth in stark difference to the earlier dry and scraggy terrain. I imagine the canal provides the water and judging by the algae already blooming along its edges, receives rich run off in return.

After 2 hours of easy riding, I arrived at the new city of Shuzhuang. A regulation promenade and park lines one bank and behind it, partly finished skyscrapers peer over the remnants of the village they're replacing on the other. The park was tranquil, undisturbed by a populace not yet moved in.

The nascent city soon ended, but the countryside never quite returned. Another 30 minutes and the canal widened as it met the Shangdong River, the water spreading out behind the sluices that control the level. Shortly after, there's a half-abandoned village. Its square sitting quietly above the water. Trees shade broken concrete seats and weeds push up





A panorama of the Northern Canal

between the stones. This pleasant place, just 30 years ago, would have been new and desirable. Now, the new high-rise homes of Shazhuang, visible to the north, and the modern towers of Beichen, to the south, are preferred.

At Beichen the deserted road passes beneath the ring road and into the obligatory city park. On the map the formal strip of shrubbery, chaperones the canal from one city edge to the other. But the path was blocked by construction and I was forced to find another route. Beichen is not a novice to rebuilding; glossy shopping malls and tower blocks, a once modern-art clock tower and the jumble of crumbling, single story, homes, attest to decades of construction waves - like the growth rings in a tree. The city edges blurred into the outskirts of Tianjin and soon the canal ends at the Tzu-ya and Xinkai Rivers.

Marking the end, a Junk of white stone provides a foreground to the Tianjin eye. In the bright sun, the waterfront is clean, stylish and perky after the previous hour of unfinished or deteriorating landscapes. I weave past anglers and swimmers, a chain of ofo cyclists and a shower of brides. Their sudden presence startling after the 5 hours of solitude.

### Reflections on the water

I'd set out, imagining myself cycling along the banks of the canal like a latter-day Livingston, discovering a forgotten and abused remnant of history. I had imagined it as weed choked and dry.

Where there is water, I thought it would be foul, full of abandoned pushbikes and poisoned by factory waste. But the Northern Canal is far from like this. While there is no tow path to cycle, quiet back roads run along its length from Wuqing, virtually empty. And while there are patches polluted and stinking and long sections pimped with pretty promenades, its mostly unspoiled, twisting silently, undisturbed beside fields and alongside secluded villages where workers wend their lives, mostly heedless of its presence.

The canal too seems indifferent of the modern world. The static waters unperturbed by the changes around it. As I traversed its length, passing the rising and fallen cities, the vigorous youthful plants and the reminders of life's end, I felt the temporariness of this time and its insignificance in the millennia of the canal's existence. Whatever changes are pressed upon it, its timeless self can wait till they too age and finally pass on.



A peaceful village

## 北运河骑行见闻

北运河是京杭大运河的一段，连接北京和天津。京杭大运河建成比英国的运河时代早了 1000 年，对这条运河的改造一直延续至今。2014 年 6 月 22 日，第 38 届世界遗产大会宣布，中国大运河项目成功入选世界文化遗产名录，成为中国第 46 个世界遗产项目。北运河作为京杭大运河的一部分是世界文化遗产，是连接双城的战略要道，是中国人民智慧和伟大的象征，是旅游业收入的重要来源同时具备政治威望。

北运河全长 120km，我决定从北京通州出发骑自行车沿北运河一直到天津。在无名路上与各种农用车辆并肩同行，我的速度并不快。沿途是用篱笆隔起来的农家，几只土狗在村口溜达，看见我就冲着我叫。不幸的是我的车胎扎破了，再加上身体的疲劳，我赶紧回到行车道上找地方落脚。

第二天，我从武清出发，因为是周末，村间小路上很清静。太阳从两边林荫树的缝隙里照射下来，有一种法国小镇的感觉。这一部分的村庄摆脱了原始气息，非常干净，路边没有垃圾也没有野狗出没，只有几个老人在树下悠闲地乘凉。

这一段路全部都是平地，周边绿化很好，有很多蔬菜大棚和果园，这可能是因为沿河的村庄有充足的水源灌溉，所以总是一派欣欣向荣的景象。

新旧村庄就这么不断更替着。30 分钟之后，运河变宽。之后我来到一处半废弃的村子，树木缺少修整，残破的水泥座椅在告诉人们这里已经许久没有人居住。也许 30 年前，这里还是一个新面貌的农村，但如今，村民们更愿意搬进现代化的高层住宅。

进入北辰境内之后，地图上标记的野路被工地阻断了，我不得不另寻他路。从北辰的街景可以看出，过去十年间这里曾经历过如火如荼的城市化建设。不同时期的建筑还保留着鲜明的时代特色，像年轮一样提醒人们时间的流失。北运河与子牙河、新开河交汇之后也走到了终点。我此行的终点是天石舫，这是一个停靠在岸边的石船，不远处就是天津的标志——天津之眼摩天轮。

在出发之前，我以为这会是一次艰难的旅程，河道可能因为疏于管理而漂浮着各种垃圾，散发着臭气，但北运河却完全是另外一个模样。虽然河两岸没有专门为我这样的人设置的自行车道，但道路平坦、安静，非常适合骑行或散步，让人有一种置身世外桃源的感觉。

北运河独立于世，无论两岸经历了怎样的变迁，它永远都在静静地流淌。一路骑来，我感到此刻的渺小，运河行成的几百年只是短短一瞬。这条运河还将继续这样流淌着，冷眼看待世事的变迁。



# DONG YING 东营

by David Wong



Wetland

**D**ong Ying is not likely to be on any top ten tourist destinations but if you want to have a short break and want to visit a location within a few hours of Tianjin, it has some unique offerings. Dong Ying is a very new city, only established in the 1980's following the discovery of the Shengli Oilfields 胜利油田 Shènglì Yóutián; literally: "Victory Oil Field" in 1964. This oilfield is the second largest in China; Daqing in Heilongjiang province is the largest.

Dong Ying is in the northern coast of the Bohai Sea in Shandong province. The city has a population of over 2 million in a province with 97 million people. Aside from petroleum, this city has the world's largest rubber tire manufacturing and DuPont has invested over one billion dollars to build a titanium dioxide plant manufacturing paints. Another large local manufacturer of oilfield equipment is Kerui 科瑞 started by Mr. Yang Xian. Kerui also recently started the Victor International Institute of Petroleum Training and in cooperation with the Canadian University of Calgary, offer courses in petroleum engineering.

## Tourist Sites

Located nearby is the Yellow River

Delta, where the river ends into the Bohai Sea. Although Dong Ying is a new city, the adjacent county of Guangrao 广饶县 is the hometown of Sun Tzu 孙子, the famous Chinese General and military strategist who wrote "The Art of War" 孙子兵法. There is an informative museum with English signage, which is very interesting.

The Art of War is traditionally ascribed to Sun Tzu. It presents a philosophy of war for managing conflicts and winning battles. It is accepted as a masterpiece on strategy and has been frequently cited and referred to by generals and theorists since it was first published, translated, and distributed internationally. The book has also become popular among political leaders and those in business management. Despite its title, it addresses strategy in a broad fashion, touching upon public administration and

planning. The text outlines theories of battle, but also advocates diplomacy and the cultivation of relationships with other nations as essential to the health of a state.

The Shengli Oilfield Museum and the Dong Ying Historical museum are also worthwhile for a visit.

The local government has done a good job in establishing many green areas and there are several lakes and parks to visit and there is even a small executive golf course and driving range, although summers tend to be hot and humid so check with local weather conditions. Best to bring your own clubs and shoes, they have rentals but not a very good selection and no left handed clubs.

## Local Cuisine

Shandong cuisine is called "Lu Cai" 鲁菜 and is one of the eight major cuisines recognized in China. Shandong cuisine is famous for its wide selection of material and use of different cooking methods. The raw materials are mainly domestic animals and birds, seafood and vegetables. Although less available in overseas Chinese restaurants (usually operated by migrants from southern China), Shandong cuisine is considered one of the most influential



Shengli Oilfields



## Although Dong Ying is a new city, the adjacent county of Guangrao 广饶县 is the hometown of Sun Tzu 孙子, the famous Chinese General and military strategist who wrote "The Art of War" 孙子兵法.



Ancestral temple of Sun Tzu

schools in Chinese cuisine; most of the country's culinary styles have developed from it. Modern cuisines in North China (Beijing, Tianjin and the northeastern regions) are branches of Shandong cuisine, and meals in most Northern Chinese households are typically prepared using simplified Shandong methods.

In Dong Ying, look for these specialties: Yellow River Hairy Crab 黄河大螃蟹 "Huanghe da pan xie", not as popular as the southern cousin in the Shanghai area but just as tasty. Guangrao Donkey Meat 广饶驴肉 "Guangrao lv rou", may not be too agreeable to western customs but it is really a healthy choice meat that is very lean and flavorful. Shi Kiu Roast Chicken 史口烧鸡 "Shikiu shao ji", is a whole chicken slow roasted with local herbs and spices



yellow river estuary

until the skin is crispy and meat is almost falling off the bones. Li Jin pan fried buns 利津水煎包 "Lijin shui jian bao", is a steamed meat bun that is finished in a frying pan and has a crispy bottom with hot soupy insides so be careful when biting into it and don't burn your tongue. Shandong cuisine is noted for pasta and pancakes rather than rice as a staple in the south.

All these dishes are available at local restaurants, with the exception of the hairy crab, which is seasonal. You will find that prices are very reasonable as is the case with accommodations.

### Where to stay

The two choices I have used are the hotel at the Victor International Institute of Petroleum Training mentioned earlier although their breakfast offering is quite limited. The better option is the Luxury Blue Horizon Hotel (there is also the Blue Horizon International Hotel, same group but this property is older and smaller).

The Luxury Blue Horizon is huge and covers a large area since it is only a 3-story structure. It has many amenities, such as a sports center with billiards, table tennis, gymnasium and a large swimming pool. There are several food outlets; I tried the Korean barbeque that was excellent. You and your family can stay inside this facility all day with plenty to do. All at a very reasonable price, rooms start at 400 rmb.

### Conclusion

So if you want somewhere nearby, try Dong Ying. Only 3 hours by car and less than an hour from the Beijing Capital Airport but only one daily flight and by the time you drive to the airport and hassle with checking in and passing security, it

will take more time than driving. Besides the freeway system is excellent and you will need a vehicle to explore while in Dong Ying. The rest stops along the freeway have improved from previous years. They are clean, have many food options and makes the drive very enjoyable.

In general you will find that Shandong people are known for being direct and to the point and since Dong Ying is such a new city, most people are immigrants from other areas and very hospitable to visitors.



Li Jin Pan Fried Buns

## 玩转东营

翻开任何一本旅游杂志，东营都不可能是编辑们推荐的十大旅行目的地之一。但倘若你想有一个把小时之内就能抵达的短暂旅程，那东营或许还是个不错的选择。东营位于山东省东北部、黄河入海口的三角洲地带，它区位优势明显，既是中国第二大石油工业基地胜利油田崛起地，也是中国“六大最美湿地之一”。

尽管东营还是一个新兴城市，但它的人文历史文化却丝毫不逊色任何一个历史名城。广饶县，隶属于东营市的一个市辖区，位于山东省中部偏北，东营市南部。广饶自秦设县，是兵圣孙武故里、吕剧发祥地和齐笔原产地，被联合国地名组织评定为千年古县。

《孙子兵法》一书，由孙武编著，是中国古代军事文化遗产中的璀璨瑰宝，也是古代军事思想精华的集中体现。东营地域内有很多关于孙武及其著作介绍的文字内容，感兴趣的朋友不妨前去访问。其它推荐景点：东营历史博物馆、胜利油田科技展览中心。

东营市政府在绿色生态建设上做出了很多优秀成绩，因此东营范围内的湖泊和公园都很值得大家前去游览。喜爱高尔夫运动的游客，还可以驾车前往训练场。友情提示：最好携带个人球杆和鞋。

山东菜统称鲁菜，是中国八大菜系之一，因其选材广泛，烹饪方法不同而闻名于世。鲁菜在食材选择上，通常选用禽类、海鲜和蔬菜。中国的北方地区的烹饪手法也常常借鉴于鲁菜的制作方式，但大多都是经过改良或者简化了的制作手艺。东营推荐特色美食：黄河大螃蟹、广饶驴肉、史口烧鸡、利津水煎包等。东营的食宿都非常便利且价格合理，400元左右就可以住得相当舒服。

如果你有短期旅行计划，不妨考虑来这个新城市看一看，开车三个小时，坐飞机的话从北京出发不过一个小时。个人强烈推荐自驾出游，因为山东的路非常好开，沿途风景优美，而且你也总能发现一些新鲜美食。山东人好客，直接，因此，很多人说去山东，就好像回家一样，永远那么亲切。



**R**  
**RENAISSANCE**<sup>®</sup>  
TIANJIN LAKEVIEW HOTEL  
万丽天津宾馆

### Icelandic Seafood Festival

It might be difficult to have a festival under the sea, but we've hauled the most fresh and healthy seafood ashore from Iceland for your culinary pleasure! From 10 to 17 June 2017, present by guest chef David Ball and hotel Executive Chef Humphrey Wang, come and try the fresh seafood from Arctic Oceans at Renaissance Tianjin Lakeview Hotel BLD Restaurant, dinner buffet in RMB 398/person only.

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



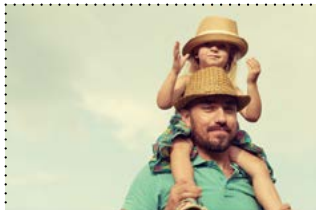
**TEDA**  
天津泰达国际会馆  
TEDA INTERNATIONAL CLUB TIANJIN  
★★★★★

### The Best Present for Fathers @ TGI Fridays

On June 18 the Father's Day, every male guest can join in the free flow of cocktail for only 98RMB and there is a wide variety of selection including Long Island Ice Tea, Margaret, Ice Black Tea, Ice Mocha, Raspberry Smoothie, Tequila Sun Rise, Mojito. Wish you a cool and happy Father's Day!

Tel: 58695555—8456

Add: 7+2, Fukang Lu, Nankai District



**TANGLA**  
TIANJIN  
天津中心唐拉雅秀酒店  
A Tangra Luxury Collection Hotel  
天津唐拉雅秀酒店

### Father's Day Celebration

To ensure fathers feel special on this day and create indelible experiences for them, Tangla Hotel Tianjin is offering a sumptuous Father's Day special celebration.

Sunday Brunch @ S6U

Sunday Brunch RMB188net/person, every father is entitled a RMB100 voucher in China Bleu valid for 1 month.

Operation Hours: 11:30-14:30

Venue: 49F S6U

For reservation, please call 022 2317 5109

Valid on 18 June, 2017

Email: huaxin3@hnair.com

**WandaVista**  
Tianjin  
天津万达文华酒店



### Children's Day Dinner Buffet

Celebrate the lovely day for your special Prince or Princess at our Doraemon themed dinner buffet featuring dazzling desserts, exquisite gifts and lucky draw prizes especially for your little loved ones.

RMB 198net/adult, free for kids under 1m;

RMB 98net/kid, for kids between 1m to 1.2m;

RMB 358net/trio, for two adults with one kid under 1m.

Valid on Thursday, June 1st, 2017

For reservations kindly call 2462 6888 ext. 6014

Business Hours: 17:30 - 21:30

**hotel nikko tianjin**  
天津日航酒店



### Spectrum Lunch Set Menu

Price starts from RMB 48 net/set

Chinese, Western & Japanese set menu for your selection!

The price including VAT & service charge

Reservation: 8319-8888 Ext. 3570

Venue: 7F Spectrum, Hotel Nikko Tianjin

**THE RITZ-CARLTON**  
TIANJIN



### Summer Garden BBQ Night

(5:30pm - 9:30pm, Every Saturdays and Sundays, Starting from June 3)

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, shrimp and tender meat at the outdoor garden. Cool off from the summer heat with a crisp beer, and have good time.

RMB368+\* per person.

Date: Every Saturdays and Sundays, June 3, 2017 - June 30, 2017

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

Tel: 86-22-5857-8888

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





## Introducing the all new Cucina Grill

We are delighted to announce the re-launch of Cucina Grill Restaurant at Sheraton Tianjin Hotel. The restaurant, previously known as Cucina Med, is now offering a new menu of the finest grilled cuts of meat and fresh seafood in an intimate Mediterranean setting. Along with our exclusive chef's grilled selection, the restaurant also serves a range of other Mediterranean style cuisine, including handmade pizzas, pasta and salads, along with the finest imported wines.

To celebrate the re-opening of the restaurant we are delighted to offer the following deals:

- \* Order any seafood dish in the menu and receive a complimentary salad.
- \* Order any beef dish in the menu and we will give you a glass of house wine on us.

Cucina Grill is open Tuesday to Sunday from 18:00 - 21:00

For more information and reservations, please call 022 2731 3388 ext. 1821



## Summer Menu @ ShuiAn Chinese Restaurant

ShuiAn Chinese Restaurant is delighted to be the first hotel in downtown Tianjin to offer certified organic vegetables, helping to encourage a healthy lifestyle through healthy eating. Our chef, Mr. Li Bo, proudly presents a unique Summer Menu of classic Cantonese and Tianjin local specialties that incorporate a delicious range of naturally grown vegetables that complement the palette and the body.

Enjoy an unforgettable, nourishing lunch or dinner with friends and family in an ambience of elegance and intimacy. Extraordinary delicacies and an obliging service will boost both your body and mind, leaving you feeling energized, healthy and happy.

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



## The Ritz-Carlton, Tianjin, Presents Tropical Flavors With Balinese Food Festival

Executive Chef of The Ritz-Carlton, Tianjin, Ornato Antunes, has specially invited Chef I Made Suriana from Bali, to showcase the tropical flavors of Balinese cuisine and create an exciting Southeast Asian food discovery for guests in Tianjin from 12 to 15 June 2017.

Balinese Food Festival (Buffet Dinner)

Time: June 12 - 15, 17:30 - 21:30

Price: RMB 428\* including one glass of draft beer

Private Cooking Class

Time: June 15, 11:00

Price: RMB 198\* per person

\* The above prices are subject to 15% service charge.

\* Please contact (86) 22 58095196 for more information or reservations



## Father's Day @ Seasonal Tastes

Show appreciation and give thanks to your father with a sumptuous Sunday Brunch. In further honour of his special day, father born on June 18 can enjoy a complimentary Sunday Brunch when dining with more than two family members.

Father should show identity card to enjoy the privilege.

Father's Day Sunday Bubbalicious Brunch

Exquisitely complemented by:

Free flow wine, beer and soft drinks, CNY 388 net / person

Free flow Nederburg Première Cuvée Brut Sparkling Wine, CNY 430 net /person

Free flow Moët & Chandon Champagne, CNY 581 net /person

Children (3-12), CNY 220 net/child

EDM membership cards enjoy 15% food discount

June 18 11.30 - 15:00

Level 1 Seasonal Tastes, The Westin Tianjin

For more information, please contact us on 022 2389 0168

### Knowing Eaglewood, and Inheriting The Culture

On the date of May, 18th (International Museum Day), the new special themed exhibition made by Tianjin Chinese Eaglewood Art Museum was officially opened to the public.

Around the spirit of "let the heritage live, and carry forward the traditional culture", the museum is really optimistic to build public communication and an interactive platform through various forms of performance, exhibition, detailed graphic description, scene display, multimedia sound reduction, and activities. The museum offers a wonderful cultural feast for visitors.

Exhibition opening hours: from May 18, 2017

Exhibition period: 4 months

Location: Tianjin Chinese Eaglewood Art Museum



### Jinpin 1923 Opened in the Historic Building

Jinpin 1923 is a newly opened Tianjin style restaurant, nestled in the old building of Guomin Restaurant back in the 1920's. On May 6th, the restaurant held an opening ceremony, on which Chef Zhou Jixiang, the consultant to the restaurant and who once worked for the state banquet held in the Great Hall of the People in the capital city introduced each of the signature dishes of the restaurant. Guests sampled some signature dishes that were once on the table of the state banquet and some were local people's favorite. Jinpin 1923 is a place for guests to experience history and great food.



### M essential Released its 2017 Fall/ Winter Collection Themed Black or White

On April 20, M essential had its first showroom exhibition at Koala & Art Space. More than 30 dealers nationwide and some local media joined to witness the latest 2017 Fall/Winter collection of M essential.

The brand owner and designer Muki Ma determined the theme of the latest collection as Black or White. In Black Label, Muki focuses on the interpretation of art and the spiritual world while in Grey Label, Muki explores feminist and romantic mix while being wearable. His attitude in design was shown in M essential 2017 fashion commercial Boundless-Black or White.



### Mobike Tianjin Celebrated its 100th Day

**Mobike celebrated its 100th day in Tianjin on May 21.**

A celebration party was thrown at Four Seasons Hotel Tianjin. Ms. Hu Weiwei, the founder of Mobike also joined in the party and recognized the performance of Mobike Tianjin. According to Jiang Hao, General Manager of Mobike Tianjin, during the past 100 days, the increase of both Mobike users and bikes in Tianjin has reached the No.1 nationwide.





## 2017 Global Day of Discovery , ENCHANTED “R” FOREST

**Renaissance Tianjin Lakeview Hotel** celebrated Global Day of Discovery on May 17, 2017, with an exclusive “Enchanted “R” Forest” theme party. More than 300 guests and media friends joined the party and spent a fantastic night.

The Enchanted “R” Forest party was hosted at the woody garden of Renaissance Tianjin Lakeview Hotel, which was decorated with firefly light strings and silver moonlight, made guests felt like in a fantastic fairy tale.



## Experience the Healthy New Zealand Food at Minyuan

**Simon Gault**, a Michelin 3-star chef from New Zealand presented a banquet at DJ City Farm restaurant in Minyuan on May 3 featured with quality ingredients imported from New Zealand. It is a joint project among Tianjin EJT, Pure Kiwi and Gault's from New Zealand. The menu that included 8-12 dishes will rotate in the next six months at DJ City Farm restaurant.



# LISTING

咖啡

红酒

餐厅

酒吧

购物

**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

**YY CRAFT BEER HOUSE**  
 Xianhong Courtyard, No.1, Hunan Lu,  
 Heping District, Tianjin  
 022-58352835 185-2225-5354 (En)  
 11:00-24:00

**YY BEER HOUSE**  
 No.3 Ao Men Road, (behind the  
 International Building), Heping.  
 2339 9634  
 18526654835 (Eng / WeChat)  
 11:00-23:00

### Trolley Bar

乔尼西餐厅

Trolley is well known among Aocheng  
 locals for quality western food and a  
 good selection of craft and foreign  
 beers. The pub has six beers on tap  
 including two Indian Pale Ales (IPA's),  
 the Kentucky IPA from Kentucky and  
 Goose Island from Chicago.  
 Add: 119, 1F, Building 23, 22 Tianxi,  
 Aocheng, Nankai District  
 奥城商业广场天玺22, 23号楼底商119  
 Tel: 15222091582  
 Hours: 11:00-00:00

### [ Thai&Malay 泰国&马来西亚 ]

#### Tianjin Downtown

##### YY Beer House

粤园泰餐厅 ★ **¥ 100 P E D6**

The best Thai Restaurant in Tianjin  
 offers the fantastic Thai food and beer.  
 3 Ao Men Lu, (behind the International  
 Building), Heping.  
 和平区澳门路3号(国际大厦后)  
 Tel: 18526654835 (Eng; WeChat)  
 Hrs: 11:00am-24:00pm  
 If need be, we have a designated driver  
 to take you to your next destination.

##### YY Craft Beer House ( NEW OPEN )

粤园泰餐厅 ★ **¥ 100 P E D6**

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 Hot 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 E5

East Asian cuisine, the menu combines  
playful snack-style dishes with richly  
flavorful entrées, designer desserts and  
the freshest of seafood.  
The Ritz-Carlton, Tianjin, 1st floor, No.  
167 Dagubei Road, Heping District,  
Tianjin China  
和平区大沽北路167号  
天津丽思卡尔顿酒店一楼  
Tel: 5857-8888  
Mon-Fri 17:00-24:00  
Sat-Sun 17:00-01:00  
Seats: 118

**Gusto Bar**

9吧

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

## ■ SHOPPING

## Tianjin Downtown

**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

**Tianjin Aeon Mall**

天津永旺购物中心

Aeon Mall is a specialist shopping mall  
developer.  
Zhongshanbei Store 中山北路 (10:00-22:00)  
No.1, Fushan Dao, Zhongbei Industrial Park,  
Xiqing  
西青区中北工业园区阜盛道1号  
Tel: 8719 5700

TEDA Store 泰达店 (10:00-22:00)  
No.29, Shishangdong Lu, Development Zone  
开发区时尚东路29号  
Tel: 5985 7000

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

SHOPPING 购物

BAR 酒吧

RESTAURANT 餐厅

WINE 红酒

COFFEE 咖啡

# LISTING

OFFICE  
商务中心

SHOPPING  
购物

SPORTS  
运动

HOTEL  
酒店

SCHOOL  
学校

MEDICAL  
医疗

ESTATE  
房地产

CHAMBERS  
商会

CHURCH  
教堂

THEATRE  
剧院

MUSEUM  
博物馆

MASSAGE  
按摩

PARK  
公园

## International Trade Centre Mall

天津国贸购物中心  
Stocks various items from clothing to household necessities.  
39 Nanjing Lu, Hexi District  
河西区南京路39号  
Tel: 87136868

## Riverview Place

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

## HOTEL

### [ Hotel 酒店 ]

#### Tianjin Downtown

##### The Westin Tianjin

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

##### Wanda Vista Tianjin

天津万达文华酒店  
No.486, Ba Hao Lu, Da Zhi Gu, Hedong District  
河东区大直沽八马路486号  
Tel: 2462 6888

##### HYATT REGENCY TIANJIN EAST

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



##### The Ritz-Carlton, Tianjin

天津丽思卡尔顿酒店  
No. 167 Dagubei Road, Heping District, Tianjin, 300019, China  
和平区大沽北路167号  
Tel: 5857-8888 Fax: 5857-8899  
www.ritzcarlton.com

##### Sheraton Tianjin Hotel

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

##### Shangri-La Hotel Tianjin

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

##### Renaissance Tianjin Lakeview Hotel

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

##### 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

##### Crowne Plaza Tianjin Meijiangnan

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/tjmeijiangnan

##### 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

##### The St. Regis Tianjin

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

##### Banyan Tree Tianjin Riverside

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

##### Holiday Inn Tianjin Aqua City

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

##### Tangla Tianjin

天津中心唐拉雅秀酒店  
No. 219, Nanjing Road, Heping District, Tianjin, 300019, China  
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 District  
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 District, Tianjin, 300019, China  
和平区台儿庄路33号  
Tel: 2331 1688  
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

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

##### Renaissance Tianjin TEDA Hotel & Convention Center

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

##### Sheraton Tianjin Binhai Hotel

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

##### Other District

##### Crowne Plaza Tianjin Binhai

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

##### Hilton Tianjin Eco-City

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

##### Tianjin Goldin Metropolitan Polo Club

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

##### Jixian Marriott Hotel

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

##### Crowne Plaza Tianjin Jinnan

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

##### Hyatt Regency Jing Jin City Resort and Spa

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

### [ Hotel Apartment 酒店公寓 ]

#### Tianjin Downtown

##### Ariva Tianjin Binhai Serviced Apartment

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



##### The Ritz-Carlton Executive Residences

天津丽思卡尔顿行政公寓  
No.167 Dagubei Road, Heping District  
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 District, Tianjin, 300019, China  
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 District, Tianjin, 300019, China  
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 District, Tianjin, 300019, China  
河西区友谊路35号  
Tel: 2810 7888

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

天津香格里拉大酒店服务式公寓  
No. 328 Haihe East Road, Hedong District, Tianjin, 300019, China  
天津市河东区海河东路328号  
Tel: 8418 8888

##### Fraser Place Tianjin

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





### Just Living by Savills

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

### TEDA & Tanggu



### Green Park Villa

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



### Ascott TEDA MSD Tianjin

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

## SCHOOL

### Tianjin Downtown



### Tianjin International School

天津国际学校  
No.4-1 Sishui Road, Hexi  
河西区泗水道4号增1号  
Tel: 8371 0900  
Fax: 8731 0400  
https://tiseagles.com

### Tianjin Translation College

天津翻译学院  
5/F, Qingxin Building, Intersection of  
Changjiang road and Nanfeng Road,  
Nankai District, Tianjin  
天津市南开区长江道与南丰路交口  
清新大厦5楼  
Tel: 2737-9758  
Email: jenny\_tj@126.com



### International School of Tianjin

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



### Wellington College International Tianjin

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

### Really Chinese Institute

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

### Hopeland International Kindergarten

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

### Tianjin Golden Collar Translation Center

天津金领翻译中心  
5/F, Qingxin Building, Intersection of  
Changjiang road and Nanfeng Road,  
Nankai District, Tianjin  
天津市南开区长江道与南丰路交口  
清新大厦5楼  
Tel: 2737-9758  
Email: jenny\_tj@126.com

### TEDA & Tanggu



### TEDA International School

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

## MEDICAL FACILITY

### Tianjin Downtown

### Tianjin United Family Hospital (TJU)

天津和睦家医院  
No. 22 Tianxiaoyuan, Tanjiang 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.  
华苑产业区开华道3号  
华科创业中心803室.  
Tel: 8371 7855  
Fax: 837 17859

### Melbourne Office Tianjin

墨尔本天津代表处  
Room 1008, International Building, 75  
Nanjing Road, Heping District, Tianjin  
300050, P.R.China  
天津市和平区南京路75号  
国际大厦1008室  
Tel: 23136003  
Fax: 23136005  
Business Hours: 8:30~17:30

## MASSAGE

### Tianjin Downtown

### Chinese Massage Club

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

### A Sen Da Mu Tong

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

### Gudu Massage

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

## CHURCH

### Tianjin Downtown

### Tianjin International Fellowship

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

### St. Joseph's Cathedral

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

### TEDA & Tanggu

### TEDA Christian Fellowship

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

## ESTATE

### Tianjin Downtown

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

伊斯玛特安家服务有限公司  
Rm. 1901, Ning Tai Plaza, No.1, Xia  
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5-2201, City Garden Building, Xinxing  
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和平区新兴路都市花园大厦5-2201  
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info@homefromhome.com.cn  
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### Tianjin SYD Real Estate Consultants

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

## OFFICE

### Herac

海瑞格国际商务中心  
7F-8F, Tianjin International Financial  
Center, 136 Chifeng Dao, Heping  
District  
Tel: 022-23296999/022-83611666  
Web: www.herac.com.cn

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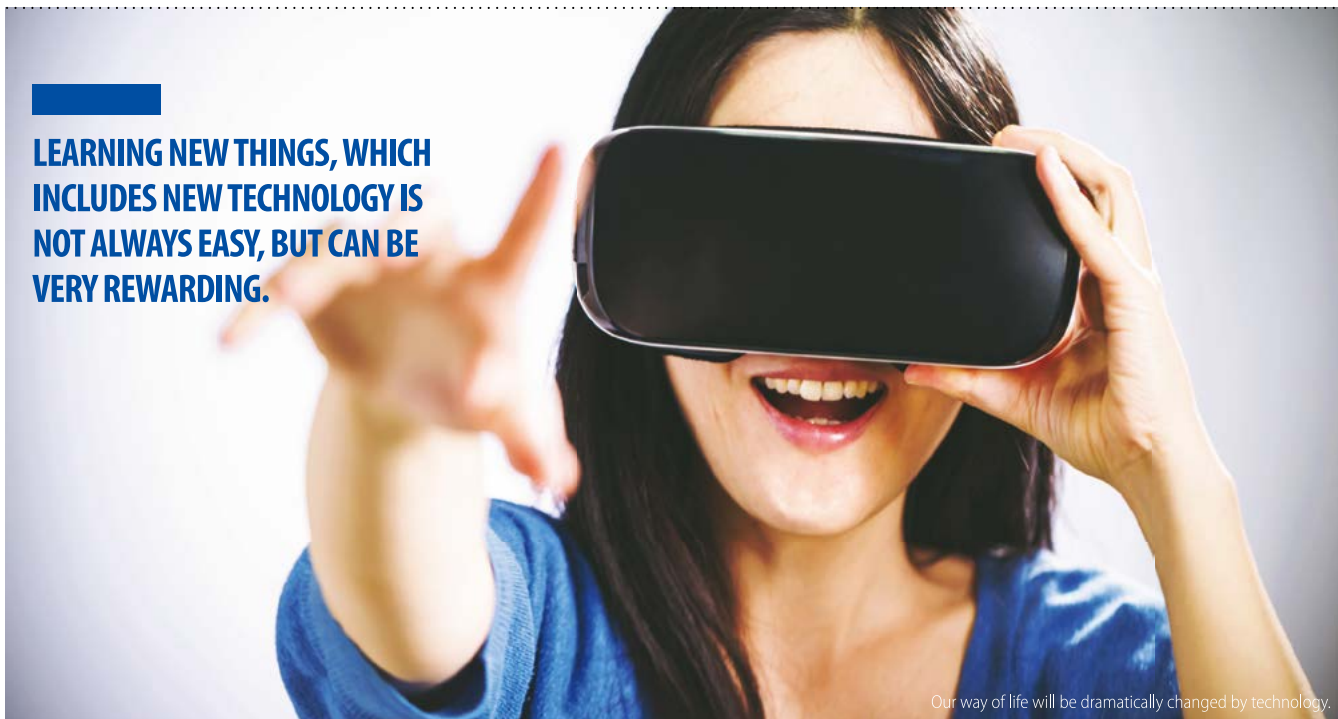
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**LEARNING NEW THINGS, WHICH INCLUDES NEW TECHNOLOGY IS NOT ALWAYS EASY, BUT CAN BE VERY REWARDING.**



Our way of life will be dramatically changed by technology.

# THE TECHNOLOGY THREAT

by **Carmen King**

**T**wenty years ago Tencent didn't exist, much less WeChat. As reported on in the Business column of this month's magazine, now nearly 1 billion users rely on WeChat for everything from communication to making payment. Technology is at the heart of Tencent. The introduction of this technology resulted in massive change. Some see it as good, while others bad.

Often times human interpretation of good and bad is simply a matter of perspective and perspective is highly influenced by a number of factors. Therefore it is prudent to remember no matter how much we've learned, as the Chinese say: "学无止境" (xué wú zhǐ jìng), that is "learning has no end." Along with: "活到老, 学到老" (huó dào lǎo, xué dào lǎo), which essentially means "regardless of age, never stop learning." The point? As Jack Ma alluded to in October, 2016 during a lecture in Hangzhou, some see technology as a threat. Some individuals have particular fear over what they don't understand. They question what technology may do in terms of changing the face of many industries in the future for the worse. When discussing what he sees as eminent changes directly linked to technology, Jack

said: "未来的变革远远超过我们的想象" (wèilái de biàngé chāoguò wǒmen de xiǎngxiàng). This translates to: "Future changes will far surpass our imagination." As Jack put it, either embrace the change or face "extinction." The entire talk can be watched via youku.com by searching: 《未来这5点会改变世界》 (wèilái zhè 5 diǎn huì gǎibiàn shìjiè).

Expats are no rookies when it comes to dealing with change. After all, to leave one's place of birth and travel to a distant far away land, facing a foreign culture, language and society takes considerable courage. Not to mention a strong constitution and commitment to braving the countless storms that will invariably be encountered along the way. A key to survival is "never stop learning." Instead of fearing the bright future and lurking in the darkness of the past, it is wise to open up one's mind and heart to learning and the never ending pursuit of knowledge, wisdom and thinking ability. The more a human acquires accurate knowledge, invariably the less they will fear the future. Via learning, things that were once shrouded in mystery and ominously labeled as "unknown" will become clear, simple truths.

The fact is the world has changed, is

changing, and will continue to change. No one can stop this change. It is an absolute necessity to learn how to adapt. As a 91 year old wise woman recently succinctly stated: "Adapt or break." The technology takeover has begun. Finding ways to harness the technology and use it in a constructive manner is essential to survival. Learning new things, which includes new technology is not always easy, but can be very rewarding. The goal is simple, ride the wave instead of being crushed by it.

## 科技是福音还是威胁?

20 年前, 没有人知道腾讯这家公司, 更没想到会有微信这东西。现在微信的用户已经达到 10 亿, 他们已经把微信当成日常最重要的通讯和支付工具。科技是腾讯公司的核心, 科技的发展使人们的生活产生了翻天覆地的变化, 对于这样的变化, 人们褒贬不一。

无论是好还是坏, 这只是观念的问题。很多人不了解这些科技, 就本能地产生恐惧和抗拒的心理。中国的老话说: 活到老学到老、学无止境。在科技这条路上, 我们依然要让自己不断地学习。

马云在一次演讲中已经预测了未来世界还会经历哪些重要的变革, 他说: "未来的变革远远超过我们的想象" 如果你感兴趣可以在视频网站上搜索《未来这 5 点会改变世界》。

作为在中国生活的外国人, 他们克服了各种语言、文化和生活习惯上的障碍和挑战来到一个遥远的国度, 靠的就是不断学习。打开自己的思维, 敞开心灵去拥抱美好的未来, 丰富自己的知识, 提升智慧和思考能力, 只有这样, 你对未来的恐惧才会越来越少, 那些充满神秘感和不确定性的事物在你了解了它之后就变成了清晰、简单的事实。改变是永恒的, 没有人能阻止它的发生, 我们要做的就是去适应改变。





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