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The Season of Annual Events



LIFESTYLE

Putting Tianjin on the Fashion Map P44

PEOPLE

Capturing The Beauty Of Change P24

TRAVEL

Wuhan City P58

CULTURE

Culture Comparison—HOT vs. COLD P42

DINING FEATURE

Coffee Diversity in Tianjin P50

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The Season of Annual Events

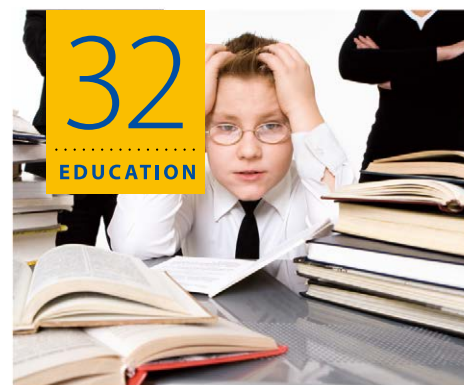
拯救年会



Capturing The Beauty Of Change
用相机捕捉变化中的天津



Disaster Recovery Plan
修复大作战



Test Taking
临时抱佛脚，身体受不了

A BEAUTIFUL TIANJIN
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Winter Holiday Travel Ideas

寒假快乐



Culture Comparison—HOT vs. COLD

一冷一热凸显文化差异



Famous For Being Famous

网红是个好职业吗?



The Daily Life of an AIDS Prevention and Treatment Doctor

走近艾滋病防治医生的日常

LIFESTYLE

Putting Tianjin on the Fashion Map
让中国登上舞台，让天津大放光彩

44

DINING FEATURE

Coffee Diversity in Tianjin
个性化咖啡厅，不走寻常路

50

HEALTH

Monosodium glutamate (MSG)
对味精有偏见

53

TIANJIN TIPS

Weather Appropriate Clothing
看天穿衣

54

TRAVEL

Wuhan City
发现武汉的美

58

PARTING SHOT

Roll Up Your Sleeves...
撸起袖子加油干!

66

Ads Index

Hotel 酒店

The Ritz-Carlton, Tianjin
Renaissance Tianjin Lakeview Hotel
TEDA International Club Tianjin

Apartment 公寓

Ariva
Green Park Villa

School 学校

Tianjin International School
International School of Tianjin
TEDA International School

Restaurant 餐厅

YY Craft Beer House

Others 其他

SINOBO
Sino-Credit
JINGS STUDIO
TNC
Rex
Isetan

Jan. 13

▶▶▶ Tianjin Olympic Sports Center
天津体育中心 (大馆)

Sandy Lam Concert
2018林忆莲PRANAVA/造乐者世界巡回演唱会
ENCORE天津站
演出: 林忆莲
Time: 19:30
Price: 380-1380 RMB

Sandy Lam gained popularity in Taiwan with her debut Mandarin release 'Home Again Without You' in 1991. In 1995 she teamed up with Jonathan Lee, the Taiwanese music producer, and released her fourth Mandarin album 'Love, Sandy' featuring the hit single 'Scars'. It has since become one of the all-time best selling Chinese language albums. Since then Lam has moved beyond the Hong Kong music scene and spent most of her time in Taiwan, China, and Japan. Her 2006 Mandarin language album 'Breathe Me, was recorded in South Korea, Taiwan, mainland China and Hong Kong. Lam returned to the music scene with a hit single 'At Least I Still Have You' from her first album with Virgin in 2000. Lam has won many awards during the course of her career, including Best Regional Performing Female Artist, Best Album, Best Female Vocalist, the Asia Pacific Most Outstanding Female Artist, and an honorary Music Award for her contributions to the music industry.



ADD: 393 Bin Shui Xi Dao, Nankai
天津市南开区宾水西道393号
Tel: 4006103721

Jan. 6

▶▶▶ Western Shore Art Salon 西岸艺术馆

Jazz Concert
爵士风华
——爵士专场新年音乐会
Time: 19:30

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



Jan.12/13

▶▶▶ Tianjin Auditorium 天津大礼堂

Drama: Ordinary World
陕西人艺话剧《平凡的世界》
演出: 陕西人民艺术剧院
Time: 19:30
Price: 180-580 RMB

'Ordinary World' is a novel by Chinese author Lu Yao. In 1991, it won the Mao Dun Literature Prize and was honored with the title "a bright pearl of the Mao Dun Literature Prize crown". The stories chronicled in this novel take place between 1975 and 1985 and reflect the drastic political and economic changes taking place in China from close to the end of the Cultural Revolution to the early period of Reform and opening up policies championed by then-Chinese leader Deng Xiaoping. This setting enables the novel to present the readers with a panoramic and comprehensive picture at a personal level of the reforms and changes taking place at the time.



ADD: 1 Bin Shui Dao, Hexi
天津市河西区宾水道1号
Tel: 4006103721

Jan. 27

▶▶▶ Jin Wan Grand Theater 津湾大剧院

Dance: Carmen
世界经典弗拉门戈
大型舞剧《卡门》白金版
演出: 西班牙格拉纳达弗拉门戈舞团
Time: 19:30
Price: 180-680 RMB

ADD: 48 Jie Fang Bei Lu
解放北路48号
Tel: 022-23219969



Jan. 13

▶▶▶ Western Shore Art Salon 西岸艺术馆

Kunqu Concert
浮生若梦
——昆曲经典唱段清唱会
Time: 19:30

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



Jan. 1

▶▶▶ Tianjin Auditorium 天津大礼堂

2018 New Year Concert
2018维也纳世界经典曲目
新年音乐会
指挥: 董俊杰
Price: 80-720 RMB



ADD: 1 Bin Shui Dao, Hexi
天津市河西区宾水道1号
Tel: 4006103721

Jan. 5

▶▶▶ Jin Wan Grand Theater 津湾大剧院

Popular Piano Concert: Gao Zhihao
爱乐汇·台湾钢琴诗人
Pianoboy高至豪流行钢琴音乐会
Time: 19:30
Price: 100-660 RMB



ADD: 48 Jie Fang Bei Lu
解放北路48号
Tel: 022-23219969

Jan. 13

▶▶▶ Jin Wan Grand Theater 津湾大剧院

Joe Hisaishi and Hayao Miyazaki Animations Audiovisual Concert
天空之城——久石让宫崎骏动漫视听龙猫乐队纯真之旅音乐会
演出: 龙猫乐队
Time: 19:30
Price: 100-360 RMB

ADD: 48 Jie Fang Bei Lu
解放北路48号
Tel: 022-23219969



Jan. 26

▶▶▶ Western Shore Art Salon 西岸艺术馆

Commemorating Teresa Teng's Concert
似是故人来——纪念邓丽君诞辰65周年演唱会
Time: 19:30

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





January 5

Movie: Star Wars: The Last Jedi

Release Date: 5 January 2018 (China)
 Genres: Action, Adventure, Fantasy
 Director: Rian Johnson
 Stars: Daisy Ridley, John Boyega, Mark Hamill

Having taken her first steps into the Jedi world, Rey joins Luke Skywalker on an adventure with Leia, Finn and Poe that unlocks the mysteries of the Force and secrets of the past.

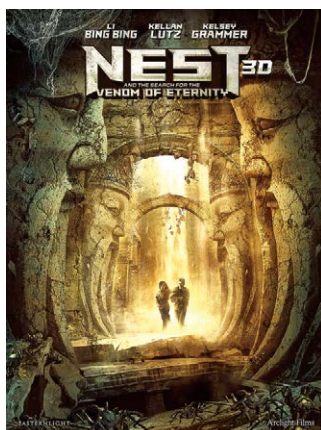


January 19

Movie: Nest

Release Date: 19 January 2018 (China)
 Genres: Action, Adventure
 Director: Kimble Rendall
 Stars: Kellan Lutz, Kelsey Grammer, Bingbing Li

An innocent discovery of a well-preserved mummified Emperor from 200 BC in China unearths a 2000 year old nightmare - a secret that should have remained buried.



January 19

Movie: Ferdinand

Release Date: 19 January 2018 (China)
 Genres: Animation, Adventure, Comedy
 Director: Carlos Saldanha
 Stars: Kate McKinnon, Bobby Cannavale, John Cena

After Ferdinand, a bull with a big heart, is mistaken for a dangerous beast, he is captured and torn from his home. Determined to return to his family, he rallies a misfit team and embarks on the ultimate adventure.



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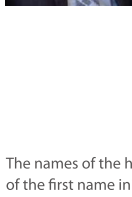
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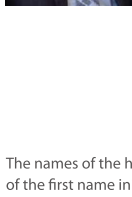
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Wei Chaoyi (Ph.D)

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

The names of the honorary advisors are listed according to the alphabetical order of the first name initial. 以上荣誉顾问按姓名首字母顺序排列，排列不分先后

Retro DangDangChe Opened Officially 复古铛铛车正式运行

In its illustrious history, Tianjin was known as the birthplace of DangDangChe, which was the first tram in China. Recently, the "Yinhai Hao" new energy DangDangChe produced by GeLiYinLong, was delivered to the Tianjin Bus Group. After charging for only 10 minutes, the tram car can then be driven for more than 200 kilometers. The DangDangChe officially began operation on December 11.

历史上，天津曾是中国第一部有轨电车——铛铛车的发祥地。近日，由格力银隆生产的“银海号”新能源铛铛车交付给天津公交集团，该车充电10分钟可行驶200多公里。12月11日，复古铛铛车在天津正式运行。

Metro Line 5 & 6 Expected To Run 地铁5、6号线预计年底试运行

Tianjin Metro Lines 5 and 6 are expected to begin trial operations by the end of this year. At present, the upper entrances and exits of the south section of metro line 6 have successfully been tested. The station fixtures and fittings have been completed and some of the stations have been operating under limited conditions.

天津地铁5、6号线预计将于今年年底实现试运行。目前，地铁6号线南段地上出入口纷纷亮相，站内设备已安装完成，部分车站具备开通条件。

“Binhai Nanluo” A New Collection For Boutique Shops “滨海南锣”将成精品商铺聚集地

After the projects the “Binhai Nanluo” Gourmet Festival and the “Binhai Nanluo” Cultural and Creative Market were created earlier this year, the Business Development Bureau of the Central Business District recently held a Commercial Policy Promotion Conference of the Tianjin Binhai New Area Central Business District with the aim of further promoting the progress of the “Binhai Nanluo” project.

继“滨海南锣”美食节与“滨海南锣”文创市集暨“滨海南锣”项目集中签约仪式后，近日，中心商务区商业发展局在北京市南锣鼓巷北兵马司胡同涵珍园举行了“天津滨海新区中心商务区商业政策推介会”，进一步推动“滨海南锣”项目进程。

World-class Airports to Serve Beijing-Tianjin-Hebei Region 天津机场将扩建

China will build a cluster of world-class airports in the northern Beijing-Tianjin-Hebei region to help improve connectivity and push forward a coordinated regional development strategy. By 2030, the major airports in the region will be effectively connected with railways to establish a strong and coordinated ground and air transport system. This is the plan for the future according to a guideline released by the National Development and Reform Commission and the Civil Aviation Administration of China. The region will offer six day visa-free entry for international passengers, while air cargo will enjoy an efficient one-stop customs clearance as authorities promise to improve both airport service and management according to the guideline. The government also plans to convert Tianjin airport into an international air freight hub, while the airport in Shijiazhuang, the capital of Hebei province, will handle more regional flights.

12月5日, 国家发展改革委、民航局印发《推进京津冀民航协同发展实施意见》的通知, 通知明确了区域机场功能定位, 提出到2030年, 将天津建成我国国际航空物流中心。

Sharing Bookstore Opens in Tianjin 共享书店亮相津城

On December 7th, the sharing bookstore project, which is the brainchild of the YanjiYou Bookstore Yujiapu, branch was officially launched. When applying for a rental card, customers can pick out their favorite books in store and enjoy five days of free reading with 15 days of rental time. Over 10,000 bestselling books will be available as part of the shared services.

12月7日, 言几又·于家堡店共享图书项目正式启动。办理一张租借卡, 就能在店内挑选喜爱的书籍, 享受5天免费阅读, 15天租借时间, 超过一万本畅销图书在这里实现共享。

2017 "Chuang Jian` Original Brand Design Gala" Opened 2017“创见·原创品牌设计盛典”智慧山启幕

The opening ceremony of the cultural gala Original Brand Design Chuang Jian was recently held in Vision Hill, a cultural and creative industry cluster in Tianjin. The Brand Design Industry, which is a breeding ground of culture, has the slogan "start with thoughts from the heart" as its defining philosophy. More than 100 renowned entrepreneurs, cultural celebrities and artists have been able to appreciate the talents and earnest approach of the original brand designers. The retrospective exhibition of influential brands from the past 20 years has now debuted in Tianjin. The event is part of a campaign to help China's outstanding enterprises and brands cultivate their cultural connotations and spread their corporate cultures and, in doing so, help them bring new brands to the market.

日前, 2017“创见·原创品牌设计盛典”在天津高新区智慧山启幕。很多专家学者齐聚一堂, 共同领略原创品牌设计的“用心”之道。此次活动汇集呈现了20年来天津乃至国内数百个知名品牌的创意佳作。此外, 本次活动还启动了“百万为品牌, 至美焕新”公益行动。目的在于助力中国优秀的企业、品牌, 同企业一道深耕文化内涵, 完善企业传播价值, 将一个个新时代金字招牌推向市场。



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LETTER

FROM THE EDITOR

Another year, it is amazing how time flies and we complete another year and start 2018. Jin Magazine and all our staff and sponsors wish our readers all the best in the coming year. In China, it's wonderful that we have the chance to celebrate the New Year twice. We greet the traditional Western New Year on January 1st and then we can welcome the coming lunar year of the Dog on February 15th, for Chinese Spring Festival or "Chun Jie" 春节 Spring Festival for the Chinese New Year.

In this month's feature article, we will look at annual parties that are celebrated in the West and in China. What are the differences and what are the similarities. It's interesting how some of the Western events are becoming part of the local culture and hopefully expatriates living in Tianjin are experiencing some of the traditional Chinese celebrations. As the saying goes: "Everyone enjoys a party."

Our people article will review the works and life of a local amateur photographer while other Tianjin Tips will offer advice regarding dressing appropriately for the coming cold Tianjin weather. Want to know where to warm up with a hot drink of coffee, tea or hot chocolate? Read our article about new coffee shops in Tianjin.

Wuhan is the destination for this month's travelogue. Situated in the middle of China, it is accessible from Tianjin by direct air routes or by high-speed train. It is an interesting location with plenty to offer for history, cuisine and scenery, which is off the beaten track of the more common tourist spots.

Our Parting Shot is about the recent 19th Congress Party meeting and takes the saying promoted by Chairman Xi: "roll up your sleeves and keep working" (撸起袖子加油干) "lǔ qǐ xiùzi jiāyóu gàn" and how this can also relate to expatriates. Working and living in China, it's not always easy and congratulations on the past year and all the best of luck in the coming year.

转眼又是一年，再和大家打招呼我们竟已来到了 2018 年。《今日天津》杂志感谢大家又一年的鼎力支持，祝愿大家在新的一年里顺顺利利。世界上惟一个能庆祝两次新年的国家，只在中国，感谢这里。

本月的主题是有关中西文化对年会的不同理解，究竟它们有什么不一样的地方又或者它们有哪些相似之处。近年来，不少西方活动正在一点点潜入中国的文化，而很多在津的外国朋友却表示他们更喜欢参与一些传统的中国庆典活动。对此您有什么看法？欢迎找到我们的文章，看看我们的观点是否跟您有融会贯通的地方。

每月的好文章都不胜枚举，我们希望《今日天津》可以常伴您左右，为您的闲暇时间增添一抹色彩。

生活和工作在中国并不总是十分惬意，感谢大家健健康康和我们一起走过过去的一年。由衷祝福大家新的一年好运连连，继续支持我们。

Monica Wang
Editor



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By David Wong and Carmen King

New Year countdown

THE SEASON OF ANNUAL EVENTS

Some say, everyone likes a party. There are many occasions for a party, such as a festival, or a big moment personally or professionally. Parties can have many different names such as a banquet, celebration, or feast. There are many traditions and cultural influences that differ from western and eastern perspectives.

One thing that remains common around the world is humankind's seeming infatuation with annual events. From birthdays, anniversaries, ceremonies, competitions, holidays, and memorials they are all held only once a year. If everyone loves celebrating so much, why aren't these events held more often? The trend remains that each is held once annually. Anyone left wanting more needs to find another annual event to attend, because in general these events come by once and only once per year. From east to west, there are a variety of popular annual activities. As we discuss them, some common

bonds are revealed.

Annual Events - West

Many annual events in the west are holiday's. Christmas in America is on December 25. Boxing Day in Canada is on December 26. These usually mean super sales and shopping till you drop. Most customers are expecting goods not sold before Christmas will be highly discounted after. You can usually see line-ups of buyers outside of store entrances. In order to perhaps promote and protect this madness, many stores hire security personnel to control entry into the stores. Sadly, all too often there are incidences involving fights, scuffles, skirmishes and even injury. A horde of people stampeding into a store the second the doors are unlocked is hardly uncommon. People sleeping or camping out in front of retailers in anticipation of an opening the following day isn't even unheard of. When it comes to getting a deal it almost seems like there is nothing someone

wouldn't be willing to do.

It is strange how some are drawn to the crowds. Maybe it is curiosity over why so many are attracted to the venue, or not wanting to miss out on the chance of getting a great deal. For the United States, another huge annual shopping day is Black Friday. It follows the annual holiday of Thanksgiving Day. Why is it called Black Friday? It has been referred to Black Friday because historically speaking, merchants suffer during the year with slumping sales and losing money (a.k.a. in the red), until the Friday after Thanksgiving. That is the first major event of the buying season and sales skyrocket. Retailers finally start making a profit (a.k.a. in the black).

The blatant commercialism which permeates the so-called holiday season is just one of the reasons some have actually chosen to stop celebrating these events. What used to be thought of a time to gather with family and reunite with loved ones, has become nothing more than a merchandisers dream come true.

NOT TO MENTION THE HOLIDAYS SEEM TO FOSTER GREED WHEN IT COMES TO ALWAYS EXPECTING A BIGGER AND BETTER GIFT THAN LAST YEAR, OR A BIGGER AND BETTER DEAL NO MATTER THE COST.

As stores rake in the money and finally get into the black, consumers experience the exact opposite. Due to overwhelming pressure to participate in gift-giving, individuals may end up amassing massive debt. Despite lacking the cash to buy all those fancy gifts for friends, the fear to appear as though they forgot someone, or worse yet don't love that certain someone very much, because they gave a rather small, ordinary gift, they may feel as if there is no other choice but to put purchases on a credit card. This is what makes holidays a burden for many. It also completely changes the nature of the event from joyful to stressful. Not to mention the holidays seem to foster greed when it comes to always expecting a bigger and better gift than last year, or a bigger and better deal no matter the cost.

A company may sponsor a holiday party, or a large family may have a gathering for relatives, usually hosted by the senior patriarch. Company Christmas parties are the norm in North America, usually held in a hotel or restaurant. A more formal annual event may include a sit-down meal comprised of a number of courses. The main course is usually a roasted turkey, beef or ham. Sometimes it could be all of the above, plus all the trimmings, making for a royal feast. The host usually gives presents during this banquet or there may be an exchange of gifts by the participants. Names are drawn and each person will receive a gift anonymously. It is also the custom that an appearance will be made by Santa Claus. Though some may see having Santa present a bit adolescent, as the Big Guy in Red is nothing more than a character of fable.

A major annual celebration in western culture is Thanksgiving Day. In fact, in the United States, many say this festive holiday is more important than Christmas. It is celebrated at different dates in different

countries. In the United States it is the 4th Thursday of November and in Canada it is the 2nd Monday in October. In other countries such as England, Thanksgiving is observed as their Harvest celebration. Thus, it is held during the weekend closest to the Autumn Solstice, usually in October or November. Thanksgiving is about the turkey, cranberry sauce, stuffing, gravy, and usually drinking. In fact, so-called "turkey comas" are common. Overeating and overdrinking is all too prevalent around Thanksgiving. Usually around this time, like with Christmas there will be some sort of big parade which gets national publicity. Parades are fairly typical in the big cities for all the big holidays, such as Labor Day, Christmas, Thanksgiving, and New Year's.

New Year's Eve celebrations are popular as well. Some tune into a live broadcast from somewhere in the world to see the old year end and ring in the New Year right at midnight. The tradition is to kiss at the stroke of midnight and sing "Auld Lang Syne" which is attributed to the Scottish poet, Robert Burns in the 1700's. These parties are often held in hotels since there will be drinking and it will end late. Hotels will have a dinner, dance and room package so party goers don't have to contend with drinking and driving or finding a designated driver. Charity events can be tied to an annual party for promotional purposes. This provides an opportunity to party and give to a particular cause or charity. JIN Magazine will hold their annual event on the upcoming January 31st.

New Year's parties, parades and celebrations can be a challenge to control.

Perhaps one of the biggest is held in New York City's Times Square. The sea of people makes security a huge dilemma. Parties held locally yet again often feature heavy drinking and other wild behavior. Particularly on New Year's Eve and the morning to follow, extreme caution needs to be shown when driving. Obviously, no one should drive drunk. It might be better to keep driving to a minimum or at least drive very defensively. Anticipate extra traffic and the potential for intoxicated drivers to be on the road.

Annual event calendars are also jammed packed with ceremonies and celebrations related to politics and governmental change. For example, Independence Day in America, which is celebrated on July 4th. Cinco de Mayo is celebrated in Mexico on May 5th, and October 1, being National Day in China. On a more solemn note, there are even annual events related to the dead, such as the Day of the Dead, All Saints' Day and the Lord's Evening Meal. Some may find these days a downer, while others see the arrangement as an opportunity to pay respectful homage to those involved.

Outside of holiday's and memorials, there are plenty of other big annual events, especially those related to sports. These include: The Super Bowl, The Rose Bowl Game, The World Series, The Stanley Cup, The NBA Finals, The NCAA Basketball Tournament, Wimbledon, and the US Open for Golf and Tennis to name just a few. Depending on who you ask, it may or not be classified as a sport, but nonetheless responsible for two major annual events is NASCAR. The biggest race of



A company year-end party



Parties are thrown to celebrate important occasions.

the year is the Daytona 500. Other quasi sports with big annual events are bodybuilding and pageants. Two of the most well-known pageants are Miss America and Miss Universe. The Mr. Olympia competition played a huge role in Arnold Schwarzenegger's rise to fame.

Annual events don't stop with sports. America is known for its arts and entertainment, most notably due to Hollywood and New York City. Accordingly, there are a number of related annual events. Many of these provide opportunity for the rich and famous to be seen on the "red carpet" sporting the latest and greatest in high-end fashion. These annual events include The Academy Awards (a.k.a. The Oscars), The Grammy's, The Emmy's, The Tony's, and The Golden Globe's. The events are all about seeing the "stars." Fashion designers flaunt their latest wares via super stars attending the ceremonies. This creates a ripple effect around the world as others try to copy the styles showcased on the red carpet.

Company Sponsored Events

In the West, companies large and small will host annual parties to show appreciation for their employees and facilitate team

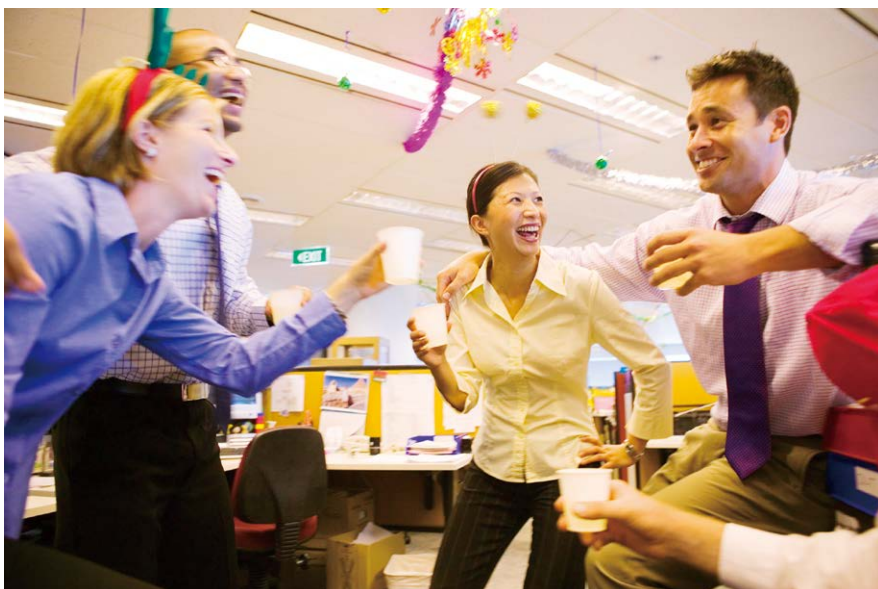
building. In the summer, outdoor barbecues are popular and usually held in parks. Employees and their families are invited to enjoy food and games such as: touch football, three-legged races, pie eating contests and maybe even some sort of water based sport. For smaller companies, employees may have a "pot luck" lunch or dinner. This is where each individual will bring a dish of food or some other edible item to share with everyone. Dishes may be divided into different categories, such as: salads, appetizers, main dishes and desserts.

Another alternative is to hold an event at a hotel or restaurant. This relieves any worry about food and service, as everything is handled by the vendor. The other option is to have the event catered. Food can be brought to the company, community center or location of choice. The advantage with catering is it may allow for a more relaxed atmosphere, since the event can be hosted at a variety of locations. It may also be cheaper than having it at a formal hotel banquet hall. Many hotels and restaurants make catering a significant part of their business. In China, embassies may prefer having an event catered to ensure venue security.

Annual company events can be a mixed bag. In some cases, although advertised to employees as a great opportunity to associate with colleagues and build better bonds; in reality it might be nothing more than an excuse to serve the company Kool-Aid. Attendance may actually be required and not even be voluntary. This can turn the vibe from fun to forced. It can even trigger negative emotions from employees being required to give up valuable free-time usually spent with family and real friends. Company events don't always achieve the effect hoped for. In fact, some employees may opt out entirely. Corporations actually interested in employee satisfaction may do well in soliciting feedback from workers before mandating some extra curriculum event must be attended.

Annual Events - East

Chinese companies may choose to have an annual party around the Spring Festival (春节 chūnjié) also called Chinese New Year, or "Annual Party" (年会 niánhui). In the past, it was very common for Chinese companies, especially when they enjoyed a very successful year to hold such a party to reward staff and recognize their clients.



An office party that is more relaxing and intimate

The year-end dinners and annual parties were more common in previous years when China was enjoying double digit growth. With a more competitive economy such events are less frequent these days. According to two sources in the tourism sector, these annual parties are still being held. However, it really depends upon the owner and if business is good. Of course, in some cases, the appearance of prosperity is important. The Chinese factor of maintaining “face” as usual comes into play. If such parties were held in the past, it might be important to continue with the tradition so as to maintain a positive company image.

Recent austerity moves by the government have affected the frequency of such parties especially by State Owned Enterprises (SOEs). No doubt restaurants and hotels have felt the impact. Perhaps this is why many hotels and restaurants offer their own events. Folks looking to attend can buy tickets and not only enjoy the traditional foods but also have a chance to win prizes and lucky draws. These were all common features of previous annual company parties.

One key component of a successful party in China is to give a chance for guests to win a prize. The awarding of a prize can be done by holding a lucky draw, usually towards the end of the evening (so as to make sure guests will stay till the end). Another way is to hide a token or ticket under a plate or chair at a table. Another key for a successful party is to have a good Master of Ceremonies (MC). Locally, this usually is comprised of a male and female couple. If money is no object, a popular

television host can be hired to ensure a good draw. Guests can enjoy themselves by being entertained by a celebrity.

Unique to the West – Prom

In the West, there is the annual tradition for the graduating high school class to have a party. It is a formal affair with boys dressing in suits or tuxedos and girls in gowns or dresses. Girls will receive bouquets of flowers and a beautiful corsage. Boys may rent a limousine to pick up their dates. The venue is likely to be held at the school auditorium with a live band and party into the night. Although this is not a custom in China per se; as discussed in last month's feature about Education in China, many International Schools have setup shop in China, bringing with them the tradition of Prom Night. Although not as elaborate, the custom is growing in popularity.

As with other annual events, proms come with a word of caution. On the surface

proms may seem like a great idea giving graduating youth the opportunity to party one last time before facing the real world. However, in certain cases the reality could be just the opposite. For one, drinking alcohol, perhaps even underage drinking, tends to be an issue at proms. When and if drinking occurs, driving drunk becomes a potential problem. Second, promiscuity among attendees is all too common. Likely youths outnumber adults, and sufficient supervision can easily be lacking. For some attending prom is seen as a right of passage, a major milestone in the journey from adolescence to adulthood. That said, anytime large groups of young, inexperienced individuals get together there is potential for complications. As with many of the annual parties discussed herein, at proms there exists a tendency for attendees to let go of inhibitions, lose restraint and engage in activities which otherwise they may not.

Unique to the East – Baby's Month-Old Party

In the East, once a new born baby has reached one month of age, a celebration party is held inviting relatives and friends. In Chinese, it is called: 满月 (mǎn yuè), literally full month. During this celebration, there will be different customs, depending upon local traditions. Usually there will be red colored eggs and nutritious food served, probably in keeping with helping the mother breaking her careful diet during the pregnancy and childbirth period. Also, due to historically high rates of infant mortality, once a baby makes it past 30 days, it is a reason to celebrate. And on the 100th day after the birth, parents would celebrate the “Bai Sui” of the baby as a good wish for the baby's health and longevity.

The closest Western event would be a “Baby Shower” which is held once, though it



A Chinese company annual party



A high school prom

can be before or after the baby is born. It serves to announce the arrival of the new baby. Having an event before the birth would be unheard of in China, being more superstitious than the West. The Chinese would believe that this would be bad luck and tempting the gods. The term “shower” seems to come from the idea of “showering with gifts,” either the baby or mother-to-be depending on how one looks at things. These celebrations or showers stray from the theme in that they won’t be held annually in the years to come.

Conclusion

Some annual parties seem to rise and fall with the economy. When times are good, the parties are frequent and fantastic. When the economy falls kiss those annual events goodbye, or at least expect a serious reduction in scale. What is becoming more common though is to see companies that are doing well financially to make a yearly gathering into an opportunity for publicity. Perhaps it is to reward employees, acknowledge customers, or simply make a splash in the media. The fact that the economy affects many of the annual events we’ve discussed so far highlights a common concern. They have strong ties to commercialism. Traditionally speaking, gatherings should be about human interactions not who gave what gift, or

bragging over some sort of accomplishment. It is challenging to find events that are truly altruistic in nature. Even a so-called charity event may exist solely because of some sponsor. Whereby, that sponsor wants their name, logo, QR code, or other promotional material to be shared with all the guests. In doing so the purity of the event is lost, and it turns into nothing more than a big advertisement.

As China becomes more international and adopts some Western customs, the prevalence of what were predominately Western annual parties has increased in China. Not so long ago, residents would not have seen a Halloween, Christmas or New Year’s party (held on December 31). Yet, these are now common and expected by some in Chinese metropolises. Which seems to indicate that the Chinese are always ready for an excuse to party. With the “Big 19” have recently wrapped up in Beijing, there is strong rhetoric reminiscent of the Chairman Mao days being disseminated throughout the country, including Tianjin. Along the streets and in many public places are banners with slogans calling for citizens “not to forget the original intention” (不忘初心 bù wàng chūxīn) and “keep the mission firmly in mind” (牢记使命 lǎoji shǐ mìng). These phrases put emphasis on the past. Namely, ideologies and traditions popular from the founding of the

New China (1949). To what extent international customs, celebrations and festivities continue to be allowed room to integrate into Chinese life remains to be seen. Modern China is more international than ever before. Yet, which flavor of festivity will flourish locally long-term is highly affected by policy. No doubt the expat community living, working, and studying in Tianjin and throughout China hopes to be given the opportunity to enjoy events native to their upbringing.

Society’s obsession with annual events seems rather obvious when time is taken to review just how many activities are held only once a year. From business to personal, annual

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BE SHARED WITH ALL THE
GUESTS.**

events represent a huge part of this world. Especially from a commercial and economic perspective, without annual activities, such as various holidays it becomes questionable if some businesses would ever make it "into the black." Facing such a fact, one might wonder why holidays actually exist. Are popular holidays really nothing more than a reason or requirement to shop? Commercialism aside, there is also the issue of proper restraint. As the well-known phrase mentioned at the outset alleged, "everyone likes a party." Is this because it provides a seemingly socially acceptable opportunity to let the hair down, take off the tie, overeat, overdrink, and indulge oneself in whatever they please?

Many annual events require significant crowd control. New Year's Eve is an especially complex time since the biggest parties often are outside in public places. Special police task forces no doubt find ensuring the safety of the masses to be a real challenge. In addition to security concerns associated with huge gatherings, also comes the inherent lure to do something one might regret later. There is something about that "once a year" moment that seems to entice people to push the limits. Be it in action, fashion, style or statement there is an ongoing, never-ending attempt to trump last year. Which ultimately becomes increasingly challenging based on the limits related to proper human behavior. No matter how hard hosts and participants of annual events may try to shock and awe, there really isn't anything new under the sun.



拯救年会

每逢节庆或是人生中值得庆贺的事情，人们都喜欢举行派对或宴会来庆祝，任何一种文化都不会例外。

年底年初是节日扎堆的时候，11月的感恩节，12月的圣诞节还有1月的新年。对现代人来说，这些节日不仅仅意味着家人团聚，而且还是重要的购物季。从感恩节的“黑五”开始，商家开始大幅度打折促销。商店门口从夜里就排起了长队，纠纷、斗殴经常发生。店门口还有保卫人员站岗，控制进店人数并维持秩序。过度商业化的节日庆祝方式让很多人产生反感，呼吁不要再过节了。节日还要给家人朋友准备礼物，平庸的礼品拿不出手，漂亮的礼物又太贵，也是让人左右为难。

很多公司会在节日期间举办自己的庆祝活动。在北美，这样的活动通常在高档的酒店或餐厅举行，公司成员坐在一起吃顿饭，老板还会为所有职员准备礼物。

在西方，感恩节的地位甚至超过了圣诞节。家家户户会准备火鸡、蔓越莓酱、火鸡填充料、肉汤，还会喝很多酒。在很多大城市，每逢感恩节或圣诞节都会有精彩的游行活动。纽约时代广场每年的新年倒数都会数以万计的人，人们在这一刻许下新年愿望，共唱“友谊地久天长”。

除了传统节日，很多体育比赛也会有年度大戏上演，人们也把它们当做节日来庆祝，比如美国的“超级碗”美式橄榄球冠军总决赛，玫瑰杯美式足球赛，NBA总决赛等等。在娱乐界，奥斯卡奖、金球奖、格莱美音乐奖等年度盛宴都会吸引众多明星在红毯上大放异彩。粉丝们也如同过节一样兴奋，明星的红毯造型总能制造话题效应，引领当季潮流。

为了增加企业凝聚力，几乎每家公司都会举办年会。如果年会在夏天举办，公司会请员工带家人一起来参加，大家在户外做趣味游戏，一起享用美食。规模较小的公司可能会让每个人带来一道菜，大家一起分享各家拿手菜。

预算较高的公司会选择酒店开年会，让酒店安排一切。对很多酒店来说，年会也占了收入的很大一部分。

每个人对年会的感受都不一样。公司的初衷是让员工有机会聚在一起熟悉彼此，增进感情。但实际上，很多人并不是自愿参加年会的，因为参加年会要占用他们的个人时间，他们宁可在家陪家人。

在中国，企业年会通常安排在春节前后。几年前中国经济处在两位数增长的时候，各个公司都会在年末举办场面宏大的年会。但最近两年这样的情形少了，各个公司会根据自己这一年的业绩来计划预算。中国政府也大力倡导节俭，推行“八项规定”，大部分国有企业也不再举办以聚会为主的年会了。

虽然中外都会有庆祝和聚会的传统，但也都有各自的文化特点。在西方，中学生毕业前一个重要的仪式就是毕业舞会。男孩子们穿上西装或燕尾服，女孩穿上礼服，在学校的体育馆尽情跳舞，庆祝毕业，也标志着和青少年时代告别，走向新的人生阶段。

在中国，人们庆祝孩子的出生会选在孩子出生整一个月的这一天，俗称“满月”。而到了孩子出生100天的时候，家长还会给孩子过“百岁”，祝愿孩子健康成长，长命百岁。

西方传统中最为接近这一习俗的就是宝宝派对，但是在孩子出生之前举办的。在婴儿预产期的前一两个月内，准妈妈的女性好友将准妈妈的女朋友们、女同事们、女亲戚们召集起来，共同把祝福、忠告、礼物连同幽默酒向准妈妈，为的是帮助她做好物质和精神上的双重准备。

年会的繁盛总是和经济状况息息相关。无论年会的排场和规模如何，年会的目的应该是慰劳员工，奖励突出贡献者，感谢客户。只想抽到大奖，在年会上搜集名片、加微信这些与初衷无关的行为都不应该出现在这样的场合。不忘初心，保持年会和一切庆祝活动的纯洁性，不暴饮暴食，充分享受这个美好的时刻，我们会体会到庆祝的意义。

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by Starr Mcmillian

CAPTURING THE BEAUTY OF CHANGE

Xiaobailou under sunset (photo by Stephen Li)

Amateur photographer Stephen Li still remembers the moment he realized how much he enjoyed the unique challenge of capturing photos of Tianjin's cityscapes. He had just purchased some new gear for his camera, and a friend who managed a 34-story building offered him access to the roof.

He'd only ever taken close up photos of his family. But as he peered through his camera lens at the city sprawling below, Li quickly fell in love with his new perspective.

"It all started there," he said. "It was something that stimulated me, and triggered my interest."

Since then, he has bounced all over Tianjin chasing the perfect city-scape photo. I caught up with him over coffee recently to talk about his work.

Photography is only his hobby. He has a full-time job as a team leader for the German company Hamburg Sud. As a result, he often can't take photos until after work when

twilight has settled over the city. The city lights glittering against the dark sky give his photos an atmosphere of hectic movement and vibrant life.

A city was the first setting that piqued Li's interest in taking photos almost 8 years ago. In 2010, he spent some time learning photography in Hong Kong. He was inspired by the beauty of the city to keep pursuing his craft.

"Hong Kong is a very sensational, very amazing city. I was truly amazed by the people around me, and the environment," Li said as he reflected on his start in the photography world. "So I started thinking, maybe it's time I tried photography."

It's clear as Li speaks about his work that he loves his hobby. His eyes light up when he talks about his favorite locations, and he laughs easily as he remembers his favorite memories and moments finding new buildings to shoot pictures from.

Working in community

One of his favorite parts of being a photographer in Tianjin is the community he gets to be part of. He belongs to a WeChat group with over 400 other photographers in it. Together they share pictures and ideas to encourage and inspire each other. Not all of them take cityscape photos like Li does, but those who do will share new locations they find with the group so that other photographers can try them.

Having the support of a community gives Li a place to learn and grow as a photographer, as well as friends to share adventures with. Just this past September, Li and a photographer from the group set out together to finally take some photos from a skyscraper they had been trying to gain access to for months.

The building was under construction, so they went to the site and tried one more time to ask for permission, but only the guards were there. Frustrated but still determined, they decided to break in. But they had to wait for sunset—the best time to take photos is a short

HE TRIES TO TAKE PHOTOS THAT REFLECT THE SMALL-TOWN CHARM THE CITY RETAINS EVEN AS IT IS RAPIDLY GROWING AND CHANGING.

window called “golden hour” that lasts about 40 minutes after the sun goes down.

So, they hid close to the site and waited as the sun slipped away. When it was gone, they found a hole in the construction barriers and snuck in. Then, they found the stairs and started climbing as fast as they could to reach the roof.

They were in a race with the clock, because golden hour was quickly slipping away. By the time they reached the 21st floor, they decided to abandon their roof plans and just take pictures from the window where they were. They worked quickly and captured some photos just in time. The resulting pictures were beautiful—the angle included many Tianjin landmarks like the Tianjin Eye.

Li shared them later on his social media sites, along with the satisfied caption, “I finally got this spot!” He laughed as he remembered all he and his friend went through for one specific photo.

Showcasing Tianjin

Part of why Li is willing to go to extra effort if he knows a particular location offers a unique view of the city is because he wants his photos to help outsiders appreciate the beauty Tianjin has to offer. He tries to take photos that reflect the small-town charm the city retains even as it is rapidly growing and changing.

He has seen the city develop his whole life. He was born on the outskirts of Tianjin, and moved into the city to attend Nankai University. He met his wife in Tianjin, and except for time he spent in Hong Kong learning photography, the city has always been his home. He has grown to love it, and hopes through his photography to help others do the same.

“Tianjin has been growing faster since 2008. After the Beijing Olympics, so many skyscrapers started building up. Then, it got a better image to outsiders,” Li said. “When we share our photos on WeChat and social media,

people study them and say, ‘Wow, I didn’t know Tianjin was that beautiful. That’s what we want.’”

Continued growth

Li and his wife have one son. Juggling family responsibilities along with photography, a full-time job, and other hobbies like participating in Toastmasters International clubs is no easy task. Li said he is content for his photography to remain a hobby though, and he has no plans to expand it to a career.

His only goal is to keep growing as a photographer and trying to imitate photography veterans like Chen Yuefeng, who has been taking cityscape photos for many years. Yuefeng helped Li see the beauty in documenting a city like Tianjin that is rapidly changing.

“If you go to a beautiful country, like the USA or Iceland, and you shoot Aurora or you shoot Tibet, anywhere that has an amazing scene, you can get the same picture in ten year’s time,” Li remembers Yuefeng telling him. “But if you capture the moments of the changing city pace, each time you get different things. And that’s why it’s so meaningful.”

Li has seen this to be true the last two years. He’s taken pictures at a few of the same buildings multiple times, and each time the area looks different. New buildings have sprung up, old ones have been taken down, there are more lights in different places or

more people in an area than there were before. Change is the only constant in Tianjin right now, and Li plans to be there with his camera to document it every step of the way.

用相机捕捉变化中的天津

李勇依然记得自己是如何爱上了摄影。那年他刚刚购入了新的摄影器材，一个朋友把他带到一栋34层大楼的屋顶，他有机会捕捉到拍摄天津最美的角度。从那一刻起，李勇就从一个家庭聚会摄影师变成专门俯拍天津城市风光的摄影师。从那时起，李勇就变成一个空中飞人，不停在城市上空。

由于李勇还有自己的本职工作，他只能利用下班后的时间出去采风，而天津最美的时刻恰恰就是夕阳西下，华灯初上的时候，此时拍摄的照片最具有大都市的动感，流光溢彩。

2010年，李勇在香港学习了摄影，在学习的这段时间里，这座活力之都给了他很多灵感。“香港是一座非常感性的城市，让人惊叹。我非常喜欢那里的人和城市环境，想要把这一切捕捉下来。”

李勇对这几年来拍摄的摄影经历如数家珍，眼睛里散发着兴奋的光芒，他的摄影故事里有很多精彩的时刻和难忘的记忆要和我们分享。

走入摄影圈子，李勇认识了很多志同道合的朋友，他们有一个400多人的微信群，每天分享彼此的作品和新的灵感。虽然不是每个人都专攻城市摄影，但群里的朋友给了李勇很多好的建议。

去年9月，李勇和一个朋友终于有机会进入一栋大楼拍摄，他们为此尝试了好几个月了。这是一座在建大楼，他们想要获得进入工地的许可，但是工地里只有几个保安，并不能给他们许可，所以他们决定偷偷潜入。为了获得最好的拍摄效果，他们需要等待日落时刻，只有太阳完全落山前的40分钟才是“黄金时间”。

他们先在大楼附近等待，时间快到的时候他们从一个建筑围挡的裂口钻进去。找到楼梯之后他们开始徒步爬楼，一直到21层。他们必须和时间赛跑，虽然还没有爬到楼顶，但眼看时间快到了，他们决定就在这一层开始拍。在麻利地架好机器之后，他们成功地捕捉到夕阳下的城市美景。最后的成品非常漂亮，很多天津的标志性建筑都被收入其中，包括天津之眼。

虽然找到一个绝佳的拍摄地点总要费尽周折，但李勇却从来觉得辛苦，因为他认为只有这样才能让更多的人发现天津的美。李勇努力表现出一个快速成长和变化中的城市还保留着一份本真。

作为一个土生土长的天津人，李勇一直见证着这座城市的变化。他说：“从2008年开始，越来越多的高楼拔地而起，整个城市的形象有了很大提升。”很多外地的朋友在他的朋友圈看到这些照片后都说：“哇，我从来不知道天津这么漂亮！”

李勇可谓身兼数职，除了本职工作和摄影这个爱好，他还是天津Toastmaster俱乐部的核心人物，有妻子和儿子要照顾，能平衡好方方面面并不是件容易的事。李勇也没有打算转型成专业摄影师，他只想追随自己的老师，城市风景摄影家陈月峰，继续在城市摄影这条路上继续探索。

李勇说，如果你去拍极光或是其他世界知名的景点，你拍到的东西永远不会改变，但如果你能抓住一个城市发展的脚步，你总能拍到不一样的东西，这就是城市摄影的意义。



Stephen Li



by Carmen King

DISASTER RECOVERY PLAN

Data backup is important.

Nobody likes to think about a disaster happening, especially if it involves them personally. Yet, the truth be told, in this day and age, it seems nearly impossible to dodge the bullet. As such, it seems prudent to put any superstitions aside and face reality. Disasters feel like they are happening on a daily basis. So we have to get our heads out of the sand and face the music.

Real Risks

Business owners are at particular risk when it comes to a disaster, because from a financial perspective, they theoretically have more at stake. If a business goes down for a day, they lose money. Down for a week they probably start to lose customers. Down for a month and it's probably for the count. Especially in China, patience isn't popular. With the glut of "takeout" (外卖 wàimài) apps now available, consumers have essentially been conditioned that if they don't get what they want, when they want it, and fast, they're moving on. In some cases these delivery services are guaranteeing delivery to the door within one of placing an order. It could be delivering everything from fruit, vegetables, snacks, meals, to even household supplies like toilet paper. Businesses today face an extreme

pressure to be available virtually all the time or risk losing a customer perhaps forever.

Therefore, disasters spell disaster for businesses not just personally, but professionally. Financial losses result directly from downtime, or due to data loss. Any water related problems can be particularly disastrous for businesses. After all we know how much our precious electronic devices love liquid. Tianjin is not exempt from having water issues. It could be because of a torrential rain, a water main leak, or even a sprinkler system. Reality is water related disasters happen. The question is, how will businesses be prepared by having valuable data securely backed up? Business owners need to take a moment and ask themselves, are my computers, laptops, phones, servers and other digital devices all backed up? How paralyzed would my operation be if one or all of these devices and the data stored on them suddenly became unavailable?

Data Backups

Making indiscriminate backups that are neither encrypted or properly protected may mean surviving a flood physically, but then dying due to a massive data leak. Customer records, proprietary plans, sensitive schematics can all easily fall into the wrong hands if data

storage isn't handled properly. While making backups are essential, it is imperative to think twice about when and how those backups will be stored. Online "cloud" services may seem convenient and low in cost. However, how secure are these services? Is it possible that employees at the provider or other agencies could rather easily and openly access that sensitive information?

Before clicking "upload," or activating "automatic" online backup services, be absolutely clear on where that data is going, and who has access to it. Query reliable online resources for tips about data backup and storage. Many phones, tablets, laptops and PC's may have system software which automatically backs up data to the "cloud" unaware to the user. Entrepreneurs with valuable information and proprietary content will want to double check no data is automatically, behind the scenes being sent off somewhere unsecured.

On the flip side, making offline backups can also be problematic. For one, if backup don't happen automatically, it pretty much means they aren't happening in real time. This almost guarantees that there will be a gap in data should a disaster occur. Imagine pulling that all nighter to finish some important project only to find out an unforeseen event

FOR A COMPANY WITH SENSITIVE FINANCIAL CONTENT OR VALUABLE PATENTS, EVEN IF DATA CAN BE RECOVERED, FINDING A TRUSTED VENDOR TO DO SO CAN BE QUITE CHALLENGING.

damaged the system. Plus, since data backups weren't happening in real time, all that work hadn't been backed up yet. It can happen all too easily. In this digital age where data often means money, it is important to take measures to mitigate losses due to disasters. Find a balance between security and viability. A data backup solution make be super secure, but so cumbersome no one actually uses it. Gaps in data spell disaster. On the flip side, a data storage service could be fantastically simple and fully automatic; but insecure, allowing others access to everything.

Hard drives fail, phones get lost, and the list goes on and on. Have a set plan for how data is backed up securely and routinely. Plan for how it will be restored in the case of an actual event. Don't overlook physical risks either. Such as water, fire, theft, and loss. Theft can be a real threat. Break ins can and do happen. Recovery of a digital device is improbable. Even if stolen property is returned, plan to replace it versus reuse. The cost of new gear is low in comparison to the potential risk associated with having a competitor secretly capturing keystrokes and silently stealing data. How can one be sure some sort of spyware,

back door, or virus wasn't installed? This is especially true for entrepreneurs working in the financial and IT industries.

When it comes to physical threats likes theft and accidental loss, that's were data security is very important. Basic passwords are probably nothing to an accomplished hacker. So be sure that USB's, drives, and phones have suitable security features enabled. How many folks incredibly may not even have a basic screen lock password for their computer or electronic device! In such a scenario, a quick snatch of a device or drive, and its payday for the thief. Or, worst of all is an accidental loss. This can happen to any of us. Don't leave data wide open. Think of data like money. Keep it in a safe place. Take specific steps to secure, and even insure it. Backups and alternate drives can be thought of like insurance policies. As to backup drives, do not overlook the fact that many backups are made, only later to be found unusable! So be sure to periodically restore a backup, or open up the data on the drive to ensure everything is getting backed up as planned. Otherwise, months, even years could go by before a disaster suddenly happens. Only then to find out nothing's been backed up!

Conclusion

A final word on data disasters. When drives fail, and they do, data can sometimes be recovered. The problem is, can it be restored in a timely fashion, for a reasonable price and in a secure way? Think about it. A third party provider may be able to recover lost data from a drive or device, but what assurance does the user have that they won't keep a copy of the data? For a company with sensitive financial

content or valuable patents, even if data can be recovered, finding a trusted vendor to do so can be quite challenging.

In conclusion, entrepreneurs must identify possible disasters that can threaten their business. A disaster can come in many forms and at anytime. It could be physical or digital. A key to surviving a disaster comes in careful planning. A good plan can't be made until the threat(s) are clearly identified. Each area has its specific risks. As each risk is identified, prepare a disaster plan to mitigate it. Then, don't forget to periodically review, revise, and practice the plan. The best disaster plan in the world can become obsolete and unfamiliar all too quickly.

修复大作战

没人期许灾难的发生，尤其当它关乎个人利益的时候。生在这个世事难料的年代，我们就要有应对各种危机的准备。灾难每天都在发生，我们需要做的就是直击它，面对它。

灾难来临时，首当其冲受到影响的当属企业所有者。一旦生意开始走下坡，他们会经历从亏损到破产的瓦解过程。在外卖软件泛滥的今天，一旦供应商不能满足消费者的需求，消费者就会自然的转移视线。企业如今都面临着巨大的压力，如果不能满足日益增长的消费者需求，它就很可能永远的失去消费者。

而对企业来说，灾难不仅关乎个人，它还关乎专业。任何与水有关的问题对企业都是灾难性的。人人都知道电子设备怕水，一旦企业出现任何有关水的灾难，损失将会无法估量。企业主不妨多花时间和精力在备份数据上，因为我们谁都无法估量一旦数据消失，它可能给我们带来的危害会有多大。

不当的备份能保证物理上的存活，但企业可能会因为数据的大量丢失而导致死亡。不加密备份会让企业的绝对秘密级资料完全陷入无保护状态。因此，对于如何正确备份资料，企业应该有一套自己的准则。对于当下流行的“云”服务，企业在利用时，也要对相应的安全信息进行筛选，确保数据的明确去向，以及什么人有权进行访问。

关于离线备份的问题，如果备份不是自动发生，那它就意味着备份不是实时发生。这几乎可以确定，一旦灾难发生，数据就会出现缺口，最终导致项目功亏一篑。在这个数字化的时代，数据就意味着金钱，采取措施将灾害造成的损失最小化是非常有必要的。对于电子设备的保护和备份怎样做都不为过分。定期恢复备份，或者打开驱动查看以确保数据的万无一失。

当驱动器出现故障时，数据有时可以恢复。问题是，企业能否以合理的价格和安全的方式做到及时恢复？第三方提供程序可以从驱动器或设备中恢复丢失的数据，但是企业如何保证三方软件不会存有数据的副本？对于一个敏感的企业来说，寻求一个信赖的供应商也极具挑战性。

企业家必须找出可能危及业务的可能性灾难。灾难有多种形式，且随时都有可能发生。它可以是物理的，也可以是数字的。在灾难中存活的关键是合理的规划。定期整改，调整计划可以让灾难对我们的影响降到最小。当然，还要注意计划的时效性以及流行性。



Hard drives fail.

HRCLUB 【Study Tour】 Wonderful journey of Beijing , Exciting Beginning to Nanjing!



Dec. 1st, 2017, the whole day study tour in Beijing completed successfully in full swing. Microsoft and Schneider electric-----the two leaders in Internet and manufacturing industry, have shown their unique charm and the most advanced technology and advanced talent strategy to the member enterprises through the wonderful sharing of two PhD executives.

The visiting group formed by core talents in enterprise who have sincere belief and eager passion. High level problems were frequently thrown out, and even the sharing guests were infected with such powerful energy. Go outside, the world will present in our eyes!

Microsoft center one is place full of charm. The Black Technology and stunning equipments, which lead us look through the window of future. Suddenly something in our mind triggered and inspired that the intelligent software is essential in

enterprise digital transformation progress.

Microsoft manager Mr. Liu mentioned in "Enterprise Culture Driving Organization Transformation" that building excellent culture can give birth to a powerful gene for enterprise development, collect staff ideas from different levels to form enterprise culture and staff will internalize it deeply, will give more motivation to devote themselves in career. HRCLUB Secretary General presented an appreciation award to Microsoft service director---Dr. Liu.

Schneider Electric principal Ms. Yang sharing in "VUCA era Humanity and Talent" There are various methods can help employee and team ignite their internal energy, the manager must make their staffs work in the best atmosphere, pay more attention on their mind, release their potential. HRCLUB secretary General presented an appreciation award to

headmaster of Schneider Electric enterprise university.

Different feelings provoke various thoughts. This is the magic of study tour, help you to have a broad vision, a higher pattern, a greater mind! It is a wonderful day to believe that the times will not live up to everyone who loves to learn.



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<http://www.tj-hrclub.org>

Tianjin Chapter Celebrates Success at Annual General Meeting and Appreciation Reception

On November 30, 2017 AmCham China, Tianjin in partnership with Air Canada, invited its members to the Hyatt Regency Tianjin East for the Annual General Meeting (AGM) and Appreciation Reception. The AGM is a members-only event that allows the Tianjin Chapter to celebrate the year's accomplishments and recognize outstanding members. This year was no different, with Martin Winchell, Chairman of AmCham China, Tianjin reminding members of outstanding events, such as the Independence Day Celebration and Charity Golf tournament, and the Executive Breakfast Series. Mr. Winchell also took the time to remind members that AmCham China, Tianjin would continue to be a key advocate for their businesses to both the United States and Chinese governments. Alan Beebe, President of AmCham China was also present to give awards to members.



Following the meeting, approximately 280 members of AmCham China, Tianjin's business community attended the Christmas Tree Lighting Ceremony in the Hyatt lobby. The ceremony included Christmas carols sang by the Wellington International School Choir, and an exciting Lucky Draw with prizes ranging from a Blueair Purifier to free nights at member luxury hotels. Attendees enjoyed festivities and spent time most of night simply chatting and enjoying the food and beverages prepared by the Hyatt staff. As the night wound down, attendees were given 2 complimentary craft beers from WE brewery and a gift bag from Air Canada.

This event would not have been possible without sponsors, and AmCham China, Tianjin would like to take the opportunity to thank Air Canada for being this event's Exclusive Platinum Sponsor, and Hyatt Regency Tianjin East, for providing the venue in addition to being a Silver sponsor. Finally, AmCham China, Tianjin would also like to thank the rest of our Silver and Associate Sponsors for their participation:

- Jones Lang La Salle (JLL) Tianjin
- WE Brewery
- United Family Healthcare

AmCham China, Tianjin looks forward to even more success in 2018. For information on upcoming events, please check out our official website for more.



AmCham China, Tianjin Tackles HR Challenges and Government Audits

On December 14, AmCham China, Tianjin invited a panel of industry experts to the Ritz-Carlton, Tianjin to address member concerns regarding government audits, tax law for expats in China, and common mistakes companies make in attempting to prevent HR challenges. The panel included distinguished speakers such as Simon Bai - Partner at Chenyi Law Firm, Vivienne Jin - Of Counsel at Rui Bai Law Firm, and Huan Wang- Tax Partner at Deloitte. Each speaker gave a 20-minute presentation on a topic of concern, and made themselves available for questions afterwards. Martin Winchell, Chairman of AmCham China - Tianjin moderated the panel and familiarized members with each speakers' area of expertise.

With a turnout of over 30 attendees, it was clear that members were highly engaged by this topic. During the Q&A, attendees were afforded the opportunity to talk to each speaker directly while enjoying refreshments provided by the Ritz-Carlton, Tianjin staff. The informal nature of the Q&A encouraged networking among attendees and strengthened connections within AmCham China - Tianjin's business community.

This event embodies AmCham China- Tianjin's dedication to bringing high-quality events to its members even as the year comes to a close. For more information the Tianjin Chapter's events, please check our official website.



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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European Chamber
中国欧盟商会

EUROPEAN CHAMBER IN TIANJIN

2017 Annual Tax and Regulatory Seminar

2017.11.24

In 2017, the world economy has reached another critical juncture. While the world's major countries are still marching on the road of structural reform, a new round of global industrial transfer and element restructuring has seen accelerated development. Our economy faces a more complex external environment and the structural problem of demand-supply remains a big challenge. So the European Chamber Tianjin Chapter together with Deloitte, revisit and discuss China tax policy and development trend of this year in order to equip you with necessary knowledge to respond to opportunities and challenges ahead.

This seminar covered a few 2017 hot topics. Professional experts from Deloitte were invited to present and share their latest observations. Around 100 finance professionals working in Tianjin attended the annual seminar.



HR Practical Training Series: Employee retention from legal perspective

2017.12.01

The European Chamber Tianjin Chapter invited senior lawyer from River Delta Law Firm Mr. Shi Puhai on 1st December to give a speech on the topic of "Employee retention from legal perspective". With plenty of typical cases studying, around 15 HR professionals had been provided by the practical and updated knowledges of labor law about this hot topic in the end of the year.



PPT Perfection and Designing Advanced Training

2017.12.15

Did you mad at making work report at the end of each month or year?

How to present such diverse information and data in the most intuitive way in your slide?

On December 15, 2017 the European chamber Tianjin Chapter organized a training on the topic of PPT Perfection and Designing Advanced in chamber meeting room, attendees got the knowledges including how to use chart and graphic instead of word and data and make it more clearly and intuitive, how to master the PPT typesetting rules and skills to make a better slide than ever before.



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



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

The European Union Chamber of Commerce in China, Tianjin Chapter

中 国 欧 盟 商 会 天 津 分 会

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Past events

Special Event – German Christmas Market 2017

02.12.2017

On December 2nd, the German Chamber of Commerce Tianjin invited their members and friends to a very special Christmas celebration at the Bavaria Beer Keller, where festive ambience was offered along with Christmas music, culinary delicacies, and an exciting lucky draw.

More than 70 guests joined the event for a free flow of Glühwein (mulled wine) and other beverages as well as specialties like: Homemade Bread with traditional German Spreads, Breaded Pork Escalope and Tiramisu. And the colorful Christmas selling booths made the event even more attractive for both young and grown-up visitors.

The German Christmas Market is an annual high light event of the German Chamber of Commerce, offering the guests a perfect opportunity to enjoy the traditional German Christmas atmosphere together with their beloved ones, friends and colleagues.



Round Table Mittelstand

12.12.2017

The company Haver Technologies invited to this year's Round Table for German SMEs in Tianjin. An informative factory tour by Dr. Bjoern Lindemann, member of the German Chamber Board of Directors North China and General Manager of Haver Technologies (Tianjin) Ltd. gave participants an interesting insight in Haver's facilities and production process.



After this walkabout, the guests had the chance to join an open discussion about environment and local supplier issues, as well as cyber security and IP protection. This event provided a valuable platform for all medium-sized enterprise to exchange ideas and experiences on the related topics and questions, followed by delicious snacks and drinks.

Upcoming Events

January 31, 2018, 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 Website: www.china.ahk.de



Staying up all night.

knowledge acquisition but long-term retention. The hardest part about preparing, maybe convincing oneself procrastination is the devil. As long as we self-deceive, and lie to ourselves that cramming works, we will just keep doing it. It's like a junky. They get high, and if they are fortunate enough to live through the ordeal, may even swear they will never do drugs again. Yet, all too often they can't stop the self-destructive behavior. It is imperative to retrain our brains. We must convince ourselves that cramming is shortsighted and stupidity. We absolutely will suffer some way if we break the innate laws associated with healthy human behavior. These include proper rest, adequate nutrition, sufficient hydration, moderate exercise and spiritual enlightenment. After we become convinced cramming is for the birds, we will start putting forth real effort to implement a test taking plan.

Seek Help

Especially in China, there is absolutely, no shortage of training programs available to help students prep for tests. Seeking help from actual experts in test taking techniques could be the key to unlocking the kingdom. Yet a word of caution is definitely in order. Do not simply sign up for the first class you hear about, or the one with the cheapest price. Scrutinize the company, curriculum and teacher.

Sadly, there have been reports of training companies accepting full-payment from a student only to go out of business before the consumer ever had the chance to complete all the classes. Quite possibly, once the educational entity has closed its doors, it is extremely difficult to get any money back. For this reason and others, there appears to be a trend when it comes to training these days. Namely, look for the larger, more reputable, well-established training companies. Unless you have legitimate, reasonably trustworthy reasons to believe

TEST TAKING

China seems to have a test for almost everything. Those who can't pass, won't get the degree, certificate, or license necessary. Since taking tests seems inevitable, how can we improve the our testing skills?

Prepare

Cramming just isn't effective. No matter what anyone claims, cramming has negative side effects. Even if someone can prove a pattern of successfully passing tests despite waiting until the last minute and staying up all night to prepare, they still suffer. If not academically, most definitely physically. Take a look at some of those alleged cram champions. Even if they pass the test, how's their physique? Don't be surprised if it isn't anywhere near as impressive as that alleged 'I crammed all night, and passed with flying colors' test score.

All night cram sessions are likely linked with binge eating and drinking stimulants. Be it a triple shot, or even quadruple shot of espresso, or some other

laced liquid, consuming massive amounts of caffeine in a short period of time just to stay awake probably doesn't make the top ten list of healthy habits. Fast food, left overs, sweat treats, cigarettes and other manufactured, highly processed, carcinogenic, allegedly edible and consumable items may make for a quick sugar high, adrenaline rush, or perceived pickup in alertness, but these tactics hardly help one to achieve long-term health. Be it lack of proper sleep, poor choices when it comes to food, drink, or other highly-addictive substances, what it takes to pull an all nighter simply doesn't add up to the best way to test prep.

Instead, look for test taking techniques which are sustainable long-term. This usually means, dividing and conquering. Instead of pushing preparation off to the last minute, get into a habit of preparing for tests in a gradual and progressive manner. Find a preparation pace that can be sustained over several weeks or months, even years. This allows not only for short-term

NO MATTER WHAT ANYONE CLAIMS, CRAMMING HAS NEGATIVE SIDE EFFECTS.

a smaller scale training organization will actually be around long enough for you to take all the classes paid for, be careful. Bottom line, don't be so naive as to believe everything you hear.

Get into the habit of seeking help not just for taking a test, but even in terms of who you should get test training from. Ask a sufficient number of people who have actually taken classes at the institution you plan to attend, so as to determine exactly how effective the program really is. Advertisements and wild claims of students passing tests easily after taking a certain company's class can be very compelling. However, how trustworthy those stats are, may be a subject for debate. A good method to verify the authenticity of a training organization is to personally visit at least one or more locations, if at all possible. This will give you a better feel for how consistent their curriculum is across the board. Are some branches better than others? Is there a particular teacher at one branch that has proven to be more effective in helping students pass the test? Interview the training organization, the actual teacher of the class you plan to attend, and those who have already studied there. Take everything with a grain of salt. Complement online research with onsite investigation. Try to get permission to sit in on at least one or more complimentary classes before signing up.

Real-World Experience

When talking with a few folks from various backgrounds and age groups about test taking, the following points were revealed. Regardless of the type of test, using a combination of preparation techniques appears effective. For example,

REGARDLESS OF THE TYPE OF TEST, USING A COMBINATION OF PREPARATION TECHNIQUES APPEARS EFFECTIVE.

expats prepping for a Chinese language class found it particularly helpful to get moving when it came time to prep for tests. Be it memorizing vocabulary words, or mastering tones, instead of sitting in a chair and falling asleep, they would move about. It could be marching around to the beat of a music video which included all the pinyin sounds, or trying to learn to count in Chinese out loud while juggling. Students also used audio files to listen to test related content on the way to class. Hand writing flashcards with the vocabulary to be tested was a top technique as well. This seemed to trump using digital flashcards, because of the muscle memory involved with actually writing out the content. When it comes to copying by hand, Chinese students may be second to none. They arguably are some of the best test takers in the world and are infamous for copying long texts by hand over and over again before testing. Students successful at passing tests commented on the importance of getting up and eating a healthy, well-balanced breakfast before taking a test. In fact, one student recalled a teacher so intent on helping the students pass the test, they would actually bring food for all the students on test day.

When it comes to test taking, there make be two rather divided camps. Those that prepare diligently and by

arrangement versus those who swear by cramming. Which is right? After a tiny seed is planted, it takes time for the tree to bear fruit. In the short-term, some may claim a quick yield justifies the means. However, the Chinese have a saying: 拔苗助长 (bá miáo zhù zhǎng) which literally translates to: pull up a sprout to promote growth. A tender seedling needs time to grow big and strong. Tugging on it prematurely to get it to grow faster, probably isn't the best tactic. So it is with cramming. Maybe pushing oneself to the physical limits to prep for a test in a short period of time seems rewarding. Yet, long-term it might just be death dealing.

临时抱佛脚，身体受不了

在中国，凡事都有个测验，那些没过考试的人，也不会取得相应证书。既然考试在所难免，那么我们该如何做才能提高测验技能呢？

死记硬背并不是十分作效，相反还会带来副作用。即使有人通过死记硬背熬夜看书来达到考试通过，那他的身体也一定承受了生物钟紊乱的代价。熬夜补习必然会摄入大量的咖啡因饮品，短时间内大量摄入咖啡因并不是一个良好的健康习惯。睡眠缺失，垃圾食品补给，熬夜的强压。这些都不是最好的考前准备。

相反，我们应该寻找一种可持续的长期备考方法。不要把准备工作推到最后一分钟，试着养成一种循序渐进的考试习惯。将所要掌握的内容尽可能最大化记忆。准备过程中最大的魔障是拖延。我们不擅长的永远是阻止自我毁灭的行为。因此我们要时刻训练自己的大脑，告诉自己死记硬背是一个愚蠢的行为。打破健康和生物钟的做法不可取，严重了会影响我们的身心。

在中国，专为考试设计的补习班有很多。寻求有经验的专家帮忙是通过考试的关键。选择补习班的时候，要仔细检查教育机构、课程以及师资力量。不要为了贪图便宜盲目报班。很多报道都曾暗示培训班的骗局。辅导机构在接收了学生们的全额学费后就关闭企业的消息时不时的会发生在我们身边。可悲的是，一旦学校关闭服务，那么学生维权的行为就会变得很难。因此，我们从不推荐同学们去小规模的辅导机构，除非你有特别合理的理由，否则不要轻易相信广告上的花言巧语。找一个你想要报名的补习班，问问大多数已经上过课的同学，看看他们的反馈如何。不要只注意广告上的考试通过率是多少，凡事都可能造假。有时间的话，不妨实地考察，就确保课程的一致性。

在与来自不同背景和年龄群体的人群交谈时，我们发现了无论哪种类型的考试，使用组合式的准备技术似乎更有效果。比如外国留学生在准备中文考试时就发现边移动边记忆对掌握知识点很有帮助。又比如那些传统的依靠声频巩固记忆和制作卡片的方式也极为有效。此外，考前的有规律作息以及健康饮食也是通过考试不可缺少的利因。

无论我们说多少，关于考试总是有人时刻准备着，有人临时抱佛脚。临时突击知识可能会带来短期的效果，但长此以往下去，累垮的还是自己的身体。科学学习，合理准备，认真考试，爱惜身体。



We should get into a habit of preparing for tests in a gradual and progressive manner.



Harbin

WINTER HOLIDAY TRAVEL IDEAS by Charlotte Edwards

I've been avoiding Facebook for the last few days. All of my friends who have kids are posting various status updates about their December holiday plans. Teacher friends are counting down the hours until break begins. I'm just trying to figure out how to balance the desire for my kids to have a nice Christmas with the fact that I don't think it's good to unnecessarily pull them out of school for a day. Luckily, in another six or seven weeks, we'll get our chance to brag about winter break. If you're not sure of what to do with your family this year, here are some options to consider.

Ever since my first trip to Harbin to see the highly talked about and photographed ice festival, I've wanted to go back. My husband refuses to go to anywhere colder than Tianjin, so now that my kids are older and easier to travel with, this might just be the year I return. From acquaintances who live there, winter activities like skiing, skating and sledding abound. There are plenty of sculptures to look at, plus a lot of Russian-inspired architecture all around.

Another great vacation spot is Hainan. Roughly half of my kindergarten students have already been taken out of school and have moved down south for the winter. If cold weather isn't for you, this is the place to go. It's less expensive than going abroad. If you already speak Mandarin, you can communicate easily enough with the locals and use your bargaining skills to get great

deals on seafood and fresh fruits. Many Chinese have bought vacation homes in Hainan, so it's not too hard to find a whole apartment to rent for an extended stay rather than staying at a hotel. I've not yet been to Hainan but one of our friends has just bought a home there and promised to let us use it whenever we want. I'm not sure what's more exciting: being able to avoid the usual "no foreigners allowed" speech at hotels or access to fresh, inexpensive coconut every day!

Since the winter holiday is about a month long for students and teachers, many of my teacher friends opt to go to a nearby Asian country to explore the cultures. Not only does it give them a break from their regular routine, depending where you go, your money may go further! Korea, Japan, Thailand and the Philippines are all easy to travel to, though the later two are the destination of choice for those who want to cure a case of the wintertime blues. I know people who spend every winter holiday living in luxury in Thailand. There's plenty to do and explore, the beaches are wonderful for relaxing or playing and the food is absolutely amazing.

Of course, there's always the obvious option of staying in China for the holiday. You'll get to enjoy the festive atmosphere that accompanies all the preparations. Even now, in mid-December, you can start to feel the excitement as people are saying, *ma shang guo nian*, "it's almost New Years."

You'll get to enjoy the fireworks and television specials. Do be aware that food prices rise, train and plane tickets are hard to get, and the owners of your favorite noodle shop and corner store will close up shop mid-January so they can make the journey back to their *lao jia* and have a much needed month long rest from their work. And if you, like me, were born in the year of the dog, don't forget to buy plenty of red clothes and accessories. As tradition has it, you should wear something red each and every day all year long.

No matter where you choose to celebrate, may you have safe and enjoyable travels as you prepare to welcome the year of the dog!



Enjoy warmth in Hainan.

寒假快乐

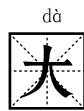
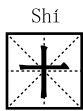
最近几天,我周围的朋友都在更新自己的12月寒假计划。老师们也进入了学期倒计时。我想满足孩子们度过一个愉快的圣诞节愿望,但我觉得把他们从课堂拖出来实在欠妥。庆幸的是,我们马上就要进入假期了。如果你也在犹豫如何度过,不妨看看我们的建议。

早年的时候我曾去过哈尔滨,我一直还想着再去一次,但孩子爸爸却坚持拒绝去比天津更冷的地方。孩子们渐渐长大,哈尔滨的冬天也相当有看头,我觉得该是时候回去看一看了。

此外,我还计划着去海南。我的大半学生都被家长们带去海南过冬了。相对于国外,海南是个非常适宜的城市。物美价廉的海鲜,新鲜的水果,不少中国人都在那边买了房屋,因此找到住的地方并不是件困难事。我有一个朋友说如果我们去了那边可以住在他们的公寓。还有什么比回避看见尴尬的外语指示牌和每天都有新鲜椰子吃更令人激动的事!

当然,中国可度假的地方多不胜数。每逢这个时节你就会感到浓厚的节日气氛,当往往这个时候也是打折机票最难买到的日子。2018年就是狗年了,按照中国传统,本命年的人要多穿红色衣物。好了,我要去买我的红色衣服去了,我们下个月再聊。

SLOGANS FROM THE "BIG 19"



Smith: These days TV, broadcasts and the internet are all reporting on the "Big 19". Just what is the "Big 19"?

Shǐ mì sī : Zhè zhèn zǐ diàn shì , guǎng bō , wǎng luò shàng dōu zài bào gào shí jiǔ dà , shí jiǔ dà dào dǐ shì shén me yì sī ?

史密斯：这阵子电视、广播、网络上都在报告十九大，十九大到底是什么意思？

Xiaohua: It is 19th National Congress of the Communist Party of China. The congress convenes once every five years to elect leaders for the Party and the Country. It's a very big deal in China.

Xiǎo huá : Shí jiǔ dà , jiù shì Zhōng guó Gòng chǎn dǎng dì shí jiǔ cì quán guó dài biǎo dà huì , dà huì měi wǔ nián zhào kāi yī cì , xuǎn jǔ dǎng hé guó jiā de lǐng dǎo rén , duì wǒ men guó jiā lái shuō shì dà shì 。

小华：十九大，就是中国共产党第十九次全国代表大会，大会每五年召开一次，选举党和国家领导人，对我们国家来说是大事。

Smith: Oh, that explains why everyone is so interested in it. I've noticed that the streets and alleys are all lined with signs saying "don't forget the original intention", and "keep the mission firmly in mind", what does that mean?

Shǐ mì sī : ò ! Guài bù de dà jiā dōu hěn guān xīn ne ? Wǒ fā xiàn dà jiē xiǎo xiàng dōu xiě zhe "bù wàng chū xīn" , "láo jì shǐ mìng" , zhè shì shén me yì sī a ?

史密斯：哦！怪不得大家都很关心呢？我发现大街小巷都写着“不忘初心”、“牢记使命”，这是什么意思啊？

Xiaohua: Since the Chinese Communist Party was established, they have continuously worked for the happiness of the people and have fought

to revive the nation. These intentions will forever be the same.

Xiǎo huá : Zhōng guó Gòng chǎn dǎng zì chéng lì yǐ lái , jiù yí zhí bǎ wèi zhōng guó rén mín móu xīng fú , wèi zhōng huá mín zú móu fù xīng zuò wéi fèn dòu mù biāo , zhè fèn chū xīn yǒng yuǎn bù huì gǎi biàn 。

小华：中国共产党自成立以来，就一直把为中国人民谋幸福、为中华民族谋复兴作为奋斗目标，这份初心永远不会改变。

Smith: Did this past session of congress determine any future developmental goals for China?

Shǐ mì sī : Zhè cì dà huì wèi Zhōng guó wèi lái de fā zhǎn què dìng mù biāo le ma ?

史密斯：这次大会为中国的未来发展确定目标了吗？

Xiaohua: Of course. The goal is by the year 2020 to have established an entire affluent society and by the year 2035 to have essentially achieved modernization. Also, by the middle of this century to achieve the building of a powerful and modern socialist nation. That said, despite being a powerful country, we will avoid being a bully, and make a positive impact on the collective fate of mankind.

Xiǎo huá : Dāng rán , mù biāo shì dào 2020 nián quán miàn jiàn chéng xiǎo kāng shè huì , dào 2035 nián jī běn shí xiàn xiàn dài huà , dào běn shì jī zhōng yè bǎ wǒ guó jiàn shè chéng shè huì zhǔ yì xiàn dài huà qiáng guó 。 Dàn wǒ men guó jiā jí shǐ qiáng dà le , yě jué bù chēng bà , wǒ men nǚ lì wéi hù shì jiè hé píng , dǎ zào rén lèi mìng yùn gòng tóng tǐ 。

小华：当然，目标是到2020年全面建成小康社会，到2035年基本实现现代化，到本世纪中叶把我建设成社会主义现代化强国。但我们国家即使使强大了，也绝不称霸，我们努力维护世界和平，打造人类命运共同体。

Smith: Lately all I hear everyone talking about is "roll up your sleeves and keep working", what does that mean?

Shǐ mì sī : Zuì jìn dà jiā liáo tiān shí jīng cháng shuō "lǚ qǐ xiù zǐ jiā yóu gàn" , zhè yòu shì shén me yì sī a ?

史密斯：最近大家聊天时经常说“撸起袖子加油干”，这又是什么意思啊？

Xiaohua: That is what Chairman Xi said. The citizens everywhere, as individuals should work hard at each of their jobs, making a powerful contribution towards the country's rejuvenation.

Xiǎo huá : Zhè shì xí zhǔ xí jiǎng de , jiù shì ràng quán guó rén mín wèi shí xiàn zhōng huá mín zú wèi dà fù xīng , zài gè zì de gǎng wèi shàng nǚ lì gōng zuò , gòng xiàn lì liang 。

小华：这是习总书记讲的，就是让全国人民为实现中华民族伟大复兴，在各自的岗位上努力工作，贡献力量。

Smith: And how about "finish drawing the blueprint"?

Shǐ mì sī : "Yī zhāng lán tú huì dào dǐ" ne ?

史密斯：“一张蓝图绘到底”呢？

Xiaohua: It means to set a huge goal, and not be overly anxious about achieving short-term results. Avoid projects that just look good or make press. Instead slowly but surely one term of leaders after another works hard, until the goal is met.

Xiǎo huá : Jiù shì shù lì yī ge hóng wēi de mù biāo , bù jí yú qiú chéng , bù gāo xíng xiàng gōng chéng miàn zi gōng chéng , yī rèn jiē yī rèn de wǎng xià gàn , zhí dào shí xiàn mù biāo 。

小华：就是树立一个宏伟的目标，不急于求成，不搞形象工程、面子工程，一任接一任地往下干，直到实现目标。

KEY PHRASES



“bù wàng chū xīn”
“don't forget the original intention”

“láo jì shǐ mìng”
“keep the mission firmly in mind”

“lǚ qǐ xiù zǐ jiā yóu gàn”
“roll up your sleeves and keep working”

“Yī zhāng lán tú huì dào dǐ”
“finish drawing the blueprint”

IST Winter Show 2017 Captivates All

The Elementary students and teachers of the International School of Tianjin (IST) enthralled audiences with a spectacle of a show at the IST Theater last Wednesday (Dec 05, 2017). All students from Nursery to Grade 5 were involved in the production, singing along beautifully to a series of songs tied to the movie songs theme of 'Lights! Camera! ACTION!' What a whopper of a show it was! The colorful costumes, the lovely music and songs, the animated and engaged performances all combined to make it a complete entertainment package laced with a heavy dose of cuteness! It was a very entertaining evening for all members of the audience and the cast. Here are a few images from the wonderful evening, which was such a great way to celebrate and welcome the holiday season!



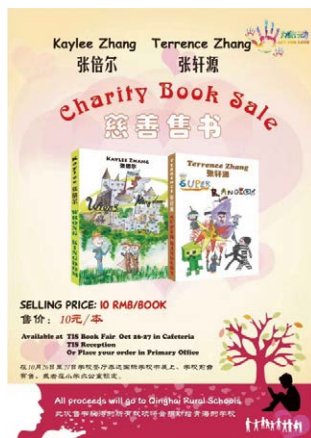
What Did You Do Over Summer?

Yvonne Williamson

Primary Principal of Teda International School

While I was vacationing with my family in Australia, two of our Teda International School students, Kaylee and Terrence Zhang, took on a personal holiday project. They each decided to write and illustrate a story book that would be published; the proceeds of the sales going to one of our favorite school service projects. Primary students at TIS began raising funds two years ago to refurbish and resource school libraries in QingHai that were seriously affect by the 2010 earthquake. The whole school has since joined this project and to date, we have donated RMB50000 towards the libraries. In June 2017, members of the TIS staff visited some of the project schools in QingHai.

Back to Kaylee and Terrence: Kaylee is a Grade 4 student, Terrence is in Grade 3. They are creative authors and accomplished artists. Each of them scripted a story full of action, adventure and humor with vivid illustrations. Kaylee's story is a hilarious tale of a royal family. Terrence's story is an epic super hero tale. With the support of family, friends and the school community, these two young philanthropists sold 3000 copies with proceeds of over ¥28,000 going to the service project.



PROMOTION

Charity Christmas Bazaar at Wellington College International Tianjin

As December 1st arrived so did the Wellington College International Tianjin, Charity Christmas Bazaar. Now in its 3rd year the market was a feast for the eyes, with over 60 stalls offering a wide range of seasonal gifts and refreshments throughout the afternoon to over 800 guests.

Parents jumped into the Christmas spirit, offering a wide variety of food, drinks and gifts, with our Junior and Senior School Houses working together to organise games and activities throughout the afternoon.

To cap off the Christmas Bazaar the arrival of Santa's Claus came with shrieks of

delight from the younger pupils who lined up to visit Santa in his Winter Wonderland Grotto. After checking who had been naughty and who had been nice every pupil received a gift and was wish good health and happiness for the year to come. A fantastic time was had by all in attendance.



PROMOTION

Nest Christmas Show: It's a Baby!

What an amazing performance from the youngest pupils at Wellington College Bilingual Tianjin! This year's Nest Christmas show centered around the story of a weary innkeeper in this beloved nativity play. "It's a baby" takes place in the little town of Bethlehem where all sorts of amazing

things happen. Development in the performing arts is an important learning area in the Early Years programme as it supports both their verbal and non-verbal social and literacy skills through singing, dancing, role playing and imagination. Pupils develop self-confidence as they

muster up the courage to perform on stage. In the Nest, pupils are continually given opportunities to showcase their talents through assemblies and other school wide activities.



Rachel Way

This year, TIS started a new video series titled "Tag, You're It" as an opportunity for them to showcase their teachers to the Tianjin community. As the series continues, we are excited to present our next teacher; Rachel Way.

Rachel is currently in her 1st year of teaching at TIS as the Speech and Theater teacher. She most recently moved from Texas but has previously lived in England, California, Florida, Arkansas, Illinois, and Missouri. Rachel describes herself as "A Mid-Western lady with a California heart." She has her Bachelor of Arts in Musical Theater from Ouachita Baptist University.

Rachel previously worked at both Disney World and Disneyland, which led her to the path of theater arts. She enjoys the ability to bring her stage to the classroom, teaching students everything that she has learned on how to be successful. Rachel has high expectations for her students and is excited to work with



talented students within the drama department.

One of the things she really enjoys about teaching at TIS is being around the quality of teachers and how much they truly care for the students.

In her spare time, Rachel loves to practice her Pig Latin. Rachel didn't know when she was little that her interest in other languages, as evidenced by her mastery of Pig Latin, would some day take her to China. Two years from now, Rachel is hoping to build the theater program beyond its current success.

If you would like to learn more about Rachel and other teaching staff, please follow TIS on WeChat or go to www.tiseagles.com.



JIAN HUA

Red light means stop and green light means go

--A social lesson

"The wide, wide big road, the police standing in the middle of the road. The red light means stop, the green light means go." When you cross the road, you must look right and left, and walk across the crosswalk. I know the traffic rules well and the policeman says it's well done." In the afternoon social class, the children of the Jian Hua Autism Rehabilitation Center followed their teachers to learn about traffic rules by chants and songs, simple words containing the basic traffic rules on the road. Learning the basic traffic rules is not only about learning how to obey the rules, but more importantly, gives the children a vivid safety lesson. In class, the children learned the meaning of the traffic signals, learned how to cross the road safely according to

what the signal shows, and learned how to identify common traffic signs, building up the foundation of getting around safely.

To show the children the traffic lights and to help them read the traffic signs, the center purchased new teaching aids, such as traffic lights and traffic signs, presenting the details of the basic traffic rules to the children more vividly. The teachers also drew the 'zebra' pedestrian crossing to supplement the teaching material. The teachers first let the children learn cross the road according to the signal light: the red light means to stop, and the green light means to go. Then the children went alone, in groups or in pairs to practice according to the signal lights. To make the practice more interesting, the teachers also added different scenes into practice. Sometimes the children were passing in a car, a postman was passing, or a delivery man was passing with the boxes. In order to deliver the goods safely, children needed to cross the road according to the instruction of the light through the intersection; if the child couldn't follow the instructions of the signal



lights correctly, he would fail and he had to restart from the beginning.

For many children with autism, social activities may be limited by their lack of understanding of the rules and the lack of adaptation to the environment. Thus, these will affect the quality of their future life. Through a series courses on social skill learning, we simulated all kinds of scenes in class, guided the children to understand the basic rules and some social common sense. Their parents used their spare time to practice with them in real life, helping the children improve their social integration and social interaction abilities. We believe that the children's future will be more expansive and their lives will be more abundant and wonderful.



Calligraphy

SOMETIMES, THE WAY TO TACKLE BIG PROBLEMS IS A LITTLE BIT AT A TIME.

Foreign exchange students face a mountain of changes their first semester. We've left behind everything familiar to immerse ourselves in a new language and new culture. We have to get to know new friends and a new community, and find our way around a new city. All stacked together, these changes can feel overwhelming. But life is a lot more manageable when you take it day by day and laugh at yourself a lot along the way.

MY EXPERIENCE ON REMEMBERING CHINESE CHARACTERS

by **Starr Mcmillian**

As I write this article, I'm only a few weeks away from wrapping up my first of four semesters as a foreign exchange student here in Tianjin. Chinese is the first language I've tried to learn, and I've had my fair share of funny mishaps. Early in my second month, one of my friends finally broke it to me that I'd been saying, "I don't book Chinese" instead of "I don't speak Chinese" for the last few weeks. It was an honest mistake that just made me laugh at myself.

Some mistakes this last semester have been harder to laugh at. One morning recently, my teacher gave back a quiz our class took on some Chinese characters, and as she approached my seat and flipped through the stack of papers she held, I braced myself for the worst.

Remembering and writing characters has been by far the hardest part of my classes these last few months. We're expected to memorize twenty to thirty new ones each week. I've tried everything from making flashcards to writing them over and over by hand, but nothing seems to make

them stick. It's become an increasing source of frustration to sit and listen to my teacher read off words for the quiz that I know I should remember, but have somehow once again fallen into the purgatory of my short-term memory.

So, as my teacher found my scrawled-on test paper with half the questions left blank, I braced myself once again to be discouraged. And at first I was—the grade was nothing to be proud of. But, with a smile in her eyes, my teacher looked at me and said, "Just try five every day. Five new words. It will get better."

Her quiet words were encouraging and wise—focusing on only a few new words each day makes sense, and I honestly don't know why I didn't think of it before. Sometimes, the way to tackle big problems is a little bit at a time. It may seem counterintuitive, but looking only at the big picture is like staring at a mountain you want to climb and being overwhelmed at how tall it is. If you just started climbing it step by step, it would be a lot easier.

I think my teacher's advice holds true for more than just learning characters.



Writing Chinese characters

汉语学习经验

当我写这篇文章的时候，我刚刚结束四学期制交换留学生的第一学期课程。汉语是我想要接触的第一门外语。当然，学习的过程中也发生了很多令人啼笑皆非的故事。最近发生的一件事，不仅让我重新打开了学习的大门，更让我获得了受益终生的宝贵经验。

某天清晨，我们的老师带着测验结果站到我们面前，当她一个一个下成绩单的时候，我屏住呼吸，做了最坏的打算。默写汉字一直是我的弱项，而课堂的要求是每周至少记住 20-30 个新单词。我试了所有的办法，可一到关键时刻，大脑记忆就总是短路一样，把它们忘得死死的。

我看着老师盯着我空白的试卷，做好了被训斥的打算。抬起头却发现，她的眼神里带着微笑，并对我说：“试着每天只记五个，情况可能会好一些。”

她平静的话语撼动了我的内心，我为什么早点没有想到？把一周的记忆量平均到每天，事情就会变得容易很多！这就像登山，起初的时候会被它的高耸所震慑，但如果你一步步往上攀登，就会觉得这远没有看起来那样难。

我老师的建议不仅适用于学习汉字。留学生们的第一学期总会面临各种挑战，我们应该让自己跳出熟悉的环境来逐渐适应新语言新文化，并在新的城市中找寻出路。当所有的这样叠加在一起，既是压力也是动力。愿你一路探索一路成长，让生活变得更加容易。

Starr Mcmillian is an American foreign exchange student who will be studying Chinese in Tianjin for two years. This year, she'll be writing for Jin Magazine about how students navigate life overseas.

2017 JIN MAGAZINE



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Thermos sell very well in China.

by **Carmen King**

CULTURE COMPARISON - HOT vs. COLD

How do you feel about cold water on a hot day? Your answer to that question likely reveals something about where you were raised. For expats living in China, perhaps much more challenging than learning the language is adapting to the culture. Culture can be both subtle and rather forthright. When comes to the varying views on temperature, cultural variance can feel like a smack in the face.

An example of a direct difference in view towards hot and cold between locals and expats involves air conditioning. In many cases Chinese culture turns A/C into the devil himself. Air conditioning is the culprit guilty for all kinds of evil. From headache, diarrhea,

nausea, fever, or even a stroke, it all might get blamed on the A/C. In fact, the Chinese even have a specific phrase for sickness, illness or disease allegedly related directly from exposure to air conditioning: “空调病” (kōngtiáo bìng).

This air conditioning disease (空调病 kōngtiáo bìng) should not be confused with Legionnaires' disease as there is a totally different Chinese word for that: 军团菌病 (jūntuán jūnbìng). A native English speaker may misunderstand and think that “air conditioning disease” is Legionnaires because of its link to air conditioning. Since legionella bacteria can be transmitted via an air conditioning system, there is a mental link in some people's mind between “air conditioners”

and getting “sick.” However, this isn't the type of sickness or disease the Chinese are talking about when they talk about “air conditioning disease.” They are usually talking about what expats would think of as the common cold, or flu like symptoms. Yet, again there is a specific Chinese word for that: 感冒 gǎnmào.

Thus, the confusion begins. If you look up “空调病” (kōngtiáo bìng) via Baidu the entry does admit there is no official “air conditioning disease” perse that is recognized by the medical community. Rather, this is a disease which society has identified and acknowledges. The “society” recognizing “air conditioning disease” though, probably isn't made up of a majority of expats. In fact, quite a number of expats may find this outright baffling. The supposed idea that sickness came from being in or around air conditioning is a hard pill to swallow. Since we are talking about air conditioning itself, not any potential pathogen which was simply spread by means of an air conditioner such as occurs in some cases of Legionnaires. One step further, some raised abroad may even feel the exact opposite to be true! Such as, if on a hot day air conditioning is not properly used, they will actually get sick because of being too hot. Conditions like fainting, heat stroke, or even having a heart attack may occur because of being overheated for an extended period of time. The Chinese on the other hand are petrified of the consequences of excessive or inappropriate air conditioning exposure. So much so, it seems like sometimes they would rather sweat through all their clothes and possibly even pass out from overheating before they would use the A/C.

This is where cultures related to hot and cold can have a rather direct impact on one's comfort and emotional state. Expats accustomed to living in air condition controlled environments a high percentage of the time, may find themselves highly irritated by the lack of coolness available in Tianjin and throughout China when hot temperatures happen. A major exception to this is Hong Kong. Hong Kongers know their A/C and take it very seriously. Non-Asians may finally get a dose of their own air conditioning medicine when they travel to Hong Kong. A/C tends to be readily available in public places such as the airport, buses, cabs, hotels, and malls. In fact, get ready to freeze. The ambient temperature may reach levels far lower than what even some westerners are accustomed to. At this moment, as expats visiting Hong Kong freeze

HOT WATER IS SERVED AUTOMATICALLY AND SERVING COLD WOULD BE AN INSULT, OR EVEN TAKEN AS THOUGH HARM WAS INTENDED TO BE DONE.

and shiver inside, despite the outside temperature being hot, humid and over 100° F they may start to understand how the Chinese feel. After all, Chinese people often complain when expats blast the A/C and supposedly freeze them out.

The cultural challenges around cold doesn't stop with the A/C. The Chinese are pretty passionate about Traditional Chinese Medicine (TCM). According to Chinese medicine, eating or drinking cold things spells disasters. Again, almost every different disease, ailment, or symptom may at one point or another get blamed on consuming something cold. For this reason, Chinese people generally speaking love the heat and hate the cold when it comes to consumables.

This is why insulated bottles such as thermos are so huge in China. From child to adult, countless Chinese carry around a water bottle every day. But that bottle won't be the usual clear, transparent plastic one's carried by many expats. Instead it will be some type of highly insulated, temperature protecting thermos. Go to any store or check online at Jingdong and there will be an abundance of: 保温杯 (bǎowēn bēi) for sale. These thermos'

aren't cheap either.

Expats probably don't mind keeping their coffee hot in one of these thermos', but when it comes to daily water drinking, here comes another big difference in views on hot and cold. Again, keep in mind that the Chinese are coming from a background in TCM. They believe there are direct links between bad health, and consuming cold items, especially liquids. These cold liquids should be avoided much like air conditioning, like a plague. It is funny that in America, if someone goes to a restaurant and asks for a cup of hot water, probably at least in a few cases they would get a funny look in response. For example, one American has a family member who likes to drink hot water instead of the usual cold. They can remember incidents of the person asking for hot water only to be given hot tea, or coffee, or simply being told it wasn't available. Of course, just the opposite is true in China. Hot water is served automatically and serving cold would be an insult, or even taken as though harm was intended to be done.

Cultural differences are abundant between east and west. Before either party dismisses the others view as nonsense though, consider two Chinese phrases: 一方水土养一方人 (yī fāng shuǐ tǔ yǎng yī fāng rén), which literally translates to: one place's water and soil raises one place's people. Conceptionally, it translates to: every place has its own people, and these people are who they are because of the base environment they were raised in. This includes basic elements such as water and soil. This same essence is captured in the second phrase as well: 水土不服 (shuǐ tǔ bù fú),

literally translating to: water, soil, uncomfortable. Conceptionally, it is saying, due to environmental differences such as water and soil, a person experiences physical discomfort. What's the point?

For one, where we were raised affects us. It changes us physically, mentally, emotionally, and spiritually. It in many ways dictates who and what we are. That said, even the most strongly ingrained habits, or ideologies can be changed. The process to do so though, may very well be time consuming and challenging. Therefore, something as simple as the temperature of a beverage or room, may make all the difference in the world in terms of personal comfort. As we ourselves disdain discomfort, we would be wise to cultivate a sensitivity towards the pain of others and that which causes it. As we do, be willing to endure and adapt. Endure the differences and adapt to the changes, while never giving up hope that there will be an improvement in the situation.

一冷一热凸显文化差异

你平时喜欢喝热水还是喝凉水？从你的答案中，我们就能知道你是哪里人。对于生活在中国的老外来说，对温度的感受也是一个很难适应的文化鸿沟。

一个很直接的例子就是中西方人对空调的态度。在中国，人们只有在非常热的时候才会打开空调，因为他们认为空调容易让人生病，引起疼痛、腹泻、发烧甚至中风，人们甚至发明了一个名词，叫“空调病”。

当然，“空调病”并没有纳入正规的医学名词。老外听到这个词，首先想到的可能是“军团菌病”，这是一种可以通过空调传播的疾病。外国人怎么也不会把生病和空调联系起来。相反，环境温度过高才会更容易引发晕厥、中暑甚至心脑血管疾病。

不过香港是个例外。香港所有室内区域都有空调，而且温度调的很低，这让习惯于空调的老外都受不了。只有在香港，他们才能切身感受到中国人对空调的态度，过大的室内外温差才是生病的根源。

中国人相信中医，中医认为摄入过凉的食物会引发各种疾病，几乎每种疾病都和凉症有关，所以中国人喜欢把一切食物加热后再吃，这也解释了为什么保温杯在中国卖的特别火。很多中国人都要随身携带水杯，这不是普通的透明塑料水杯，而是价格不菲的保温杯。外国人可能会用保温杯装咖啡，但饮用水从来都不喝热的。

如果你在美国的一家餐厅里要热水喝，服务员恐怕会用奇怪的眼光看你，或只能给你咖啡或茶，要么直接告诉你没有热水。而在中国，餐厅会主动为客人提供热水，给客人倒冷水是一种冒犯。

中国有句俗语：一方水土养一方人。出现这样的差异很正常，谁又能保证你在中国生活久了不会逐渐改变喝凉水的习惯呢？重要的是我们认同这样的差异，这样能帮助我们更好地适应。



Heat it before drink it.



Fashion party

PUTTING TIANJIN ON THE FASHION MAP

by Aaron Eagles

I love fashion and especially international fashion, and the styles of China have a special place in my heart. Fashion here is so unique and unwilling to bend to the individuals particular taste. From a westerner's point of view, it can be very different and sometimes odd. But to an artistic mind or fashion innovator it is a visual playground with new things to see daily.

In each country, fashion usually has a place where most of the trends come from. In U.S., it is New York and Los Angeles. In France, it is Paris. In Italy, it is Milan. All these fashion capitals are watched globally and have an effect on fashion even outside of their individual country. For China, I would say the fashion meccas are Shanghai and Hong Kong; and that Guangzhou, Shenzhen and Beijing also have a big influence on the fashion trends as well. Shanghai hosting this years Victoria Secrets Fashion Show, shows that China continues to climb the fashion totem pole.

Tianjin is on the Rise

Just because Tianjin might not be considered one of the biggest fashion landmarks in China, does not mean that it does not have its influences on fashion trends.

Trends are sometimes born outside the

hustling and bustling of the huge cities and inception may take place in more untouched environments. Inspiration is often seen in nature. Whether the colors of the sky, the beauty of a landscape, the silhouette of mother nature, or the twinkle of the stars in the sky, fashion reaches deep into every root of life. Places that are untouched tend to be free of the subconscious tendencies to conform to trends, labels, and passing fads. Here attire comes more from necessity, availability, and culture. Since fashion is a cycle, even the long-lost trends of the past eventually make it back into our modern styles. Places where culture is not lost inspire us to imagine new things and see past the hype of commercialism. Innovation comes from everywhere and fashion can be seen in everything. Tianjin even though very modern, in some ways has a degree of exclusivity that separates itself and makes for a pure palate of new visions.

The growth of art, culture, and diversity are other things that continue to push Tianjin into being a very desirable place to be in China.

Tianjin is a rapidly growing city with a wide variety of landmarks and attractions that put Tianjin on the map for business, tourism, and travel. The growth of art, culture, and

diversity are other things that continue to push Tianjin into being a very desirable place to be in China. More foreign companies are coming, which is bringing more foreigners and with this more variety of styles. More foreign trade, with places like Dong Jiang Bay 东疆湾 and Yu Jia Pu are bringing in new elements to the city that have not been here before. Dong Jiang Bay and the Tianjin Port Culture Media Company 天津港文化传媒有限公司 are bringing a new beach lifestyle that many locals have never had the pleasure to experience before. This new lifestyle and beach fashion is booming, and this is just the beginning. Similar to the growing fitness and gym trends in the area, these new lifestyles are very unfamiliar to many natives that may have never been to a beach or gym; and now that they have it right here, they are exploring and learning how to enjoy, and what to wear in these new environments. The Yu Jia Pu area, with its new renowned library, and all that is being built around it are also bringing the infrastructure that is needed to develop the culture and arts scene.

Recently, we had masquerade ball and fashion show in the Tianjin Binhai area. This was a first-time experience for most of the people who attended. The event was multicultural and brought people from all



A designing brand Ajeles Photoshoot at TEDA International Hotel (photo by Ning Yuanyu)

over the world, including: America, Germany, Serbia, Czechoslovakia, Philippines, Canada, Spain, Mongolia, and from many different cities in China. It was a high-end, international, cultural event that brought people together from many places. CIDA, Canada International Dance Association 国际标准舞协会, hosted the ballroom dancing. They had two performances and then also interacted with the audience. They gave a short tutorial on a simple ballroom dance, and almost everyone in the audience danced together at this beautiful ball. Blue Fairy Community 蓝精灵 also had 2 beautiful dance performances. The first was a contemporary jazz dance, and the second was an ancient belly dance infusion. The dancers were beautiful, and the clothing they wore was so amazing. Ajeles hosted the fashion show and models from M@SK Models International walked the Channel like style runway. Other sponsors who made the event possible were American Eagles Academy, Nomad Yoga and Jemima Design Studio.

These are the type of events that are putting TJ on the fashion map. People have to have a reason to get dressed up, and these type of events that are popping up all over Tianjin and TEDA, and giving people that reason to get dressed up and enjoy a night on the town, or a day on the beach.

Fashion Sense

The south of China, which is well-known for its fashion sometimes misses some of the fun that can be had in the cold weather.

Tianjin, with its clear cut 4 seasons allows for more fashion varieties than warmer places like Hong Kong and Shenzhen. Even though these warmer places still do get to show off some cooler weather looks, it is still nothing compared to the layering, furs, and fuzzy sweaters that are possible in a sub-zero temperatures. Now that the winter is upon us, we are able to see some trends that are not possible to be enjoyed were the climate does not drop low enough.

Another fun part of fashion are the misses, and everyone, everywhere, has a fashion miss every once in a while. This is yet another reason why fashion can be so interesting to watch. Just like the trend in the west in the early 2000's with many westerners in a craze for Chinese Characters on clothing, tattoos, designs, etc., China is experiencing a plethora of people seeking to be different and unique with Romanized characters, western phrases, and English lingo. And just like some of the people in the west who thought they were getting a tattoo that said peace and in actuality it was the Chinese Character for pig, there are some Chinese wearing T-shirts that say one thing but should say something else. If you have been in China long enough, there is no way that you won't see one of these translation errors.

With a big majority of people in China getting their fashion styles from South Korea and Tokyo, this can also add a different taste to the Chinese fashion palate. Whether it is the bands of K-Hip Hop, Anime, Harajuku, or the spicier styles of these other Asian countries lifestyles, this infusion is always something amazing and interesting. Whether it is cute and playful or Asian chic, this mix of Eastern



Night scene in Tianjin

THE GROWTH OF ART, CULTURE, AND DIVERSITY ARE OTHER THINGS THAT CONTINUE TO PUSH TIANJIN INTO BEING A VERY DESIRABLE PLACE TO BE IN IN CHINA.

beauty is what adds a special flavor to the worldwide fashion mix. China with its rich history and charming culture is bringing again timeless treasures to the fashion world, and being one of the oldest societies in history has always had an influence on what we see today, and now also the fashion of tomorrow.

让中国登上舞台，让天津大放光彩

我爱时尚，更爱国际时尚，但是中国的风尚却在我心里有着特殊地位。这里的时尚很特别，从西方人的角度看，可以说是奇怪。这样的异类对有艺术审美的人来说就如同猎奇，好像每天都在上演着时尚盛宴一般。

每个国家都有自己的风尚宝地。对中国而言，这里的时尚圣地当属上海、香港莫属。除此之外，广州、深圳、北京也为时尚做出了不少贡献。天津尽管不是最大的时尚潮流地标，但这也丝毫不影响它的时尚地位。时尚的灵感来源于生活的角角落落，而灵感的最终去向也终究是生活。

时尚是一次又一次的经典轮回，逝去再久远的风格也终有回到人们视线的时候。天津现代化气息十足，但在某些方面上它又总是带有排外性，它的与众不同的个性总是让人捉摸不透，却又时时刻刻享有不一样的体验。

天津迅猛的发展早就将其打成一个集体闲旅游、商务投资于一体的特殊文化符号。艺术方面的多样性增长继续推动天津成长为一个可观的文化城市。越来越多的人来到天津，给天津带来了崭新的文化和元素。

近来，天津滨海新区更是举办了丰富多彩的大型文体活动，努力将天津打造成一个高端的国际化舞台。这些高端的文艺活动，给了众多小伙伴们一个打扮、换装的机会，为大家夜晚的派对增添了新鲜色彩。

南方城市虽然也时尚氛围浓厚，但在寒冬时节，总觉得少了几分趣味。天津，鲜明的四季让它可以比温暖的深圳、香港拥有更多的时尚元素。时尚的另一个有趣的地方就是每隔一段时间就能找到彼此的重合点。比如早年，西方人痴迷汉字，于是他们在衣服、纹身上都加入了汉字的元素，而今天的中国人更喜欢用罗马字或英文来标榜自己独一无二。当然，关于翻译上的错误也总会让人啼笑皆非。

中国的时尚潮流受日韩文化影响很多，这为中国的风尚注入了很多新鲜血液。当然，不可否认的是，这种融合式的东方文化自有它的趣味和乐趣。中国以其悠久的历史 and 迷人的文化带给时尚界以永恒的宝藏，并影响着我们的当下。我们有理由相信，它的未来势必也将时尚精彩。



FAMOUS FOR BEING FAMOUS

by Paula Taylor

The power of the internet is truly amazing. Overnight people can become celebrities and make a fortune. Simply posting a video that people like can change lives.

I must say I am a little tired of it as people are becoming famous for being famous, they don't need to have any skills or talents, yet they can influence millions of people.

I must say I cannot think of anything worse than being rich and famous. I wouldn't mind having a bit more money, however the thought of fame leaves me cold. Someone once said "So many people are so desperate for fame that they will do almost anything. They long to be in the public eye and to have their names on everybody's lips. Then when they become so famous that they cannot step outside their front door without being recognised, they take to wearing a disguise". So true. Some megastars have to be careful what they throw out in their rubbish, as superfans and paparazzi go through their rubbish bins to see what they can salvage. I remember Madonna once saying that people had gone through her bins and taken her

discarded underwear, which then appeared on the internet for sale. Fame demands a heavy price and many of us would find this kind of life intolerable.

INTERNET FAME

There is another kind of fame that also brings people to the public eye without the intrusion - it is internet fame. These people have a presence online and start off by writing blogs or critiquing products. Like most people I have actors and singers that I like, however I would not buy a product just because an entertainer or any other famous person endorsed it. I have never bought a perfume or article of clothing that has been "created" by a star.

Seemingly people can do or become anything on the internet. I was searching for a song on YouTube and there were lots of videos that came up of someone "reacting" to the song. I couldn't believe it, now people are filming themselves and posting videos saying what they think of songs or films etc. Anyway these people even have their own channels.

There is a famous blogger here England

who has just paid one million pounds for a house, she earned the money from the internet. Her boyfriend is just as famous as her, as they both review beauty products, he does the men's stuff. It started out with her just saying that she had bought a new lipstick and what she thought of it, then she reviewed other products, then as more and more people not only watched her videos, but then also went on to buy the products that she recommended, or avoided the products that she did not endorse, she became a very powerful person, advertising wise. Now designers and purveyors of beauty products seek her out and pay her huge sums of money for giving their items a good rating. If she says something is good and that we need that particular product to enhance our lives, then lots of people will buy it (except me).

This is a marketing dream. To launch a new product traditionally meant spending a fortune on advertising, particularly TV airplay. Now that is not necessary, and the sums that are spent on getting these non-famous famous people to say that their products are good are minimal compared to what



Internet celebrities are doing live broadcasting.

companies would normally spend on advertising.

WORK HARD BECOME SUCCESSFUL VS DON'T WORK HARD, BECOME SUCCESSFUL

China is not immune to this industry, and there are many people who have cottoned on to this way of making money, rather than getting a job. For them it is a no-brainer. They think that studying hard and using their time and money on getting a high level education is a waste, particularly when the results are not guaranteed and there may not be a good job at the end of it. The problem is that this is eroding centuries and centuries of traditional Chinese values, namely, studying hard, getting a good job, working hard, buying a house and establishing a family. Now people can forget the studying and working and instead just film themselves and post the videos online. Of course, they first have to attract people and get them to watch their videos in the first place, but once they have done that they become video gold and in turn can attract the

advertisers.

How do you stand out in a country where there are so many people? Well it is easy if you are a pretty girl, but there are lots of pretty girls in China so something more is needed. They must be able to convince other girls that they need to become like them to be successful. Some of them film themselves doing silly things.

GENERATION GAP, VALUES GAP

Apparently, this compulsion to be famous for being famous and become rich without working seems to mainly be confined to people born after 1995. You will probably be aware that many Chinese people attribute problems in society to those born in certain generations and they have even coined phrases, *ba ling hou*, *jiu ling hou*, literally 80 (1980) after and 90 after. They feel these generations have a serious attitude problem and whenever someone is in the news for doing something bad, if they were born in these pivotal years, the media will always bring it out.

In a survey conducted recently it was found that 48% of those born after 1995 did not want to work, and 54% wanted to be a webcaster. According to an analysis done in 2016, it was predicted that this industry would generate 52.8 billion yuan then, and by 2018 will exceed 100 billion yuan. The words social phenomenon have been used, but it is also recognised as a valid commercial enterprise.

How long can this "desirable" profession last? As long as people want to see a particular person's videos. Unfortunately, there is always someone prettier, younger, more outrageous etc. waiting in the wings to take over someone's crown. Today's throwaway star is tomorrow's forgotten old news. As quickly as these "stars" shine, they fade. People are fickle and whereas actors/actresses and singers generate loyalty amongst a fan base, there is no such benefit for the internet stars.

It must seem incomprehensible to older generation Chinese, particularly parents of these internet personalities, that the creed by which they lived, and their parents, grandparents and other ancestors lived by is no longer a guaranteed and respected path in life. Now telling young Chinese people that if they work hard they can succeed seems like old fashioned advice. 15 minutes of fame can generate enough cash to buy a house. There is an old saying that perfectly reflects what is

NOW THAT IS NOT NECESSARY, AND THE SUMS THAT ARE SPENT ON GETTING THESE NON-FAMOUS FAMOUS PEOPLE TO SAY THAT THEIR PRODUCTS ARE GOOD ARE MINIMAL COMPARED TO WHAT COMPANIES WOULD NORMALLY SPEND ON ADVERTISING.

happening, 一分耕耘, 一分收获, *fēn gēng yún, yī fēn shōu huò*, literally half cultivating the ground to grow the crop, half harvesting it. It basically means that hard work is needed to achieve a good result. Sadly these internet stars are finding out that this isn't necessarily true. I find that really sad.

网红是个好职业吗?

互联网的力量无比强大, 能让一个普通人一夜之间变成明星。也许你随意上传的一段视频会改变你的生活轨迹。有些人不需要任何独特的技能就能成为名人, 影响千百万人。

很多人羡慕名利双收的明星生活, 但明星们的困扰也是普通人难以承受的。你能做到每天把自己捂得严严实实才出门吗? 你能每天仔细检查自家的垃圾, 以防被变态粉丝或狗仔队翻出你日常生活的蛛丝马迹吗?

除了舞台上和电视上的明星, “网红”也逐渐捕捉到大众的视线, 拥有的粉丝数不亚于传统明星。“网红”成名的方式多种多样, 最早都是通过写博客的方式获得关注, 但近年来, 有人靠模仿, 有人靠讲笑话还有人靠出洋相, 不知道为什么就红了。

他们成名之后自然要靠自己的人气来挣钱, 于是这些网红都会接各种广告代言, 效果也都非常好。于是商家开始把营销预算从传统的广告投放划拨到请网红代言上, 似乎事半功倍。

虽然很多人对网红不屑一顾, 但中国的网红经济正在迅猛发展, 以至于很多年轻人都不想找工作, 只想作网红, 这和中国人传统的观念大相径庭。但在这些年轻的95后眼里, 十几年寒窗苦读并不一定能换来美好又稳定的前程。在这个一切求快的年代, 一夜成名似乎更具有吸引力。如果你是个脸蛋漂亮的姑娘, 可能你还有机会。但如果你姿色平平, 也许只能靠搞怪出丑吸引眼球了。

有调查显示, 48%的95后年轻人不想工作, 有54%都想当网红。2016年, 中国的网红经济已经达到528亿元的规模, 预计到2018年, 这一数字将超过1000亿元。

但互联网风潮瞬息万变, 人气也是聚了又散, 一个网红的生命能有多长呢? 总会有更漂亮、更年轻、更劲爆的人取代你的位置。也许你认为父母口中的“一分耕耘, 一分收获”已经过时了, 但不论你做什么职业, 你都要努力不被后人超越, 永远保持生命力, 这也不是轻轻松松就能做到的。



by CaoTong LuoChuHui

THE DAILY LIFE OF AN AIDS PREVENTION AND TREATMENT DOCTOR

Ma Ping with her team.

We have known about AIDS for almost 30 years and over that time it has become a chronic and controllable epidemic. If we can treat the patients properly, AIDS does not affect their chances of living a long life nor is the patient in danger of infecting others.

Every Wednesday, Ma Ping - the director of the Second Department of Infection at Tianjin's Second People's Hospital - the two main Departments for the treatment of infection - will visit her patients at their homes. Not long ago, she won the "Personal Contribution Award" which is issued by the AIDS Healthcare Foundation (AHF).

Ma Ping was born in the south of China. Since she graduated from college, she has been engaged in the diagnosis, research and teaching of infectious diseases. Eight years ago, the incidence of AIDS began to increase. Due to the lack of in-depth research on AIDS at that time, most doctors didn't want to work in this field, which led to a shortage of professional and talented doctors in this area. This led to her making a request to the hospital to work in this

burgeoning field. Since then, she has never regretted her decision.

"For the patients, we should think of them as a disadvantaged group who need more care and help. But my major concern is what patients need is equality. They are sick for various reasons, but they don't want to be noticed. They want to work and live like ordinary people, integrate into the crowd, and contribute to their families and the whole of society. And what I need to do is try my best to help them return to a normal life," Ma Ping told us.

The transmission route of AIDS is fixed and it can only be contracted through blood and blood products, sexual behavior or through transmission through mother and infants. Regular daily contact will not cause an infection. The right protection and a healthy lifestyle can help everyone completely avoid infection. For the infected people, it is the pain caused by other's discrimination which is far greater than the disease itself.

At present, there are about 60 voluntary counseling and testing outpatient centres in Tianjin, which are distributed throughout the comprehensive hospitals,

the maternal and child treatment network and the disease control systems. These facilities offer free testing for the public. Once diagnosed as AIDS infected the patient will get immediate treatment, including the standardized antiviral treatment which can allow them to have a longer life.



Ma Ping won the "Personal Contribution Award".



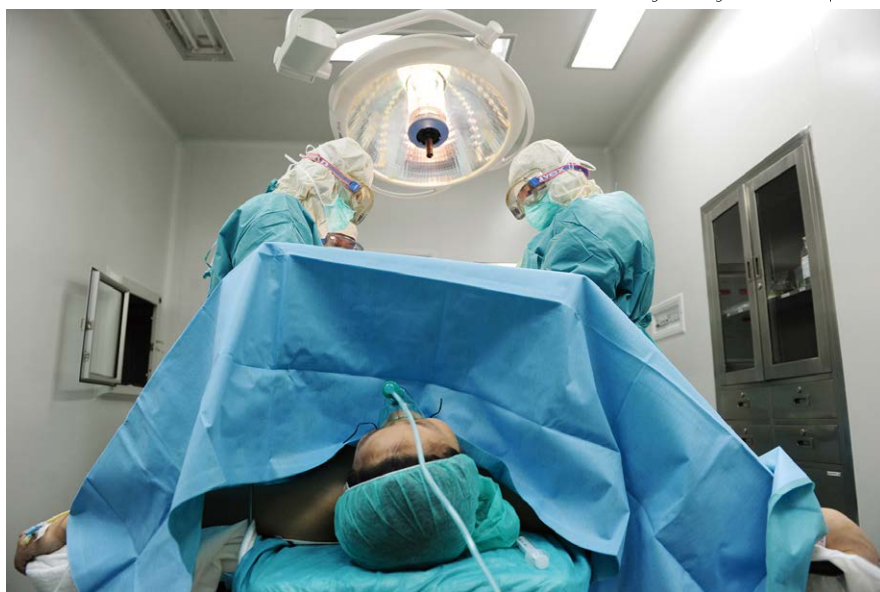
Ma Ping encourages and comforts patients.



Ma Ping rarely wears a mask and gloves in her diagnosis and treatment, which makes the patients more relaxed.



Ma Ping makes her patient rounds.



Equipment a mother can use to prevent her child from being infected.



HLA typing.

走近艾滋病防治医生的日常

曹彤 罗楚卉

艾滋病走过30年的历程，已成为一种可控制的慢性流行病，防护得当不影响生存，也不会传染他人。

每周三，是天津市第二人民医院感染二科主任马萍出诊的日子。不久前，她刚刚获得美国艾滋病健康基金会（AIDS Healthcare Foundation, 简称AHF）颁发的“个人贡献奖”。

马萍是南方人，大学毕业以后一直从事传染病诊疗、科研及教学工作。8年前，艾滋病发病率开始上升，由于当时医学对于艾滋病的研究不够深入，大多数医生都不愿意从事这个专业，导致这个专业人手紧缺。于是她便向医院提出要求从事这个专业，之后便一直坚持到现在。

“对于病人，我们理所应当的认为他们是弱者，需要更多的关心和帮助。而对于我的专业来说，病人需要的却是平等。他们因为种种原因患病，却不想被关注，他们想要像平常人一样工作和生活，融入人群中，为自己的家庭，为整个社会贡献自己的力量。而我要做的，就是帮助他们，回归正常人的生活。”马萍说。

艾滋病的传播途径是固定的，只有通过血液和血制品、性行为、母婴途径传播，日常接触不传播。正确的防护、健康的生活方式完全可以避免感染。对于感染者来说，歧视造成的痛苦远远大于疾病本身。

目前，天津市有60家左右自愿咨询检测门诊，分布于综合医院、妇幼系统和疾控系统，免费进行检测。一旦确诊为艾滋病感染者和患者，要马上进行治疗，进行规范的抗病毒治疗可以获得长期生存。



Tianjin Second People's hospital is in the first round of accredited institutions in the AHF in China.



by Monica Wang

COFFEE DIVERSITY IN TIANJIN

The barista of Hive 104 Club is making a latte.

There are people all over the world who have a passion for coffee and seem to be able to live on it. For many, coffee is not just a daily drink that keeps them awake at night.

Some people want something special and seek out cafes with unique personalities and tastes.

In Tianjin, it is not just the chain cafes like Starbucks and Costa that have a stranglehold on the market. You can always find new cafes opening and new products being developed on almost a daily basis.

The New Starbucks Reserve

Even the Starbucks that you can't be more familiar with have been demonstrating new moves in Tianjin. You may have noticed the opening of a Starbucks Reserve® in the Joy City Nankai. It is said to have overwhelmed the other two Starbucks Reserve coffee houses in Tianjin in size, coffee selections and collections.

Regarding the coffee types, the nitro cold brew is new to Tianjin this year. Starbucks is not the only coffee house that supplies nitro cold brew coffee but their machine has four taps and is definitely second to none. For the fans who are passionate about the new coffee, the



AFFAGATO by Starbucks Reserve

amazing machine with its shining gold coat won't make them queue too long.

In this Starbucks, you can choose many types of brew. What is the most pleasant to the eyes is the siphon brew. The intense reaction of the coffee powder, water and flame in the glass ball is stunning. It is also the only Starbucks in Tianjin that has siphon brewed coffee.

There are four special coffees exclusive to this one, including the Starbucks special ice cream AFFOGATO. Any one of these features makes this Starbucks a must-go place and you can brag about it to all your friends on your social media.

Details:

Add: No.77-78 1F, North Area, Joy City Nankai, Nanmenwai Dajie, Nankai District
南开区南门外大街南开大悦城北区 1 层 77-78

Tel: 022-58100268

Hive 104 Club

The Wudadao area is always a wonderful place to wander around and feel the history. When you need a break, you can always come across some unique cafes on the way. Hive 104 Club is newly opened in an old villa on Munan Dao and the location was once home to a former mayor of Tianjin. Hive 104 has a very pleasant courtyard and it always looks like a party is just about going to happen. The café is only one of the functions of the Club, which integrates dining, a boutique shop, whisky club, watch shop, haute couture and a hair salon.

Hive 104 café is actually renovated from the garage of the villa and the walls have all been replaced with glasses. It might be the place where you want to hop in immediately when it comes into sight on a chilly day. The café has preserved the retro vibe of the villa with its wooden floor and ceiling. The barista is



Latte by Hive 104 Club

proud to introduce the cool Slayer coffee machine and it is the only café that uses this machine in the whole of North China. The coffee made by this machine turned out to be smooth and creamy. Regular coffees like Espresso, Americano, Latte, Flat White, Mocha, and etc are always in good supply. They also make pour over coffee using blended beans.

You can have your coffee here in the café or go upstairs to the attic, which is a small book bar and a bit quieter. One of the tricks of the place is the café turns into a bar at night and you can have some really good whisky or some other spirits that will warm and cheer you up. We can also expect some innovative coffee types that will add some alcohol to be available in the near future.

Details:

Add: 104, Munan Dao, Heping District
和平区睦南道 104 号
Tel: 15611000000

Momo's Café

On the same side of Munan Road, there is a lovely little café that is very likely to be ignored when passing by. It is close to the intersection of Munan Road and Xinhua Road. The whole place is only about 20 square metres and neat and compact. Half of the space is covered in a glass ceiling so there's always plenty of natural light coming in.

Many of the customers that come to the small café are alone and it is very likely that they're the regulars. The owner Hou Bo said, when I checked the coffee menu, that the regulars never order from the menu, they know his secret menu.

That's really tricky because you'll never know what's on the hidden menu until you are a regular. I wanted to order the nitro cold brew coffee on the menu as I heard it is one of

Momo's signature brews. Unfortunately, they didn't have it available on that day so he made me a coffee with Tonic. It was freezing cold outside but I was so obsessed with this sparkling icy coffee drink. I guessed it must be from the mysterious hidden menu. So if you're into some intimate atmosphere and innovative coffee, this is the place to go!



The combination of espresso and tonic

Details:

Add: 35 Munan Dao, Heping District
和平区睦南道 35 号
Tel: 022-23312519

Resonance Coffee

Resonance is a mini café of only 13 square metres and is located at the intersection of Yingkou Dao and Hebei Lu. As the owner Yidan said, she and the co-owner racked their brains for a design that made sure that every inch of the space is wisely used. The two owners were both coffee lovers and used to work in one of the franchise coffee houses. Opening their own café, they designed it to present what they admire most in coffee to the customers.

Though specializing in pour-over coffees, Resonance has also experimented with other various innovative coffees. Yidan has a lot of friends who love coffee or are engaged in the coffee industry and they always visit this little café. Being with them, Yidan has had a lot of inspiration to create unique coffees. One of their major hits for the winter is Daligao Latte. Daligao is a kind of sweet and a local snack that was one of the favorites of every Tianjiner in their childhood. Sugar and yeast is stewed in a pot until the liquid sugar swells. It is ready when it's cooled down. It tastes like caramel and is

very crispy.

The sweet is smashed and put at the bottom of the cup. As the last step, the smashed sweet is spread on the surface of the drink as a topping. It is a quite different type of latte as you can see the simmering bubbles generated from the sugar in it and it has the color of caramel.

It tastes sweet at first and then, as the coffee cools down a little bit, it delivers a flavor like a sea salt caramel latte. Yidan said many customers came specifically for this.

Details:

Add: 184 Hebei Lu, Heping District (near the crossing with Yinkou Dao)

地址: 和平区河北路 184 号(与营口道交口)

Tel: 18622586211



Daligao topping on the latte

个性化咖啡厅，不走寻常路！

世界各地都有热爱咖啡的人，也有人以此为生。对很多人来说，咖啡不仅仅是一种日常饮品，能把我们从困顿中叫醒，他们对咖啡的口味、种类以及喝咖啡的环境都有特别的要求。在天津，除了咖啡连锁品牌，越来越多的个性化咖啡厅悄然而生，以自己独特的气质吸引着不同的客户群体。

位于南开大悦城的星巴克臻选是天津地区最大的一家甄选咖啡厅，只有在这里你能品尝到虹吸式咖啡、领略到四头氮气咖啡机的风采，还有意式浓缩与香草冰激凌的结合阿馥奇朵。

Hive 104 Club 选址在睦南道一处小洋楼里，是原来的车库改造的，复古且温暖。这里咖啡的品质和颜值都很高，坐在落地窗边，品尝一杯浓香拿铁，你会舍不得离开。

Momo's Café 也坐落于睦南道，虽然店面只有 20 平米左右，但店内环境整洁、布置紧凑。很多来咖啡厅的都是熟客，了解菜单之外的隐形菜单。店主会按照你的心情即兴为你调制一杯咖啡，很可能是其他地方喝不到的。

共鸣咖啡也是一家小巧的咖啡厅，店主在和朋友们闲聊的过程中获得灵感实验出一款“大梨糕拿铁”，成为小店的招牌咖啡。

Casa Allegra Pizzeria



David was once a math teacher at the Civil Aviation University of China but now he is the owner and chef of a small pizza restaurant. He and his wife have both acquired certification in pizza making from culinary schools in France and Beijing respectively.

Their restaurant is not big, there is only one table downstairs and several tables up in the attic. David makes his pizza on the counter so you can see the whole process. Many novices think pizza making is the easiest thing to do in the world. However, according to David, proper preparation takes much more time than is apparent because he makes everything by himself, from the pizza sauces to the toppings.

All his pizzas sell for 68RMB, including the classics - Margherita, Calzone, Di Parma, and Vegetariana. But David recommends the DIY pizza, for which you can choose one base sauce from the homemade Napolitan tomato sauce, Pesto Genovese, Curry sauce or French mustard sauce and three toppings that can include veggies, meat and seafood.

At his place, you will feel relaxed, enjoy an intimate atmosphere and feel like you are at home. And it is pretty easy on the wallet! The biggest and only issue we had was finding the place. If you have a local GPS app, just input its Chinese name or you can ask the driver to go to Tai'er Zhuang Zhi Lu (台儿庄支路) and enter the xiaoqu from there. Bon appetite!

Details:

全福庄意式披萨吧

📍 Add: No. 108, Building 5, Taierzhuang Zhilu, Horizon Capital, Hexi District

地址：河西区台儿庄支路铂金湾南苑5-108底商

☎ Tel&WeChat: 18622916385

Hours: 18:00-22:30 (Monday) 11:00-22:30 (Tuesday to Sunday)

Pomodoro

The name Pomodoro is no stranger to those in the expats community as it has operated in TEDA for some time already but it has now opened a new store downtown.

First of all, the new location is superb. It is smack bang in front of the Xikai Catholic Church in the International Mall, right in the center of the city. It can be reached easily on Metro Line 1 or Line 3 as well as having easy access from dozens of bus lines.

Secondly, the menu highlights the essence of the restaurant, which are dishes like salads, pasta and pizza. The salad selection has very fresh and healthy vegetables with a good selection of ingredients such as seafood, cheese, mushrooms and eggs. There is a variety of dressings available such as olive oil and balsamic vinegar which deliver an authentic Italian taste.

Pizzas can have a mixture of flavors and Pomodoro offer mostly traditional styles. Both meat lovers and veggies can find things to add to that they will love. You can also design your own pizza by starting with a Margherita pizza base and then add as many toppings as you like.

As for pasta, you can order fettuccine, penne, farfalle, spaghetti, and fusilli. Fettuccine al Branzino and Spaghetti Special Allo Scogilo are for the seafood lovers. Agilo Olio e Pepperoncino and Pesto al Basilico Fresco have a more homemade flavor but all are delicious.

Thirdly and most importantly, the prices are so reasonable that you will find it hard to believe it's a restaurant in the center of the city. The pizzas and pastas begin at RMB 38 and continue up to RMB 68. The food quality is better than you would expect for the price.



Details:

小番茄

📍 Add: 1F, International Mall, Nanjing Lu, Heping District

地址：和平区南京路国际商场1层

☎ Tel: 23460756

Hours: 11:00-23:00



MONOSODIUM GLUTAMATE (MSG) by Kate King

Monosodium glutamate (MSG) is a seasoning often associated with Asian cooking. It stands for monosodium glutamate and is used as a taste enhancer. According to the Food and Drug Administration (FDA) it was discovered by a Japanese professor in 1908. After a patent was filed the commercial production began and it has continued to be used down to this day.

How exactly, is MSG made? According to the FDA it is made through the process of fermentation. Much like the process of making yogurt, vinegar or wine. Starch, sugar beets and sugar cane or molasses are used.

There is much disagreement around the topic of MSG. Some fervently believe it is terrible for your health, while others believe just the opposite. There is even a syndrome called Chinese Restaurant Syndrome. Some feel after eating at a Chinese restaurant they get headaches, their mouth feels numb or tingly, and they feel flushed. These symptoms, they believe, are all the result of MSG. However, according to MedlinePlus, this has never

been proven. The FDA has classified MSG as a food “generally recognized as safe” (GRAS), but, since there is still much controversy around this topic it is required to be listed on all food labels when it has been added to a product.

Interestingly, MSG is also a naturally occurring substance in foods like tomatoes and cheese. When it is naturally occurring, it is not a requirement to put it on the label. Some products contain ingredients which in themselves contain MSG. Yet, if the manufacturer did not specifically add MSG but it was just a component of one of the ingredients they added, it would not have to be put on the label. The manufacturer could even write on the product that there is “no MSG added” because they did not add any individual ingredient with that name. Therefore, consumers looking to completely avoid MSG will need to do some homework to ensure they don’t actually inadvertently eat some.

What’s the bottom line? Eat it or not? A simple solution is, if a person feels they have negative reactions to MSG, then they can simply avoid the additive and see if

THE FDA HAS CLASSIFIED MSG AS A FOOD “GENERALLY RECOGNIZED AS SAFE” (GRAS), BUT, SINCE THERE IS STILL MUCH CONTROVERSY AROUND THIS TOPIC IT IS REQUIRED TO BE LISTED ON ALL FOOD LABELS WHEN IT HAS BEEN ADDED TO A PRODUCT.

there is an improvement in symptoms. For example, if someone thinks they get headaches from consuming MSG, try temporarily taking it out of the diet and monitoring if the condition improves. There are studies that seem to show the dangers of MSG, as well as those that seem to prove the contrary. In cases like this, the best option may be to analyze on a personal level how you react to such an ingredient.

As you can see this is one topic that will not soon be settled. There is a video you may find interesting on YouTube published by BBC Earth Lab that breaks down the details of MSG called “What is MSG”. It explains the MSG controversy in a somewhat simple way. Consider checking it out if you would like further info on the subject.

对味精有偏见

味精是亚洲烹饪里常用到的一种调味料，主要作用是增加食品的鲜味。1908年，一位日本的教授在试验中将味精提取出来，至此，味精就一直流传到今天，用作菜品的增鲜调剂用途。

味精的提取是一个发酵的过程，它类似于我们制作酸奶、葡萄酒的过程，其中粮食为原料，最终得到的谷氨酸钠结晶就是味精。关于味精的话题市面上存在很多分歧。有人认为味精对人体有害，而有人观念相反。但据美国FDA等权威部门的评审表示，它们已经将味精归类为“公认为安全”的食品，味精在食品中的使用没有一定的限制，正常食用无需担心其安全性。

对于纠结该不该食用味精的朋友而言，一个最简单的办法就是，如果你觉得味精对你有负面影响，那么尽量避免食用含有该添加剂的食物，一段时间后，看看症状是否有改善。

味精的争论会一直存在，这大概不会是一个特别容易解决的问题。如果你对此也很感兴趣，不妨观看英国广播公司的关于味精的视频。视频用最简单的方式向人们阐述了有关味精的话题。感兴趣的朋友不要错过。

BEING FORCED TO SIT IN A BUILDING WITHOUT PROPER HEAT MIGHT SEEM SIMILAR TO BEING IN JAIL.

WEATHER APPROPRIATE CLOTHING

by **Carmen King**



Windproof

Winter is here. Depending on where one lives, central heat and good insulation may make for toasty rooms. On the other hand, to a resident's dismay, drafty doors and windows along with an older heating system might result in a frigid apartment. Things may not get any better after leaving the house. Those relying on public transportation know all about freezing walks and bone chilling waits. The distance from door to subway can be brutal. The time spent standing at a bus stop can be crippling. Cold air can become downright debilitating when riding on a bike or moped once wind chill is factored in. Some buses may not have sufficient heat. And even cabbies and Didi (滴滴 dīdī) drivers could be against keeping the interior temp at a suitable level. So what to do?

Plan accordingly and be equipped with weather appropriate clothing. This might sound like something ridiculously simply to do. However, especially new expats, or temporary visitors can find themselves in a real pickle when it comes to proper gear. Here are a few tips that can be applied either before or after arrival in Tianjin to ensure the winter doesn't get the best of you.

Layers

First, think in layers. Temperatures can vary widely from inside to outside, or even from one location to another. At times the

indoors can be colder than the outdoors. Not only does one need to be ready for freezing cold, but also high heat. Imagine during the course of the day, the various temperatures that could be encountered. In the morning, temps can be especially cold if departure occurs before sunrise. Time spent waiting for transportation is some of the most challenging. Walking to and from locations can be feel like a wartime death march. Being forced to sit in a building without proper heat might seem similar to being in jail. On the contrary, other places may have heat that is out of control hot. Who knows why, but some malls or buses can have heating systems which leave occupants feeling downright suffocated from being bundled up or result in a full body sweat. This is the opposite of what one wants if after only a short time, they will be outside in sub-below temperatures. The key lies in appropriate layering and being ready to shed one layer after another based on the actual temperature at any given location.

Insulation

Second, think insulation. Lots of layers in themselves aren't enough. Nothing is worse than looking and feeling like the Michelin man yet still being cold! The wiser approach is to select specific garments that are high-insulation but low-density. Those already in Tianjin will probably find what they are looking for in terms of thermals by visiting either Decathlon (迪卡侬 dīkǎnóng) or Uniqlo (优衣库 yōuyīkù).

Decathlon is more sports centric, whereas Uniqlo is more fashion focused. When it comes to insulating layers, both of these vendors have a selection of garments that are effective. Since these thermals are usually never seen, the look and color of them isn't a big deal. The biggest difference will come in fit and insulating capabilities. The downside is, many of these items are non-exchangeable and non-returnable. Stores may have open samples in different sizes and models to try on, if such a thing doesn't creep one out from a sanitation standpoint. Based on experience, these thermals are very form fitted. Be careful not to buy a size too small or else be faced with feeling constricted from comfortable movement. Too big and it will take up too much space under the next layer, or stick out from cuffs or pant legs. Be aware the entry level model thermals at either of these vendors will most likely not even come close to being warm enough during the dead of Tianjin's winter. The mid or maximum warm models are more in-line with what is necessary. Expats coming from overseas and familiar with UnderArmor thermals will probably want at least a 2.0 or 3.0 model for winter. The maximum level thermals can be too-warm especially on top. The lower body tends to be more exposed to the cold as the upper body can be nicely insulated not only by thermals, a shirt, a sweater, but even a fantastic down jacket. Sadly, down jackets at best go to about the knee area or even just the waistline. Leaving a good portion of the

lower body exposed to the elements. When insulating, as a rule of thumb, plan to insulate more on the bottom and less on the top. Rely on a good, warm down jacket to do the best insulating. A nice approach is to wear at least two layers on the bottom, and maybe three for the super cold days. For the upper body, a light to mid-level thermal plus a long-sleeve shirt could be sufficient if one's jacket is legit. If the jacket is lighter weight, definitely plan to wear a third layer, such as a zip-up fleece. When it comes to fleeces, vests seem to work better than full sleeved. That's because by the time you get all those layers on, plus a big puffy down jacket, arm mobility takes a huge hit. Last but not least, when it comes to suddenly encountering a super warm situation, like a packed bus or super market, multiple upper layers make for easy removal and avoidance of a full-on sweat fest.

Windproof

Third, think wind protection. Nothing cuts to the core like a strong winter wind. Especially when coming up and out of subway exits, the blast of arctic air can take

your breath away. Be alert of anytime you will get near a river, body of water or crossing a bridge. The wind often picks up around such areas and can pierce layers like a knife. The key lies in picking a good outer layer. Pants and jackets should be designed for wind-resistance. Only when the wind is kept out, will those internal insulating layers have a hope of doing their job.

Extremities

Fourth, don't forget extremities. This includes parts like eyes, ears, face, neck, hands, and feet. Those against hoods and hats, may opt for ear muffs. Face masks are absolutely recommended. A good beanie definitely trumps a baseball cap. Ideally the neck will not be exposed. Sadly, some jackets leave a big opening around the neck. This is a huge no-no from a Traditional Chinese Medicine (TCM) perspective. Thus, either plan for wearing a nice warm scarf or be sure to choose a jacket with a collar or hood that when zipped all the way up completely protects the neck area both front and back. On windy days, airborne debris is definite a problem. Specks of dust and other foreign

objects all too easily can enter the eyes. Consider wearing a good pair of wrap around sunglasses, perhaps even those that have impact resistant lenses. Gloves are must haves. Forget about puny cotton mittens. Think insulated, moisture resistant and with good grips. Holding on to bus or subway handles, or opening and closing car doors can be very challenging unless the gloves have palms coated with grippy material. Last but not least, don't forget the feet! This means, thermal socks and maybe even insulated shoes or boots. Boots like Ugh's can be a life saver because the are toasty warm and cover the ankle area, a weak spot where cold can easily penetrate.

The winter isn't easy in Tianjin. Yet, with careful planning which includes choosing weather appropriate clothing it can be beat. Think it terms of layering, insulation, wind-proofing, and covering the extremities.

看天穿衣

冬天来了。不同地区有不同的供暖方式，集体供暖的地方冬天就会好过一些。对于那些带有老旧供暖系统的房屋来说，冬天的寒冷最是难熬。那些上下班乘坐交通工具的上班族特别能体会冷风刺骨的感觉。很多公交车，出租车，网约车即便是在冬天暖气也不会开的很足，怎么办？

根据天气变化而筛选衣物。对于刚到天津居住的外国朋友或临时访客，我们在这里为您提供了些许建议，希望您能在天津的冬天，可以过得相对容易。

首先，考虑分层穿衣。我们的体温从内到外，甚至从一个地方到另一个地方都不会一样。有时室内可以比室外更冷，因此我们不仅需要对抗严寒，有的时候还要解决过热问题。早晚温差大，等公交痛苦，步行太挣扎，但其实坐在一个没有暖气的建筑物里更是煎熬。可是每当我们转战商场的时候，又会时常的觉得全身冒汗，所以分层穿衣，根据情况进行衣物删减十分重要。

第二，考虑保暖服装。在冬天即使你裹得像个粽子，你的体感也不一定有多温暖。一个好的办法是去类似迪卡侬或优衣库的地方采购保暖衣。因为商品的特殊性，所以建议大家在选购的时候多多试穿样衣，选择最适合自己的型号，切记过大或过小。

第三，选择防风御寒衣物。没有比刺骨的寒风打在脸上更痛苦的事了，尤其是从地铁口出来的时候，寒冷的空气可以让人喘不过气。这个时候如果能有一件质量上等的防风外套那就最好不过了。防风工作做的好，内部的衣物才能发挥作用。

第四，不要忘记给四肢做保暖，这包括眼睛，耳朵，脸，脖子，手脚等部分。但近来我们也看到很多时尚外套都会让脖颈部分暴露在外，从中医的角度来说这是完全不利于健康的，因此一条好的围巾就很有必要，从前到后一定要做好全面保暖。

天津的冬天不太容易过，但如果你保暖得当，这里的冬天也似乎别有一番景象。

Extremities





Horse carriage in Wudadao area

A CLASSIC ONE-DAY TOUR PLAN IN TIANJIN

by Monica Wang

Compared to the capital city of China, Tianjin is a less well known city although it is practically next door to Beijing. Those who have thought about visiting Tianjin, must have googled it and been informed that Tianjin is a coastal city and a transportation hub in North China. This is a description that is not really going to arouse that much interest in visiting the city. However, when these visitors actually set foot in the city, the more they learn about its history, the more they feel its energy, they begin to fall in love with all it has to offer.

The history of Tianjin can be traced back to more than 1400 years ago in the Sui Dynasty when the Grand Canal was opened. Tianjin was started at the intersection of the Southern Canal and the North Canal, which both run into the Bohai Gulf. Sitting at such an important location, Tianjin gradually developed into a hub of water transportation as well as a town of military importance. In 1400 B.C, Tianjin was given the name "Tianjin" by Emperor Zhu Li in the Ming Dynasty and was officially established as a prefecture called "Wei".

In the late Qing Dynasty around 1860, foreign intruders broke through the Taku Forts

in Tianjin and marched into the royal palace in Beijing. A series of treaties were signed that opened Tianjin up as a foreign trading port. Since then, the foreign influence that was introduced to the city led to the city becoming segregated into an old town and various concession areas.

Some historical relics have been preserved and these precious treasures of history have become major attractions for tourists. One can never say that Tianjin has not much to offer the tourists. You won't be bored no matter how much time you have to spend here. Unfortunately, most travelers don't have the luxury of time to explore the city thoroughly. Despite this even a one-day tour route that has been smartly designed can give you the chance to see the essential parts of the city and follow the footprints of its history.

The Starting Point of the Wudadao Journey

Our journey begins in the concession area at the Minyuan Stadium which is the center of the district. It is now a recreation square for citizens. The arena area has a standard running track which attracts many of the more athletic people to do their exercise. The outside ring of the stadium has been renovated and now contains restaurants and

bars of various styles, including Italian pizza places, a Czech beer house, a British brunch and desserts joint, a live jazz house and two night clubs. When the weather is good, the square is always filled with people who are keen to get out and enjoy some sunshine and the fresh air.

The stadium was originally designed by Eric Henry Liddell, who was born in Tianjin and won the gold medal in the 400 metres at the Paris Olympic Games in 1924. The stadium was seen as quite avant garde in Asia at that time and since then has hosted several important international sports events.

After the founding of the new China in 1949, Minyuan was used as a soccer field for the Tianjin soccer team until the new TEDA Soccer Stadium was completed in 2004.

If you want to know more about the stadium and this area, you can check out the Wudadao Museum at the information center.

Wudadao Route

It's not an easy job to get around the whole Wudadao area just in one day. There are five avenues in the district - Chengdu, Chongqing, Dali, Munan and Machang. The neighborhood is most famous for the well preserved western style villas built in



The Ancient Culture Street

1920-1930's. Among the more than 300 western buildings, you will find architecture of many styles including Renaissance, classical, Baroque and some that is a bit more eclectic.

These villas used to be the former residences of celebrities and historical figures, both Chinese and expats. Most of these historic relics have been renovated into places that are suitable for more modern functions and used by companies, government institutes or as restaurants and bars, inns and hospitals.

The best way to tour around is to take a horse carriage that starts from the Minyuan stadium. It's travel at a slow pace and quite romantic. The horse carriage goes along a well planned route so that you won't miss any of the gems on show.

Back to the Chinese Tradition

Leaving the old concession area, we now return to the modern world. Heading to the north, you'll reach the old center of the city which is marked by the Drum Tower. The old town of Tianjin was built and developed surrounding the Drum Tower and gradually extended to the north, the east, the west and

the south.

The old alleys and residences around the Drum Tower have been torn down and replaced by four antique streets of Chinese traditional arts and culture. What's even more famous than this antique street is Tianjin's Ancient Culture Street. It was built in 1985 and is founded around the Temple of Heavenly Goddess. This temple was built to worship the Mazu Goddess who blesses people working on the sea as Tianjin sits by the Bohai Gulf and many of its residents depend on fishing and water transportation for their livelihood.

The street gathers all the well-known brands of Tianjin traditional arts, handicrafts and snacks. It is here you will find Yangliuqing New Year Paintings, Zhang's Clay Figurines, and Laomeihua shoes & clothing. In the middle of the street, there is an opera stage which towers high above. You can expect to see some Peking Opera shows going on during Spring Festival. Below the stage is a central square and there are many booths showing traditional handicrafts, such as the making of flour figures and sugar painting. The Ancient Culture Street is a must-see shopping destination for all the travelers to Tianjin as well as the perfect place to pick up some souvenirs



A western villa in Wudadao



The Drum Tower

to take back home. Paying attention to the Tax Refund label in the shops will save you some money as well.

For any inquiries concerning inter-city travel, please contact Tianjin China International Travel Service office at tel:022-58559520 or 58559525. The agency can tailor your travel plans to suit your needs.

打造天津城市“一日游”计划

虽然天津是北京的邻居，动车只有30分钟车程，但很多外国人并不了解天津。在来天津之前，他们从谷歌上面获得的信息大致是“天津是个港口城市，是北方重要的海运枢纽”，这样的描述恐怕难以引起人们游览这座城市的兴趣。但当你走下飞机，越来越多地了解这座城市之后，你会发现这座城市散发着无穷的能量，你会越来越想探索这座城市并最终爱上它。

天津建卫已经600多年的历史了，一直是重要的漕运港口，占有重要的军事战略地位。鸦片战争期间，八国联军从大沽炮台攻入，一直进入北京，逼迫清政府签订一系列不平等条约，天津被迫开放成为国际通商口岸。自此开始，西方的文明也随之传入天津，各国列强在天津割据租界，将天津分成老城和租界区。这些历史遗迹依旧保存至今，成为天津宝贵的旅游资源。

我们的一日游线路就从位于五大道的民园广场开始，这里现在是一个市民休闲广场，天气晴好的日子里，人们喜欢来这里享受阳光。体育场四周被改造成餐厅、酒吧等设施，颇具人气。

民园体育场最初是由在天津出生的苏格兰人李爱锐设计并监督建造的。李爱锐曾获得过1924年巴黎奥运会400米跑的冠军。这座体育场当时在亚洲范围内属于顶尖水平，还承办过许多国际大赛。解放后，民园体育场就变成了天津足球队的主场，直到2004年泰达足球队体育场建成后才迁址。

五大道是由成都道、重庆道、大理道、睦南道和马场道组成的，以保存完好的欧式建筑著称，分布着各式建筑2000多所，大部分为体现欧洲不同历史时期建筑风格的花园式和公寓式楼房，俗称小洋楼，各种建筑风格汇集一处，堪称“万国建筑博览会”，百年来，这些建筑曾经多为达官贵人的住所。此处也是“近代中国看天津”的一个历史所在。

游览五大道最好的方式就是乘坐观光马车，既悠闲又浪漫，按照马车的路线游览下来不会错过任何有价值的景点。

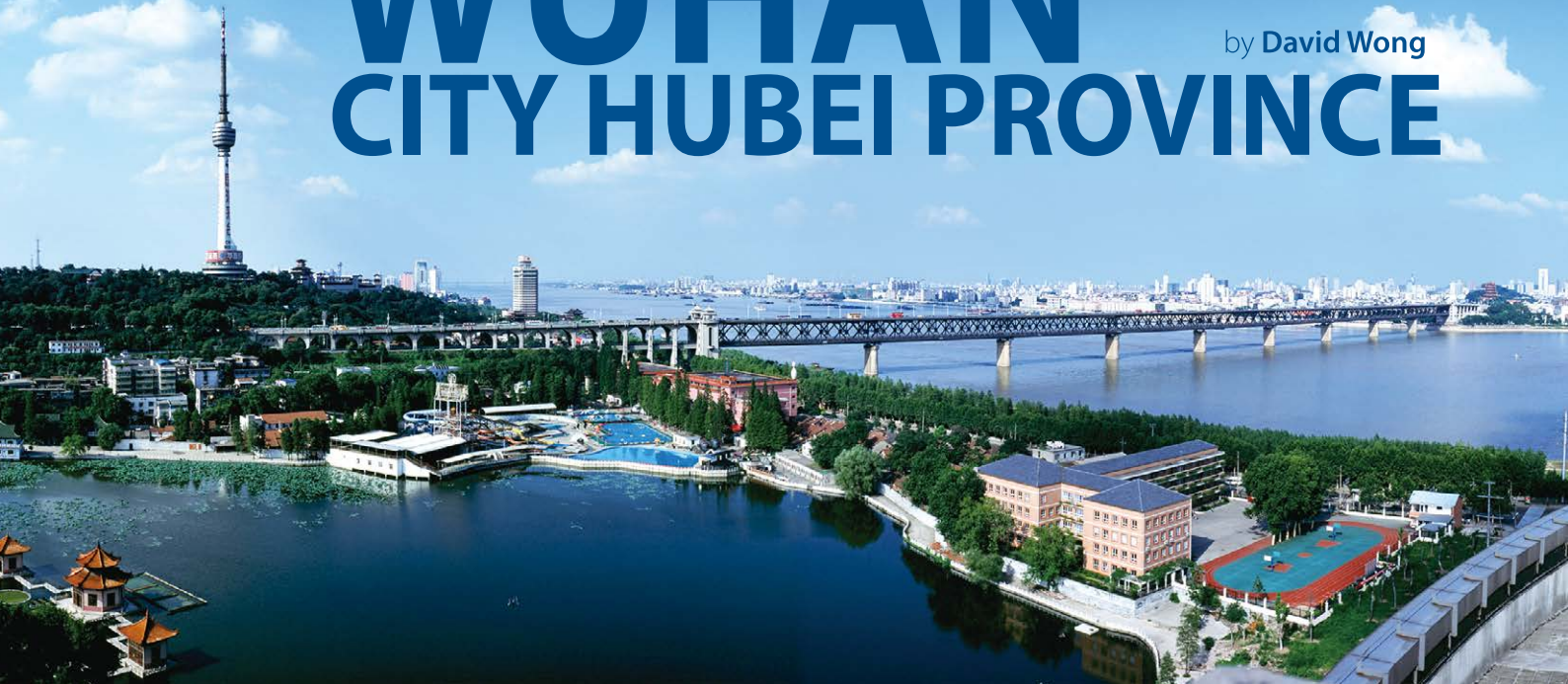
离开五大道，继续向北，我们就来到了天津的老城区。天津老城以鼓楼为中心向四周扩散。但曾经的胡同和民居已经拆迁，现在形成了一个中国传统文化艺术的市场。但比鼓楼更加有名的是古文化街，地处天津的发祥地“三岔河口”地区，长约700米，街内有近百家店堂，以经营文化用品为主，汇聚了天津最知名的老字号，比如泥人张、杨柳青年画、老美华鞋业等。天津最早的庙宇——天后宫坐落其间，供奉海神，又称娘娘庙。这里古色古香，充满了天津味、文化味。

古文化街是中外各国游客来天津的必游之地，你可以挑选最具地方特色的纪念品带回国送给亲朋好友。在你购物的时候注意一下店内的“退税”标识，可以帮你省一点钱！

WUHAN

CITY HUBEI PROVINCE

by David Wong



Wuhan Yangtze Bridge

Wuhan is the largest city in West Central China, having over 10 million people. Its name, Wuhan is a combination of Wuchang 武昌, Hanyang and Hankou 汉口. The city has a history of 3,500 years and has been a major transportation hub for China and often referred to as the Chicago of China. It lies in the intersection of the Yangtze and Han rivers.

Wuhan's climate is humid subtropical with abundant rainfall and four distinctive seasons. Wuhan is known for its oppressively humid summers, when temperatures can often reach 37 °C (100 °F) or more. Because of its hot summer weather, Wuhan is commonly known as one of the Four Furnaces of China, along with Nanjing, Nanchang and Chongqing. Spring and autumn are generally mild, while winter is cool with occasional snow.

History

Wuhan has a significant importance in China's history and is the site of the "Battle of the Red Cliffs" 赤壁 "ChiBi". This battle was depicted in John Woo's movie of 2008 and 2009, which was comprised of two parts and describes the final battle of the Han Dynasty in 208AD. During the 13th century, Wuhan

remained an important centre for the Mongol Empire and Yuan Dynasty.

Wuhan is considered to be the successful initiative for the overthrow of the Qing Dynasty in October 1911 and the start of modern China. Referred to as the Wuchang uprising, the success in Wuhan quickly spread to other parts of China and resulted in the founding of the Republic of China in January 1, 1912. In 1928, Wuhan was the capital for the KMT government and was the key final battle ending World War II on December 18, 1944.

In the late 19th century, Viceroy Zhang Zhi Dong 张之洞, was transferred from Guangdong and Guangxi to Wuhan to govern Hubei and Hunan. Under his direction for 18 years from 1889 until 1907, Wuhan achieved great development and was an example of modernization for China. His policy was to use Chinese learning as a basis and Western learning for application.

If you are a tennis fan, you will know that LiNa 李娜, the woman champion is a native of Wuhan.

Wuhan Cuisine

Sitting in the middle of China, Wuhan and Hubei cuisine is a combination of all the different cuisines. A common breakfast is

made of hot and dry noodles, 热干面 "Re Gan Mian" boiled noodles mixed in a sesame paste. "Mian Wo" 面窝 is a kind of deep fried doughnut what is commonly known as "Yu Tiao" 油条 but this one is thinner and salty.

Wuhan also has its dumplings, one popular one is a soup dumpling 小笼汤包 "Xiao Long Tang Bao", it has a very thin skin and full of juices, thus being called a soup dumpling, so be careful when eating this and don't burn your mouth and get soup all over. The secret is to take a small bite on a corner, drink the soup then eat the rest of the dumpling, best done with the use of a Chinese soup spoon.

Han Jie 汉街 or Han Street is a pedestrian street with hundreds of food stands, some of the dishes described above are available but also many common dishes that you will find elsewhere in China. One unique item that the vendor said she was the only one making her specialty, was an "Egg Hamburger" 蛋汉堡包 "Dan Han Bao Bao". It is made with a flour base, an egg, pork filling and makes a great meal for just 5rmb.

Places to See

Wuhan is blessed with several lakes and the largest is Dong Hu or East Lake 东湖 the largest lake within any city in China, it is 7

IN THE SPRINGTIME, THE LAKE IS SURROUNDED BY PLUM BLOSSOMS AND CHERRY BLOSSOMS AND THERE ARE SEVERAL GARDENS AROUND THE LAKE, SO IF YOU ARE A FLOWER LOVER, CONSIDER VISITING WUHAN IN THE SPRING AND SUMMER.

times larger than the famous West Lake 西湖 in Hangzhou. In the springtime, the lake is surrounded by Plum Blossoms and Cherry Blossoms and there are several gardens around the lake, so if you are a flower lover, consider visiting Wuhan in the spring and summer. The other prominent flower are the lotus flowers in the lake and many Wuhan dishes will feature the lotus root, 莲藕 "Lian Ou".

The Hubei Provincial Museum is considered one of the best in China; it is very spacious and features many bronze artifacts. The most famous relics are from the tomb of the Marquis Yi "Zeng Hou Yi" 曾侯乙 who lived in the 5th century BC. It's amazing that his tomb was only discovered in 1977 and the condition of the displayed articles is excellent and quite complete. However, there is very little English used in descriptions and the audio tour is only in Chinese, so make sure you read up on your history before your visit. The good thing is, like most Museums in China, they are free but you must bring your identification like your passport.

There are several river cruises from Wuhan, the most popular is the Three Gorges tour 三峡 "San Xia" and to the city of Chongqing. Due to the number of waterways in Wuhan, there are several bridges and a tunnel under the waterways. The first bridge is the Wuhan Yangtze Great Bridge, 武汉长江大桥 "Wuhan Chang Jiang Da Qiao"

it is also appropriately called, "The First Bridge" 第一桥 "Di Yi Qiao". It was completed in 1957 and amazing that 60 years ago, the design and construction of this bridge has withstood the wear and tear and remains an important transportation feature with 4 lanes of vehicle traffic on top and 2 railway lines below.



Han Jie

Conclusion

There are several direct nonstop flights from Tianjin to Wuhan, it's only a short 2 hour flight and the other option is a 6 hour high speed train ride which will allow you to see the countryside on the way. Sometimes the train ride is more relaxing and when you take into account the extra time required for security check in and the airports are a longer distance than the city train stations; trains are an alternative.



Dong Hu



The Yangze River



Hot and dry noodles

发现武汉的美

武汉，中国中西部最大城市，人口超过 1000 万。世界第三大河流长江及其最大支流汉江横贯市境中央，将武汉中心城区一分为三，形成武昌、汉口、汉阳三镇隔江鼎立的格局。整个城市有超过 3500 年的历史，它的闻名和现代常被人称以中国的芝加哥。

武汉自古以来就是中国重要的军事要地。1911 年 10 月，清宣统三年，辛亥革命首义于武昌，宣布脱离清朝，成立中华民国，建立中华民国军政府，武汉成为革命中心。19 世纪末，湖广总督张之洞调任至湖南湖北。在他的领导下，武汉取得了巨大的发展，他以华文为本，西学为用作为指导方针，将武汉推向了现代化的新高度。

武汉菜秉承湖北菜系风格，汇聚东西南北精华，菜品丰富多样，又自成特色，是著名的“美食之都”。最出名的小吃当属热干面，它是中国十大面条之一，也是武汉人过早的首选小吃。面窝，武汉另一特色小吃，通常也只在早餐时间提供。因四周厚而中间薄得干脆成了一个洞，呈凹状，故而得名“面窝”，创始于清光绪年间。

汉街是中国最具建筑特色的城市商业步行街，它将极具时尚元素的现代建筑和欧式建筑穿插在民国风格建筑中，实现传统与现代的完美融合。

来了武汉你就不得不去它著名的东湖景区逛一逛。东湖因位于湖北省武汉市武昌东部，故此得名，它是中国水域面积最为广阔的城中湖之一，水域面积达 33 平方公里，是杭州西湖的六倍。每到春天，湖的四周就被樱花所包围，景色甚好看。

武汉长江大桥位于湖北省武汉市武昌区蛇山和汉阳龟山之间，是万里长江上的第一座大桥，也是新中国成立后在长江上修建的第一座公铁两用桥，被称为“万里长江第一桥”。时间充裕的游客，一定要去看看它的宏伟壮观。

从天津到武汉有多条直达航班，航程只有两个小时，或者你可以选择乘坐 6 个小时的高铁。当你考虑到复杂的安检，以及远郊的飞机场，你就会觉得其实有时候火车要比飞机来的更容易些。来武汉看一看，你一定会迷恋上这座“早尝户部巷，夜吃吉庆街”的楚文化发祥地。



Wanda Vista Tianjin Launches Chinese New Year Reunion Dinner Set Menu

From intimate to extravagant, Wanda Vista Tianjin is pleased to offer a Year of the Dog celebration that perfectly-tailored at ZHEN Chinese Restaurant. ZHEN brings the essence of Chinese cuisine by various compelling Spring Festival set menus including classic delicacies with innovative culinary explorations like Braised Pork Feet with Shenqi, Stewed Duck in Spring Water, Pan-fried Beef with Foie Gras, Steamed Abalone with Minced Garlic, Boiled Baby Cabbage with Black Truffle in Chicken Soup, Pan-fried Rice Cake, Hand-made Dumplings and more. The value packed Chinese New Year Reunion Dinner is from RMB 3,288 net per table for 10 pax. Valid from 15 February to 23 February, 2018.

For inquiry or reservation, please contact the hotel at +86-022-2462 6888



Southeast Asian Cuisine Festival at Courtyard by Marriott Tianjin Hongqiao

To treat more foodies, Courtyard by Marriott Tianjin Hongqiao will make Pavilion the great place to explore Southeast Asian cuisine from January 15 to February 11, 2018.

As known, Southeast Asia is home to an incredibly rich food history. Salad bar, black pepper shrimp, satay meat & seafood and Thai curry will be top reasons for dining at Pavilion next month.

You're warmly welcomed to call 022-58988188 for reservation on Southeast Asian dinner buffet, pricing at RMB218 net/pax.



Complimentary Drink

Scan two-dimension code to follow Nikko Tianjin on WeChat in Spectrum all Day Dining can get one cup of complimentary coffee or Juice.

Promotion valid to March 31, 2018

Hotel Nikko Tianjin reserves the final right explanation

Reservation: 8319-8888 Ext. 3570

Venue: 7F Spectrum, Hotel Nikko Tianjin



Find TGI Fridays' Preferential Activities on APPs

1. Customers will enjoy a RMB 15 yuan discount when they spend RMB 100 yuan and pay using DaZhongDianPingNetwork.
2. MeiTuan, DaZhongDianPing Network are two websites recently launched: Check them out for a RMB 100 yuan valued voucher for only RMB 85 yuan.
3. MeiTuan, DaZhongDianPing Network also offer: A set meal for ten people for only RMB 998 yuan - this is limited to 30 sets.

TEDA International Club Tianjin, 7+2 Fu Kang Lu, Nankai. Tel: 5869 5555



Renaissance Gift Box For Chinese New Year

With the traditional recipe and authentic flavor, Renaissance Tianjin Lakeview Hotel presents varieties of gift box for your year-end gathering. Let the delicacy make your holiday even sweeter!

- *Chinese Pastry Gift Box RMB198/box (4kg)
- *Ru Yi Poon Choi Gift Box RMB 1188/box (4-6 persons)
- *Ji Xiang Poon Choi Gift Box RMB 2188/box (8-10 persons)

Valid until: 2018.02.15

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



Theme Nights

HAPPY HOURS, 5pm to 12 midnight every Sundays to Tuesdays — FLAIR invites you for a relaxing Happy Hour session. When you purchase a glass of any selected whiskey, get one complimentary extra glass; when you purchase a whole bottle of any selected whiskey, you can enjoy 20% savings. GENTLEMEN'S NIGHT, 5pm to 12 midnight every Wednesdays — Gentlemen can buy one glass of malt whiskey and get a complimentary glass of malt whisky.

LADIES' NIGHT, 5pm to 12 midnight every Thursdays — Ladies can enjoy themed cocktails at RMB55+* per glass.

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

Tel: 86-22-5857-8888

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

Smurfs Christmas Tree Lighting Charity Night of Pan Pacific Tianjin

Pan Pacific Tianjin Christmas Tree Lighting Night was held on November 30, 2017. Over 100 participants, from business partners, in-house guests, media specialists, and Hotel Associates, gathered at the Hotel Lobby for this special festive event.

Hotel has the honor to invite Tianjin Dolphin Children Hearing Disabled organization, to celebrate this special event with us and guests. After the lighting ceremony, Mr. Allan Wong, General Manager of the hotel, on behalf of all staffs of Pan Pacific Tianjin donated RMB10,000 to "Tianjin Dolphin Children Hearing-Impaired chorus" to express the Hotel's good wishes to the children.



Christmas Lighting Ceremony at Renaissance Tianjin Lakeview Hotel

Renaissance Tianjin Lakeview Hotel Christmas Tree Lighting Ceremony has been held on 24 November 2017, more than 200 loyalty guests and partners gathering together to welcome the expected holiday season.

The event began with the melodious Christmas harmony from the Choir of Tianjin International School. With the applause from the crowd, Mr. Hugo Zhang, the General Manager of Renaissance Tianjin Lakeview Hotel and The Lakeview-Tianjin Marriott Executive Apartment gave a welcome speech and festival greetings.

With the counting down by Mr. Hugo Zhang, our Christmas tree has been lighted up and countless balloons float down at the same time.



Riverview Place Celebrated Christmas on Ice

On December 24, Riverview Place held an Ice-dancing theme Christmas Party at the ice rink on L3 of the mall. The celebration started with an ice hockey show, which was followed by a children's choir singing Christmas songs. The atmosphere was ignited by a DJ who started an electro party. To the heartening beat, people put on their skating boots and danced on the ice rink. The year-end sale was also going on that made Christmas a crazy shopping season.



Christmas Lighting Ceremony @ Tangla

Tangla Hotel Tianjin Christmas Lighting Ceremony has been held on 6 December 2017, loyalty guests, partners, media and the children who suffered biliary atresia gathering together to welcome the expected holiday season. And the representative of the "Wings of Care Compassion Homeland" awarded the "Love Ambassador" award to the hotel.

Under the guidance of the General Manager, all the guests count down together, and brightening the 4 meters Christmas tree along with season's joy and blessings.



Adventure Ice Forest at Xiannong Courtyard

A winter themed decoration was put up at the square of Xiannong Courtyard recently. The 5m tall decoration was featured with several ginkgo trees that reflected different lights at night. A forest queen's chair was among the trees and a shining crown attached to it was so beautiful that many people came to take picture with it.



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**
 Offers buffets with open kitchen.
 1F, Renaissance Tianjin Lakeview Hotel,
 16 Binshui Road, Hexi
 河西区滨水道16号万丽天津宾馆1层
 Tel: 5822 3388
 Hrs: 06:00am-10:30am
 11:30am-14:00pm 17:30pm-22:00pm

Pacifica--All-day Dining

帕西菲嘉西餐厅
 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

Promenade Italian Restaurant

河岸意大利餐厅 **¥200 P E**
 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

Pomorodo

小番茄
 Traditional Italian food, featuring salads,
 pizzas and pastas. Reasonable price for a
 high quality.
 Add: 1F, International Mall, Nanjing Lu,
 Heping District
 和平区南京路国际商场1层
 Tel: 23460756
 Hours: 11:00-23:00

El Flamenco Restaurant & Bar

弗拉门戈西班牙餐厅
 44-46, Ziyou Dao, The Italian Street,
 Hebei District
 天津市和平区意式风情区自由道44-46
 Tel: 022-86286811
 ¥: 175RMB
 Hours: 11:00-02:00

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

Tube Station

站点披萨
 Add: 1F-19-20, Heping Joy City, 189
 Nanjing Lu, Heping
 南京路189号和平大悦城1F-19-20号
 Tel: 022-23320661
 ¥: RMB 90

TGI FRIDAYS

星期五餐厅 **P E**
 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

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
 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**
 Good sausages, awesome pork knuckle
 and nice beers.
 1F, BLKS, 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: 11:0am-24:00pm

PAULANER Tianjin

普拉纳啤酒坊
 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

La Sala Lobby Lounge

四季·大堂酒廊
 Cozy yet energetic lobby lounge for a
 quick bite or cocktail.
 2/F, Four Seasons Hotel Tianjin, 138
 Chifeng Road, Heping District, Tianjin
 和平区赤峰道138号天津四季酒店2层
 Tel: 022-2716 6261
 Hours: 11:30am~14:00pm
 17:30pm~22:30pm



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

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

150RMB/person
 The Monthly WINE Tasting Party
 Is Waiting For You To Join!
 the 3rd Wednesday
 of every month

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**
 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

粤园泰餐厅 ★ **¥ 100 P E**
 Xiannong Courtyard, No.1, Hunan Lu,
 Heping District, Tianjin
 天津市和平区五大道先农大院
 湖南路1号粤园餐厅
 TEL : 58352835 / 185-2225-5354 (En)
 Hrs: 11:00-24:00
 If need be, we have a designated driver
 to take you to your next destination.
 Happy hour: Monday~Sunday,
 2:00pm~6:00pm, YY craft beers, Buy 1
 get 1 free(for 1 person)

[Chinese 中餐厅]

Tianjin Downtown

Shang Palace

香宫
 Specializes in authentic Cantonese
 cuisine and local specialties, Dim Sum
 and Peking Duck
 1F, Shangri-La Hotel, Tianjin, No. 328
 Haihe East Road, Hedong
 河东区海河东路328号天津香格里拉大酒店1层
 Tel: 8418 8111
 Hrs: 10:30 to 14:30
 17:30 to 22:00

Din Tai Fung

鼎泰丰 ★ **¥ 150 P E**
 Steamed Bread made of choice ingredients
 are the main attraction. The Special desserts,
 steamed glutinous rice pudding and
 almond togu, will melt in your mouth.
 18 Binshui Dao, Hexi.
 河西区滨水道18号(滨水道与紫金山路交口)
 Tel: 2813 8138 Ext 8001
 Hrs: 11:00am-14:30pm/17:00pm-21:30pm

Tian Tai Xuan

天泰轩
 Savor dishes from the renowned
 Cantonese tradition in concert with
 innovative creations exploring seasonal
 local ingredients, together forming a
 culinary experience which is not only
 extraordinary but quite possibly the
 most unique in the entire world.
 The Ritz-Carlton, Tianjin, 1st and 2nd
 floor, No. 167 Dagubei Road, Heping
 和平区大沽北路167号
 天津丽思卡尔顿酒店一楼和二楼
 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**FLO**

福楼 ★ ¥350 P E

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.
No.37 Guangfu Road, Italy Style Town,
Hebei
河北区意大利风情区光复道37号
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

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]

Kawa Sushi Lounge

洲·寿司酒廊

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

Fuku Sushi

福寿司

Add: 167 Shanxi Lu, Heping District
(at the crossing of Shanxi Lu and Yingkou Dao)
和平区山西路167号
(山西路与营口道交口)
Tel: 022-8321-9509
186-2229-6209
182-0225-5286(Mr. Maeda)
Hours: 17:00-23:30 (L.O.)

■ Wine 红酒

Tianjin Downtown**Montrose Wine House**

名特公司进口葡萄酒

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

Chantal (Tianjin) International Co.Ltd

香达(天津)国际贸易有限公司

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



■ BAR

Tianjin Downtown**WE Brewery**

卫酿酒庄 ★ E

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

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

1F, St. Regis Tianjin, No.158 Zhang Zi
Zhong Road, Heping (Next to Jin Tower,
the opposite side of Ha Mi Road)
和平区张自忠路158号
津塔旁, 哈密道正对面,
天津瑞吉金融街酒店一层
Tel: 5830 9958
Hrs: 10:00am-01:00am

Lobby lounge

大堂酒廊

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

1F, Shangri-La Hotel, Tianjin, No. 328
Haihe East Road, Hedong
河东区海河东路328号
天津香格里拉大酒店1层
Tel: 8418 8111
Hrs: 09:00 to midnigh

O'Hara's-authentic British lounge

海维尔酒吧 - 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

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

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

G吧

Hand-crafted cocktails, craft beers and
whiskies in a sleek, sexy ambience.

9/F, Four Seasons Hotel Tianjin, 138
Chifeng Road, Heping District, Tianjin
和平区赤峰道138号
天津四季酒店9层
Tel: +86 22 2716 6264
Hours: 18:00pm~01:00am

■ SHOPPING

Tianjin Downtown**Riverside 66**

天津恒隆广场

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

66 Xingan Lu, Heping District
和平区兴安路66号

Galaxy Mall

银河国际购物中心

Featuring the most famous luxury brands in
the world.

No.9, Le Yuan Road, Hexi
河西区乐园道9号
Tel: 8388 9577
Fax: 8388 9733
Web: www.galaxy-mall.com.cn
Hrs: 10:00-22:00

Mighty Source

美琪·源

B1-13, ITC Mall, 39 Nanjing Road, Hexi
District
天津市河西区南京路39号
天津国贸购物中心B1-13
Tel: 022-59006108

Joy city

南开大悦城

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

和平大悦城

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

Riverview Place

天津嘉里中心嘉里汇

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

■ HOTEL

[Hotel 酒店]

Tianjin Downtown**The Westin Tianjin**

天津君隆威斯汀酒店

No.101, Nanjing Road, Heping District
和平区南京路101号
Tel: 2389 0088
Fax: 2389 0099
Website: westin.com/Tianjin

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

SHOPPING 购物

BAR 酒吧

RESTAURANT 餐厅

WINE 红酒

COFFEE 咖啡

Wanda Vista Tianjin

天津万达文华酒店
No.486, Ba Hao Lu, Da Zhi Gu, Hedong
河东区大直沽八号路486号
Tel: 2462 6888

Hyatt Regency Tianjin East

天津东凯悦酒店
126 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

The Ritz-Carlton, Tianjin

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

Sheraton Tianjin Hotel

天津喜来登大酒店
Zi Jin Shan Lu, Hexi District
河西区紫金山路
Tel: 2731 3388

Shangri-La Hotel Tianjin

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

Renaissance Tianjin Lakeview Hotel

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

Pan Pacific Tianjin

天津泛太平洋大酒店
Address: 1 Zhang ZiZhong Road,
Hongqiao District Tianjin, China 300091
天津市红桥区张自忠路1号
Telephone: +86 22 5863 8888
Email: info.pptsn@panpacific.com
Website: www.panpacific.com

Banyan Tree Tianjin Riverside

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

Crowne Plaza Tianjin Meijiangan

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

TEDA International Club Tianjin

泰达国际会馆
7+2 Fu Kang Lu, Nankai.
南开区复康路7号增2号
Tel: 5869 5555 Fax: 2300 5656

Holiday Inn Tianjin Aqua City

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

The St. Regis Tianjin

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

Tangla Tianjin

天津中心唐拉雅秀酒店
No. 219, Nanjing Road, Heping
和平区南京路219号
Tel: 2321 5888

Clarion Tianjin Hotel

天津滨江凯隆酒店
105 Jian She Lu, Heping.
和平区建设路105号
Tel: 2302 6888
Fax: 2302 8530

Hotel Indigo Tianjin Haihe

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

Hotel Nikko Tianjin

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

The Astor Hotel, A Luxury Collection Hotel, Tianjin

天津利顺德大饭店豪华精选酒店
33 Taier Zhuang Road, Heping
和平区台儿庄路33号
Tel: 5852 6888
Web: www.luxurycollection.com/astor

Radisson Tianjin

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

Four Seasons Hotel Tianjin

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

Saixiang Hotel

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

Holiday Inn Tianjin Riverside

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

Shan Yi Li Boutique Hotel

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

Friendship Hotel Tianjin

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

Zaia Spa & Hotel

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

Geneva Grand Hotel

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

Courtyard by Marriott Tianjin Hongqiao

天津陆家嘴万怡酒店
地址: 天津市红桥区北马路166号
Address: No. 166 Beima Road, Hongqiao
District, Tianjin, 300120, China
Tel: 022-58985555

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 Golden Metropolitan Polo Club

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

Jixian Marriott Hotel

京蓟圣光万豪酒店
No 6 Fenghuangshan Road, Jizhou
district, Tianjin
蓟州区渔阳镇凤凰山路6号
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
和平区南京路75号
Tel: 2330 6666

Somerset Olympic Tower Tianjin

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

Shangri-La Hotel, Tianjin Full-serviced Apartment

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

Fraser Place Tianjin

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

**Just Living by Savills**

天津尚型服务式公寓
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

Ascott TEDA MSD Tianjin

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

Teda, Tianjin - Marriott Executive Apartments

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

SCHOOL

Tianjin Downtown



Tianjin International School

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

Tianjin Translation College

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



International School of Tianjin

天津经济技术开发区国际学校天津分校
Only international school in Tianjin fully
authorized by the IBO to teach all three
IB programs (PYP, MYP and DP) from
age 3-18.

Weishan Nan Lu, Jinnan District, Tianjin
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

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)

Hopeland International Kindergarten

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

Hopeland International Kindergarten

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

Tianjin Golden Collar Translation Center

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

TEDA & Tanggu



TEDA International School

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

MEDICAL FACILITY

Tianjin Downtown

Tianjin United Family Hospital (TJU)

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

ARRAIL International Dental Clinic

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

Raffles Medical - Tianjin

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

Raffles Medical - TEDA

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

Diamond Dental

德倍尔口腔
433 ShengLi Road
胜利路433号
Tel: 022-24462070

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.europeanchamber.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

墨尔本市天津代表处
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1门607
Tel: 2313 7919 / 136 821 90233
Hrs: 10:00-02:00

CHURCH

Tianjin Downtown

Tianjin International Fellowship

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

St. Joseph's Cathedral

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

TEDA & 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
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Roll up your sleeves

ROLL UP YOUR SLEEVES... by Carmen King

Slogans are nothing new. Words have power and they have been used to educate, motivate and reprove for millennia. The "Big 19" lived up to its name, and made a big impact on a lot of people's lives and minds. Expats in China, especially those in or near the nation's capital of Beijing knew something big was going on, even if nobody said a word. The weeks leading up to, during and after the "Big 19" were earmarked with massive increases in security. Be it tighter screenings before boarding public transportation or simply on-street, visible police presence, evidence the "Big 19" was a big deal to the Communist Party was obvious.

As the Chinese article this month helped us to understand, the "Big 19" (十九大 shíjiǔ dà) is a compact colloquial way of referring to the 19th National Congress of the Communist Party of China (中国共产党第十九次全国代表大会 zhōngguó gòngchǎndǎng dì shíjiǔ cì quánquó

dàibǎo dàhuì) which according to Wikipedia was held between October 18-24, 2017. Few if any expats can fluently get out the full name by rote. Chinese locals love linguistic efficiencies. For the ease of all the "Big 19" (十九大 shíjiǔ dà) is by far the easiest way to refer to it. Part of the "Big 19" pomp and show was to release catchy new slogans for public consumption. These phrases have popped up all over town. From billboards, posters, to electronic signs over highways, the "Big 19" phrases are everywhere. The ideology embodied by one of the phrases might resonate not just with locals, but with expats too: "roll up your sleeves and keep working" (撸起袖子加油干 lǔ qǐ xiùzi jiāyóu gàn). Of course, from the Communist Party of China's (CPC) perspective, perhaps they hope this slogan will encourage Chinese citizens to roll up their sleeves and keep working hard at achieving communism. From an expats perspective, the mental attitude necessary to achieve such a goal may be

FROM AN EXPATS PERSPECTIVE, THE MENTAL ATTITUDE NECESSARY TO ACHIEVE SUCH A GOAL MAY BE EXACTLY THE SHOT IN THE ARM NEEDED TO NOT GIVE UP.

exactly the shot in the arm needed to not give up.

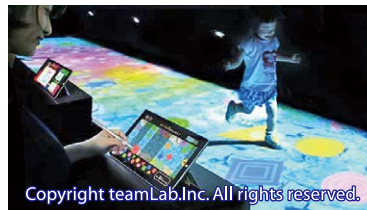
Life abroad isn't easy. It is rife with trials and tribulation. This is especially true for anyone living in a country other than the one they were born in. Unless they are an orphan, simply being so far away from friends and family can be torture. Add to this, a totally different language and culture, combined with laws and policies that were written without them primarily in mind, and the going gets tough. This might remind expats of another slogan which picked up steam and even became a hit song in the 1980's: "When the Going Gets Tough, the Tough Get Going." There is no denying life in this world is hard. Everyone can use encouragement. The next time you see the "Big 19" phrase: "roll up your sleeves and keep working" (撸起袖子加油干 lǔ qǐ xiùzi jiāyóu gàn) somewhere, take it as a pat on the back for making it this far and a cheer from the sideline telling you to keep working at the goal you've set, and don't give up until the you hear "well done."

撸起袖子加油干!

在中国，我们在大街小巷都能看到各种各样的宣传标语。“十九大”过后，又有一些新的标语和宣传海报张贴出来。对于外国人来说，每天目之所及的这些标语到底是什么意思呢？

关于本届“十九大”的关键词，我们已经在本期杂志的中文栏目里介绍过了。我想挑出众多标语中让我最有认同感的一句，那就是“撸起袖子加油干”。无论我们的终极目标是什么，我们都应该保持这样一种昂扬的斗志，怀着坚持不懈的精神努力去实现目标。

我们生活在异国他乡并不容易，生活中充满未知和挑战，要战胜语言与文化的障碍，实现目标需要付出更多。这句话就像是拍在背上的一只温暖大手，对我们获得的成就表示肯定，同时鼓励我们继续前行。



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[About teamLab] >>>

teamLab (f. 2001) is art collective, an interdisciplinary group of ultratechnologists whose collaborative practice seeks to navigate the confluence of art, science, technology, design and the natural world. Various specialists such as artists, programmers, engineers, CG animators, mathematicians and architects form teamLab.

While Learn & Play! teamLab Future Park has already welcomed 8 million visitors globally, teamLab has been the subject of numerous art exhibitions at venues worldwide as well, including teamLab Dance! Art Exhibition and Learn and Play! teamLab Future Park which has welcomed over 470,000 visitors; Expo Milano 2015 Japan Pavilion, Milan; Saatchi Gallery, London; Maison&Objet, Paris; the National Taiwan Museum of Fine Arts, Taichung; DMM.PLANETS Art by teamLab which recorded 5-hour queue; teamLab: Living Digital Space and Future Parks, Silicon Valley; ArtScience Museum, Singapore; among others.



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