



TIANJIN

A CITY FOR ITS TIME

老外见证天津的巨变

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A Shared Vision For A Better Environment **P22**

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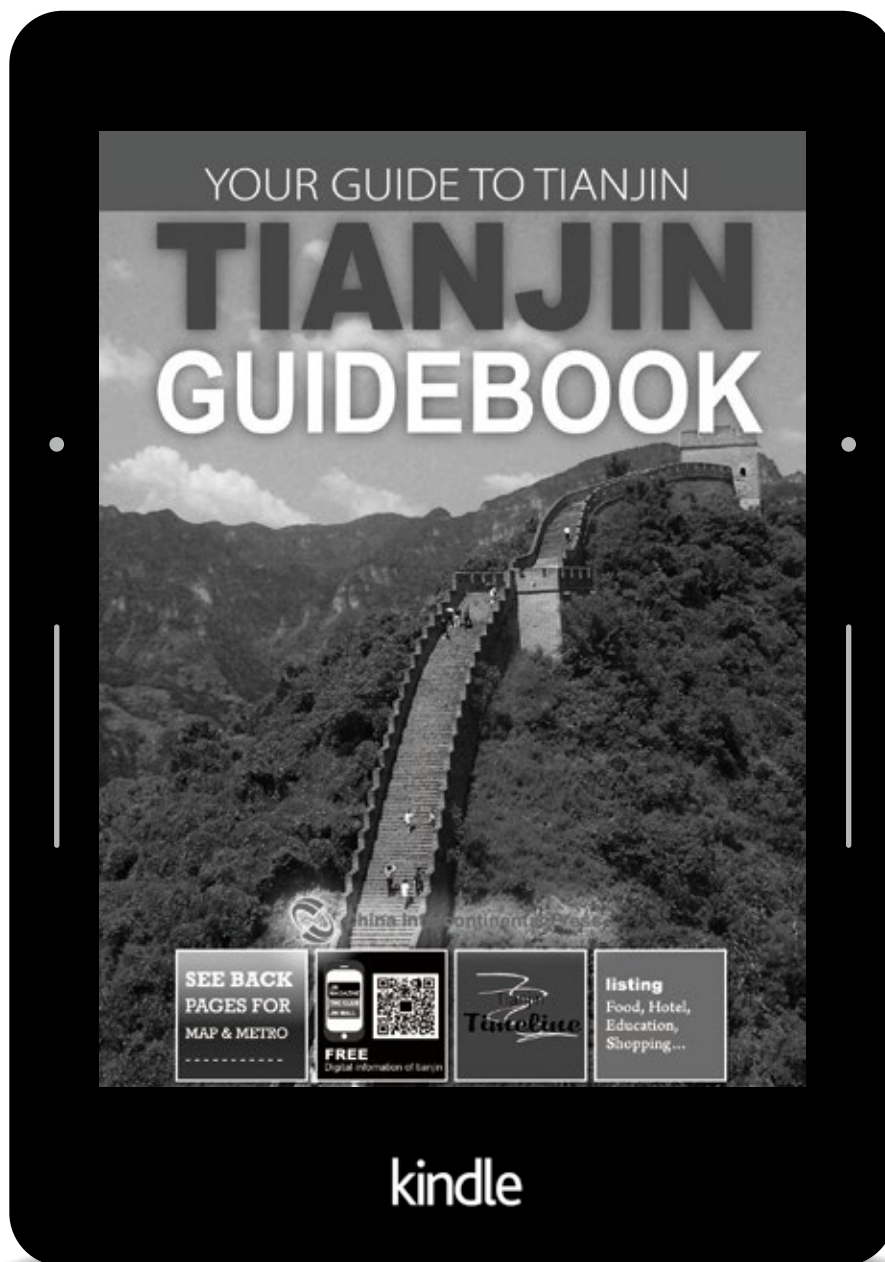
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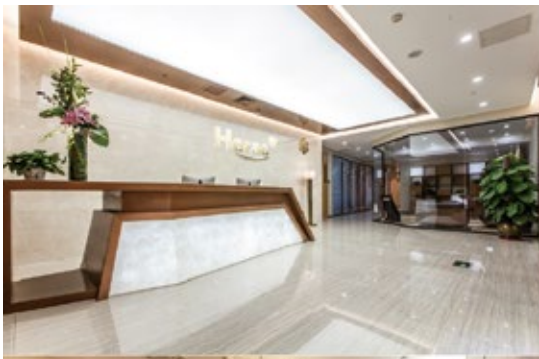
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5000

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(17,000 left in the world)

Only 50 remain in China

1970s

1990s

2012

(Year)





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Encountering Grandmas In the Park
听中国大妈说



Jing-Jin Clash and Boom
从京津德比看中国足球



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飞怒症不可取



Offshore oil worker
海上石油工

LIFESTYLE

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July 8

Tianjin Grand Theatre 天津大剧院

Piano Recital: Daniel Lehardt

未来大师之一—英国钢琴家丹尼尔·雷博赫德独奏音乐会

演出: 丹尼尔·雷博赫德
Time: 19:30

Hungarian pianist Daniel Lehardt has impressed audiences and critics alike with his thoughtful interpretations and outstanding virtuosity. Mr. Lehardt won First Prize at the 2014 Young Concert Artists Auditions in Paris, and then won YCA's International Auditions in New York, where he was also awarded the Paul A. Fish Memorial Prize and four concert prizes. Among his many other accolades, Mr. Lehardt won First Prize at the Russian Music International Piano Competition in California, First Prize at the Citta di Gorizia International Piano Competition in Italy, First Prize at the Kosice International Piano Competition in Slovakia, and First Prize at the Carl Filtsch International Piano Competition in Romania. Most recently, he won the Young Classical Artists Trust (YCAT) 2015 Auditions in London and the Most Promising Pianist Prize at the 2016 Sydney International Piano Competition of Australia.



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

July 14

Tianjin Grand Theatre 天津大剧院

Duet Concert: Linda Chatterton and Maja Radovanlija

典雅的对话—美国长笛大师琳达与塞尔维亚吉他大师玛娅二重奏音乐会

演出: 英国国家剧院
Time: 19:30

Linda Chatterton, a Yamaha Performing Artist, she has performed in New York at Carnegie and Alice Tully halls, was a featured recitalist on the Dame Myra Hess series in Chicago, and has been heard throughout the US on National Public Radio's Performance Today. As a concerto soloist, highlights include many performances of the Lukas Foss Renaissance Concerto. She has commissioned, recorded and premiered many new works. The first flutist to win a McKnight Artist Fellowship for Performing Musicians, Linda received a second \$25,000 McKnight grant in the spring of 2008. She has garnered prizes and awards from the Jerome Foundation, the Minnesota State Arts Board and the American Composers Forum.

Maja Radovanlija was born in Belgrade, Serbia. As a child, she won several awards in music school festivals and competitions in former Yugoslavia. As a graduate student at Indiana University, she studied with Ernesto Bitetti. She also had the chance to study early music with lutenist Nigel North, and broaden her repertoire in this direction, as well. Maja won second prize at the Latin-American music competition in 2009 and was included on two compilation CDs in production at the Latin-American Music Center at Indiana University.



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July 15

Tianjin Grand Theatre 天津大剧院

Piano Recital: Marta Menezes

辉煌与热情—葡萄牙钢琴家玛塔·梅内兹独奏音乐会

演出: 玛塔·梅内兹
Time: 19:30

Marta Menezes is one of the most promising Portuguese pianists of her generation. As a soloist, she performed with the Orchestre Régional de Cannes, the Symphony Orchestra from the Lisbon Superior School of Music, the Camerata MusArt, the Camerata Amicis and the Student Orchestra at the Jacobs School of Music, under conductors such as Nicolas Simon, Vasco Azevedo, Gareguin Aratiounian, Carlos Silva and Louis Lohraseb.



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July 1

Tianjin Grand Theatre 天津大剧院

HD projection: Man+Superman

英国国家剧院现场《凡人与超人》高清放映

演出: 英国国家剧院
Time: 15:00

ADD: Culture Center, Pingjiang Dao, Hexi
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July 2

Tianjin Grand Theatre 天津大剧院

Duet Concert

未来大师之一—大提琴家佩佐夫与钢琴家厄尔曼二重奏音乐会

演出: 佩佐夫、厄尔曼
Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi
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Tel: 83882000

July 15

Tianjin Grand Theatre 天津大剧院

Drama: 2666

法国如果你能舔舔我的心剧团戏剧作品《2666》(中国首演)

演出: 罗赛·罗森博依姆
Time: 12:00

ADD: Culture Center, Pingjiang Dao, Hexi
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Tel: 83882000

July 14

Western Shore Art Salon 西岸艺术馆

Li Ziqian Piano Recital

琴键狂想曲—李梓仟钢琴独奏音乐会

Time: 19:30

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

July 23

Western Shore Art Salon 西岸艺术馆

The 4th Haydn Piano Concert

童真黑白键—第四届海顿钢琴音乐会

Time: 19:30

ADD: No.3 Youyi Bei Lu, Hexi
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July 7

Movie: Despicable Me 3 (2017)

Release Date: 7 July 2017 (China)
Genres: Animation, Action, Adventure
Director: Kyle Balda, Pierre Coffin
Stars: Jenny Slate, Kristen Wiig, Steve Carell

Gru meets his long-lost charming, cheerful, and more successful twin brother Dru who wants to team up with him for one last criminal heist.



July

Movie: Manchester by the Sea

Release Date: July 2017 (China)
Genres: Drama
Director: Kenneth Lonergan
Stars: Casey Affleck, Michelle Williams, Kyle Chandler

A depressed uncle is asked to take care of his teenage nephew after the boy's father dies.



July

Movie: Aftermath (2017)

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

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



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Tianjin First 5-star Teahouse Officially Launched

天津首家五星级茶馆挂牌

After a review by the relevant state departments and experts, Tianjin's first five-star teahouse—Qing Ming Ya Xuan Zen Living Center, was added to the list on May 28. Additional tea houses in Tianjin have also expressed their intention to apply for star rating, which will help to promote the teahouse star rating system in the future.

经过国家有关部门和专家评审, 本市首家五星级茶馆——清茗雅轩禅意生活馆于5月28日挂牌。此外, 天津还有很多茶馆已经表达了申请星级评定的意向, 未来将推动天津茶馆的星级评审。

Tianjin's First Rowing And Canoeing Base Put Into Use

天津第一个赛艇皮划艇基地投用

With Tianjin's first rowing and canoeing base built and put into use, it provides possibilities for Tianjin citizens to not only watch professional competitions, but also enjoy the canoeing sports at home in the future. It is reported that the base can reach eastward to the East Outer Ring Road, XueLianNanLu to the west, HaiHeDongLu to the north, and Haihe to the south. The base also includes ancillary rooms for rowing and canoeing, outdoor bleachers, starting towers, sectional kiosks, piers and other facilities.

随着天津首个赛艇皮划艇基地建成投入使用, 今后, 市民们不仅在这里可以看专业比赛, 基地开放后还可以在家门口就能体验皮划艇运动。据悉, 该基地东至外环东路, 西至雪莲南路, 北至海河东路, 南至海河, 包括赛艇、皮划艇项目附属用房、室外看台、起点塔、分段计时亭、码头等比赛设施。

The discovery of modern military facilities in Tianjin eco city

中新天津生态城发现近现代军事设施

Recently, a construction unit at the Tianjin eco city found suspected cultural relics. On June 2, the Binhai security staff rushed to the scene and did an investigation, upon preliminary confirmation, the building was a naval fortification built in the 1960s. The security of Binhai New Area will carry out cultural relics identification work as soon as possible.

近日, 中新天津生态城某施工单位在施工过程中发现疑似文物建筑。6月2日, 滨海新区文保所工作人员赶赴现场进行勘察, 经初步确认, 该建筑为上世纪六十年代修建的海防军事工事。滨海新区文保所将尽快开展不可移动文物认定工作。

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

10 Large Stadiums in Tianjin Opened Free or Low Charge to the Public

天津10家大型体育馆已免费或低收费对市民开放

Recently, about 10 large stadiums in Tianjin declared that they will open for free or charge a minimal price for the public. The involved stadiums include Olympic Center Stadium, Dongli Stadium, Tanggu Stadium and others. Related information can be found in the official website of Tianjin's Sports Bureau, or citizens can inquire and download directly.

目前, 本市奥林匹克中心体育场、东丽体育馆、塘沽体育馆等10家大型体育场已免费或低收费对市民开放, 相关信息在市体育局官方网站进行长期公示, 可直接进行查询和下载。

YingkouDao station will be reconstructed from June 19th

地铁营口道站6月19日起施工改造

In order to improve the passenger flow for YingkouDao Station, and ensure the safety of passenger travel, according to relevant departments of the city, metro operators will create a more convenient new YingkouDao Station. YingkouDao station will undergo remodeling starting on June 19th. Metro line 1 will stop and operate normally, but metro line 3 for the time being won't stop at this station. The exit B3 will close during the period. Passengers are allowed to exit only but no entry is allowed from the exit B1. It is expected to be completed by mid August.

为缓解地铁营口道站客流压力, 保障乘客出行安全, 根据市有关部门批复意见, 地铁运营公司将打造更加便民的“新营口道站”。地铁营口道站6月19日起施工改造, 1号线列车正常停站, 3号线列车越站通过。B3口(近和平大悦城)关闭, B1口(近号外时尚馆)只出不进。预计8月中旬改造完成。

The Haihe River Cruise Line Yang Liu Qing Kicks Off

2017海河杨柳青一日游复航

The Haihe River Cruise Line Yang Liu Qing was kicked off on June 11. According to officials, after the resumption, passengers can take the cruise to Yang Liu Qing by passing through the line of Haihe- "SanChaHeKou" the birthplace of Tianjin-North Canal of The Beijing-Hangzhou Grand Canal-ZiYa River. The route is about 20 kilometers long, and in the short 1.5 hours of sailing, passengers can enjoy the Tianjin West Railway Station, Pingjin Battle Memorial Hall, and enjoy the natural scenery on both sides. The trip departs every Sunday, DaBeiChanYuan Pier starts at 9:30, and the ancient culture street pier starts at 9:40. Tickets need to be booked in advance as the maximum capacity is 60 people. For more information, please consult 58306789.

6月11日, 2017海河杨柳青游船一日游线路全面复航。据介绍, 复航后游客乘船经海河、天津的发祥地“三岔河口”、京杭大运河北运河段后驶入子牙河直至杨柳青。游船航线约20公里, 时长约1.5小时, 行船过程中可领略天津西站、平津战役纪念馆的宏伟壮观, 并充分欣赏两岸自然田园风光。海河杨柳青一日游观光时间为每周日, 大悲院码头9:30发船、古文化街码头9:40发船, 游客需要提前预定, 限量60人, 咨询电话: 58306789。



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LETTER

FROM THE EDITOR

July is a time when Summer is in full swing. Many people's travel plans are being realized and if you plan to travel within China, Carmen King's article on travel apps is a must read. This month's travel feature is about Lanzhou, and aside from being renown for la mian noodles, this city has a lot to offer its visitors. For American's the month kicks off with 4th of July celebrations, and since there is nothing much more American than hamburgers, check out this month's dining column for an insider's guide to Tianjin's best burgers.

What do you think about Tianjin's skyline? It seems as though many of the projects under development around the city have seen their completion in recent times and things are really coming together. This month's feature article explores some of the changes Tianjin has undergone as a city as well as the past experiences of local expats. It's pretty amazing how different things are today. I'd personally like to thank and give credit to JLL's Tianjin office for providing much of the insight into the current state of local commercial and residential real estate markets.

Finally I'd like to wish all of Jin's readers a wonderful summer. All of the writers and contributors are excited to give all of you the latest information and interesting material to read and enjoy. For the most current info, be sure to add Jin on Wechat.

酷暑的日子我们也迎来了一年一度的暑假时光。如果你有外出计划，但是又对当地情况不太了解，我们建议您不妨参考我们的程序推荐文章。此外，本月的旅行我们来到的是甘肃兰州，这是一座除了拉面以外还能给你更多丰富体验的城市，不要错过。对于美国朋友来说，本月的4号又迎来了一年一度的独立日，而提到美国，我们就不能不说一说它享誉世界的汉堡了，找到我们的餐饮主题，看看天津最好吃的汉堡店铺都有哪些。

你有没有认真的看过天津这座城市？有没有发现最近几年它正在悄悄的发生改变？我们一路走来，虽然见证了这座城市的发展，但鲜少有人把过去和今天放在一起进行对比，来看看我们的主题文章吧，看看你生活的城市是怎样一步步走到今天的宏伟壮观。

最后，祝所有读者朋友7月愉快。还没有关注我们微信的，不要吝惜您的手指，轻轻一按，即刻获悉各类及时信息。

Monica Wang
Editor



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Responsible Institute

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Publisher

Jinwan Media Newspaper Office

Editor-in-Chief

Miao Qiyuan

Assistant Editor-in-Chief

Liu Zheng

Director

Sam Ward

Editors

Monica Wang, Leticia Zhang

Regular Contributors

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

Design

Wang Xiaomin, An Rong

Sales & Advertising

CandyYang, LuHuiqing, Li He

Distribution

Chen Pengyu

Advertising

Tianjin Fenghua Advertising Co., Ltd.

Tianjin Office

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

Tel +86 22 2750 0877

Fax +86 22 2750 9201

Supervision Hotlines +86 22 27500289

+86 22 27509361

E-mail editorial@jinmagazine.com.cn

@jinmagazine

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美编 王晓敬, 安蓉

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电话 +86 22 2750 0877

传真 +86 22 2750 9201

广告销售 杨颖, 陆惠卿, 李鹤

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Mr. Xu Yongge

Tel: +86 22 60336055
13902115987
E-mail: xyg@tjgrlaw.com

Managing Partner of Sino-Credit
Director of Tianjin Human Resources Labor Dispute Mediation Center
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Legal Adviser of Tianjin Human Resources and Social Security Bureau
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天津共融律师事务所
SINO-CREDIT 共赢 互信 圆融

TEL: 022-60336055 / 13902115987

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



The 339m tall Tianjin International Financial Center has become the tallest building in downtown and a new landmark.

TIANJIN, A CITY FOR ITS TIME

By Sam Ward

Introduction

A few years ago I met another expat around the Yingkou Dao area, and he was an older gentleman who at that time had already spent seven or eight years living in Tianjin. Making small conversation I asked him what had changed since he first arrived and his answer was, "This? This?" He extended out his arm at a 45 degree angle and pointed his finger towards the tall building standing above the metropolitan plaza, then to the next tall buildings one right the after the other almost making a half circle and said, "This. None of this was here when I first came to Tianjin."

It's no secret China is changing at an incredible pace. Yet truly understanding this development and putting it into perspective is another matter. For the foreigners living here, this isn't so easy. Part of the reason is because of the typical expat's limited time spent living

in Tianjin. Many simply come and go, and in the short time period don't have a real basis for before and after comparison. For those of you here now though, one way to appreciate our city as it exists today is to understand what it was like before you came.

New to Tianjin

When I was living back in Los Angeles I told a Chinese friend of mine that I would go to Tianjin and study Chinese. Being from Guangzhou and having never been to Tianjin herself, she wasn't able to provide much insight or advice, but noticeably didn't have anything good to say either. Actually she said Tianjin was like a bomb had exploded (ironic yes, but not related to the event in Tanggu) because the city was just a jumbled mess scattered about and thrown together. This also might be a reference to the massive demolitions that have happened around the

city as well. At that time I only knew Tianjin served as the major port in Northern China, but according to other Chinese people, Tianjin was a lackluster city. I chose not to believe it.

Stories Past to Present

My stay in China has now reached almost four and a half years, and although during this time I have witnessed noticeable change, it pales in comparison to what some of the long term expats have seen and experienced. One of my acquaintances has been in Tianjin for over 14 years now and when he first arrived, an expat would have to go to Beijing if they wanted a Snickers candy bar. Fast forward a few years, and expats were privileged to have available a small variety of international food stuffs at the Hyatt Regency Hotel. Today, foreigners have so many options when it comes to buying Western groceries in Tianjin. Aside from D-Mart, Metro or BLT, many

Western items can be easily found in typical Chinese grocery stores as well.

Even though fourteen years ago it was tough to find a Snickers, McDonald's had already been in Tianjin for some time. In the Summer of 1994 McDonald's opened its first Tianjin location with 300 seats. Yet, despite having the golden arches, Tianjin still didn't have a lot to offer in terms of real hangout spots with a more Western type atmosphere for the residing foreigners. For the few backpackers and students in Tianjin during the 90's there was Alibaba, which originally was on Nankai University's campus before the building was torn down and relocated to its current location. As one expat had put it, "Despite it's anonymity, Alibaba's is not just the nucleus, but almost the entirety of Tianjin's expat community." Tucked away in a tough to find location, in an old style building of an old style neighborhood, it's funny but not difficult to imagine Alibaba being the default Western hangout joint in town. Remember, this wasn't even ten years ago.

In the early Summer of 2010, the ground shook in Tianjin when Helen's opened its doors to the large excitement of both the local and expat communities. With menus full of Western food and a great environment for drinking and socializing, Helen's quickly took the pole position and became the preferred place to go. Meanwhile, in Alibaba one could hear a pin drop. The expats enjoyed the new open atmosphere, the music selection, fun vibe, friendly service and budget friendly prices. As for the food in Helens, most people thought it was good enough but not great. However, with no superior alternatives available, most foreigners in Tianjin were just thankful to have something. With Jack Johnson music playing in the background, Helen's in all of it's mediocrity became Tianjin's shining light.

CERTAINLY FOR ANY FOREIGNER JUST ARRIVING TO TIANJIN, IT'S DIFFICULT TO MAKE SENSE OF THE DRIVING PRACTICES AND GENERALLY UNDERSTAND THE CHAOS OF LOCAL TRAFFIC.



NanShi Area where TJ Tex Mex is located across from Joy City in 2007.(photo by ZhangJian).

Texas BBQ in Aocheng had just opened about five years ago, and has since closed its doors more than one year ago. Hank's Sports Bar was said to be a popular place, but I never saw another person there the few times I visited. Even Helen's now is just a shell of what it once was with its menu having been reduced down to just snacks and various locations now closed down. In the last five years, Tianjin has seen multiple foreigner hangout places come and go and that might be a good thing. While some people might appreciate the nostalgia of this recent past, today is something different and the number of venues around Tianjin has not only grown in number, but also grown in quality. Go back much more than three years ago, and many of the places foreigners congregate now were not even in Tianjin yet.

Getting Around

Ten years ago, and the transportation was different too. Subway lines three and two were not even in service yet. The taxis were not the Toyota's of today but were a model of Volkswagon even smaller than the Rabbit. One expat who was here back then recounted, "They were so small, and all of

them had those metal bars between the front and back seats, but they went all the way down to the floor. It was hard to fit yourself in the car let alone your feet. If there were two of you taking the taxi it became even worse because all the taxis had an ashtray hanging from those bars over the passenger area. When you got in and went to scoot over, you would always bang your knees on the ashtray and get your pants dirty."

Today the subway lines are great and continue to grow in size and usability. Taxis generally are pretty clean and comfortable and now apps like Uber and Didi make transportation even easier. The shared bike service improves mobility, and it's not even one year old yet. Compared with just ten years ago, transportation in Tianjin has improved dramatically. This isn't to say Tianjin's traffic has improved or gotten worse, but the changes in both five and ten year increments have been considerable.

Certainly for any foreigner just arriving to Tianjin, it's difficult to make sense of the driving practices and generally understand the chaos of local traffic. To this day there are certain things I see that drive me crazy and one of them was just in front of Nankai



There are always constructions going on in Tianjin.

University on Weijin Lu. There is a foot bridge for pedestrians to cross above Weijin Lu right by Nankai University's East gate, but for some reason people would cross through traffic on the street all the time. The combination of being dangerous for the jay walkers and disruptive for the drivers made the exchange students shake their heads in collective disbelief as they watched cars weave around people casually standing between lanes in the middle of quick moving traffic. Within the last year, many streets have had tall white fence barriers placed in the middle thus preventing people from crossing. The days of jay walkers screwing up the flow of traffic is also now something that might be a thing of the past.

Physical Changes

Ever been to Aocheng? Less than fifteen years ago the entire area south of the water park was completely undeveloped and Aocheng was nothing more than a set of rural fishing ponds. Around ten years ago the road in front of the zoo was just made of dirt and houses weren't being sold because people didn't have a good way to get in and out. Once it was paved over, all the properties were sold in an instant. The development in Tianjin

is nothing short of amazing, and isn't just limited to expanding outward into the suburbs. Already existing areas within the city have seen remarkable amounts of redevelopment as well.

The Southeast corner of Balitai is filled with newly constructed tall buildings. In recent months, shops have started to open and people are moving in now too. Only a few months ago the entire area was dark at night and now lights from about half of the windows illuminate the area. Its neighboring development is still under construction but moving quickly. This whole huge section of Tianjin only a few years ago was the campus of Tianjin Normal University, which has since been relocated further outside of the city. With Nankai University's new campus in Jinnan in full swing, it's only a matter of time before that becomes a new development as well.

This phenomenon of large-scale reconstruction has been a reoccurring theme in Tianjin for some time now. Certainly some students living in Jinnan or the outskirts of the city are not happy about the relocation of campuses to boring suburbs, but the rationale for such city planning is not difficult to

understand and is generally accepted. Yet, the transformation undergone in Tianjin is much more dramatic than these small examples, and huge demolitions throughout different parts of the city have all but erased many remnants of the past.

Just North of Nankai District's Joy City Mall is an area with Tianjin's Drum Tower. Everything inside of what used to be the old city walls there is new. A picture from Google Earth in 2000 shows what this large block of the city used to look like in the year 2000. In 2004 almost everything was completely gone. By 2009 the new construction of tall residential buildings had been completed. With the exception of a couple important temples, everything was completely torn down and rebuilt to its current modern status.

Ancient Culture Street, The area's around Tianjin's train station, across the river and countless other places around the city have undergone similar transformation. Out with the old and in with the new. For the different districts around Tianjin, large money was made for the local governments by bulldozing the old buildings and selling the clean plot of land to developers. Locals had mixed feelings about this process of growth. Yet, people living

in the traditional poor quality housing were generally excited to be given compensation for their old homes and use the money to invest in something more modern and comfortable located outside of the city center in the suburbs. Places like Meijiang sprung up and became wealthy neighborhoods.

One Chinese citizen who moved abroad some time ago has her own thoughts when seeing the pictures of Tianjin's redevelopment.

Looking at those photos brings me back to the 1980s when I was riding my bicycle to visit my grandma. It took me 30 minutes or so to cross the old city via its main road. I can still remember the old hutongs, small shops, and it's people. One interesting thing I want to share with you is the so called "main road" was not wide enough for cars! But it was a way of life for its people. When I close my eyes, I can still remember the sounds of Peking opera and the smell of Jasmine teas. I have to say the past 30 years probably saw the biggest change in China history. Every time I came back to visit my hometown I saw people moving into new apartments, more cars on the road, and people getting better education and health care. But all these really come with huge price tags, the images tell everything. Luckily for me, my childhood memories will stay with me forever.

The Reason for Change

All of this expansion and reconstruction certainly tells a tale about the changes being made around the city, and there is still so much more to it. What drives such dramatic changes to be made? Much of the reason is due to Tianjin being one of four direct controlled municipalities under China's central government. With its strategic location between Beijing and the sea, it's part of China's

YET, THE TRANSFORMATION UNDERGONE IN TIANJIN IS MUCH MORE DRAMATIC THAN THESE SMALL EXAMPLES, AND HUGE DEMOLITIONS THROUGHOUT DIFFERENT PARTS OF THE CITY HAVE ALL BUT ERASED MANY REMNANTS OF THE PAST.



A Google map image of Gulou area in 2004. The same area in 2009 was already covered with new developments.



Nan Shi, in the 10 years ago, and now it has totally different sights. (Photo by Zhang Jian)

efforts to change the population demographics of China and move people from rural areas into big cities and join the labor force. In the big picture, China aims to gradually shift its economy away from being externally driven (manufacturing and export) to being one that is more service oriented and internally driven as well. The shifting population location has been a huge factor in China's infrastructure development.

By the Numbers

Tianjin's population has increased by over five million people in the last ten years, from around 10 million in 2005 to almost 16 million today. As a basis for understanding the significance of five million people, that is about the general population of cities like Sydney, San Francisco, or Munich. GDP in Tianjin has tripled since 2005 and in 2014, Tianjin ranked ahead of both Beijing and Shanghai for highest per capita income for the first time. In 2016, Tianjin's GDP was 1,788,000,000,000 RMB, and that is about 263 billion US dollars. The per capita income in Tianjin has gone from earnings of around 40 thousand RMB annually in 2005 to over 115

thousand RMB in 2016. During the course of the last ten years Tianjin has seen GDP growth rates in the double digits, and in 2009 for example the GDP marked a 16.5% increase over the figure from 2008. Today, partly due to the various projects around the city, Tianjin is still experiencing faster growth than the rest of China. By any measurement, Tianjin's population and economic numbers are nothing short of incredible.

The Price to Pay

All this economic growth in Tianjin hasn't come without its cost, and I'm not talking about losing historic remnants of the past. Today a nice 100 square meter 2-bedroom apartment within the city costs about four million RMB, or about 587,000 US dollars. The real estate market has gone crazy in Tianjin and year over year seems to defy the odds just like other aspects of the local economy. Fortunately this hasn't translated to the cost of rent. While the cost to rent a flat has risen over the years, it certainly isn't unaffordable and still is much less expensive than Beijing or Shanghai. For 3,500 RMB per month, it's not difficult to find very nice quality one and two



Expats in Tianjin have found more venues to hang out.

bedroom apartments, whereas this rate in Beijing can only afford a peasant's quarters.

The little things change too. La Mian used to routinely sell for five kuai and less, but now is 8 kuai in many places. A Jianbing Guozi breakfast just a few years ago was five kuai if you had it made with two eggs, now many places that cost has gone up to seven. Haircut places around town routinely charge around 20-30 kuai, and upscale establishments even more, not long ago it used to average around ten. The bus fares and subway still remain reasonable, and at a base rate starting at only 9 RMB taking a taxi still has a fair cost.

A Beautiful Skyline

It's almost like the city grew tall over night. Only four years ago there was an empty plot of land adjacent to the water park. Today it houses six high rise buildings and when it opens will be a mixed use property for shopping, residential, office spaces, and a hotel. Four years ago and the Modern City Building and Four Seasons Hotel next to Binjiang Dao had not even risen from the ground and today they are in full swing. The list goes on, and the most amazing thing is that virtually all the skyline was created in the last ten years. The tall buildings stand together in multiple clusters and are spread throughout Tianjin, with no primary downtown commercial location it is much different than the typical centralized skylines of other cities. Because to a degree each district independently handles their own "city

planning" the high rise buildings seemingly pop up wherever they please.

The transformation of this city hasn't gone unnoticed by photographers, and large groups of locals have made it their hobby to congregate with one another and practice cityscape photography. Time-lapse videos, sunrise and sunset photos, shots taken from all angles and locations around the city are shared in local photographer Wechat groups with maxed out group capacities. A recent photography show at the Ritz Carlton Hotel displayed Tianjin cityscape shots, eloquently showing how beautiful the city has become.

Vacancy

There are some very characteristic side effects that have come with the rapid development in Tianjin, and the most prominent could be Tianjin's vacancy rate. Local's view of residential real estate is not just about buying and owning a property to have a home to live in. For many Chinese, buying a property is seen as an ideal investment and in many cases the owner doesn't live there, nor does the owner rent out the apartment either. Buildings with 100% ownership rates can have only 50% occupancy. Throughout Tianjin many of the apartments in newer buildings remain empty.

Commercial real estate has followed a similar pattern as well. With all the tall business buildings sprouting up, commercial offices have flooded the market. However, unlike the residential property, much of the commercial

TIANJIN IS A CITY THAT ACTS AS THE PERFECT LENS TO LOOK UPON CHINA'S LEAP INTO THE MODERN AGE.

real estate is an unfunded liability. There is a much larger capacity than there is a demand, and some developers are slowing their plans and construction to wait for the foot to grow into the shoe. For businesses that need office space, Tianjin is a renters or buyers market.

Hotel occupancy rates in Tianjin are also much lower than other cities. For travelers, a night in a Tianjin five star hotel remains much less expensive than other cities as a result.

Final Reflection

China has boldly slammed its accomplishment of miraculous growth into the pages of world history. From the beginning of time, mankind hasn't experienced such a grand increase of infrastructure as can be seen within China over the last 20 years. Tianjin is a city that acts as the perfect lens to look upon China's leap into the modern age. Just like San Francisco after the gold rush, Havana pre-revolution, or London during the industrial revolution, Tianjin is a remarkable city of its place and time. The pieces of this puzzle have been taken out, reshaped, moved and are all coming back together to make for an amazing picture. Today, Tianjin is great and tomorrow it will be even better. Fully appreciating Tianjin for what it is now, comes very easily with the culmination of beautiful architecture, vast dining options, ease of transport, and all the points that measure a cities livability. Take a step back, observe and reflect upon the transformation that can barely be called "the past" and the perspective becomes even more awe inspiring. As the days pass by, many people both foreign and local are certainly aware of what is happening in and around Tianjin, but they don't all understand the monumental significance of what is happening here. Tianjin and China are making history. For those of us foreigners here in Tianjin now, being a part of and witnessing all of this is an invaluable gift. One day in the future we will be able to look back on this time and say, "I was there. I saw and experienced all of that when it was happening."

老外见证天津的巨变

几年前，我遇到一个在天津生活了七八年的老外，我问他刚来天津时候比，天津发生了哪些变化。他举起胳膊，冲着不远处的高楼一指：“这个、这个、还有这个，‘他画了半个圈，说：’我刚来的时候这些都还不存在。”

中国无疑正在以飞快的速度变化着，但对于只在中国短期停留的外国人来说是感受不到这些变化的。如果你很想了解这些变化，那你就应该了解过去的天津是什么样子的。

我已经在天津生活四年半了，在这期间我已经见证了许多的了不起的变化，但比起在这里生活了14年的人来说，这种感受还是不够深刻。他说，那时候外国人想要买到进口食品只能去老凯悦酒店，但现在天津有很多进口超市，甚至普通超市都能买到进口食品。

虽然麦当劳早在1994年就进入天津，但适合外国人休闲的地方仍然少得可怜。90年代，外国留学生最青睐的酒吧是南开大学校园里的阿里巴巴酒吧，后来又迁址到目前的地方。虽然这个酒吧的位置非常隐蔽，但当时几乎是天津整个外籍社区的中心。

2010年，天津开了第一家Helen's酒吧并迅速成为外国人的新宠，抢走了阿里巴巴的生意。老外们更喜欢这个新的环境、背景音乐的选择、热闹的氛围、亲切的员工和更实惠的价格。至于菜品质量，大家的评价是还过得去，毕竟人们并没有太多选择的余地。

奥城曾经非常火的TEXAS BBQ一年前也关门停业了，相当有名的Hank's酒吧也人气不再。在过去5年里，天津的外国人休闲场所不断更迭，但这也算是件好事。虽然那些关门的酒吧时常让人怀念，但看看现在，新的餐吧、酒吧不仅仅数量增多了，品质也大有提升。

10年前，人们的出行方式和现在大不一样。地铁线路只有1号线，出租车以夏利车为主，身材魁梧的老外人要费九牛二虎之力才能把自己塞进去。而现在，地铁线路多达5条，能够去很多地方，出租车比以前要整洁宽敞许多，优步和滴滴的出现给人们提供了更多选择和便利。共享单车深入城市各个角落，让出行更加灵活便捷。

很多刚来天津的外国人有些看不懂这里的交通运行规律，也不了解为什么总是遭遇混乱的交通。以前在南开大学门前的卫津路上，虽然旁边有一座人行天桥，但仍然有很多人偷懒非要在车流中横跨护栏。不过，在很多主干道上的护栏都被加高了，想要迈过去可没那么容易了，这对正常交通的阻碍少了很多。

如今十分热闹的奥城商业区在15年前只是一片养鱼塘。大概10年前，天津动物园周边的道路坑洼不平，就连周边的楼盘都不好卖。后来，这条路被改造了，环境大幅提升，也迅速带动了周边房地产的销售。我们看到的变化不仅仅是市区的扩充，在已经成熟的地带也正在经历着改造。

曾经的南开和天大校园现在也发生了翻天覆地的变化，这两所大学部分搬迁到遥远的津南区，这让很多学生感到难过。许多老楼被拆，新楼不断建起，这就是这座城市变化的节奏。

一位几年前移民海外的中国人在看到天津最新的城市照片之后说：“我还记得80年代我骑着自行车去看我奶奶的场景。我骑在老城区的主路上，说是‘主路’，其实窄到连一辆汽车都过不去。但这就是当时人们的生活，我还记得沿路的老胡同、小商店和那里的居民。我每次回国都惊讶于故乡的变化，人们搬进新的公寓，马路上汽车越来越多，人们得到更好的教育和医疗服务。但这一切都是有代价的，幸运的是我还有儿时的回忆陪伴我。”

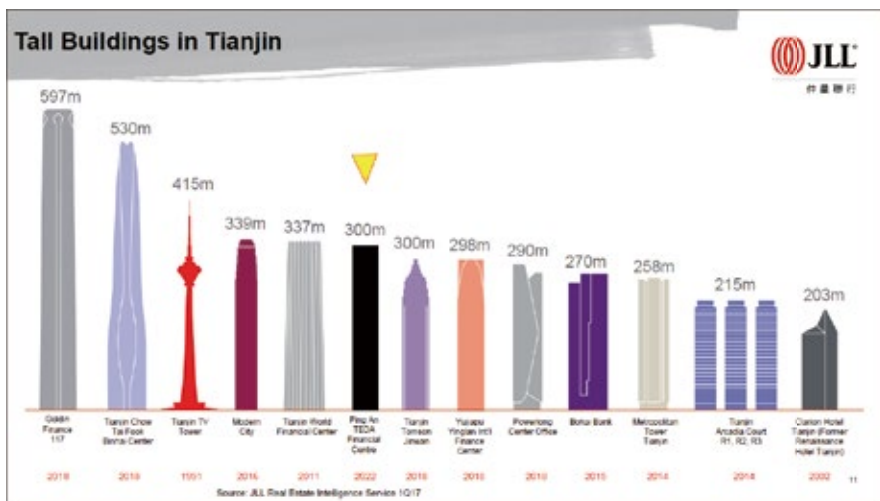
天津是中国的四大直辖市之一，与首都相邻，依靠渤海湾，具有重要的地理位置。根据国家的发展战略，中国要大力发展服务业，刺激内需，

天津的人口在过去十年里增加了500万，达到了1600万。500万人口是什么概念呢？这大约是悉尼、旧金山或者慕尼黑的人口数量。天津的GDP从2005年到2014年翻了三倍，2016年天津的GDP是17885亿人民币，今年天津仍然有一些重要项目在建，增长幅度还会名列前茅。

当然，经济的发展必然是有代价的。除了历史遗迹被清除，人们的生活和居住成本也显著提高。现在市中心一套100平米的两居室要标价400万人民币左右，幸运的是租房成本尚且没有那么疯狂的上涨。3500元可以租到一个两室一厅的公寓，而这个价钱在北京只能租到一个单元房的一小间。其他物价也都有或多或少的上涨，一碗拉面以前只卖5块钱，现在要8块钱。地铁公交的价格尚且稳定，出租车9元的起步价也很合理。

天津的飞速发展也让天津的天际线丰富起来。营口道和南京路交口的天津国际金融中心成为天津城区新高度，水上公园对面从一片荒地到住宅楼高耸也只有几年的时间。不断丰富的天际线为摄影师们提供了无限的创作灵感。他们有的冒险爬到建筑物天台，有的借助无人机拍下天津日出或日落这些最美的时刻。

我们感叹于天津现在的繁荣，但回首过去（并不久远的一段时间），了解变化的过程更让人敬畏。即便很多人看到了变化，但并没有意识到这些变化的意义——中国在创造历史，能够见证这一历史无疑是幸运的。



JLL's research about tall buildings in Tianjin

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A SHARED VISION FOR A BETTER ENVIRONMENT

by Sam Ward



The young winners of the 2nd TREC

Why Tianjin, China? It was an exchange program for only a few weeks when Daniel D'urso first came to Tianjin over eleven years ago. He was a business major in Australia and the idea of getting a Chinese spin on things sparked his interest. Passing up Shanghai and Beijing, he chose Tianjin with the hope to experience a little more local authenticity. The idea of falling into the typical social circles of westerners in large cities was exactly what he wanted to avoid. Apparently the short program here rubbed off on him, and the experience left Daniel looking for more.

He came back to Tianjin to study and also spent some time teaching English. Even though being a teacher wasn't his calling, Daniel knew that he liked living in Tianjin. "Sitting behind a desk all day back in Australia just wasn't for me," he said "At some point you have to make a decision based upon what best suits yourself" and for Daniel that meant living in Tianjin.

A few years after 9/11 the US economy was in a slump and New Yorker Alex Scilla felt there weren't a lot of good reasons to stick around. Back near his home there was a local restaurant/ bar he liked and it was staffed

with a handful of Tianjinese who gradually became his friends. The time had come for one of his buddies to return back to China, and he asked Alex if he'd like to come along. Since things were slow in New York, Alex couldn't see why not and he came to Tianjin. That was over 13 years ago, and he is still here.

"I was just hanging out," said Alex. Originally he wasn't really studying or doing much, but a couple things worked out and kept him in Tianjin for the long term. Alex met his wife and took a job working with the relative of his friend he came here with.

A Reason to stay

While living in Tianjin, Daniel managed to find a niche for himself that not only was a sustainable business model, but also put him on the path to doing something he genuinely enjoyed. Even though he had no prior experience working on a farm or in agriculture, Daniel founded FreshFarmPlus (FFP) to bring clean produce to the Tianjin expat community. Based out of a greenhouse in Wuqing, Daniel's foreign owned enterprise FFP grows a wide variety of vegetables and even supplies free range chicken eggs.

This day in age news about GMO's and the negative effects of certain pesticides raise concern among many living in Western countries. The growing success of chains like Whole Foods serve are evidence that people have a preference to eat organic. China is not immune to food related problems, and in many cases the people living here have greater cause to wonder about the source of the food they eat. For Daniel's clientele, produce boxes are delivered once a week to various locations throughout Tianjin and each box contains a 100 percent organic selection of vegetables. While there are no Whole Foods chains in China yet, Daniel's FFP customers can rest assured their families are eating the safest and cleanest vegetables available in the city.

Certainly, meeting a spouse is enough reason to keep anyone living in Tianjin but Alex also found work that he enjoyed doing. It so happened, through the connection of his friend, he was able to get involved in the recycling business. China's ever growing infrastructure and development puts high demand on the materials needed for construction, and Alex's company recycles scrap and used metals. Opposite of depleting natural resources for the purpose of growth,



Daniel (left) and Alex (right)

his company works in a space that promotes sustainability and doing the most with what is available. For Alex, this line of work was a perfect fit because he has always been environmentally conscious and thoughtful of things like sustainability.

Friendship & Cooperation

Along their respective journeys in Tianjin, Alex and Daniel met several years ago and quickly learned of each other's interest in environmental issues. However, unlike the masses that share a climate change post on Facebook and exercise their activism within social media, Alex and Daniel put a foot forward and really do something. Their fields of work for starters, clearly demonstrate action being taken. Yet despite their careers, the two felt like there was still much more yet to be done.

Many long conversations and brain storming ensued and Alex and Daniel entertained various ideas about how to be more effective for the cause. Eventually the two decided to give their ideas of environmental awareness and sustainability some clout by enlisting the support of an entity that already held name recognition. After a process of more than six months, they officially became the environmental and sustainability committee for the American Chamber of Commerce's Tianjin chapter. Today the committee has been in existence for over two years and has already worked on several local projects to make a difference. Tianjin Recycling Educational Challenge (TREC) is a program aimed to inspire environmental awareness among the students in Tianjin's various international schools. Now with the second annual

competition recently completed, thousands of kilos of waste have been directed away from standard dumping grounds but instead were sent for recycling. "Not only is the project something good for the environment," says Alex "But it also shows young people they too can make a difference."

Their approach towards environmentalism functions on several levels, and youth awareness is just the beginning. Consulting and providing solutions for local business has also been target for the committee. They work to help identify easy ways businesses can be "greener" or reduce their footprint. One of the pilot programs has been to work with hotels and start a compost program which sends food waste to help with agriculture rather than simply being thrown away. "Lots of little steps add up to make a big difference" Daniel explained. "there are many ways to improve sustainability."

Lead by Example

Being proactive when caring about the environment is something anyone can do.

HOWEVER, UNLIKE THE MASSES THAT SHARE A CLIMATE CHANGE POST ON FACEBOOK AND EXERCISE THEIR ACTIVISM WITHIN SOCIAL MEDIA, ALEX AND DANIEL PUT A FOOT FORWARD AND REALLY DO SOMETHING.

People don't need to just stand on the sidelines and cheer when they can do easy things like recycle, save energy, or volunteer. Alex and Daniel are a prime example of what can be accomplished with some extra thought and effort. Their proactive involvement with pro-environmental work here in Tianjin is just one piece of a bigger puzzle, yet these little steps made locally help push the barometer in the right direction.

环保先行者

Daniel是澳大利亚人，11年前以交换生的身份来到中国，他没有选择北京或上海而是天津是因为他不想在另一个国家依然混迹于老外圈中，他想多体验一些中国风情。短短的几周天津生活让Daniel想要留在这里，于是他又回到了天津一边学习一边教英语。

Alex来自美国纽约，911之后美国经济下滑，Alex觉得没必要在那里了。他在经常光顾的酒吧里认识了几个天津人，后来就跟着他们回到天津，这一呆就是13年。

Daniel在天津找到了适合他的事业，虽然他之前没有任何相关经验，他在武清区成立了自己的公司FreshFarmPlus，专门为外籍社区提供新鲜、干净的蔬菜。

近年来，有关食品安全的新闻层出不穷，人们越来越青睐于更加健康的有机食品。不只是西方人，中国人更有理由了解食物的来源。Daniel的客户每周能收到一盒新鲜采摘的百分百有机蔬菜。

Alex留在天津的理由除了他的天津太太，还有他喜欢的工作。偶然的的机会，Alex通过朋友的关系接触到回收行业。中国的迅速发展对建材的需求很大，而Alex的公司专门回收废旧金属。和Daniel利用自然资源的战略不同，Alex走的是可持续发展道路，充分利用废旧材料，这对本来就坚持环保理念的Alex来说是十分对路的。

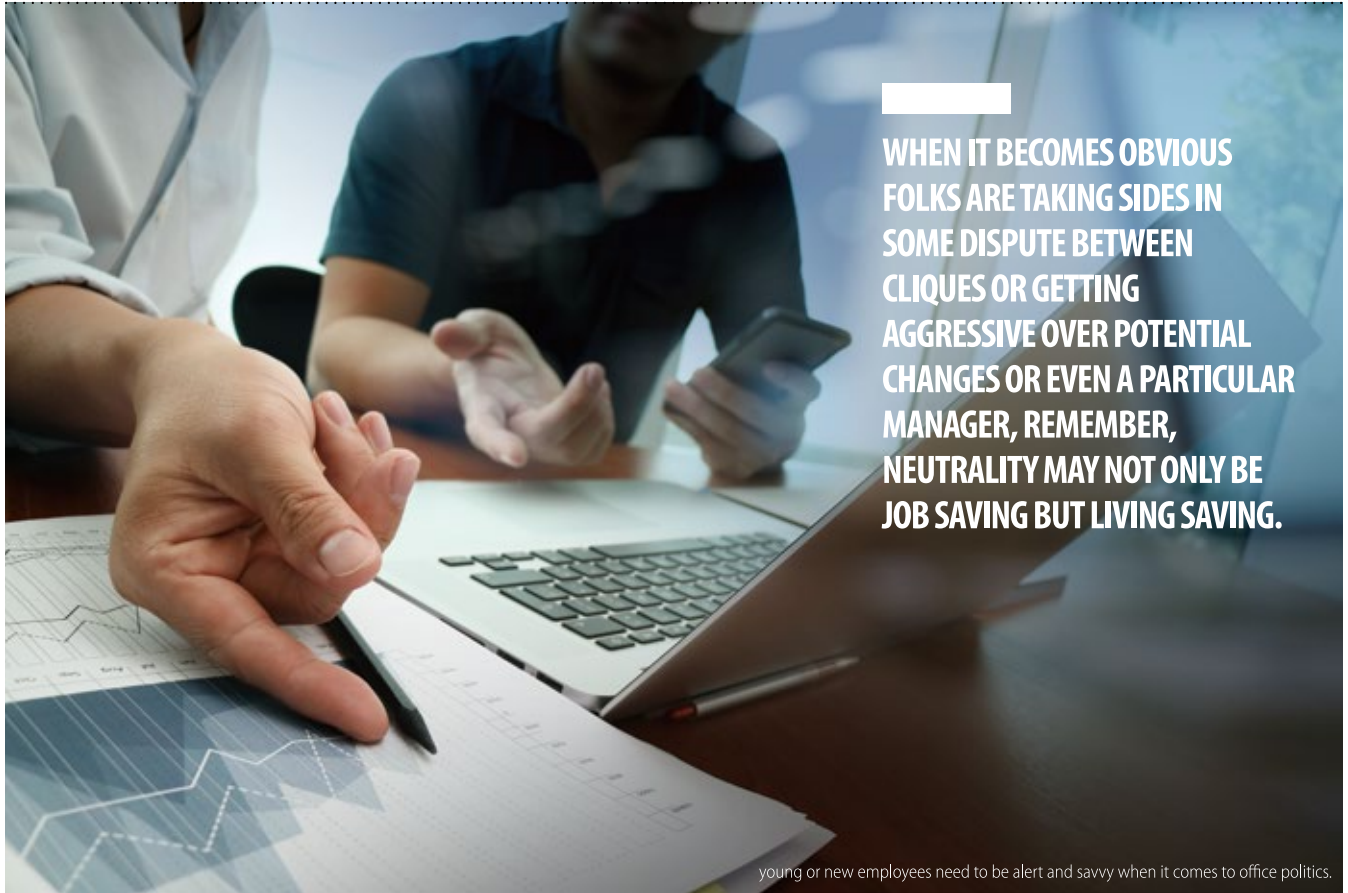
后来，Daniel和Alex这两个陌生人遇见了彼此，而且发现他们之间的共同点。与那些停留在社交媒体上呼吁环保的人不同，Daniel和Alex决定做点实事。

经过多次商谈和头脑风暴，Alex和Daniel想出很多的主意，最终他们决定招募知名团体加入他们的环境计划以增加行动的影响力。经过六个多月的筹备，他们正式成立了中国美国商会天津分会的环境和可持续发展委员会。

在委员会成立的两年时间里，他们已经启动了多个本地项目。TREC（天津回收教育挑战）旨在向国际学校的学生宣传环保理念，提高他们的环保意识。在第二届TREC竞赛中，有几千公斤的废物进入回收领域，而没有直接进入垃圾箱。Alex说：“这个项目不仅有利于环境，还能展现青少年创新的能力。”

提高年轻人的环保意识只是他们行动的开始，未来这个委员会还会为企业提供环保咨询和解决方案，以最简单的方法实现绿色运营，减少碳足迹。比如，他们和酒店合作，把餐厨废物用于农业生产。Daniel说：“不积跬步无以至千里，实现可持续发展有很多种方式。”

保护环境是每个人都能做到的事，只要多想一步，多付出一点努力你就可以为这个地球的美好贡献自己的力量。



WHEN IT BECOMES OBVIOUS FOLKS ARE TAKING SIDES IN SOME DISPUTE BETWEEN CLIQUES OR GETTING AGGRESSIVE OVER POTENTIAL CHANGES OR EVEN A PARTICULAR MANAGER, REMEMBER, NEUTRALITY MAY NOT ONLY BE JOB SAVING BUT LIVING SAVING.

young or new employees need to be alert and savvy when it comes to office politics.

OFFICE POLITICS by Carmen King

White collar work has white collar woes. As we reported in the cover article of 2016, Issue 8 entitled the “The Mighty Migrant Worker,” blue collar jobs in China often involve down and dirty labor combined with long hours and low pay. This can lead to many migrants singing the blues.

For these reasons and others there is a definite desire in many to find a so-called cushy, high-paying, respected by others, white collar job. It is not just an issue with type of work and pay. It also has much to do with the perceived prominence associated with white collar office work. These alleged benefits may be more mental than reality though. As our 2017, Issue 5 cover discussing “Don’t Get Stuck on Sorry” highlighted, never, ever, underestimate the role “face” plays in the decision a person of Chinese ethnicity makes. For example, a graduate of a top Chinese university would be ridiculed extensively for accepting a well paying job as a home-based tutor instead of a bank

worker. Why? Face. Back in the village the parents will get little to no face when telling others that after college their child tutors children. Whereas, no matter how little the pay, or even how low the position itself, getting to name-drop a big bank with neighbors when talking about where their kid works pays dividends.

Expats wanting to get a taste of the situation can check out two Chinese T.V. shows, both of which are available via Youku. The first is: 《苦咖啡》(kǔ kāfēi) and the second is: 《职场是个技术活》(zhíchǎng shì ge jìshù huó). In the first series, though hardly a main character, the role represented by 曲弯弯 (qū wānwān) is spot on with the situation many Chinese find themselves in when trying to get white collar work. They weren’t born in a big city like Beijing, Shanghai, Guangzhou, Shenzhen, or Tianjin. Instead they come from the countryside to the big city and struggle to survive. No one after working so hard to arrive at a big city wants to get a job at some no-name company. They want to work at a big brand basking in the

so-called glory associated with white-collar work. In the second series both main characters of 叶欣 (yèxīn) and 沈离 (shěnlí) are striving to succeed at white collar work despite humble beginnings.

While these shows are primarily for entertainment purposes it certainly isn’t all fiction. In fact some expats living in China may marvel at how authentic the shows are in depicting the lives of Chinese. Often these shows are far from fantasy. A number of scenarios which play out in these two series are relevant to the topic being discussed herein, that of office politics.

Common Problems

Office politics is nothing new to expats. In fact shows like the “The Office” were big time hits back in the day overseas. Re-runs are still popular. The idea of working a white collar job bringing with it countless mind numbing processes and protocols has long since been understood and expected for those experienced in life abroad.

For China though, these sorts of office

political problems are still a somewhat new phenomenon. Decades ago, China was the manufacturing capital of the world so to speak. Everything everywhere seemed to bear the words "made in China." However, times have changed and so has China. There are major initiatives promoting innovation, finance, research, technology, and service related opportunities. As the AmCham interview published recently revealed, it is no longer about foreign companies having a foreign product manufactured in China. Be it, foreign firms setting up offices here for the sake of researching and developing products locally for local consumers or Chinese owned enterprises establishing their own products and offerings, the so-called white collar office work is becoming far more common than it was in years past. With more offices come more opportunity for office politics.

Do's and Don'ts

A key to dealing with office politics is do not try to fight fire with fire. The shows mentioned above are replete with examples of what not to do. It is tit for tat and endless episodes of one person scheming against another in a never ending attempt to get revenge. In such cases, everyone loses. In the real world there have been plenty of tragedies. In the States, "going postal" is far too common in the white collar world. Office politics may be just "fun" for some. The reality is though that people get hurt emotionally, mentally, and in some cases even physically. Thus instead of acting like a big shot and flexing those managerial muscles, it would be far wiser to do one's best at promoting good

relationships throughout the office.

When starting a new office job, be on the look out for troublemakers. They could be identified by those who like to linger around the water cooler or in the break room gossiping about others. In most cases they don't work alone. Instead they prefer to do their office bullying in groups. Again, this can be seen throughout the two T.V. series mentioned herein. In fact, what is rather astonishing is how in Chinese culture, it seems far less expected that someone on the receiving end of the abuse is going to "go postal" as a result.

In the States at least, individuals need to be rather sly with their tactics. After all, more than one news headline has been about an employee killing former workmates or even their boss after firing them. So unlike what is portrayed sometimes in the entertainment industry, office politics can be dangerous. The best advice is to steer clear of it. When it becomes obvious folks are taking sides in some dispute between cliques or getting aggressive over potential changes or even a particular manager, remember, neutrality may not only be job saving but living saving.

Especially young or new employees need to be alert and savvy when it comes to office politics. Do not get lured into joining some faction whereby you get snubbed by those loyal to the opposing side. It takes real effort to quickly and inconspicuously identify who is tight with who and what's their agenda. As you begin to grasp the lay of the land, work hard to be reasonably well liked by all. It may seem at first this will lead to you being left behind as one clan makes a move for power. Such

as when a management spot is about to be filled. A real potential problem is lurking. You could be tempted to support what seems to be the person who is going to get promoted only to find out they don't. Perhaps nothing will put your position in more jeopardy faster than this. Instead of looking for free rides just because you kiss up to those who have power or may be perceived as soon to get power, let your work do the talking. Hard work really does pay. Sure it sounds cliché and dare we say old-fashioned. However when the chips fall, hard workers are valuable. In fact its the people that can actually do their jobs and not just play office politics that have potential for long-term success. So before you jump on the white collar bandwagon don't underestimate the complexities of navigating office politics.

办公室政治

我们以前的文章谈论过农民工面临的种种问题，比如工作脏、工时长、工资低等。所以你以为坐在办公室里外表光鲜的白领阶层就一定过得舒服了，对吗？白领自然也有白领的烦恼。

相对于“蓝领”的辛苦，很多人会因为所谓的工作轻松，薪水高，受人尊重而去选择一个看似体面的“白领”工作。这不单单是工作和薪水的问题，可能还与“白领”工作的显著性有关，而当这些所谓的好处在遇到现实的时候，情况往往就会不堪一击。

对于外国朋友而言，办公室政治是一个经久不衰的话题，而在中国，它却仿佛还是一个新兴现象。几十年以前，中国的标签是“世界制造业巨头”，你所到的每一处，所见的每一物都无一例外印有“中国制造”的标签。然而，时代在改变，中国也在改变。这个大国正集聚精力开发并促进创新、金融、研究、和服务等相关领域的宏伟发展。中国已不再满足于为外资企业提供生产力。外资企业纷纷在华建厂更多的是为了生产出更适合中国本土风情的产品，这样的情况让“白领”变得更为普遍。白领越多，办公室政治的问题也就越多。

处理办公室政治的一个关键是不以暴制暴。如果两个人没完没了的重复报复彼此的情节，那么结局多数是两个人都输。别让悲剧重蹈覆辙，精神错乱在美国的白领界并不罕见。办公室政治对某些人来说可能只是“乐趣”。但实际上，人们感情、精神、甚至身体都会受到伤害。因此，处理好办公室人际关系可以大大减少我们的烦恼。

当我们开始一份新工作的时候，留心观察那些“麻烦的家伙”。他们多数不喜欢单独工作，而是以小组的方式向人们发起挑衅。在美国，大家都喜欢圆滑的策略。毕竟我们读过了太多关于办公室伤害的案例。保持中立既是保全工作也是保全我们自己。

年轻人或新入职的员工，在处理办公室政治的时候要时刻保持警觉和精明。不要因为一时的诱惑而去加入什么所谓的派别，结果可能会害了别人也亏了自己。认真学习，努力工作永远是生存的硬道理。愿你在跳进白领潮流之前，有一个自己的考量。



Past Events

Joint Chamber After Work Summer Mixer

June 9, 2012 Qing Wang Fu (Rooftop)

On Friday, June 9th, AmCham and German Chamber kicked-off the Summer with a joint chamber mixer. The venue was certainly a major factor in the festive atmosphere. The Qing Wang Fu is an integral part of Tianjin's cultural fabric. Steeply rooted in Tianjin's history, this area has been host to a Qing dynasty prince, and even has its own unique folklore. This event truly represents how a little can go a long way. 90 members from both AmCham and German Chamber business community saw value in simply being together for an evening of fun. We look forward to bringing more valuable events like these to members. For more information on AmCham or upcoming events please check the official AmCham China website (www.amchamchina.org).

-Antonio Douglas



Executive Breakfast Briefing: Clean Energy for Crowded Places

June 15, 2017

Renaissance Tianjin Lakeview Hotel



For June's Executive Breakfast, AmCham invited Mark Wheeler, President of Conoco Phillips China to talk about how new technology such as liquified natural gas (LNG) is shaping the discourse around clean energy in China. With the United States' withdrawal from the Paris Accords, many wonder whether the already tenuous global commitment to combat climate change will be maintained. Mr. Wheeler, however, presented an image of a China that is doubling down on innovative solutions to cleaner energy. Climate change is of particular concern in China, where rampant smog frequently blankets the entirety of China's major cities, and poses health risks to its citizens. Yet the pace of urbanization in China continues to rise, with Mr. Wheeler noting that by 2020 China is expected to have over 225 cities with populations greater than one million. To contextualize that number, Mr. Wheeler reminded the audience that the whole of Europe has 35 cities with populations over a million, and the United States only has 10. Urbanization has made climate change a critical issue in China, and is why state-owned, such as SINOPEC and CNOOC have signed long-term contracts with Conoco Phillips for LNG.

LNG is non-combustible, highly transportable,

and much cleaner than fossil fuels. While calling it clean energy may perhaps be a misnomer, it is cleaner energy that produces nearly 50% less carbon emissions when compared to coal. Furthermore, in its liquified state, LNG can easily be shipped from nations as far away as Australia to China. Conoco Phillips is currently shipping nearly approximately 10 million tons per annum of LNG to China, and there are already two LNG-capable facilities in Tianjin. Mr. Wheeler did caution that China still faces issues in distributing LNG effectively, due to poor infrastructure. These inefficiencies are likely to disappear as China exits the "growing pains" phase of integrating natural gas into its cities. After giving his presentation, Mr. Wheeler gave a Q&A session, and fielded questions regarding natural gas' relation to other forms of energy, such as nuclear, wind, and solar.

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

-Antonio Douglas



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

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

TEL: 86-22-23185075

Contact person: Amanda He amandahe@amchamchina.org

Website: www.amchamchina.org



Past events

Special Event - Interchamber Business Match - Making Evening

17.05.2017

On May 17, 2017 the German Chamber of Commerce Tianjin and the European Chamber of Commerce Tianjin invited their friends and partners to the quarterly interchamber Business Match-Making Evening at the Drei Kronen 1308 Brauhaus.

The Match - Making Evening is a special event for the expat community and everyone to establish a first contact and set up a business Match-Making in a pleasant atmosphere. During the event, experts from different fields enjoyed the 1-to-1 session and later the free networking round along with some tasty food and drinks.



Special Event - After Work Summer Mixer

09.06.2017

On June 09, 2017 the German Chamber of Commerce Tianjin, in cooperation with AmCham China, Tianjin, invited their friends and partners to an exclusive After Work Summer Mixer on the rooftop of Qing Wang Fu.

The After Work Summer Mixer was a fantastic opportunity to relax after a long week of work, and to meet business professionals from a wide range of industries and sectors. More than 80 participants joined us at the event and enjoyed the cool summer evening along with free flow of snacks and drinks.



Upcoming Events

July 21, 2017, 14:30 - 17:00: Workshop - Learn to Motivate People Effectively to Improve Team Performance, GCC Office Tianjin

July 26, 2017, 19:00 - 22:00: Kammerstammtisch Tianjin, Bavaria Beer Keller (Blauer Engel)

July 28, 2017, 14:30 - 17:00: Excel Workshop - A Button Check and Intelligence Monitoring: Advanced Reporting Design, The Astor Hotel Tianjin



European Chamber
中国欧盟商会

EUROPEAN CHAMBER IN TIANJIN

2017 Business Confidence Survey Launch and Mid-year Cocktail Reception

June 8th, 2017

European Chamber launched 2017 Business Confidence Survey in Tianjin on June 8th and shared national survey results as well as Tianjin local findings with member companies, government officials, representatives from universities and vocational schools and media. Special thanks to United Family Healthcare for the generous sponsor and great support to the launch event.



European Chamber 2017 Badminton Tournament

June 17th, 2017

2017 European Chamber Badminton Tournament was successfully held on June 17th at International School of Tianjin (IST). The tournament attracted 8 teams over 100 participants. Special thanks to our generous sponsors: International School of Tianjin (IST), iKang Guobin Medical Screening (Tianjin), Bavaria Beer Keller and Best Cake.



Sponsorship Opportunities Available!

>> European Chamber Annual Business Gala Dinner 2017

October 20th, 2017

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

European Chamber Tianjin Chapter now inviting you to involve as a sponsor and enjoy the following benefits. **We are looking for Exclusive Platinum sponsor, Golden sponsor and Silver sponsor, other sponsorship for wine, entertainment, lucky draw are also welcomed.**

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

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
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天津市和平区大沽北路2号天津环球金融中心41层, 邮政编码300020

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



European Chamber
中国欧盟商会

European Union 60 Years *2017 European Business* *Gala Dinner*

Ticket Purchasing
022-5830 7608

xxx@european-chamber.com.cn
Tickets will not be available at door

Date & Time
Friday
October 20th, 2017
18:30-21:30

Ticket Pricing
Corporate table: rmbXXXX (10 persons/table)
Individual: rmbXXX/person

Venue
5th Floor, Grand Ball Room
Four Seasons Hotel Tianjin
No. 138 Chifeng Road, Heping District,
Tianjin

Come to the European Chamber "European Union 60 Years" Gala Dinner, where we take you on a first-class journey to Europe in one night. Meet friends and enjoy an evening of delicious European cuisine, wines, classic cool cocktails, great entertainment and prizes! We look forward to welcoming you to what will surely be a night to remember!

2017 Annual Summit of HRCLUB's Private Advisory Board Was Completed Successfully



Annual Summit of HRCLUB Private Advisory Board is one of the highlights of 2017 (sixth) China Human Resources Service Industry Conference and Training & Development Forum. As the first high-level think-tank in China which focuses on the important role played by human resources management in enterprises' strategic development, it is only open to 100 senior executives of entity enterprises.

Since it was founded two years ago, private advisory board has organized many activities, gained the recognition of many domestic and foreign senior executives and become a think-tank where senior executives in equity companies can share management experiences and discuss the management difficult problems.

This summit mainly focuses on two topics: "how to create corporate culture about efficient execution" and "how to achieve strategic realization through organization management reform".

Guest Hosts:

Wang Ping, regional director, Franklin Covey execution solution division

Li Yixiong, partner and director of consulting of Zhi XingHe Consulting Company



Wang Ping

Reviewers:

Liu Yuanzheng, the former executive vice president of Tianjin Enterprise Association and President of HRCLUB private advisory board

Professor Yang Bin, vice director of Human Resources Management Department in Business School of NanKai University



Liu Yuanzheng



Yang Bin

"Human Resources Private Advisory Board", the first exchange platform for entrepreneurial elites in Tianjin, is launched by HRCLUB. By regularly holding high-level forums and management salons, it sets up a social network for members to share management experiences with each other. At present, the number of members is over 100, including senior executives in global top 500 enterprises and well-known foreign enterprises, presidents of public companies, general managers of large state-owned enterprises and private enterprises, human resources experts with

much practical experiences and nationally well-known Business School deans and professors.



Hotline: 022-6077-5860
HRCLUB website:
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SCHOOL FOOD

by Carmen King



Regardless of effort, a big issue facing school food suppliers is the type of food available locally at a reasonable cost.

The brain needs fuel. Hungry students don't learn well. Not to mention proper growth is based on proper nutrition by means of a balanced diet especially during a child's formative years. That said, for some children attending school, 2/3's of their food comes from sources other than their parents. For example, in the States schools open early to allow parents to drop off children before work. This means, a child will likely eat both breakfast and lunch at school. Thus the child's quality of diet is largely dependent on what the school makes available.

A search about school lunches will bring up a wide variety of information. It is quite interesting to see how school provided food varies around the world. Much like the food consumed by the adults in that country, school food is highly localized. However, one thing that is interesting is how universal dairy seems to be. Especially when it comes to milk. Milk is an item that somehow pops up on a number of lunch trays around the world.

Cost

One of the top issues when it comes to school food is cost. Some countries offer qualifying low-income families the opportunity for a child to eat both breakfast and lunch at school for little to no cost. That means, schools or governments will be extremely cost conscious because they are not making money off of the food provided.

For example, one 6 yr old American kindergarten gets free breakfast and lunch due to his parents fitting into what the school has recognized as a low-income household. Before being aware of this program, the parents started out packing a lunch for their son. Soon though they realized this was not necessary as the child qualified for free food. The school sends out an electronic and paper menu each month whereby the parents can supervise what he eats. The cafeteria actually opens before the school at 8:00 AM. Class doesn't start until 9:00 AM. As for the food selection, it includes things like sandwiches, burritos and a number of other items.

BE IT FREE OR LOW COST, MONEY IS GOING TO BE A HUGE CONSIDERATION IN TERMS OF WHAT IS PROVIDED TO THE CHILDREN.

In cases where children pay for their lunch, again thanks to subsidies they are getting food dirt cheap. A 15 year old American 10th grader is paying a mere \$0.40/meal for food at school. The program is plenty convenient as well, as the school provides an online menu and payment processing. This sophomore said he gets to choose from a wide variety of cuisine types, including things like American, Chinese, Mexican, and even Vegetarian. He feels the meal size is adequate and usually is full after eating. There are no containers provided, so any left overs simply get thrown out. His school is similar to the one previously mentioned in that the cafeteria opens early at 7:00 AM whereas class doesn't start until 8:20 AM.

Be it free or low cost, money is going to be a huge consideration in terms of what is provided to the children. Schools have no easy job in trying to meet basic nutrition requirements but doing so with very limited funds. It is interesting that despite cost challenges, schools are showing commitment to improving the quality of lunch in some places. For example in January of 2012 the USDA (United States Department of Agriculture) updated the national standard for school breakfasts and lunches.

Type

Regardless of effort, a big issue facing school food suppliers is the type of food available locally at a reasonable cost. Again, scanning online pictures from around the

world of school lunches will reveal that sadly some countries seem to be sorely lacking sufficient food supplies. In some cases, a school meal may not be much more than some fruit, or even a bowl of rice.

In terms of China, the types of food being offered at the typical school in major cities is quite wide. However, the style in which this food is prepared is highly localized as would be expected. For example, there may be wheat related products being offered, however it will come in the form of buns, dumplings and noodles. Whereas in Western countries it will probably be found as a piece of bread, pasta or pizza. So too with meats.

Preparation styles are very different. China seems to highly prefer stir-frying versus grilling or baking overseas. This is where expats who choose to send their children to local schools may have trouble getting their children to accept local cuisine. For foreigners from other Asian countries the gap in dietary style isn't as wide.

Time

Another aspect of the school food challenge is the time. For example, the high schooler mentioned earlier depending on classes either has an early or late lunch. The early lunch is from 11:32 AM to 12:02 PM and the late lunch is from 1:12 PM to 1:42 PM. Regardless of which time it starts, it is only a 30 minute lunch period. He laments this is usually not enough and makes for a stressful lunch. The problem is related to classroom location and line length. Some

classrooms are pretty far from the cafeteria which means he has to really hustle to get there so as to have enough time to wait in line and eat. No matter how fast he arrives at the cafeteria he still has to wait in line and with everyone trying to eat at the same time, clearly lines can be long.

At another high school, students are given 40 minutes to eat lunch. That extra ten minutes makes a world of difference in getting to eat calmly versus in a hurry. No doubt doctors around the world will agree being calm when eating is a key to good digestion. Oddly, that high school also employs the early and late lunch protocol. The early group eats from 12:35 PM to 1:15 PM while the late group is from 1:15 PM to 1:55 PM.

Supervision

Regardless of concerns related to cost, type and time, not to be overlooked is perhaps the biggest challenge of all, that is supervision. Think about, no matter how hard the adults work at either packing or providing food for children to eat at school, the biggest oversight comes in that there is no oversight. After all, what kid naturally chooses to eat everything on the plate? Not just that, where the food types vary so as to provide a balanced diet, what system is in place to ensure the child eats the fruits and vegetables provided?

Indeed, any parent knows getting a child to "clean the plate" and "eat all the vegetables" is no simple task. Therefore, while administrators are to be highly commended for attempting to improve

school food in a variety of areas, finding a way to ensure that precious food gets eaten and not wasted is still a big issue. For parents around the world, what their child eats during the day is a serious concern. Regardless of which option of food source is chosen, parents must take the time to educate their children on basic food nutrition and healthy eating habits. Otherwise, no matter what's provided the child may still become malnourished.

了不起的学校午餐

大脑需要养分。尤其对儿童而言，他们的成长离不开营养的均衡。对上学的孩子来讲，他们有近2/3的营养是靠父母以外获取而来。因此，学校的供给在很大程度上决定了孩子们的饮食质量。当你搜索学校午餐时，可以看到世界各地不同国家的学校所提供的午餐都不尽相同。尽管学校的午餐都高度本土化，但它们之间有一样至少是相同的，那就是牛奶。牛奶是午餐托盘上永远不会缺少的食物。

谈到学校食品，成本可能是最重要的问题之一。一些国家为减轻低收入家庭的负担，会为孩子们提供在校吃饭的机会，而这样的举措也意味着学校必须考虑好成本的控制。这样的服务远没有什么利润可言。无论是免费的还是低价收取，当我们考虑到为孩子提供物质的时候，钱永远都是一个值得考量的因素。一方面，学校要为孩子提供最基本的营养供给，而另一方面，学校又要考虑资金问题。尽管困难重重，但令人兴奋的是，我们看到很多学校都在陆续给出提高午餐质量的承诺。

对学校食品供应部的工作人员而言，他们面临的重大问题大概是如何合理合量的去进行采购。当你浏览世界各地学校午餐的照片时，时不时的会感到心酸，有些国家可能会因为严重缺乏供应而致使学生的午餐少得可怜。而比较中国一些大城市，它们的学校午餐供给就非常多元化。学校会在饮食上追求传统小吃，如包子、饺子、面条、油炸类食品等。这样的饮食和西方国家截然不同，这也导致了国外很多家庭在送子女到当地学校都会面临的一个重大难题，饮食烦恼。

除此之外，就餐时间也是一个挑战。学校通常会有两个开餐时间，但总共的用餐时间是肯定的30分钟。这样的安排让很多学生感到苦不堪言，因为他们只能在匆忙中结束自己的午餐。

当我们排开了成本、种类、时间等相关问题之后，留给学校的或许就是“监督”这最后的问题了。学校再努力工作，它始终缺少监督部门。也就是说，学校该如何做才能保证孩子们会老老实实的吃完盘子里的物品？而又有哪个系统能够明确肯定孩子们吃下去的果蔬就一定符合摄入量？

每个家长都知道让孩子吃干净盘子里的东西，但这绝对不是件容易的事。诚然，学校在为学生们改善饮食问题上做出了不小贡献，但如何确保孩子们不去浪费这些宝贵的食物还是个艰难的问题。作为家长而言，我们应该多多关心孩子们的饮食健康和习惯，否则一旦营养不良，影响的可就是孩子的整个发展问题了。



School lunches



The grandmas like dancing in the evening.

ENCOUNTERING GRANDMAS IN THE PARK

by Charlotte Edwards

Now that summer is upon us and the weather is perfect spending more time outdoors, it's time for days filled with any and all combinations of morning play dates in the park, afternoon picnics, after-dinner strolls around the community. After the cold, polluted winter, it's time for some sun and fresh air.

But there's one thing that makes me take pause and reconsider going outside. The grandmas. No, not just my children's grandma (though, invariably we'll run into her), but all of the nai nai's that aren't glued to technology like the younger generations and have kept up the habit of evening walks around the track, dancing in the community square or getting in some cardio and flexibility training on the non-mechanical exercise equipment that's placed all around the community.

They mean well, they really do. But they are often nosy. Or interrogating. Or questioning. Possibly all three.

"How can you handle two children? Don't they fight too much?" So what if they do? It's not like I can get rid of one, besides the majority of the time, they're each others best friend.

"Can your kids speak Chinese?" they question. Why not just try speaking to them yourself to find out? I wonder silently.

"How can you bring your kids outside wearing so little clothing? It's windy today!" says the grandma as she wipes sweat off her brow because even though it's a nice 30-degrees Celsius, she's wearing long

underwear beneath her slacks and blouse. To her, wind and cold are mutually exclusive.

There are also the uber-chatty ones; the conversations start out pleasant but before you know it, half an hour has passed and there's no end in sight. "My kids need to drink some water," I say as I quickly excuse myself, using a totally acceptable and understood reason. Never mind that my kids are totally old enough to know when they're thirsty and can come get water themselves.

Then there are the ones that scoff at you for not trailing your child or not rushing over to her when she falls down. As long as it's minor, like falling down while running or bumping into another child, and my mama-sense tells me that she'll be just fine, I acknowledge the pain by saying something along the lines of, "oh, let's clean the dirt off, give you a kiss and then you can go back to play with your friends." This rarely fails. But as I walk back to the bench, I feel their disapproving eyes upon me. The grandmas are excellent out of making mountains out of molehills when it comes to kids' injuries.

It can get exhausting, and I do envy foreigners who don't yet understand Chinese; you can blissfully go about your business without worrying about what the ayi said to you. If I'm around ayi's that don't know that I live here, and I'm not in the mood to talk, I'll pull out the good old "ting bu dong" (I don't understand) and smile politely.

Although my thoughts often tend

ALTHOUGH MY THOUGHTS OFTEN TEND TOWARDS THE SNARKY SIDE, MY WORDS AND ACTIONS RARELY REFLECT THAT.

towards the snarky side, my words and actions rarely reflect that. I do want to be polite. These questions are coming up because I'm a foreigner in their culture. I remember being curious about my classmates who didn't share my cultural background.

I try to give them the benefit of the doubt: their babies didn't wear diapers; many of them only raised one child whom they watched over oh-so-carefully; their only experience with foreign languages is the ubiquitous "bye-bye" that nearly all Chinese say when ending a phone call.

And when all else fails, the always appropriate "wo you shi" (I have something to do) accompanied by a smile and "zai jian" (goodbye) works wonders.

听中国大妈说

夏日是一年里进行户外活动最好的季节。清早晨练,午后野餐,傍晚散步,如果你愿意,每一个时间段都可以有它最好的消磨方式。但近来有一件事,它的出现意外的撼动了我的外出游玩的心情,它就是中国的大妈们。

中国的大妈,或者我们可以礼貌一点叫她们奶奶,是一群非常热衷于户外休闲的集体。她们喜欢舞蹈,喜欢音乐,喜欢一切吵闹的事物,除此之外,她们还好奇心泛滥,总是向陌生人涌出匪夷所思的问题。

比如,我就常常被问到,“哎呦,你是怎么看两个孩子的呀?他们会不会打架?讲不讲中文?”每次被问到这,我都会在心里默默在想,感兴趣的话您可以自己问呀(摊手状)。我知道她们都是好心,但我真的没办法接受室外气温30多度的时候,她们自己挥汗如雨,却还一副家长式的口吻对我说“今天外面风好大的,怎么能给孩子穿那么少!”

孩子们玩耍的时候,我很少会盯着他们看。他们也会磕碰,也会摔倒,但只要我觉得那不是太大太大的问题,一般而言我都只会替他们拍拍身上的土然后让他们继续玩。可是你知道奶奶们都是怎么反应的?他们会责备你的不认真,会小题大做孩子的伤,然后喋喋不休。

所以你知道,当我真的感到筋疲力尽的时候,我通常会礼貌的讲一句“听不懂”,然后转身离开。虽然我思想尖锐,但我的言行都非常有礼貌。我知道作为一个外来人群,他们对我和我的文化都充满了好奇。

我也会耐心的解释一些事情,比如尿布和独生子女的问题,但当一切都失败之后,我开始意识到一句简单的“我有事,再见”要抵得过和他们说的各种千言万语。

Trip to Samaranch Memorial Museum

Everyone knows something about the Olympic Games. In addition to the athletes' hard work during the Olympic Games, the spirit of perseverance in the Olympic movement is also admirable. In order for the children to be closer to and have some exposure to the Olympic movement, and have a sense of the Olympic spirit, the children from the Jian Hua Autism Rehabilitation Center went to visit the Samaranch Memorial Hall with their parents in May.

As soon as we got off the bus, we were warmly received by the staff of the Memorial Hall. The children held their fathers and mothers' hands and followed the guide in an orderly fashion into the building full of meaning and energy. The main building of the Memorial Hall is in the shape of two circles that come together. One significance is the number "8", commemorating the 2008 Beijing Olympic Games; the other is representing the letter "s", the first letter of Mr. Samaranch's name.



Thirdly, the shape symbolizes infinite and eternal development. The children perhaps cannot yet understand the profound meaning, but we were nevertheless surrounded by a sense of the spirit and the power that is the Olympic spirit summed up in: "never give up, keep struggling".

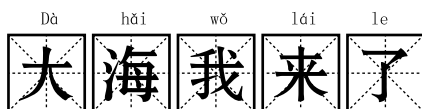
The staff at the Memorial arranged interesting parent-child activities and games for the children. After the exciting games, the children and their parents had a rest and began the last part of our visit to the Samaranch Memorial. The guide led the children into the exhibition hall in an orderly fashion. There were more than 16,000 pieces of personal collection and personal belongings of Mr. Samaranch. The beautiful guide was very familiar with every

collection, and helped us to feel like we were in Mr. Samaranch's personal home, enjoying his legendary and wonderful life experience.

The Samaranch Memorial trip was nearly finished. We did not want to part from the Memorial and the staff, but we had to get on the return bus. The kids behaved so well! The afternoon sunshine shone on the children's innocent faces, and their angelic smiles were bright and warm. Like other children, they are simple, happy and kind. They are like the stars in the sky and are called "star children". Like angels in our midst, they need more love and patience. Let's be closer to them, treat each other gently, and accept them sincerely; they will have a bright future as bright as the sun!

OCEAN, HERE I COME!

by Zheng Hong Xiang and Kate King



Qí qí: I want to go to have some fun but I don't know where to go. Do you have any suggestions for me?

Qí qí: Xiǎng chū qù wán er, kě bù zhī dào qù nǎ er hǎo. Yǒu tuī jiàn ma?

Shan shan: It's summer, so you have to go to the coast. If you don't mind the distance, you could head to Hainan or Dalian. If you want to go somewhere closer you could head to Beidaihe or Qingdao. There are so many choices!

Shān shān: Xià tiān dāng rán yào qù hǎi biān la! Yuǎn zé Hǎi nán, dà lián, jìn zé běi dài hé, qīng dǎo néng wán er de dì fāng tài duō la!

Qí qí: You really seem to know what you're talking about. Can you give me some details on the different locations?

Qí qí: Nǐ hái zhēn gòu liǎo jiě de, nà fēn bié gěi wǒ jiè shào jiè shào bei! 那 分 别 给 我 介 绍 介 绍 呗 !

Shan shan: Beidaihe is the closest to Tianjin. If you take the highway you'll be there in three hours. You don't even have to wait for summer vacation to go, you could just go for the weekend. You can sun bathe at both Nandaihe and Beidaihe and if you have time you can go check out the wild animal reserve.

Shān shān: Běi dài hé lí tiān jīn zuì jìn, kāi chē zǒu gāo sù sān ge xiǎo shí jiù dào le, bù yòng děng dào shǔ jià, zhōu mò de shí jiān jiù gòu le. Nán dài hé, běi dài hé dōu yǒu hǎi bīn yù chǎng, yào shì yǒu shí jiān hái kě yǐ qù tàng yě shēng dòng wù yuán。

Qí qí: Listening to you talk about it just makes me want to go now! I wish summer vacation could be here already!

Qí qí: Ràng nǐ shuō de wǒ xīn lǐ zhí yǎng yang zhēn pàn zhe shǔ jià kuài diǎn dào lai!

Vocabulary: (词 汇)

xīn lǐ yǎng yang: It means you really, really want to do something. For example, you see your friends all signing up for something so you really want to too.

Xīn lǐ yǎng yang: Fēi cháng xiǎng zuò mǒu shì. Bǐ rú kàn jiàn péng you men dōu bào míng le, wǒ xīn lǐ yě tǐng yǎng yang de。

Language Tip:

Yǔ yán Diǎn: 语言点:

A zé...B zé...: A and B are normally opposites. For example, if I stay longer it'll be a couple of weeks, but if I stay shorter it'll only be three to five days.

A zé... B zé...: A, B tōng cháng shì yī duì fǎn yì cí, bǐ rú duō zé bàn ge yuè, shǎo zé sān wǔ tiān, wǒ kěn dìng huí lái。

PROMOTION

Graduation -IST Class of 2017

The Graduation ceremony of the Class of 2017 at International School of Tianjin was held on Friday, June 02, 2017. It was a very beautiful and moving event not just for the graduates and their families but for all that attended. The ceremony was well planned and executed and was of a standard that befitted the momentous occasion - a milestone moment for the 27 graduates and their families, friends and teachers. For the first time in IST's history, amongst the graduates were 2 students (Jordon Moody and Katie Taylor) who had spent their entire educational life (Nursery to Grade 12) at IST! This is a relatively rare phenomenon in the life of an international school and hence remarkable.

Congratulations to the Class of 2017 and we wish the graduates all success and happiness in their future beyond high school!



PROMOTION

Elementary Spring Show of IST

The Elementary students of International School of Tianjin (IST) enthralled audiences on Tuesday, May 23, 2017 with a vibrant, musical and beautifully choreographed show called "Feel the Music". All grades from Nursery right through to Grade 5 participated. It was an amazing spectacle when some beautiful music was brought to life by the energetic and enthusiastic performers. The costumes, set design, lighting, dance moves and the music all combined to leave the audience spellbound for over an hour.

Well done to all the elementary students and staff and to Ms. Marina Babaeva and her team for this wonderful show. Please enjoy these photos, which are from the day of the show as well as from the day of the dressed rehearsal.



The annual IST Community Fair

The annual IST Community Fair was held on Wednesday, June 9th 2017 at the school grounds and buildings. It was a splendid day of fun and lots of activities. A huge spread of booths and stalls, tons of activities, amazing variety of food and lots of wonderful things to buy and do! Everyone had a lot of fun and the smiles and laughter all around was such a happy sound to hear! Some scintillating performances by the students of the IST Orchestra and many student performers added high quality entertainment to the day! All the student action groups had booths and raised a lot of money for their selected charities. All in all a great day was had by all.



Teda International School 2016-2017 Summer Show

This year's TIS End of Year Show was held at Renaissance Convention Center. The primary Show kicked off at 3 pm and the Secondary Show followed at 5 pm. It was a fantastic display of our students' talents and a celebration of the knowledge and skills they learned throughout this academic year in music classes.

For the first time we had the HS Jazz Band and HS choir performing together. Lower primary students performed a musical, "How Does Your Garden Groove?" and upper primary students performed a musical, "Bones!" The primary show also featured African Drum club students, Primary Special Choir & Vocal Ensemble, and a dance group. We had variety of performances by primary students. For



secondary students, there were dances, solos and duets, guitar ensembles, concert bands, and even a celebration of acclaimed musicals such as "Rent" and "Wicked" by a group of High School students.

Much of the success of this show lay in the faithful rendering of students' performance. In this respect, students at TEDA International School were able to

bring out the spirit of internationalism and multiculturalism. We believe that this event not only showcases the talent of our students beyond the realm of academics but also binds our school community together, fostering goodwill and appreciation among staff, teachers, students and parents. It is not just what we do, but who we are.

AR Awards at Teda International School

During the last term of the school year 2016-2017, we establish a team reward system so students enjoy a series of activities while achieving their goals.

We had a great start with “the pie on the face” activity. Our lovely principal was our first brave participant. (20 students reached their goal)



Next, we had “the hair dye activity” in which some of our teachers volunteered and got a unique hair style to sport all day long. (40 students reached their goal)



Then, we had a school wide “pajama day”. We all felt very cozy and relaxed wearing our night time outfits. (60 students reached their goal)

We continued with “the cake eating contest,” in which teachers and students got a bit messed up! (80 students reached their goal)



Finally, we were able to celebrate our last reward: “the ice-bucket challenge” on water day because 102 students reached their goals. We had tons of fun with the participation of some brave teachers and students. TIS let’s keep on reading!!! Until next time!!



Wellington has Talent

On June 7th, 2017, a truly memorable occasion happened for all the pupils, parents and staff; with the inaugural Wellington has Talent show. Four wonderful compères: Sunny, Mimi, KaiYi and Tiger welcomed our performers on stage, like true professionals. The talent on the day was superb – with pianists,

dancers, ballet, violinists and magicians, to drummers, ukuleles, Taekwondo, singers and even a dramatization of a short story – What a wonderful show. The children's performances were truly amazing and represented just a small selection of talent within the Junior school at Wellington College. Congratulations!



Traditional Chinese Medicine Cultural Experience

During the Dragon Boat Festival, Wellington College International Tianjin in cooperation with Tianjin University of Traditional Chinese Medicine held a Cultural experience event together, the slogan being "Get rid of disease on the Dragon Boat Festival".

Teacher and student volunteers from Tianjin University of Traditional Chinese Medicine came to the College and introduced traditional Chinese Medicine to our pupils and teachers of both Junior and Senior schools, such as the theory of YIN and YANG and the five elements, including the tradition of using Chinese herbal medicine to clear disease on

Dragon Boat Festival and the effects of several Chinese herbal medicines. Pupils who have never seen Chinese massage and point acupuncture were astounded with what the volunteers showed them in the class.

As the most important practical part of the event, every participant had the chance to make a Chinese Medicine Perfume Satchel for themselves. Pupils placed all kinds of herbs into exquisite embroidered pouches, to wear on their clothes or bags. This was an unforgettable event that combined knowledge local customs, while integrating traditional culture into real life.



Beidaihe Sailing Trip

During the short half term break, thirty pupils from Wellington College International Tianjin went on a five-day sailing trip to Beidaihe. This was the College's 6th annual trip. The hosts, Beijing Sailing Centre, have an excellent beachside location, and all pupils and staff had an educational and fun-packed week.

The young sailors had a chance to develop skills in Sailing, Windsurfing, Paddle-boarding and Kayaking and the progress made over the week was impressive especially considering the

unusually unpredictable weather and strong winds. Many congratulations go to Leo who achieved his Gold IYT Certificate and also to all the sailors who achieved their bronze IYT certificates.

In addition to the sailing, the pupils had some stunning beach evenings playing beach football, volleyball and a bonfire BBQ night. The whole trip fostered friendships, developed team and leadership skills and will have embedded rich memories that pupils will cherish for many years to come.



Honoring The Class of 2017!

This year's talented graduating class featured a bright group of students, with two valedictorians and one salutatorian. They are a close group of diverse students who have grown together throughout the years, and have overcome great adversity and challenges. Their perseverance developed skills of hard work and dedication that eventually led to getting accepted into some of the most prestigious universities worldwide. Some of the universities our students will be attending include: Cornell University, UC Berkley, Seoul National University, YonSei University, Korea University, University of Georgia, Belmont University, Nankai University, The University of Hong Kong, and many others.

Marta Kimmel and ChaeEun Ko shared the prestigious award of valedictorian and addressed their fellow classmates with heartfelt speeches. Marta reflected on how the class as a whole, "worked hard, played harder- together," and that she will cherish the memories they shared for years to come. ChaeEun Ko challenged her fellow classmates to, "stay positive and happy," throughout life, especially during the most difficult of times.

Salutatorian, Minju Sohn, shared the values of TIS: Truth, Integrity, Service, and Excellence.

In total, 33 students graduated together in front of their families, friends, and loved ones. Their legacies will live on and the impact they made at TIS instilled

confidence in the future TIS graduates. On behalf of Tianjin International School, we congratulate the graduating class of 2017 and look forward to seeing the positive impact they will have on this world.

If you would like to know more about TIS, email: admissions@tiseagles.com or visit our website: www.tiseagles.com





CCSC Young Entrepreneur Opening Ceremony Located at Tianjin

On the morning of June 6, with drizzle in the air, the innovation and entrepreneurship service platform—CCSC, held its opening ceremony at the YiKen Building in the Dongli Development Zone. The ceremony marked that the platform officially settled in Tianjin. The CCSC aims at providing services for overseas Chinese compatriots in Hong Kong, Macao, and Taiwan, attract merchants with existing business, and encourage overseas Chinese to come back home to make investment. With the strong support of Dongli's government, now there are 28 projects settled at the center, central joint venture projects are 8, and total investment has reached to 53 million RMB.





Volunteers detect eyes for students in Tibet.

CHILDREN PUPIL EYE RELIEF FUND by David Wong

This month, Jin Magazine's "The Helping Hand" is identifying a volunteer service in Tianjin that is giving back to our community. We hope to help shed light on their efforts, let people know what they are providing and why and how you can participate and also lend a helping hand. If you would like to let us know of other volunteer organizations, please contact us.

"Children Pupil Eye Relief Fund" is a public welfare fund co-founded by Tianjin Medical University Ophthalmic Hospital and social caring people. Tianjin Medical University Eye Hospital provides medical personnel, equipment and technical support, receives donations and is responsible for the daily management and use of the funding projects.

The eye is a fragile and amazing organ, requiring extreme care to develop and is a great pity if it is affected by disease in children and goes untreated. If surgery is required, great care is needed before, during, and after a surgical procedure. An expert eye surgeon is responsible for selecting the appropriate surgical procedure for the patient, and for taking the necessary safety precautions. Mentions of eye surgery can be found in several ancient texts and has developed greatly in recent years. Tianjin is fortunate to have this organization.

Peking heart fund sponsor, Tianjin Medical University Eye Hospital strabismus and pediatric ophthalmology director, Qian Xuehan 钱学翰 was the founder in 2012. From 2013, he organized volunteers around

the Sichuan, Anhui, Henan and other remote areas for children's eye screening. Thus far the number of screening has more than 1 million people, and 50 young people to do eye surgery for the children to bring normal sight again.

In 2016, 11 volunteers entered the eastern part of Shannan City, Tibet Autonomous Region and 1861 students aged from 4 to 18 years were enrolled in this area. 30.2% of the students had abnormal eyes. These eye diseases were almost all relieved by prescribing glasses, surgery and other methods for treatment.

The founder QianXueHan has said: "... because the eye is a sensitive organ and has a narrow window for relief, he saw many poor families abandon treatment for their children because of financial reasons." For this reason, caring people founded this Foundation.

The foundation medical team to carried the world's top screening equipment to Tibet, including rapid screening instruments in the country for the first time in large-scale to help children with eye disease screening. For Tibet's high altitude children, literature on eye disease is very scarce; the large-scale screening not only helped local children's eye treatment but also provided a valuable reference and will also help establish a local database of children's eye disease – a basic data bank.

In June this year, Tianjin Medical University Eye Hospital "pupil heart child eye relief fund" medical team once again went into Tibet to carry out large-scale youth special medical volunteer service

activities.

Peking heart fund is currently accepting the applications; foreigners can also apply through the following ways and conditions:

1. Under the age of 18 and have designated guardian
2. Submit to the relevant departments for audit, issued by the relevant proof of the families of children. 5 guarantees required for orphans and disabled children (to be the residence of the police station, the street or the relevant civil affairs department issued a certificate and proof of guarantees)
3. Proof for children with developmental eye disease (refractive error, oblique amblyopia, congenital cataract, etc.), to be confirmed by the Tianjin Medical University Eye Hospital strabismus and children's eye treatment center screening after approval.

Once treatment is approved for children, treatment can be funded for the cost of surgery, glasses, amblyopia treatment etc.

Address: Tianjin Medical University Eye Hospital, Nankai District, Hong Road, No. 251
Contribution Account: Tianjin Bank Science and Technology Branch
158601201110015551

The pupil fund Tel: 022-86428728

Tianjin Medical University Eye Hospital "pupil heart child eye relief fund"
天津医科大学眼科医院，南开区红路251号
献科：天津银行科技科

瞳心儿童眼病救助基金

"瞳心儿童眼病救助基金"是由天津医科大学眼科医院与社会爱心人士共同创立的公益性基金，天津医科大学眼科医院提供医务人员、设备和技术保障，接受捐款并负责基金的日常管理以及使用工作。瞳心基金目前主要面向全国接受申请，外籍人士也可以通过以下方式进行申请。

瞳心基金申请条件：

1. 年龄低于18岁，有指定监护人
2. 相关部门审核，出具相关证明的家庭困难儿童。孤老户、五保户（须居住地派出所、街道办或相关民政部门出具的证明）、享受最低生活保障人员（须持有低保证、且低保证在有效存续期内）的子女、生活困难的孤儿儿童。
3. 患有儿童发育性眼病（屈光不正、斜弱视、先天性白内障等），由天津医科大学眼科医院斜视与儿童眼病诊疗中心筛查后批准。

Getting Your Mind Right -an interview with Dr. Zhao

by Sam Ward

Doctor Peng Zhao is a psychiatrist at Tianjin United Family Hospital and has more than ten years of clinical experience. In 2003 he graduated from Tianjin Medical University with a degree in Clinical Medicine, and has since been a lecturer within the Department of Psychiatry. Jin Magazine recently had the opportunity to interview Doctor Zhao, and his responses were informative and interesting.

In the US, a psychiatrist is different from a psychologist because they can prescribe medication. What is the difference in China?

In China the titles and differences are similar. A psychiatrist is able to prescribe medication and perform psychotherapy, whereas a psychological consultant (comparable to psychologist) only provides consultation. There is a grey area in practice between the two professions, and that is identifying what the difference is between providing consultation versus therapy. Being a psychological consultant as a profession has existed in China for only fifteen years and is qualified by the department of labor, but not the department of health. A problem in China is that there are only 20,500 psychiatrists,

and psychological consultants don't receive enough training.

What are the most typical mental health issues you treat at Tianjin United Family Hospital?

The most common are depression and anxiety, but we have also treated schizophrenia, bipolar disorders, and alcohol abuse. For the foreigners coming to China, I think the change in environment and lifestyle can be the cause for their depression and anxiety problems.

Are the same medications in the US available with a prescription also available in China?

Yes, most of them. Like Olanzapine or Risperidone (used to treat bipolar disorders and schizophrenia) are available here. For ADHD which is also common here, we have Concerta.

Are there any differences between how mental health issues are treated in China versus the West?

Actually I would like to address the difference between the local hospital and Tianjin United Family Hospital. As you

FOR THE FOREIGNERS COMING TO CHINA, I THINK THE CHANGE IN ENVIRONMENT AND LIFESTYLE CAN BE THE CAUSE FOR THEIR DEPRESSION AND ANXIETY PROBLEMS.

know China has a very big population and as a result China doesn't have enough doctors, including psychiatrists. In local hospitals it's a big problem because they usually don't have enough time to examine their patients very carefully. If you go to a local hospital, any clinic, there you will find a lot of people. Maybe the doctor will check fifty or sixty patients in just half a day.

Has technology or current research changed the way you practice your profession?

Yes it's always changing. More and more new medications have been synthesized and used in mental practice. Maybe more than ten years ago when I was in Tianjin Medical University, our teachers taught us something about chlorpromazine or perphenazine, typical antipsychotics. These medications, most of them are not used today. Even though better medications are available, we unfortunately haven't had any new technology to treat out patients rather than examine them. But we have some new tools to treat our patients like TMS, transcranial magnetic stimulation (a non invasive method of brain stimulation used to treat depression). It's a powerful tool to treat some mental illness.

还你一个健康的心灵 ——专访天津和睦家医院 精神科赵朋医生

赵朋是天津和睦家医院的一名精神科医生，拥有10多年的临床经验。我们向赵医生简要了解了天津和睦家医院在治疗精神疾病方面的情况。

赵医生介绍说，来求医的病人大部分人都患有抑郁和焦虑问题，也有少数精神分裂和嗜酒患者。一些已经在美国接受治疗的患者在天津和睦家医院也可以开到同样的药品，而且就诊体验更加私密，大夫会给每个患者看得更仔细。

医疗技术和科研成果日新月异，精神科医生的治疗手段也不断更新。我们有一些新的工具，比如TMS，能够以非侵入性的方法对脑部进行刺激以治疗抑郁症，它对其他精神类疾病同样有效。



Expats especially need to be savvy at using technological to maximize their money while optimizing time when traveling.

TRAVEL APPS

by **Carmen King**

It seems everyone is on the move these days. Expats especially need to be savvy at using technological to maximize their money while optimizing time when traveling. This by no means is an exhaustive list, rather an effort to establish a few core travel related categories.

Hotels/Flights/Train

Ctrip continues to be a reliable source for travel services. A huge key to Ctrip is they are easy to contact, including by phone. While countless apps offer bookings within China, not all are China savvy. Ctrip offers a nice combination of being local to China yet international traveler friendly. At the top of the list of advantages is being able to book using English and pay with a foreign credit card.

Bus

8684公交 (gōngjiāo) provides bus route information based on city. It is all in Chinese so be ready. After opening the app, in the top left corner choose the city. Enter a location and destination to determine possible routes. Queries can be made using bus number or stop name

(must be entered in using characters). If GPS is enabled there is also the ability to search "nearby" stops. If looking to save data usage or in case of not having internet access be sure to download each "city" whereby even without internet access bus routes are still available. To do this though users must register and login using their phone number, which isn't ideal.

车来了 chē lái le puts GPS tracking of buses at your fingertips. When waiting for a bus, keep an eye on how close the next bus is. If one bus is super crowded, instead of squeezing on, wait for the next bus if it isn't too far off. Instead of waiting at the stop merely hoping the last bus hasn't passed, check the app. Also, be aware some "ghost" buses have been spotted. As in the app didn't display it and yet it did exist.

Car

The leader in car hailing apps is Didi (滴滴出行 didī chūxíng). Online there are reports that the app now offers an English UI, though at the time of writing this wasn't available personally. The easiest way to pay for fares is probably linking to WeChat wallet. If not, an option for foreign credit

AT THE TOP OF THE LIST OF ADVANTAGES IS BEING ABLE TO BOOK USING ENGLISH AND PAY WITH A FOREIGN CREDIT CARD.

cards has been added recently, though buyer beware in terms of revealing such info.

For expats who have a Chinese drivers license 一度用车 (yīdù yòngchē) offers flexible car rental. ToGo offers similar services (in the app store it has a black letter "T" icon).

Train/Metro

China Metro is a free app with subway maps of the major cities in English. These maps can also be downloaded for offline use. Plus, it will give great route information like estimated travel time, fare cost and earliest/latest departure times.

高铁管家 (gāotiē guǎnjiā) is a Chinese app to check/buy train tickets.

Maps

When it comes to localized maps the top two seems to be Baidu 百度地图 (bǎidù dìtú) and 高德地图 (gāodé dìtú).

不可不知的出行软件

假期到来，每个人似乎都在忙碌起来。出行的时候，总会用到各类交通软件，这里也为您推荐几款小程序，希望能对您的旅行带来些许帮助。

酒店、机票、火车票的预订，首选软件一定是携程。携程的服务可靠有保障，无论何时何地，它们的客服总是24小时在线，帮你解决各类问题。它的另一大优势是提供英文预订以及支持外国信用卡支付。

8684 公交可以提供公交线路信息。该软件是全中文程序，打开软件之后，选择相应城市，再输入想要到达的目的地。如果你想离线使用程序，切记下载每个城市的资源包，当然这需要用户完成注册和登陆的过程。

车来了利用GPS定位系统，让你动动手指即可获悉公交运行信息。这样的程序在查询末班车的时候为用户提供很大便捷。当然，市面上也出现了一些“幽灵车”，很多车在程序上没有显示，但它确实存在。

滴滴出行是网约车的首选软件，支付方式也比较便捷，连接微信钱包即可。如果没有微信支付，最近的系统可以添加外国信用卡，当然使用的时候也一定要小心自己的个人信息泄露问题。

除此之外，一度用车、中国地铁、高铁管家、百度地图、高德地图也都是出行旅行的绝佳伴侣。希望这些软件能为您减少出行烦恼。



JIN ADVISOR

LIFE ADVISOR IN TIANJIN



About Us

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

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

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

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

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

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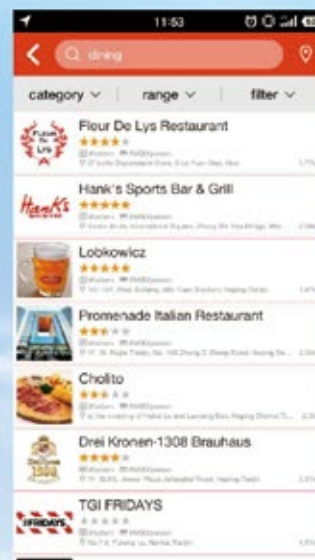
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JING-JIN CLASH AND BOOM

by Robert Watt

Wang Dong, captain of TEDA was trying to goal.

Approaching the North Gate of The Workers Stadium in Beijing there was a bright flash of lightening followed by a clap of thunder, a dramatic effect appropriate to the occasion. This evening arch rivals Beijing Guoan and Tianjin TEDA meet in a match known as the Jing-Jin derby. While the fixture between the two China Super-league teams occurs every year, this was the first where away supporters were present following riots 8 years ago.

Football is among the most popular and historical sports in China. Attendance rates averaged 22,000 last season, only 200 less than Italy or France. It played in the first international game in Asia against the Philippines in 1913 and both clubs in today's clash can trace their origins back to the North China Team founded in 1910. Despite their common heritage, like many major clubs in close proximity, there is intense enmity between them and passions run high.

Enemy at the gate

The TEDA supporters assemble outside the gate. As the rain starts and disposable rain coats are pulled over the blue and white, it could have been a fixture in England. Under a dripping umbrella, Mr. Wang, a self described super-fan, tells me, 'neither team can afford to lose, both TEDA and Guoan need the points.'

Other supporters agree, it is a must win game, but none dare express a prediction that TEDA will triumph. As Mr. Wang remarks, 'TEDA hasn't won at the Workers Stadium for 15 years.'

The pessimism is a contrast to most supporters who despite such statistics tend to have an unrealistic belief in their team's victory. A possible reaction to the general disappointment that Chinese football has provided over the years. The national team has struggled; qualifying for the world cup once in its history, match fixing and corruption undermining credibility in the results. It's not surprising that while football is hugely popular, it's foreign teams and leagues that have been largely followed.

A show of strength

As we enter into the stadium, there is a strong and visible presence of guards, police and soldiers. The away enclosure, is tightly packed with 700 fans that have travelled to see the match, heavily outnumbered by the surrounding green Guoan supporters. The clouds part as everyone stands for the national anthem, a brief moment of unity in the sun. When it finishes, the TEDA end is so crowded that some remain standing, a contrast to other parts of the stadium which, despite an attendance of nearly 24,000, has patches empty.

It's typical Chinese planning. Like the

huge new developments that are eerily empty at completion, but soon fill, China's promotion of the sport expects to lead to over-capacity crowds. It has the numbers of people, the interest in the game, and the political will that has created a spending boom as money pours into the sport. Headline making investments in European teams buy expertise to develop homegrown talent for the future and attract top foreign players and managers, through ludicrous salaries, to increase the standard of teams in the present.

Both teams on the pitch tonight are fielding 3 foreign players - the maximum number allowed. While not the household names like those recently rumored to be coming, or those that have joined other teams, their contribution to the game is obvious from the opening whistle. Mr. Wang tells me, 'their value isn't just the quality they add to the game, they also provide experience to other players.'

Achieving the goal

The TEDA supporters deliver as much noise as they can to encourage their team who start brightly. TEDA have more possession, some enthusiastic midfield tackling and the best scoring chances. Sadly, none of the effort produces a goal.

Why the performance of Chinese teams have been so poor is blamed on a number of

ACADEMIES AND FOREIGN PLAYER'S IMPROVED JAPANESE TEAMS AND THE COUNTRY WENT ON TO HOST THE WORLD CUP, AN AMBITION CHINA WANTS TO COPY AND WIN.

issues. Most credibly is the lack of support provided by schools and parents who emphasise studying. There are also complaints about lack of facilities. Certainly, there are few grassy parks where you see football being played in contrast to England, where kids kicking a ball around is the norm.

The problems are being addressed with football being made a compulsory part of the national curriculum, the opening of 20,000 football-themed academies and study-abroad programs, all with the aim of producing more than 100,000 homegrown players.

Despite TEDA having most of the early chances, Beijing take the lead at 20 minutes with an easy headed goal from their Turkish striker. Other drama is provided by some feeble fouls and dreadful dives, one of which leads to a second yellow and TEDA being reduced to 10 by half time. The supporters complain bitterly about the referee's decision. Abuse of the officials is normal when decisions go against a team, but it has added poignancy when set against a history of "black whistles" - a reference to corrupt referees.

A game of two halves

The second half produces little of the opening excitement. TEDA manage to break through Guoan's defense a few times, but have pitiful finishing. It was up to Beijing's Brazilian player to score their second, after which TEDA and their supporters looked increasingly tired and hopeless. At this point, in England, the away team would be leaving early for the journey home. Cruelly, they are locked in the stadium until after the celebrating Beijingers have gone.

It is a disappointing result, but an improved performance compared with a few years ago. Mr Wang agrees, joking that the standard at club level was improving steadily, but the national team performance was still poor because we don't use foreign players. The clubs are benefiting from the investment in

foreign talent, the richest competing at the highest levels in Asia. It's hoped the strategy will lead to national team success. Academies and foreign player's improved Japanese teams and the country went on to host the world cup, an ambition China wants to copy and win.

Club and country

Success on the international sporting stage has a long association with promoting national pride. A nation's triumph on the field validating the achievements and standing of the state, something China has already managed in both the Olympic Games and Women's football. The national women's team has only failed to qualify once in the last 7 World Cups, were runners up in 1999 and consistently make the quarter finals.

Football is popular among women throughout Asia and there is a high percentage present in the supporter's compound more than you'd expect in England. Former model, Ms. Zhao, a TEDA fan for 20 years now helps the supporters club says 'Young Chinese girls often go to matches, but stop once they have families.' Notably, there were no children in the supporter's enclosure, it's not the family occasion promoted by the English FA - more likely the kids are at home studying.

The importance of education in Chinese culture is unlikely to change making academies the best bet for inculcating sufficient numbers of youngsters to feed the national team. Football is a global business and clubs wanting to win silverware regularly, need the best players. Limiting a team to 3 foreigners might hinder their success. But, as England has found, allowing a free market reduces the top places available for domestic players, damaging the national squad. As TEDA supporters, corralled by the army, drift peacefully away, maybe they are reflecting on the dilemma facing all fans; the loyalty between club and country.



A TEDA supporter showed disappointment for the result.

从京津德比看中国足球

这一天是京津德比大战，也就是北京国安和天津泰达在中超联赛的一次交锋。北京和天津这两个足球俱乐部的比赛每次都能成为焦点之战，因为这两个俱乐部既是邻居也是宿敌。

足球是中国历史最为悠久也是群众基础最好的运动。上一个中超赛季每场平均上座率达到22,000人次，几乎可以和意大利、法国媲美。早在1913年中国就有足球队和菲律宾进行过国际比赛。

泰达队的球迷也集结成队去北京观战。天公不作美，大雨倾泻而下，人们急忙套上一次性雨衣，打上雨伞。球赛日下雨，这似乎在英国是常态。一位姓王的泰达球迷说：“无论是泰达还是国安都输不起了，必须在这场比赛上拿分。”其他人也表示同意，但是没人敢预测泰达这次会赢，因为15年来泰达在国安的主场从未取胜。

作为球迷，总是希望球队赢球的，尽管那只是不切实际的希望。对于中国国家足球队来说，失望与希望也相互纠缠了许多年。中国足球队历史上只有一次打进世界杯决赛，长久以来的糟糕战绩遭人诟病，球场外的黑幕和腐败也时常被爆出。

对于这样的焦点大战，安保方面必定很严格，一进入球场就能看到严阵以待的保安、警察和武警官兵。客队球迷的坐席一共有700多名观众，已然被淹没在主场球迷的绿色人潮之中。唱国歌的时候，雨停了，太阳又从云层里钻了出来，这也是短暂的和平时刻。

在中国，足球有良好的群众基础，球迷的热情以及政府的支持。各大俱乐部经常斥巨资培养本土球员，用丰厚的薪水吸引世界顶尖球员和教练加盟，打造超级球队。国安和泰达在这场比赛分别派上三名外援，按规定这是上场外援数的上限。外援对整个队伍的作用从比赛哨声开始就体现了。

虽然人数处于劣势，泰达的球迷努力使他们的加油声达到最大。泰达队的中场球员处理得不错，也有几个绝佳的射门机会，但都没有把握住。中国足球的糟糕表现在球迷们看来主要有以下几个原因：首先，学校和家长过分强调孩子的学习成绩，并不支持他们从事足球运动；足球设施的缺乏也是一个问题，在中国很少有大面积的草坪可以让孩子们踢球。

为了改善中国足球的状况，足球课被纳入中小学必修课程内，创办了超过2万个足球学校和海外学习项目，期望培养出超过10万个本土球员。

在泰达队浪费了几次机会之后，国安队在20分钟的时候由土耳其外援率先头球破门。在这之后，泰达队做出了几个低级的犯规，导致一名球员吃到第二张黄牌被罚下场。泰达的球迷开始对裁判的判罚表示不满，怀疑有黑哨。

下半场比赛双方表现都很平淡，泰达队仍然试图攻破国安球门但未果，却被国安队的巴西外援再次打入进球。虽然结果令人沮丧，但球迷王先生说泰达队的表现和几年前相比已经有了提高。他说：

“俱乐部的水平一直在提高，但是国家队永远是这么糟糕，因为不允许上外援。”俱乐部在购买外援上的投资能够提高球队的竞技水平，但如果能带动国家队的提升就更好了。

国家队在国际赛事上的胜利才能真正提升民族自豪感，中国在其他体育项目上已经做到了。中国的教育体制决定了分数决定命运，所以青少年的重点必须放在学习上。引进优秀外援可以提升俱乐部的成绩，但又限制了本土球员的进步，这就是中国足球面临的两难困境吧。



What can you do with flight delay

by Paula Taylor

AIR RAGE – DON'T DO IT

We are used to hearing about road rage where car drivers end up fighting, sometimes with tragic consequences, over a perceived insult by way of bad driving on the part of another driver. However it is becoming more and more common to hear about air rage, where people on board an aeroplane become angry to the point of disrupting the flight.

Lies, lies and more lies

More and more incidents are happening at the airport before the flight takes off, usually because of delays. I recently went to Hong Kong as my friend had found really really cheap tickets. I should have known there was a catch because we had to fly to Beijing first, which added at least 6 hours to our journey both ways once the transfer time is added, and had I known, I would rather have paid more money and flown directly. I said to her "Every time I have taken an internal flight in

China there have been delays, and not just of an hour or so, usually several hours are wasted". She has also taken flights within China and said she had never known of a problem.

In Beijing at the boarding desk I said to her "It is 45 minutes before our flight, they should be boarding us now". No answer was her sad reply. We could see that our plane was already on the tarmac, there were very few flights at that time and the runways were clear. Then I suddenly saw the pilots and cabin crew leave the plane and even the woman on the desk left. People started to panic, as many were changing flights in Hong Kong. After an hour or so the same woman came back only to be bombarded with our questions. Many international passengers could not speak Chinese so I translated for them. I asked her what the delay was and she told us it was because of bad weather. Strange, it was the afternoon, visibility was clear outside and I pointed this out to her. She

then added a further detail, it was because of bad weather in Hong Kong. We checked the weather forecast as she was speaking to us, Hong Kong was enjoying a balmy day with blazing blue skies. I knew we were not going to get the truth so I cut to the chase and asked her "How long will we be delayed?" She told us an hour – we had already been delayed an hour. After another hour had gone by we mobbed the desk and she told us we would be delayed an hour. I pointed out that she had said that.....an hour ago. She told us that we had to start counting from that point! Is it any wonder why people get angry?

Many people missed their connecting flights and she told a group that were going to Taiwan that they would have to fly the next day, and not only that, but also that they would have to pay themselves for a hotel. It wasn't her fault, she was just following instructions so there was no point getting angry. If we had known that the delay was

going to be so long, we could have gone away and had a meal, looked around Duty Free and done all kinds of things, but because they were not honest with us we just kept sitting in the same spot having our hopes raised...and dashed.

Not only in china

A friend recently came to visit England and on her return flight to China she also experienced a flight cancellation. She contacted me from the airport to say that the reason given was that safety checks had to be carried out. They had handed her a compensation form that was so complicated I had difficulty in deciphering it and English is my mother tongue, I don't know how people whose English is not their first language are supposed to understand it, but then maybe that it is the idea, people just give up trying to file claims.

I think what makes us so angry is not the delay itself, but the lack of truthful information given to us. If they told us the truth and let us know how long the delay was going to be instead of fobbing us off with different excuses then people would not get so angry. If in Beijing they had said to us there is going to be a delay of 3 plus hours, ok I can deal with that, but because they kept telling us it would be an hour and then after that hour moved the goalposts and every hour gave us a new excuse, understandably people are going to get angry. In fact they boarded us but the plane still did not take off, they held us on the tarmac because of course they had to wait for a new take off slot. My friend fell asleep and when she awoke thought we had almost arrived in Hong Kong only to be told by me that we had not gone anywhere. I have lived

IF THERE REALLY IS NOTHING THAT YOU CAN PERSONALLY DO TO RESOLVE THE MATTER OF DELAYS, THEN JUST USE THE TIME PRODUCTIVELY AND WORRY ABOUT COMPENSATION AND SUING, OR WHATEVER OTHER METHOD YOU HAVE AT YOUR DISPOSAL TO PUNISH THE AIRLINES



"Delayed" is such a frustrating word.

this experience so many times that it felt like Groundhog Day.

Powerless employees

I feel sorry for the staff on the desks because they are only following instructions and cannot control the situation and then they have to face angry customers. I don't like to see them being abused, it can't be easy. There is really no point venting our rage on these people, in fact getting angry does not really get us anywhere anyway, because people shouting and screaming at the staff will not empower them to make the plane take off any earlier.

There have been a lot of high profile incidents in the news recently whereby the airline staff have been accused of abusing passengers and are currently being sued. You probably remember the most infamous case was when a passenger was beaten up on board and dragged off the plane because the airline needed his seat and he refused to give it up. On the surface it looked really terrible and there was no doubt that this passenger was assaulted, but there was a lot more to this story than meets the eye so if you only heard one side of it maybe you should check out the facts that came out later.

I once read some very wise words, namely that if you can't change a situation, worrying and stressing about it is not going to change the situation. If there really is nothing that you can personally do to resolve the matter of delays, then just use the time productively and worry about compensation and suing, or whatever other method you have at your disposal to punish the airlines when you are in a better position to do so, probably at the check in or boarding desk is not going to get you anywhere.

So whilst delays Sometimes cannot be avoided (unless you stay at home and do not

go anywhere), and there is very little that you can do about it, I would just like to say to the airlines JUST TELL US THE TRUTH. Hello? Is anybody listening?.....

飞怒症不可取

我们都听说过路怒症，也看过很多因为路怒症引发的暴力事件。不仅仅是在驾车，搭乘飞机也渐渐变成一件让人闹心的事。

经常坐飞机的人没有没经历过飞机延误的，1小时的延误已经不值一提了。最近我朋友定了价格非常低廉的伦敦至香港的机票，需要在北京转机，一共要多出6个小时的时间。有了这次经历之后，我宁愿当初多花点钱买直航机票。

在预定起飞时间的45分钟之前，登机台那边没有任何动静。我和我朋友说，这个时候咱们应该登机了。我能看到飞机就停在那里，跑道上也很清静。突然我看到机长、空乘人员甚至登机口的工作人员都离开了，人们开始恐慌了因为很多人都需要去香港转机。我问地面服务人员什么原因导致延误，她说是天气原因，可窗外分明是一片晴天，然后她又说是香港那边天气不好，但天气预报说香港也是同样的晴天。我知道她不会说实话了，于是问她飞机要延误多久。她回答说一个小时，但实际上我们已经延误了一个小时。一个小时过去了，我们又过去问她，她说还要一个小时。

很多人都赶不上换乘飞机了，其中一个旅行团还被告知只能明天再出发了，但自己要自己支付酒店钱。这位地面服务人员也很无辜，因为她只是传达公司的指令。其实，如果她明确告诉我们会有很长时间延误的话，我们可以去吃个饭，逛逛免税店，做些其他事情，而不是在登机口傻等。

当然这样的事情不会只在中国发生。最近一个朋友从英国返回中国，但直到她到机场才得知航班被取消了，航空公司给出的理由是安全检查。她给我拍了一张索赔条款的照片，即便是我这个以英语为母语的人都看不懂上面在说什么，也许这也是航空公司的策略，让乘客知难而退，不再索赔。

其实，让我们感到愤怒的并不是延误本身，而是无法获知真实的信息。如果航空公司能明确告知我们会延误多少时间，而不是用各种不靠谱的借口搪塞，人们也不会生气，像我在北京机场的遭遇，相信再通情达理的人也会被激怒的。

很多乘客会把怒气发泄到地勤人员身上，但其实她们也很无辜，而且发脾气并不能改变什么。如果你不能改变飞机延误的事实，就利用这段时间做些有意义的事，或者想想如何向航空公司索赔。作为乘客，我们真心希望航空公司以后都能说真话。



OFFSHORE OIL WORKER

Cheng Yao is inspecting the platform, this is one of the most important tasks of offshore platforms.

China National Offshore Oil Corporation Qing Huang Dao 32-6 oil field is located in the north central part of the Gulf of Bohai. It is about 20 kilometers from the coast and this is a large heavy oil field which was discovered in 1995. The oil field is now made up of 10 offshore platforms and a floating production and storage facility. When you look down from the sky, the platform looks like a constellation on the surface of the ocean. An offshore platform needs 24 hours of uninterrupted operation, a work cycle is 28 days, and after working for a whole cycle, the laborers can have a 28-day rest.

The 29-year-old Tianjin born Cheng Yao, works at the CEPJ platform, this is one of the youngest platforms in Qinhuangdao's 32-6 oilfield. The oilfield was put into operation in 2014, and has an area equal to a football field. The field is divided into a work area and living area, and full accommodation capacity is 100 people.

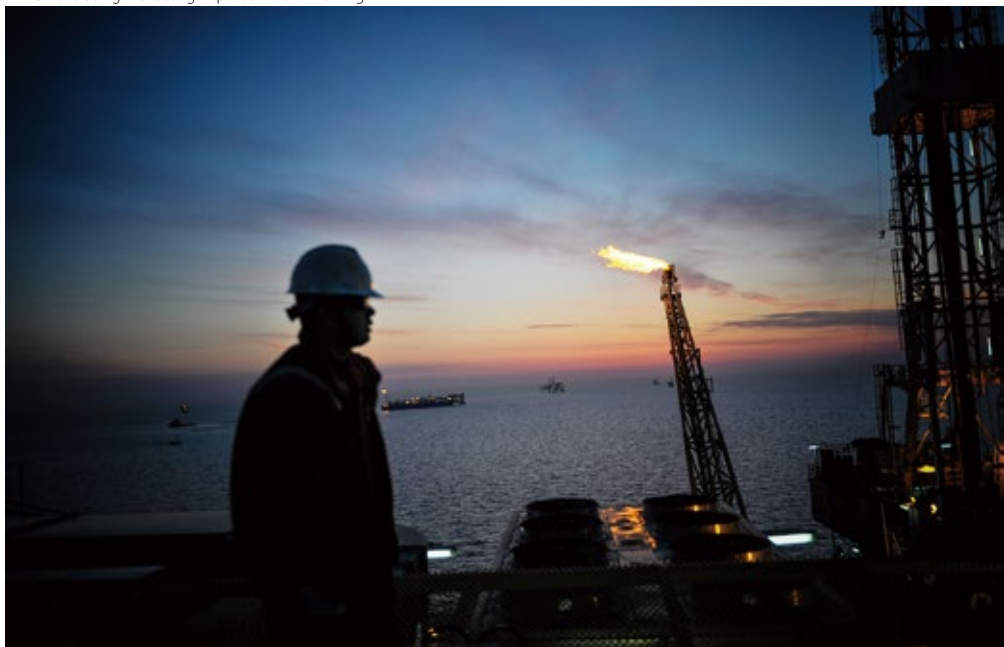
Compared to work on land, sea work and life are relatively monotonous, but conversely, working at sea you can feel the unique charm and scenery of the ocean. Do

you know what the most beautiful phenomenon is? When there is lightning at sea and the weather is good, you can see the coastline 20 kilometers away. Cheng Yao has spent seven years at sea, now he has more than 20 days of holiday. When he is at home, he has more chances to travel with his wife. But when the holiday ends, it marks the beginning of a new working cycle at sea.



Foaming liquid, this is oil.

A worker is doing the routing inspection in the morning.





China National Offshore Oil Corporation Qing Huang Dao 32-6 oil field CEPJ central processing platform.



After a day's work, the workers returned to their dormitories.



Contact families via satellite phone.



The workers land the platform by mounted the cage.



Platform lights always on.



Cheng Yao take a ferry to the offshore platform

海上石油工

游思行

中海油秦皇岛32-6油田位于渤海湾的中北部，距离海岸约20公里，是1995年发现的亿吨级大型稠油油田。目前，这个油田由10座海上平台和一艘浮式生产储油装置组成。从空中俯瞰，一座座平台仿佛是撒在海面上的一个星座。海上平台24小时不间断作业，工人通常以28天为一个工作周期，在海上连续工作28天，然后迎来28天的海休。

29岁的天津小伙程垚所在的CEPJ平台，是秦皇岛32-6油田中最为“年轻”的平台之一，于2014年投产，其大小相当于一座足球场，分为工作区和生活区，满员住宿能力为100人。

相比在陆地，海上的工作生活相对单调，但有时也能感受到来自海洋的独特魅力。最美的现象要数海上的闪电了，而天气好的时候，甚至能看到20公里外的海岸线。程垚已经在海上度过了七个年头，有了20多天的海休假期，程垚得以经常带妻子出去旅游，而每当海休结束，他又要一次次开始28天的海上生活。



Cheng Yao goes back to work after a 28-day holiday.



Cheng Yao's wife is pregnant.

HOW TO STAY COOL WHEN IT'S HOT

by David Wong



During the hottest month in Tianjin, temperatures could reach over 40 and humidity in the 70's. Technically called a "Heat Wave" once temperatures reach these levels and not uncommon. So what can you do to stay cool?

Clothing

Dress in loose fitting clothes that allows for circulation, keeping in mind that you have to maintain a proper decorum and not too much exposure that it becomes indecent. In fact, it is better to be covered from the direct sunlight rather than having no cover such as some men take to lifting their t-shirts and exposing their stomachs, which is disgusting.

Try to wear light colored clothes and wear a hat, a wide brimmed kind will keep much of the sun blocked. Do not wear black, which will absorb the heat. Cotton or linen is the best, as it will allow your skin to breathe, absorbing moisture and drying quickly.

Gadgets

Something new on the market are O2Cool towels, they are an insulated towel that you can soak in water, put them in a plastic container and take them out when you want a cool refreshing wipe. If you can't find them in the market, do the same with an

ordinary towel in a plastic bag will work just as well.

Portable hand held fans, come in handy and last for a long time on regular batteries. They are quiet and so small that they are not distracting. Some even come with a stand so you can set them on a table and keep your hands free while enjoying the breeze. Of course, there is always the old-fashioned hand held Chinese folding paper or silk fan. They can come in beautiful designs and paintings; some are made from camphor wood and have a pleasant scent. (For the men, stick to a simple design.)

Ever see Chinese ladies using umbrellas when it is sunny out? For Westerners, this is very strange and not a sight seen back home, but in China, it is quite usual, especially for women who prefer to have a light complexion. In the West, a dark tan is considered a beautiful trait, but lily white is the preference in the East. May not be such a weird idea, ever watch a tennis match where the ball boys are holding an umbrella to cover the players between games?

Food

Nothing can be more refreshing that a ice cold beer on a hot day, but make sure you ask for a "cold" one 冰啤酒 "Bing Pi Jiu". Amazing that some places still serve room

temperature beer on warm days, you have to remember that the Chinese are not accustomed to drinking cold drinks. Even on hot days, it is not strange to see locals enjoying a hot cup of tea or bring their portable thermoses of hot drinks.

Try to avoid heavy foods and meals featuring meats, go for soups, salads and more veggies finishing with fresh fruits. Ice creams and desserts are allowed but too many sweets will add more weight and make you uncomfortable, especially in the hot weather. Fruits and salads will taste more refreshing if cooled first in the fridge before serving.

There are many soup recipes for chilled soups, my favorite is gazpacho, a chilled tomatoes based soup from Spain, which typically include stale bread, tomato, cucumber, bell pepper, onion and garlic, olive oil, wine vinegar, water, and salt. Garnishes may be made with fresh bell pepper slices, diced tomatoes and cucumber, or other fresh ingredients.

Air Cond 空调 "Kong Tiao"

Most of us will have air conditioning at home and at the office but too much refrigeration is not good. If you are in direct contact with the cold air for any constant length of time, you could easily catch a cold and having a cold when it's over 30 degrees is

IF YOU ARE IN DIRECT CONTACT WITH THE COLD AIR FOR ANY CONSTANT LENGTH OF TIME, YOU COULD EASILY CATCH A COLD AND HAVING A COLD WHEN IT'S OVER 30 DEGREES IS NOT VERY PLEASANT.

not very pleasant. So be careful and keep the setting above 22 and try not to be directly in front of the airflow.

When taking a taxi during these sweltering days, sit in the front where the air cond is stronger. Don't open the windows as it defeats the purpose of the air cond and the driver will likely turn it off.

Swimming

What better way to cool off, than going for a swim? In Tianjin there are many public pools. Two that come to mind are:

Swan Lake Resort Swimming Center

Address: Tianjin Wuqing Development Zone Fuyuan Road 20

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

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

Olympic Swimming Diving Hall

Address: No.586, Hongqi South Road, Nankai District

奥林匹克游泳跳水馆

天津市南开区红旗南路586号增1号

If you want to avoid the masses and don't mind paying a bit more, contact one of the many five star hotels and ask for a daily admittance fee, you can probably use their fitness area and most have a nice swimming pool.

Dangers of Heat Stroke

Too much heat can be very dangerous especially for youngsters and the elderly. If a toddler or baby feels very hot but is not sweating, this is a symptom of heat exhaustion. Also look out for dry skin with a rash, irritable behavior, accelerated breath and exhaustion. Older toddlers might feel nausea. If these symptoms occur, move them to a

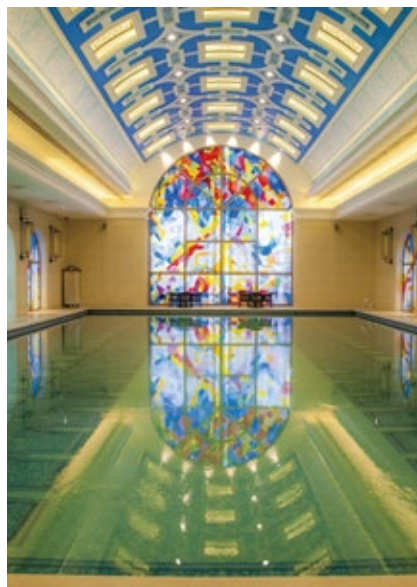
cooler place with better airflow, place on their back and loosen clothes, putting a cool towel on the forehead. Bathe them in lukewarm water to quickly drop their temperature.

If they have extremely high body temperature (above 39°C), this is a warning sign of heatstroke; prolonged high temperature might cause permanent brain damage. It is important to give small sips of fluid if they're able to drink – and if you have them on hand, give oral rehydration salts. If the person has lost consciousness, call an ambulance to transfer to a hospital immediately.

Don't wait until the children or elderly are thirsty; have them drink regularly the whole day. Use good sun protection. Heat stroke can occur rapidly over a period of just 10-15 minutes. Be alert for the early signs of heat-related symptoms.

Sunburn is another danger of being out in the sun too long and again pay special care to babies. Apply sunscreen 30 minutes before exposure to the sun. Use an umbrella to protect the baby from the sun. (Maybe the Chinese are smarter than we think, using umbrellas) Dress them in clothes with SPF protection.

Whatever you do, never leave anyone in the car unattended. When the outside temperature is over 25, the inside of a car can easily reach temperatures of over 70 and will be fatal within minutes. This goes for pets also, when you see someone leaving a dog in a car with the windows slightly rolled down, the dog is already traumatized by being left alone and with the inside of car heating up, it won't



Swimming Center

take long before the dog succumbs.

Conclusion

Summer can be a wonderful time of the year and many outdoors activities but plan carefully enjoy yourself without over doing it.



Cold bear

巧妙避暑，开心过夏

烈日袭来，天津的温度可以达到40度以上，湿度也在70度上下。北方人常用“热浪”来形容这样的天气，这很正常。那么，在这样炎热的环境里，我们该如何给自己降温呢？

首先，在穿衣的选择上，我们可以穿着一些宽松的衣服，当然还要考虑环境和社交礼仪。很多实验都证明，用衣物覆盖周身可以比直接将皮肤暴露于阳光底下更能降低人的体感温度。除此之外，我们还应该选择浅色系服装并佩戴遮阳帽。棉麻质地的服饰是最好的选择，透气、吸汗。夏天穿起来最为舒服。

其次，尝试使用一些清凉小工具，比如降温毛巾、便携小风扇、遮阳伞等。所谓降温毛巾，它是一种绝缘物体，使用的时候我们只需把它浸泡在水里，外出的时候拿出来擦拭便可起到降温效果。便携电风扇已经不是新鲜产物，它小巧玲珑，携带方便，简直就是夏日里外出、办公的最佳搭档。中国的女士都喜欢在艳阳高照的时候打上一把遮阳伞，但在西方这样的场景并不多见，这大概是源于中西方对肤色美的不同理解吧，西方人偏爱深褐色，而东方人则喜爱皮肤白皙。

除此之外，我们还可通过饮食来为自己降温。炎炎夏日，没有什么能比一瓶“冰啤酒”更能为我们带来酣畅淋漓的感觉，再配上一些新鲜果蔬和沙拉，饭后在适当来点甜品和冰淇淋，清凉夏日就此打开。

闷热天气，我们总会离不开空调，但事实证明，冷气开得太低对人体是没有什么好处的。因此切记冷气直吹身体，且温度尽量控制在22度以上。解锁夏天最好的运动方式当属游泳，当然如果你不想整个泳池像“下饺子”一般，不妨考虑那些酒店里的健身房和泳池，价格稍许会高一些，但肯定会为你提供良好的环境和贴心服务。

说了这么多，我们该讲一讲夏日里最危险的伤害——中暑。众所周知，温度升高对儿童和老年人都非常不利。注意观察婴幼儿的情况，如果他们持续发热但并不出汗，那么你应该考虑这是否是中暑的情况。通常这个时候你应该及时将孩子转移到凉爽的环境并迅速为他们降温。平时可以多喝水，做好防晒，永远不要把任何人或宠物留在没有遮挡的密闭汽车里。因为疏忽大意而引发的悲剧我们已经屡见不鲜了，因此千万不要给悲剧埋下伏笔。

夏日已经到来，做好各种防护措施，愿你这个夏天有笑有乐有美好。



BATTLE OF THE BURGERS: A BEGINNER'S GUIDE TO HAMBURGER PARADISE IN TIANJIN

by Sam Ward

According to me, happiness is a big fat juicy hamburger. Its brought to the table in all of its glory, stacked like an edible work of fine art. You begin looking at it, evaluating all sides and finally decide where to sink in your teeth. The burger's juices slowly drip onto the plate as you hold it with both hands and with unwavering attention, open your mouth as wide as it can go and take that first huge bite. With a mouth is so full it's difficult to keep closed as you chew, your heart does all the smiling and the whole world, for just those few seconds, becomes perfect.

I'm not an American that eats burgers all the time, but when I do, it is certainly reassuring to know I can get my burger fix right here in Tianjin. In fact the number of places with a proper burger has grown in the last few years.

And when I describe a burger as being proper, what I mean is the burger would get a "thumbs up" outside of China and not have a meatloaf hockey puck for a patty. Well my standards are higher than just that, but too many times, restaurants are guilty of mixing other things into the ground beef and giving it meatloaf qualities. For me a proper hamburger is one that sticks to the original standards.

I'm sure some other internationals have their own tastes for what is good or bad, but as a slightly over-weight middle-aged American (which obviously validates my credibility) I somewhat fancy myself a genuine hamburger expert, or aficionado if you may. Certainly there is more to a burger than just its patty, as the combination of cheese, bread and various toppings must all work together in harmony. From something simple to something

gourmet, here is a list (in no particular order) of all the best establishments in Tianjin to enjoy a "proper" burger.

Bon Burger

Price: 45-90 RMB

Location: Guizhou Lu and Yue Yang Dao intersection

Recently having moved to a new and larger venue, Bon Burger has transformed from a quiet café into a great place for a party. The owners dress in rockabilly style clothes, and the range of burgers is pretty darn good. Served on a wooden cutting board with thick-cut fries, this burger comes in different varieties and unique names like "DogTown" or "Ghetto". The standard BigBon Pro burger is dressed up with cranberry mayonnaise, cabbage salad and guacamole to make a special combo of flavor.

The shakes are second to none, and with three different craft beers guests have great plenty of options for how to wash their burger down.

Blue Frog

Price 80-120 RMB

Locations: Nankai District Joy City Mall and Riverside 66 Mall

When Blue Frog first opened in Tianjin a little more than 2 years ago, it became the pioneer to feature a menu filled with big hamburgers. Every Monday the restaurant gets packed with foreigners as it offers one free burger with the purchase of another burger and drink. The number of choices between different styles is excellent. One called the "Montana" is flavored with bbq sauce and stacked with onion rings. The "Gourmet" is served on a classy ciabatta bun and is topped with high end prosciutto. Make sure to go with a friend on Monday though, otherwise this burger will set you back some cash.

TJ Tex Mex

Price: 55-85RMB

Locations: Aocheng and across from Joy City

This Mexican food restaurant also offers a nice balance of typical Western fare. There is nothing typical about the burger though. At only 55 kuai, this burger is made with high quality imported beef. Despite being a little smaller, the great taste packs a punch and if you are a little hungrier, just order the double! For adventurous eaters, the "Big Mac Hack" is modeled after the Golden Arches main burger, except it tastes much better.

Lugas

Price: 65 RMB

Locations: in both Joy City Malls

Lugas is a fun new restaurant that originally started in Beijing and has expanded into Tianjin less than two years ago. While the menu of the restaurant features Mexican and



Mac Hack from TJ Tex Mex

CERTAINLY THERE IS MORE TO A BURGER THAN JUST ITS PATTY, AS THE COMBINATION OF CHEESE, BREAD AND VARIOUS TOPPINGS MUST ALL WORK TOGETHER IN HARMONY.



BBQ Bugar from Blue Frog

Italian food, make no mistake the burger here can hold its own against the competition. There are no bells or whistles, but if you find yourself dining here and not in the mood for Mexican or Italian, Luga's burger will not disappoint.

Trolley

Price: 49-79 RMB

Location: Aocheng

This is tied for first when it comes to being my favorite burger. There are no gimmicks like sauteed mushrooms, special breads, or funny international cheeses. This standard honest to goodness hamburger is your traditional American hamburger done right. The bread to meat ratio, meltiness of the cheese and typical lettuce onion and tomato all create a perfect masterpiece. At only 59 RMB for a double cheeseburger, this one is big and affordable everyday of the week. For not much more, the Trolley Burger adds bacon and cheese sticks to the standard double and it's quite the sight.

Smoki & Co

Price: 68 RMB

Location: Min Yuan Stadium

This too is tied for first when it comes to being my personal favorite. A little more dressed up than a standard onion, lettuce and tomato burger, this one is filled with bacon,

guacamole, coleslaw style onions, and jalapenos. It's one big fat juicy hamburger, and the thick cut of sharp cheddar cheese melted over the top, really made it stand out from the crowd. It's bun is stronger than most and doesn't get smooshed down into a soggy mess the same way as some other places.

We Brewery

Price: 50 RMB

Locations: Yihe Li, behind Chengji in a hidden secret location and Aocheng

If being the best craft beer place in town wasn't enough, We Brewery's burger is in striking distance when it comes to being the best burger. Served with bacon on top and a great bun, this burger can be paired perfectly with any of the cold beers on tap. The seasoned fries served with many of their dishes are worth mentioning because they were a clear stand-out from all the others. We Brewery has a beer/burger/fries three punch combo that can't be messed with, and the price is good too.



Burger from We Brewery

汉堡大战—老外在天津的汉堡指南

吃货如我，快乐就是把一个鲜嫩多汁的大汉堡吃进肚子。汉堡呈上餐桌的时候就像一件艺术品，你要360度地审视它，找到最佳的下嘴位置。当你两只手握紧汉堡，肉里面的汁水会滴到盘子里，你必须把嘴张到最大才能咬到第一口。咀嚼的时候，你根本无法做到嚼不露齿，但心里已经乐开了花，在这几秒钟里，世界变得异常美好。

我不是一个以汉堡为生的美国人，但如果我想吃汉堡了，我必须确保在天津能吃到像样的汉堡。事实上，在近几年，能够做出正宗汉堡的地方越来越多了。我所说的“像样”是指放到中国以外也会被食客点赞的汉堡。但我的标准要比这个高一些，很多时候，店家都在肉饼里混入了其他的东西，而我认为正宗的汉堡应该是最原始的做法。

相信其他外国人也有自己的标准和喜好，但作为一个略微超重的中年美国人，我自认为算得上是研究汉堡的专家，至少是个狂热爱好者。当然，除了肉饼之外，奶酪、面包以及其他配料也要和谐搭配才能做出一款美味汉堡。在天津，这几家餐厅可以提供从简单到奢华的汉堡配置，总有一款适合你！

Movin' on Up



Big Bon Pro+ burger and Avocado Shake

Bon Burger isn't new to Tianjin, and the restaurant's popularity is what made the venue and location upgrade possible. In a small building just a short walk from Anshan dao subway station, Bon Burger only had four tables during its humble beginning. The decor on the inside and selection of American style comfort food gave clientele a feeling like they were in a small cafe located along famous Route 66, and

a local following quickly grew.

Recently to much fanfare, Bon opened in a new and bigger location. The menu has the same assortment of fun burgers and Mexican food, but now Bon even has its own craft beer too. While all the food is good, the shakes at Bon are amazing, and not something easily found anywhere else in Tianjin.

Now the restaurant can seat many guests inside and outside, and with a high ceiling it has a very open feeling much different than its previous quiet and cozy location. Foreigners in Tianjin have been quick to take advantage of the new space and several get-togethers and parties have already been hosted there. Whether to watch a game, drink craft beer, or chow down on a burger, Bon Burger has cemented itself as a prime spot in Tianjin.



Bon Burger's craft beer

Details:

Add: People's Stadium (on Yueyang Dao side), Heping District

📍 **地址:** 和平区人民体育馆内 (岳阳道一侧)

☎ **Tel:** 022-83121520

Hours: 11:30-22:00

¥: 80-100RMB

鼎泰豐
DIN TAI FUNG

TOP TEN RESTAURANT IN THE WORLD
THE NEW YORK TIMES

Almond Tofu

It's so cool to have it in summer!!

Almond Tofu is made completely additive free. Only by selecting fresh almonds harvested that year and made all by hand, will the supreme quality Almond Tofu have its lingering sweetness and fragrance. Almonds produced in the north have a strong fragrance but taste bitter while those in the south taste sweet but have little fragrance. Din Tai Fung mixes the two types of almonds in the right portions for its exclusive recipe and then moves on to the processes of shelling, grinding and pulping. For the next step, two strong men will keep punching and stirring the pulp until the stirring stick cannot be pulled from the pulp. After cooling and molding for several hours, the almond tofu is ready. The tofu gets cut into 2.5cm, is bouncy, tender and tastes very fresh. Since the process is complicated and time-consuming, only 40 portions can be served each day! It is a dessert that Din Tai Fung puts full efforts and sincerity into. There is also a health benefit. Almonds nourish the lungs and restrain coughing. Eating almonds regularly can help lung function and improve dry skin.

Bin Shui Dao Store: No. 18 Binshui Dao, Hexi, Tianjin (intersection of Binshui Dao and Zijin Shan Road) Tel: 022-2813-8138
Riverside 66 Restaurant: 6F, Riverside 66, 166 Xing An Lu, Heping District Tel: 022-5990-5166

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If we face prolonged stress or pressure, our adrenal glands get tired.

ADRENALS

by Kate King

Do you feel tired all the time? Do you wake up in the morning and feel no more rested than when you went to sleep the night before? Do you have a hard time concentrating or focusing on things, always feeling like you're in a fog? If you answer yes to these questions, some may say you are suffering from adrenal fatigue. Other medical practitioners do not believe adrenal fatigue is an actual condition. What are our adrenals and what is adrenal fatigue? Why do some feel adrenal fatigue is real and others do not? Let's investigate.

Our adrenals are glands that sit above our kidneys. They secrete hormones that help regulate numerous functions in the body such as blood pressure. They also play a big part in responding to stressors in our lives by releasing the hormone called cortisol.

Some say that if we face prolonged stress or pressure, our adrenal glands get tired. Not tired like they've had a long day at work and need to sit on the couch tired, but tired as in they are no longer able to keep up with the required level of hormones needed to respond to our stress levels. This, in turn, leads to the above mentioned symptoms of feeling tired and foggy all the time.

Other people in the medical world do

not agree with this diagnosis of adrenal fatigue. They feel that these symptoms are the result of other health issues. Namely that a person has poor sleep and eating habits that lead to feeling tired or even that a person may be dealing with depression. Fatigue can even be a symptom of a completely different disease that has no involvement with the adrenal glands whatsoever.

With conflicting views on the subject, if someone is feeling this way, it may be advisable to get more than one opinion from a medical professional to help pinpoint what's going on and obtain a more well-rounded diagnosis.

If we look to those who believe that adrenal fatigue is a real condition, they have some methods of treatment that are all natural. What are they? Some suggest diet can play a direct role in getting our adrenals back on track. Foods like seeds, nuts, fatty fish, avocados and chicken can all aid in helping out our tired adrenals. Supplements like fish oil, B's and D vitamins are also beneficial in restoring our adrenal glands. Also the not so simple task of reducing the stress that fatigued our adrenals in the first place is advised. As if we wouldn't have done that already if it was that easy. But, good advice nonetheless. Exercise is a great stress reliever so don't forget to get in some

NOT TIRED LIKE THEY'VE HAD A LONG DAY AT WORK AND NEED TO SIT ON THE COUCH TIRED, BUT TIRED AS IN THEY ARE NO LONGER ABLE TO KEEP UP WITH THE REQUIRED LEVEL OF HORMONES NEEDED TO RESPOND TO OUR STRESS LEVELS.

physical activity on a regular basis.

The world we live in is full of stress and pressure. It is unavoidable. We cannot change that, but we can change how we deal with it. Perhaps try some of the natural solutions mentioned here and see if your adrenals don't thank you for it.

References: www.draxe.com



肾上腺疲劳

你是否总是感觉疲惫? 晚上即使睡得再早第二天早晨也总是感觉休息不够? 精神难以集中? 如果上面说的问题你全中, 那么该考虑自己是否患上了肾上腺疲劳症。究竟肾上腺疲劳是一种什么状况? 我们不妨来研究一下。

我们的肾上腺腺体存在于我们的肾脏之中。它所分泌出来的激素有助于调节体内很多功能, 比如血压等。当然它也会通过释放一种叫皮质醇的激素来对我们生活中的压力做出反应。

在肾上腺满足不了压力需要时, 就会发生肾上腺疲劳。肾上腺通过调动身体反应应对每一种压力, 如上述提到的各种疲劳症状。对于肾上腺疲劳这种病症, 传统医学并没有把它视为一种独特的综合征。医学界的很多人都将这类症状归结于健康问题。也就是说, 产生这种症状的缘由是因为你的睡眠和饮食习惯, 它与肾上腺毫无关联。

对于这个问题, 仁者见仁智者见智。如果你真的感觉压力大的话, 不妨请教医学专家并听从他们的指导意见。我们生活的世界有压力无可厚非, 想避免也无路可退, 但至少我们可以从自己的角度改变处理它的方式。找一些自然健康的方式改变局面, 看看你的病症是否减轻。



All kinds of thermos.

THERMOS

by Carmen King

Making a success of living in China is all about learning not just the language but the culture. A key element of Chinese culture is the thermos or “保温杯” (bǎowēnbēi). The three characters used for thermos is great at conveying the meaning. According to Pleco “保” (bǎo) means to “keep, maintain, preserve”; “温” (wēn) means “temperature”; and “杯” (bēi) is “cup.” So literally it translates to “maintain temperature cup.” Got to love how words in Chinese are like a definition in themselves.

First, the thermoses carried by Chinese should not be confused with what most expats may be thinking of, that is something to carry soup in. In China, rarely is a thermos used for keeping soup hot. Instead these temperature preserving bottles will most likely have either plain hot water or tea within them. Yes, that’s right good old hot water?! For those new to China this will be mind-boggling. Especially when folks pull out their thermos and start sipping that piping hot liquid on a boiling hot summer day.

Second, like a cell phone, a thermos seems to be in either the hand or backpack

of nearly local. There are a number of reasons why. For one, good hydration is a serious health matter according to Chinese medicine. Especially is this true in northern cities like Tianjin where humidity levels can be very low. It is drink or die. Another reason is economy. Chinese are money conscious. They know how to stretch an RMB. When “free” water is a plenty as long as one carries their own thermos, why in the world pay for bottled water? In fact, the thermos culture is so pervasive that many companies, government offices and even airports will have a water machine(s) dispensing hot water so that visitors can fill up their bottle.

Open up the trusted jingdong.com app and search: “保温杯” (bǎowēnbēi). There will be a plethora of choices. In fact, pretty much every store around town from Carrefour to Vanguard will have a section dedicated to countless thermos choices as well. Be ready to pay a “pretty mao” for your thermos though. On the low-end expect about 20-30 RMB. Whereas better brand bottles can easily be near 100 RMB.

Many are stainless steel. Others are completely glass except for the lid. Some locals love glass thermoses because they

IN FACT, THE THERMOS CULTURE IS SO PERVASIVE THAT MANY COMPANIES, GOVERNMENT OFFICES AND EVEN AIRPORTS WILL HAVE A WATER MACHINE(S) DISPENSING HOT WATER SO THAT VISITORS CAN FILL UP THEIR BOTTLE.

show off the tea leaves inside while avoiding any taste contamination. Yet be aware, as would be expected these glass thermoses are a real nightmare if dropped, crushed, or otherwise mishandled. Expats wanting to look and feel like a local will probably find themselves buying a thermos soon after arrival. Be aware though, your thermos like everything else will say something about you. So choose the brand and color wisely. Remember, face is everything in China. So better not be caught with a ghetto looking thermos. Another point is that these thermoses make for great gifts. After all pretty much everyone will enjoy a newer, better thermos.

保温杯承载大文化

想要在中国生活得好，不仅要学好语言，文化也是重要一项。中国文化中有一个非常关键的因素，那就是“保温杯”。讲真，我爱中文的一个最大原因就是它单词的表意性。

传统的中国保温杯不是用来装汤水，相反，它是用来装普通热水或茶水的容器。对，就是热水。如果你是初来中国的外国朋友，千万别惊讶，即便是在炎热的夏天看到人们举着保温杯喝热水也一定不要表示震惊。就像人们手机不离身的习惯一样，中国人出门习惯携带自己的杯子。这样的做法既保证了水分的补给，另一方面也节省了开支。中国朋友习惯饮水机里的水多过于店铺售卖的瓶装水。

购买保温杯你可以选择网购或实体店，保温杯的价格会根据质量的不同价格浮动在几十元到几百元不等。保温杯的材质分为不锈钢和玻璃的，但很多当地人都喜欢使用玻璃的，因为这样用来冲泡茶叶时可以避免任何杂味。当然，使用玻璃保温杯的时候要格外注意看好它，以免发生破碎事故。入乡随俗，谨记这样的文化，保温杯也可以是馈赠亲朋好友的礼物首选。



We can pay fees by wechat wallet

Choose how much you want to pay and voila! Easy as pie.

Internet 网费 (wǎng fèi)

For your home wifi, we recommend paying the fee every time you renew your housing contract, because the best way to pay is per month. For example, if you sign a 6-month lease, sign up for 6 months of Internet service! And then to pay the fee, you can follow your ISP's Official Wechat Account. Use the Wechat search bar for their name in Chinese and you should be able to easily find them, send your account number, and pay using Wechat Wallet.

City Cards 城市卡 (chéng shì kǎ)

As of this writing, Tianjin has sadly still not enabled recharging our public transportation City Cards over Wechat. Thankfully, we can do it at most convenient stores, post offices, or Line 1 subway stations.

USING WECHAT FOR UTILITIES

by Culturalbility

Gone are the days when your electricity suddenly goes off because you haven't topped it up in a while and you have no way to fix it until morning. Gone are the days of trying to call your landlord in the middle of the night because your water or gas stopped working. Gone are the days of your phone not working any more because it ran out of credit and you don't have time to physically go to the store to add more money.

For those of you who've lived in China for a while, you might remember all of these situations at one point or another in your experience here.

First, you need to have Wechat Wallet enabled, and second, you might need to work with your landlord to make sure you're paying for the correct apartment's utilities. Nevertheless, they should be happy to help you, as this creates less stress for them.

OK, let's begin! Open your Wechat and go to Me – Wallet – Utilities...

Electricity 电费 (diàn fèi)

In the past, you had to have your landlord's apartment electricity card and go to the State Grid or a convenient store to top up that card. Very inconvenient, if you ask us. Well, if you live in a newer development and have access to this

mentioned card, you can input your info and add money on your own time!

Gas 燃气费 (rán qì fèi)

Previously, angry old men would come around your little community complex yelling "RAN QI FEI!" and you'd reluctantly have to let them in to your kitchen and pay the 5 RMB or so that you owed. A minor inconvenience, especially if you're rarely home. Connect your gas bill to Wechat and add a little bit every couple months to offset your usage.

Water 水费 (shuǐ fèi)

Before, you'd get a knock on the door late at night when you're wearing just your skivvies and some lady wanted to "use your bathroom." Thankfully, she was just checking the water meter and didn't comment on the cleanliness. Now we just need to enter our info on Wechat and pay accordingly. Another benefit of living in mobile-savvy China.

Cell Phone 手机充值 (shǒu jī chōng zhí)

Years ago, we used to have to go to the China Mobile shop during business hours. Now we just need to use Wechat! Back out of "Utilities" in Wallet, and you'll see an option for "Mobile Top Up." Enter your number and it'll automatically determine which service you're using.

移动缴费，告别繁琐

曾几何时，你忘记缴纳电费，家里一切电器突然罢工，想想周围能缴费的地方早已经下班关门，于是你只能等到转天一早把电费缴上之后才能正常使用。多少个午夜时分你试图打给房东只因家里停水停气，让你没办法正常生活。还有那些手机欠费不能正常拨打电话而你又苦于没处充值的日子。现在好了，一切都过去了，因为微信的时代已经全面到来。当然，在你开启掌上生活之前，你首先需要有一个微信钱包，其次还要向你的房东了解相关房屋电器信息。放宽心，他们应该都会非常乐于帮助，因为这样的方式可以减少他们很多不必要的麻烦。

电费

在过去，如果你想缴电费只能找你的房东要来本户的电表卡，然后大老远跑去电力局或便利店缴费。但如今，如果你的公寓不是很旧，那么你现在用的一定是新型的电表卡。想要充值只需简单输入电表卡信息，动动手指就能完成。

燃气费

我相信你一定有过放陌生人进厨房查看煤气表的经历。不想再有这种痛苦？那就试试用微信缴费吧。你开心，工作人员也开心。

水费

我非常确定没有几个人在家的時候还会衣冠楚楚的，好像随时等人进来串门一样。所以每次有人收水费的时候，你是不是都处于一种非常尴尬的着装状态？别担心，连接微信账户，从此告别尴尬场景。

如上方法，我们的手机话费、网费以及部分城市的城市卡都可以在微信端口实现缴费过程。当然，目前天津城市尚不支持城市卡缴费啦，不过任意便利店及地铁站都可以方便快速充值。如果你也是住在天津的外国朋友，遇到任何问题和麻烦，扫描下方二维码，我们都竭诚为你提供帮助！

Need help using Wechat to pay for your utilities? Scan our QR code to follow our account and ask us anything!



Use online APPs to trade your second-hand stuff

SECOND-HAND TRADE ONLINE

The platform for XianYu allows users to browse content as it's posted in real time, making for a community feeling.

by Bryce Cristiano

Buying second hand is quite typical in countries like the U.S. that have brands such as Goodwill. Second hand stores do a tremendous good by selling items for cheap to communities that may not be able to afford new name brand clothing. In the U.S. while consumerism is rampant, there's no shame in sharing a good find from Goodwill on social media. Finding an awesome t-shirt from your favorite video game for \$1 or getting an awesome set of coffee mugs for \$5 is kind of like treasure hunting.

Second hand bookstores are also a treasure trove of knowledge with my own home state being the host of Bookman's, a second retailer that focuses on books (surprising, I know) but also hosts a massive collection of albums, video games, and instruments. Nothing is quite as satisfying as walking in with a box of old books and walking out many new books to enjoy. It's a shame to find this experience almost entirely missing in Tianjin. With such a miniscule English speaking foreigner population, it's unreasonable to expect a second hand English bookstore.

If you are looking to sell items second hand as a foreigner, you're forced to either use

WeChat groups or other social media to facilitate buying and selling. With a basic grasp of Chinese though, a world of opportunities really opens up with a slew of apps that specifically focus on allowing users to sell their goods to others. The first program worth noting is 58.com which also has a mobile app for users. 58 is arranged similarly to Craigslist, allowing posters to sell items, services, apartments, or find potential employers. 58 is set up with icons and pictures that make it pretty intuitive even for those who don't read Chinese and the desktop version can be translated via applications like Google Translate. While 58 is an antiquated form finding apartments when compared to services like Zillow, it can be useful if you are looking to rent directly from a property owner.

A wonderful app called XianYu (闲鱼) focuses exclusively on mobile users. The platform for XianYu allows users to browse content as it's posted in real time, making for a community feeling. Users can search for what items are trending in their vicinity or search for specific items under the categories. All the categories have pictures, so if you explore around enough you can generally get a feeling for the app without being versed in

Chinese. When negotiating with sellers, it typically helps to have access to either translation software.

Buying from a seller can be done through the messaging feature on the app but it may be more helpful to add them on WeChat to utilize the translation feature if you have difficulty with Chinese. Like buying things second-hand anywhere, ensure the quality of the product before paying any money as you're unlikely to ever see that cash again if you buy a broken item.

二手买卖

在美国，购买二手产品是很普遍的消费习惯，尤其在低收入人群中，Goodwill这样的二手商店是他们非常需要的。买二手货并没有什么丢人的，尤其在淘到又便宜质量又好的东西时，那种心情比买到大牌衣服还兴奋。但是在天津，你很难找到专门卖二手货的商店，一是这里的人没有这个消费习惯，二是外籍社区太小，还没有这样的店出现。

但是在互联网上，二手交易却异常活跃。很多微信群都是以买卖二手货为目的的，著名的分类网站58同城也有专门的二手货分区。闲鱼是一个专门的二手交易APP，你可以浏览每件产品的照片和详细信息。看中宝贝之后和买主的交流最好还是通过微信，因为微信有翻译功能。最后，一定要验货后再确认付款，免得钱货两空。



Tianjin TV Tower

TIANJIN'S ORIGINAL SKYSCRAPER, TIAN TA

by Sam Ward

In the Beginning

Before the silhouettes of uncountable tall buildings began to break Tianjin's horizon within the last decade or two, Tianta, the Tianjin TV Tower, was the first building of its kind to shoot into the blue skies above a sleepy Tianjin. The location was originally just a fishing pond, not really even landscaped. Just like today, locals would visit the area to play on the ice during winter, and in the warmer months simply pass time fishing. When the construction was completed in 1991, Tianta was the 4th tallest TV tower in the world and was finished a year in advance of Beijing's despite construction having started one year later in 1988. Tianta

was Tianjin's one and only tall building.

"There was a long line every day. Sometimes people would wait hours before arriving to the observation room," recounted the marketing manager Mr. Shen who has been working in the tower for more than twenty five years. He said Tianta was quite the big deal and a source of pride for the people in its early days. This is what the government had in mind when they built it, with a price tag totaling somewhere between 45 and 50 million USD. Not only does the TV tower contain the equipment to broadcast nine channel FM stations and seven television stations at a range of 100 meters, it serves as Tianjin's original icon.

The Visitor Experience

It reaches 415 meters tall at the tip, and the seven story flying saucer shaped portion of the building starts and ends at 248 and 278 meters respectively. There are two floors accessible to visitors, and the observation room sits at 253 meters above the ground. In this area are slot telescopes to get a more close-up view of the surrounding areas. Visitors can buy a little piece of wood and write down a wish, then hang it in front of the window or from the ceiling. Pictures of other world renown towers from the "World Federation of Great Towers" also line the wall for visitors to see how Tianta matches up. A gift shop is on this floor with assorted

TIANTA WAS QUITE THE BIG DEAL AND A SOURCE OF PRIDE FOR THE PEOPLE IN ITS EARLY DAYS.

souvenirs, but I didn't see anything that was distinctly Tianta specific. There is a gift shop at the exit of the building as well.

Above the observation floor is the restaurant, accessible by a small spiral staircase. The menus are in Chinese and unless you are with a Chinese speaker, don't expect to understand too well what is available. The seats and tables are arranged close to the windows on a revolving floor that completes one full spin in about 50 minutes. There is a simple Chinese food meal they are promoting for less than 100 RMB, and if a visitor purchases this, they don't need to buy the standard ticket to the top which goes for 50 RMB. The elevator is fast and takes less than a minute to arrive as it moves at over five meters per second.

Breathtaking Views

Food and souvenirs are just side details for the real attraction, and that is the amazing panorama. On a clear day the view from the observatory extends 144 kilometers to the horizon. I'd imagine the current view from Tianta is a lot more interesting than it was in 1991. Recognizable buildings and various landmarks can be seen in all directions. The feeling is really special looking out to the loud and busy city while in the peace and tranquility of the tower, far removed from all the bustle. To the west one can see the Water Park in its entirety and then out to the extremely tall Goldin Finance building in Xiqing. To the North, the view up Weijin Lu all the way to the tall buildings close by the river really demonstrate how big the city is. Looking down is not for the faint of heart. The windows are tilted out at a 70 degree angle and if you look over the guard rail, can see straight down. Don't fall forward though, I knocked on the window to check the sturdiness and it's not the plexiglass reinforced and secured stuff you would find at a zoo.

From the Bottom Up

A view from the top might not be everyone's thing, and for people that prefer having two feet on solid ground, the grandeur

of Tianta can be admired from all directions. Every evening people congregate in the park located north of the tower, and many children use the area for inline skating. The bridge on the east side gets filled with dance troops of grandmas exercising and moving about in synchronization with one another. Some of the best photographs can be taken from the Water Park, or Zijin Shan Lu which runs along Tianta's East side. Sometimes in the evening the tower is dark, but other evenings it's brightly lit from top to bottom. According to the manager, Tianta's lights are all turned on for the weekend evenings from Friday to Sunday, and powered down on weekdays in an effort to save money on energy costs. From past observation though, this pattern isn't always followed and I still don't know why sometimes they choose to only light up half. If you do plan to snap some evening pictures, the weekends are your best bet to give you a much prettier version of a brightly glowing tower.

Conclusion

Tianta today remains a major icon of Tianjin and passers-by still stop and snap pictures with their smart phones. Anyone with some free time should take the opportunity on a clear day and enjoy the amazing view. The water park and Aocheng are both close, so

other activities can be planned before and after as well. At only fifty RMB, it's worth it and the lines aren't as long as they used to be.

天津的骄傲—天塔

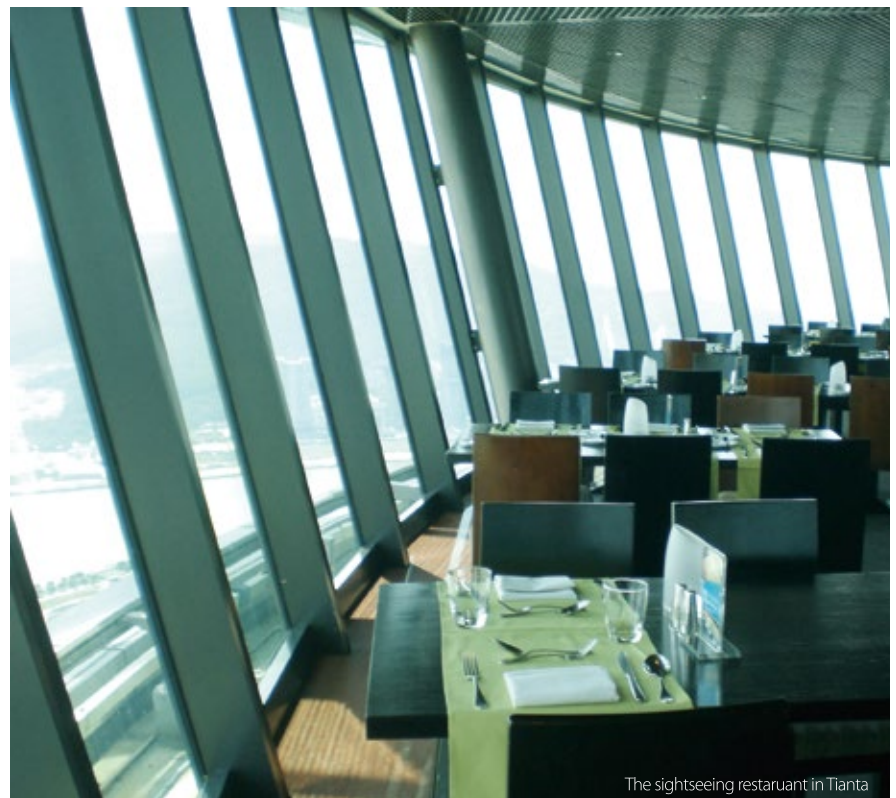
20多年前，在天津的城市上空还看不到几座高楼的时候，天津广播电视塔（俗称天塔）是天津仅有的高层建筑。天塔诞生之前，那里只是一片鱼塘，1991年天塔建成后成为世界第四高的电视塔。如今，天塔周边总是聚集了许多市民来此休闲游玩，冬天在天塔湖滑冰、夏天垂钓。

“天塔刚刚开放的时候，每天的游客都排着长长的队伍等待登塔参观，”天塔的沈经理说道。对天津人来说，天塔是天津的骄傲。当初建造天塔花费了4500到5000万美元，它还担负着9个广播频道和7个电视频道的信号直播工作，是天津的地标建筑。

天塔高度达到415米，上部飞碟型的部分有7层楼高，游客可以达到其中的2层。观景厅位于253米的地方，如果看的不过瘾，你可以借助望远镜观察周边的区域。游客还可以把自己的心愿写在一个小木牌上挂到窗户外或天花板上。

从观景大厅走上一个旋转楼梯就来到了旋转餐厅，这里无疑是更好的观景场所，所有的桌椅都摆放在靠窗的位置，地板是旋转的，可以让你舒服地360度欣赏津城美景，每转一圈大概50分钟。

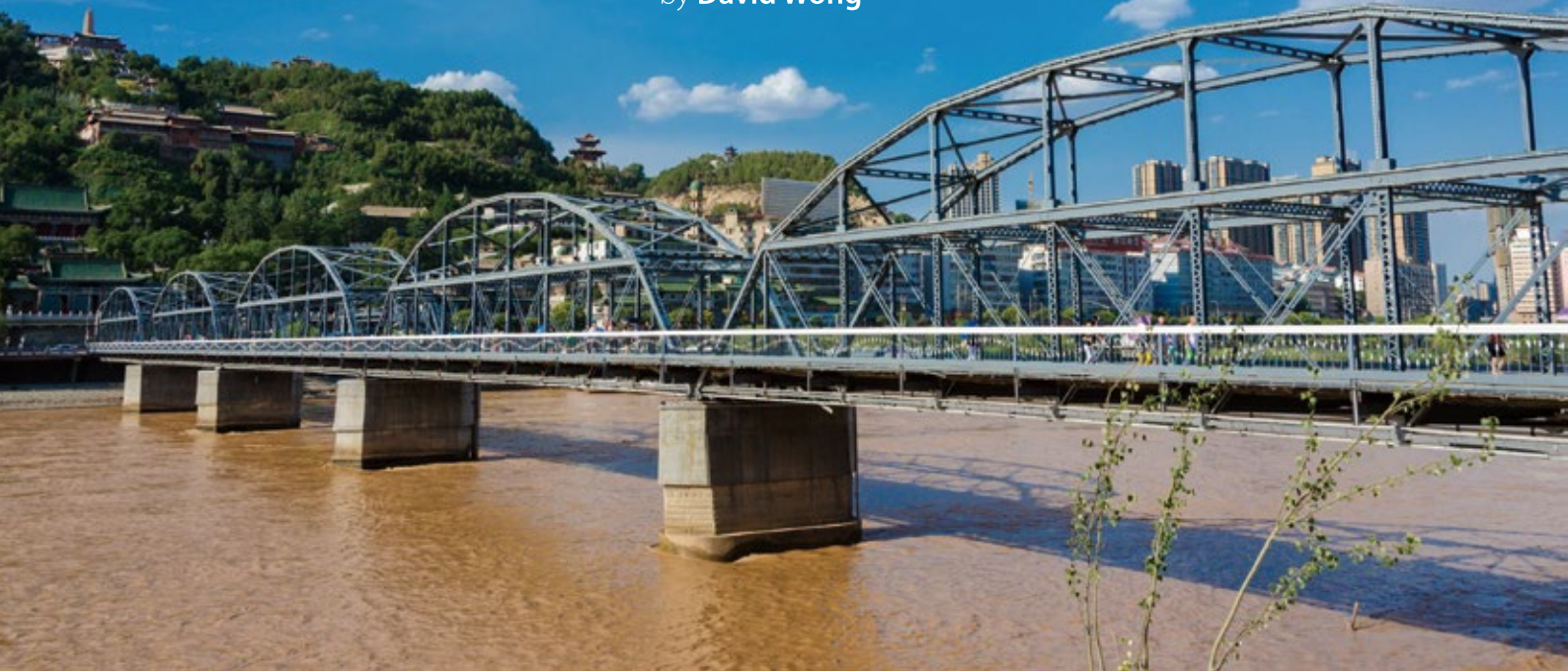
登上天塔最重要的还是观景。如果天气晴好，你可以看到144公里以外的地方，目之所及会有许多你熟悉的地标建筑。往西看有水上公园和西青的117大楼，北边是卫津路和沿途的各个大楼。观景的时候你可以拍些照片，这可是难得一见的视角。



The sightseeing restaurant in Tianta

LANZHOU

by David Wong



The first yellow-river bridge

Lanzhou with a population of about 4 million is the capital of the northwest province of Gansu with a total population of 26 million. The Yellow River flows through the city and is considered a transportation hub and a major railway center connecting to the rest of the eastern parts of China. During the ancient times, this was a key point on the famous Silk Road connecting China to the Middle East and Europe.

Now, it is also a center of heavy industry and the petrochemical industry, so much so that it was considered one of China's most polluted cities. However in recent years, things have improved and in 2015, Lanzhou was awarded China's climate progress title. The city is near the Gobi desert and in the past of dust storms although a program of re-vegetation and desertification projects of the desert area has seen a recent decline of occurrences and severity of the dust storms. The area is also in an earthquake zone; the most severe were in 1920 killing 100,000 and in 1932 killing 275.

Tourism

Having said all this, Lanzhou is still

worthwhile to consider a visit. It has a great deal of history and is considered the center point of China's Northwest.

The Gansu Provincial Museum is worth at least 3 hours of your time. It has an extensive pottery exhibit dating back 8,000 years and a bronze exhibit that is over 2,000 years old. The Silk Road exhibit is very informative. Most of the displays are in Chinese but have brief English titles. As with most museums in China, it is free if you show your passport. You may want to spend 200rmb for an English Dowson. There is a smaller Lanzhou Museum, which is much smaller than this one, is also worth visiting.

White Pagoda Mountain 白塔 "Bai Ta" is a not very high but provides a great vantage point of Lanzhou and the Yellow River. You can take the cable car up and either walk down or for the adventurous, take a zip line down. Zhengning Road Night Market is very large and all kinds of foods and souvenirs, a great place to end your evening in Lanzhou.

Lanzhou Xiguan Mosque is located in the center of the city and is a beautiful structure; it also has a fantastic bakery beside it. Just remember that this is a religious site and you should respect the local customs

and dress appropriately.

Gansu is best known for its Dunhuang Caves which were constructed in 400AD and only discovered in the early 1900's. Dunhuang 敦煌 is about 1,000 km from Lanzhou but if you are in Gansu, you should make the effort to visit. There is a 90-minute flight several times a day or you may consider a train trip on a sleeper cabin, which takes over a day. The caves are called the MoGao Caves 莫高窟 "Mo Kao Ku" or the 1,000 Buddha Grottoes 千佛洞 "Qian Fu Dong" and you should consider hiring a local English speaking guide because there are so many sites, you will need to allow at least a full day or more depending how detailed a visit you want. While in Dunhuang, you may want to visit Crescent Moon Lake 月牙泉 "Yue Ya Quan" and Echo Sand Mountain 鸣沙山 "Ming Sha Shan". Dunhuang's night market is called "Shazhou Ye Shi" 沙州夜市.

Cuisine

A significant portion of the population of Lanzhou are Muslim, so you will find many of the restaurants Halal, serving food that has been processed according to Islamic law and performed by a Muslim. These facilities are extremely clean and the main meats used are

GANSU IS BEST KNOWN FOR ITS DUNHUANG CAVES WHICH WERE CONSTRUCTED IN 400AD AND ONLY DISCOVERED IN THE EARLY 1900'S. DUNHUANG敦煌 IS ABOUT 1,000 KM FROM LANZHOU BUT IF YOU ARE IN GANSU, YOU SHOULD MAKE THE EFFORT TO VISIT.



Crescent Moon Lake

lamb and beef.

Lanzhou Beef Noodles 兰州牛肉面 "Lanzhou Niu Rou Mian" is the signature dish of Lanzhou and you will also find it featured in other parts of China, but having it in Lanzhou is like having Chicago deep dish pizza in Chicago. The other dishes well known as Lanzhou are their lamb dishes, such as Hand Drawn Lamb 手抓羊肉 "Shou Zhou Yang Rou".

Braised Mutton 黄焖羊肉 "Huang Men Yang Rou" is one of the famous classical northwest dishes that tastes crispy, fat but not greasy. It is the last emperor of the Qing Dynasty, Aixinjueluo Pu Yi's imperial cuisine. Mutton is rich in nutrition and Chinese believe that it warm the Qi, nourish you and keep out the cold.

BBQ Lamb Kebab 烤羊肉串 "Kao Yang Rou Chuan" Lanzhou is an ethnic mixed city, there are many ethnic groups living in there such as Hui, Tibetan, Uygur, Kazak, thus Lanzhou people have mixed people who have tasted Lanzhou kebab, they all said it was the best kebab ever in China.

Eight Treasure Tea is a traditional Chinese tea with Longan, red dates, goji, chrysanthemum, orange peel, lotus, green tea, and Crystal sugar. Eight-treasure tea has abundant nutrition and it warms your heart, good for the lungs and circulates the blood. The tea, while nourishing the lungs, clears away heat and nourishes the stomach to promote the production of body fluid.

If you are a fan of hot pot restaurants, try this one in Lanzhou. Kongliang Hotpot

孔亮火锅 Kongliang Huoguo - Average price per person: 40 Yuan

It should be the most popular hot pot restaurant in Lanzhou. There are several kinds of fixings for customers' choices, such as hot

and spicy beef tallow hot pot (牛油火锅) and light mushroom hot pot (菌汤锅). Popular ingredients for hot pot are wide rice noodles (宽粉), meatballs (肉丸), bovine stomach (毛肚), skin of tofu (油豆皮) and tender beef (嫩牛肉).

How to get there

There are several direct flights from Tianjin non-stop to Lanzhou, which takes about 2.5 hours. For those that are seeking an adventure, another alternative is taking a train in a soft sleeper compartment that takes 30 hours.



Lanzhou Beef Noodles



BBQ Lamb

铿锵西北行

兰州，甘肃省省会，是中国西北地区重要的工业基地和综合交通枢纽，也是丝绸之路经济带的重要节点城市。因其大力发展重工业和石化产业，这里被一度认为是中国污染度最严重的城市。讲到这，估计你对兰州的印象只剩下了风沙和污染，其实，这座大西北城市远没有你想的那么简单。从古至今，兰州给世人留下的文化遗产绝不逊色于任何一座人文历史名城所承载的价值。

甘肃省博物馆，始建于1956年，它位于甘肃省兰州市七里河区西津西路3号，是甘肃省规模较大的综合性博物馆。馆内展出的青铜展品有的可追溯到2000年前，而最令人惊叹的当属距今已有8000年历史的陶器展览。馆内收藏的各类新石器时代彩陶和石窟艺术珍宝，展示出甘肃历时7000年彩陶发展体系。常设陈列“甘肃丝绸之路文明”展厅，集中展示了420余件系统反映古丝绸之路的文物，包括北方草原文化青铜器、铜奔马及仪仗队、汉唐丝织品、佛教造像、金银器、唐三彩、元青花等丰富多彩的文化遗产，非常值得游人参观。外国朋友出示护照可享门票免费。

白塔山是位于兰州北部的一座公园，因山头有一座白塔寺而得名。该寺始建于元代，重建于明朝，寺平面呈长方形，白塔居中，通体洁白，挺拔秀丽。登白塔山顶，可俯视兰州市容以及黄河壮阔，白塔与黄河上的铁桥构成雄浑壮丽的画面，成为兰州市的象征之一。

当然，提起甘肃我们就不能不介绍一下它世界闻名的敦煌石窟。尽管和兰州有着1000多公里的距离，但如果你时间允许，就请一定要去欣赏一下这个世界上现存规模最宏大、保存最完好的佛教艺术宝库。莫高窟，又称“千佛洞”，位于敦煌县城东南25公里的鸣沙山下，因地处莫高镇而得名。它是最大、最著名的佛教艺术石窟，分布在鸣沙山崖壁上三四层不等，全长1600米。现存石窟492个，壁画总面积约45000平方米，泥质彩塑2415尊，是世界上现存规模最大、内容最丰富的佛教艺术圣地。1987年，被联合国科教文组织列为世界文化遗产，是中国四大石窟之一。除此之外，鸣沙山、月牙泉也是相当值得访问的景点，外国游客不妨考虑雇佣英文讲解，这可以更好的帮你了解景点背景及文化历史。

天津到兰州有多趟直达航班，航程只有2个半小时，但如果你想体验更加丰富的旅程，坐30多个小时的火车前往也是不错的选择。甘肃历史跨越八千余年，是中华民族和华夏文明的重要发祥地，愿你在这片广袤的土地上重新认识中华的闻名，重拾中华的伟大。



THE WESTIN
TIANJIN
天津君隆威斯汀酒店

“Tropical Storm” Afternoon Tea @ Exchange Lobby Lounge

Our Pastry Chefs are proud to present a Tropical Storm Afternoon Tea in our elegant Exchange Lobby Lounge. Treat yourself with a selection of specialty summer fruit cakes complemented by authentic delicacies, including Pineapple & white chocolate scone. CNY 255 net for two persons July to September
Level 1 Exchange Lobby Lounge, The Westin Tianjin
For more information, please contact us on 022 2389 0169



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

Experience a night of seafood extravaganza at Garden Western Restaurant.

Every Friday the dinner buffet will be overflowing with delicious seafood. Buy 1 get 1 free use credit card of China Construction Bank. It is equivalent of RMB109 net per person. Join us to enjoy the perfect way to spend a leisurely Friday Evening.
For more information and reservation: 022-2532-6000



hotel nikko tianjin
天津日航酒店

Spectrum Dinner Set Menu

Price starts from RMB 68 net/set
Chinese, Western & Japanese set menu for your selection!
The price including VAT & service charge
Reservation: 8319-8888 Ext. 3570 Venue: 7F Spectrum, Hotel Nikko Tianjin



THE RITZ-CARLTON
TIANJIN

Summer Garden BBQ Night

ZEST is giving you a delicious summer to remember with the Garden BBQ Night. Besides the food selection available at the buffet counter, chefs will prepare grilled vegetables, shrimp and tender meat at the outdoor garden. Cool off from the summer heat with a crisp beer, and have good time. RMB398+* per person.
Date: Every Saturdays and Sundays, July 1, 2017 – September 3, 2017
Venue: 1st Level, ZEST of The Ritz-Carlton, Tianjin
Tel: 86-22-5857-8888
*The above rate is subject to 15% service charge.

RENAISSANCE
TIANJIN LAKEVIEW HOTEL
万国天津宾馆



The Authentic Hong Kong

Hong Kong is known as the "World's Food Fair", from roadside stalls to world-class restaurants, Hong Kong offers a wide variety of choices when it comes to dining out, and it has truly become a gourmet eating paradise. As the 20th celebration of Hong Kong's return, Renaissance Tianjin Lakeview gather the most famous Cantonese dishes and going to present the most delicious and iconic food items of this foodie's paradise!
From 30 June to 14 July, BLD Dinner Buffet RMB 398 per person, for more information and reservation please contact BLD via 022-5822 3160/3161.

ST REGIS
TIANJIN
天津瑞吉金鐘街酒店



Riviera – Blue Lobster

Blue Lobster is a species that is rare to find, and it's always the symbol of luck. You could only get 1 in 2 million pieces. Let's bring you an amazing culinary journey to experience the authentic flavor of Blue Lobster with tailor-made menus.
Venue: Riviera, 1F
For further information & reservation, please contact: +86 22 5830 9962
or e: Riviera.tianjin@stregis.com

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



Graduation Set Menu at TGI Fridays

To celebrate the graduation, graduates can enjoy a special set menu for only RMB988/10 persons (originally RMB2028/10 persons) in July at TGI Fridays. Show your student ID to the staff and you will have an unforgettable moment!
For more information and reservation: 58695555-8456

Radisson
TIANJIN
天津天冠丽晶酒店



East & West Fusion buffet dinner @ Radisson Tianjin

Meet at the Radisson Tianjin for an extravagant buffet dinner featuring food such as hot pot, seafood, Japanese sushi & sashimi, smoked salmon, live cooking stations, succulent desserts to name a few and much more!
Price: RMB 218* per person
* Subject to 15% service charge.
Time: Daily 6:00 to 9:00 pm
Venue: 1F, Café@66, Radisson Tianjin, 66 Xinkai Road, Hedong District, Tianjin 300011
For more information or reservations, please call 022 24578888 ext. 3635



Summer New Menu at ZHEN Chinese Restaurant

Experience the refreshing taste of summer new menu at ZHEN Chinese Restaurant, with a wide range of offerings featuring Syrup of Plum with Mint and Fruits, Rice Glue Ball and Lily in Frozen Rice Wine Soup, Deep-Fried Prawn Ball with Mango Yoghurt Sauce and more. Enjoy the best time of a year with sumptuous creative Chinese cuisine in luxury atmosphere at Wanda Vista Tianjin!

For more information and reservation: 86 22 24626888-6022



Mid Autumn Festival Celebration @ Tangla

Bring the most happy feeling for the people we love. Come to our hotel now and order these stunning gift sets to surprise your family and friends and give them your regards.

The word "Tangla" originated from a beautiful legend set in the Tanggula mountain area, and reflects the wish and fortune of the Guardian God of the Nyenchen Tonglha Mountains. And we introduced 4 kinds of Moon cake gift boxes.

Early Bird Discount

40% off until Aug 1st, 2017 (minimum order of 50 boxes)

Order from 22 June to 4 Oct 2017 / Pick up date from 5 Sep to 4 Oct 2017

Venue: 1F Lobby



Summer Promotion of Tianmu Hot Spring Resort, Photosynthetic Valley, Tianjin

It's summer time and the Photosynthetic Valley specially launches a "Picnic Basket" promotion for people who go outside and have fun. Each basket is suitable for couples or a family of three. Families gather together, find a nice spot to sit, or go boating on the lake and enjoy the delicious food. The basket contains sandwiches, homemade biscuits, homemade drinks, fresh fruit salad, French fries and other snacks, the price is 98 yuan.

Location: Tianmu Hot Spring Resort, Photosynthetic Valley, Tianjin, Tuan Bo Xin Cheng Dong Qu, Jinghai District

Shuttle bus information: Downtown to Photosynthetic Valley 7:40, 15:30

Meeting point: Exit B of TianTa Station: Photosynthetic Valley to Downtown 14:15, 17:40

Tel: 022-68295696



"Spice Up" Asian food Festival @ Terrace Cafe

What could be better than getting started weekend dinner with our Asian Food Festival, Singapore Chili Crab, Malaysia Satay, Indian Curry and Thailand Mango Salad, paired with restaurant homemade "Tropical Fruity Smoothies".

Dinner 18:00-21:30, Every Friday & Saturday

Venue: Terrace Café, Sheraton Tianjin Hotel

Price: CNY 338net/ per person

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



Historical Menu @ 1863 Bistro & Terrace

1863 Bistro & Terrace locates in the Astor Wing of The Astor Tianjin Hotel with 40 seats and exquisite furnishings. The environment is intimate and elegant. It boasts classic western style delicacies and fine vintages, as well as traditional and international cuisine. The guests are about to be impressed by its romantic and aesthetic environment of dining and excellent thoughtful service.

Experience the history of the footprints in 1863 The Dining Room with our historical menu collection. Indulge in dishes that celebrities have ever tasted in The Astor Hotel Tianjin.

18:00-21:00, Monday to Sunday, July to September 2017

1863 Bistro & Terrace, Astor Wing, 1F ,33 Taier Zhuang Road, Heping District ,The Astor Hotel, a Luxury Collection Hotel, Tianjin

Enquiries 022-58526888 ext.8918



Shangri-La Hotel, Tianjin Unveils 'Dine With Michelin Two-Starred Azur': A Taste Sensation

Shangri-La Hotel, Tianjin has invited chefs from the world-renowned AZUR by Chef Mauro Colagreco, a Michelin two-starred chef, in the hotel's level 32 dining room from 6 to 7 July 2017. This exclusive regalement is not-to-be-missed.

Guests may dine with the Michelin two-starred AZUR in the level 32 dining room and enjoy 270-degree views of the Haihe River and Tianjin's mix of dazzling new and quaint old buildings. The set dinner menu is priced at RMB788 net per person.

The AZUR team has also has conjured up a Michelin-starred treat for all those who crave a rich afternoon tea experience. Priced at RMB318 net per set for two and complemented by a range of cheeses from Fromager de Peking and wine appreciation with Kerry Wines.

For more information, guests may call (22) 8418 8888 or send an email to stj@shangri-la.com.

LOCALEVENTS

Icelandic Seafood Festival Renaissance Tianjin Lakeview Hotel

The opening celebration of "Icelandic Seafood Festival" of Renaissance Tianjin Lakeview Hotel has been held on 10 June at BLD restaurant. All seats have been sold out and more than hundred media friends and guests enjoyed the fantastic seafood together!

Hotel Executive Chef Humphrey Wang in collaboration with the guest chef David Ball presented the finest seafood to all seafood fans. All the seafood, such as Canadian lobster, King salmon, Iceland scampi and New Zealand mussels, are all hauled ashore from Arctic Ocean or north Atlantic around Iceland and ship to Tianjin directly to keep the fresh and nutrition.



Explore the Theatre -Themed Dr. Oscar Night Club

Dr. Oscar Night Club was grandly opened on June 2 as the first theatre-themed club in Tianjin. The interior space of the club is designed to a magnificent theatre. The clash of vintage vibe and modern lightings makes the club unique, breaking through the aesthetic stereotype and entertaining ways of conventional night clubs. You'll never feel bored in Dr. Oscar as the diversified shows will come up on different days. The 3D stage built with all kinds of hi-tech will amaze everyone.



The Ritz-Carlton, Tianjin Received Top Honor on The Condé Nast Traveler Gold List 2017

Condé Nast Traveler China has unveiled its prestigious Gold List for 2017, honouring 20 Ritz-Carlton Hotels across the globe. In the category Best Hotels for Families in the World, The Ritz-Carlton, Tianjin received top honor on the Condé Nast Traveler Gold List 2017.



Experience the Defining Moment at the The Ritz-Carlton, Tianjin With the Newly Launched arttour

The Ritz-Carlton, Tianjin has launched a new program ART TOUR for guests who stay in the hotel to define the unforgettable and artful moments in the journey. Guests can enjoy a tour of art appreciation themed as "East Meets West" without leaving the hotel.

The Ritz-Carlton, Tianjin presents more than 1,200 pieces of artwork on display with rich background stories from the western to the eastern world. Our Ladies and Gentlemen selected the most famous pieces and will take guests through the Art Tour for one hour to introduce the stories.



The Juilliard School Opened Its First Overseas Campus in Tianjin

The Juilliard School broke ground today on its first overseas campus, The Tianjin Juilliard School, marking a significant milestone in the school's ongoing expansion into Asia. As part of the ceremony, Joseph W. Polisi, president of Juilliard; Alexander Brose, executive director and C.E.O. of The Tianjin Juilliard School; and Charles Renfro, Partner and architect at Diller Scofidio + Renfro, unveiled preliminary designs for the new facility. Diller Scofidio + Renfro is the same firm that oversaw the 2009 renovations of Juilliard's New York City campus and the redevelopment of Lincoln Center for the Performing Arts.





SAVE EVERY
DROP OF

WATER

TER

LISTING

咖啡 COFFEE

红酒 WINE

餐厅 RESTAURANT

酒吧 BAR

购物 SHOPPING

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

RESTAURANT

[Western 西餐厅]

Tianjin Downtown

Café BLD

蒙廊西餐厅 ★ P E D3

Offers buffets with open kitchen.

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

Pacifica--All-day Dining

帕西菲嘉西餐厅

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

element fresh

新元素餐厅

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

Promenade Italian Restaurant

河岸意大利餐厅 ¥200 P E C7

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

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

Drei Kronen 1308

Cuisine: German

The main feature here is the German
cuisine and, of course, the beer. Drei
Kronen 1308 presents a large range of
specialist craft beer styles including
lagers, dark and wheat beers brewed
according to recipes more than 700
years old. They are able to provide the
drinker with a brew that will suit any
special occasion. Besides serving the
most authentic beer in Tianjin, the
restaurant also provides traditional and
delicious Bavarian food.
Add: 1F, BLK 5, Jinwan Plaza, Jiefang Bei
Lu, Heping District
和平区解放北路48号津湾广场5号楼D座1-2楼
Tel: 022-23219199

Venezia Club Italian Restaurant & Winery

威尼斯酒吧

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

Terrace Café

燕园咖啡厅 C4

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

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

Drei Kronen-1308 Brauhaus

路德维格1308 德餐啤酒坊 ★ P E D7

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

TGI FRIDAYS

星期五餐厅 P E B4

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

PAULANER Tianjin

普拉纳啤酒坊 D7

A unique journey experiencing
authentic Bavarian food, flair and
coziness.
Venice Square, Italian Territory,
No.429-431, Shengli Lu, Hebei
河北区胜利路429-431号意大利风情威尼斯广场
Tel: 24468192
Hrs: 10:30am-01:30am

Brasserie FLO Tianjin

天津福楼

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

Bon Burger

The menu has the assortment of fun
burgers and Mexican food, but now
Bon even has its own craft beer too.
While all the food is good, the shakes at
Bon are amazing, and not something
easily found anywhere else in Tianjin.
Add: People's Stadium (on Yueyang Lu
side), Heping District
和平区人民体育馆内(岳阳道一侧)
Tel: 022-83121520
Hours: 11:30-22:00
¥: 80-100RMB

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

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

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

[Chinese 中餐厅]

Tianjin Downtown

Shang Palace

香宫

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

Din Tai Fung

鼎泰丰 ★ ¥150 P E

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

Tian Tai Xuan

天泰轩

Savor dishes from the renowned
Cantonese tradition in concert with
innovative creations exploring seasonal
local ingredients, together forming a
culinary experience which is not only
extraordinary but quite possibly the
most unique in the entire world.
The Ritz-Carlton, Tianjin, 1st and 2nd
floor, No. 167 Dagubei Road, Heping
和平区大沽北路167号
天津丽思卡尔顿酒店一楼和二楼
Hrs: 11:30am-14:00pm
17:30pm-21:30pm
Tel: 5857-8888
Seats:160

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2, 23号楼底商119
Tel: 15222091582
Hours: 11:00-00:00

[Thai&Malay 泰国&马来西亚]

Tianjin Downtown

YY Beer House

粤园泰餐厅 ★ ¥100 P E D6

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

YY Craft Beer House (NEW OPEN)

粤园泰餐厅 ★ ¥100 P E D6

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

Noodle Bar

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

JIN House

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

[FRENCH 法餐厅]

Tianjin Downtown

Nice To Meet You

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

FLO

福楼 ★ ¥ 350 P E D7
The best French Restaurant in Tianjin offers the most authentic French cuisine. Brasserie FLO is the first restaurant in Tianjin to offer fresh oysters from France. 河北区意大利风情区光复道37号
No.37 Guangfu Road, Italy Style Town, Hebei
Tel: 2662 6688
Fax: 2445 2625
Hrs: 11:00am-23:00pm

[Italian 意大利餐厅]

Tianjin Downtown

Prego

意大利餐厅 ¥ 400 P E D6
Prego's cuisine is rustic yet refined, rooted in tradition while producing innovative creations using only the finest and freshest ingredients available.
3F, The Westin Tianjin, No.101, Nanjing Lu, Heping
和平区南京路101号
天津君隆威斯汀酒店3层
Tel: 23890088
Hrs: 11:30am-14:30pm
18:00pm-22:00pm

Cielo

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

[Japanese 日料]

Fuku Sushi

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

Kawa Sushi Lounge

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

Wine 红酒

Tianjin Downtown

Montrose Wine House

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

Chantal (Tianjin) International Co.Ltd

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



BAR

Tianjin Downtown

WE Brewery

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

River Lounge

瑞吉畔吧 ¥ 100 P E D7
One of Tianjin's premiere destinations, you can enjoy High Tea or artisan cocktails at the gleaming bar or in conversation areas furnished with rich leather seating overlooking the sparkling Hai River. The signature cocktail features a blend of unique Chinese flavors and seasonings, including Fujian lapsang souchong tea, Sichuan pepper, and soy sauce with fine vodka.
1F, St. Regis Tianjin, No.158 Zhang Zi Zhong Road, Heping (Next to Jin Tower, the opposite side of Ha Mi Road)
和平区张自忠路158号, 津塔旁, 哈密道正对面, 天津瑞吉金融街酒店一层
Tel: 5830 9958
Hrs: 10:00am-01:00am

Lobby lounge

大堂酒廊
Provides fine wines from all over the world, cocktails, snacks, coffee and other soft drinks
1F, Shangri-La Hotel, Tianjin, No. 328 Haihe East Road, Hedong
河东区海河东路328号
天津香格里拉大酒店1层
Tel: 8418 8111
Hrs: 09:00 to midnight

WE Taproom

卫酒吧
WE Taproom has six draft beers which change depending on the seasons and the owners desire to experiment as well as a small but excellent menu of western food including burgers and hotdogs with buns created from the malt left over after making the beer.
109, Tian Xi, Aocheng, Nan Kai District, Tianjin
天津市南开区时代奥城
天玺底商109
Tel: 18630888114
Hours: Sun-Thursday: 5pm~midnight
Fri-Saturday: 5pm-2am
Monday closed

O'Hara's-authentic British lounge

海维林酒吧 - 经典英式酒吧 E6
Offers the intimacy of an English gentleman's lounge with regal Winchester styled sofas and an oversized bar counter.
1st floor Astor Wing, A Luxury Collection Hotel, Tianjin, 33 Taier Zhuang Road, Heping
和平区台儿庄路33号
天津利顺德大饭店豪华精选酒店, 酒店一层
Tel: 58526888 ext. 8919
Hrs: 06:30pm-01:00am

Qba

Q吧 P E D6
Qba's Latin-inspired décor creates an authentic ambience where delicious tapas and Latin-style snacks are shared among friends.
The Westin Tianjin, No. 101 Nan Jing Road, Heping
和平区南京路101号
天津君隆威斯汀酒店
Tel: 2389 0088
Hrs: Tue-Sat 6:30pm-01:00am

Flair

★ P E E5
East Asian cuisine, the menu combines playful snack-style dishes with richly flavorful entrées, designer desserts and the freshest of seafood.
The Ritz-Carlton, Tianjin, 1st floor, No. 167 Dagubei Road, Heping District, Tianjin China
和平区大沽北路167号
天津丽思卡尔顿酒店一楼
Tel: 5857-8888
Mon-Fri 17:00-24:00
Sat-Sun 17:00-01:00
Seats: 118

Gusto Bar

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

SHOPPING

Tianjin Downtown

Galaxy Mall

银河国际购物中心
Featuring the most famous luxury brands in the world.
No.9, Le Yuan Road, Hexi
河西区乐园道9号
Tel: 8388 9577
Fax: 8388 9733
Web: www.galaxy-mall.com.cn
Hrs: 10:00-22:00

Mighty Source

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

Joy city

大悦城
Stocks a number of popular brands including Sephora, H&M, supermarket and plenty of restaurants.
No.2, Nanmen Wai Da Jie, Nankai
河西区南门外大街2号
Tel: 5861 8888
Web: tjjoycity.com

Heping Joy city

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

Riverside 66

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

Tianjin Aeon Mall

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

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

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

SHOPPING 购物

BAR 酒吧

RESTAURANT 餐厅

WINE 红酒

COFFEE 咖啡

商务中心
OFFICE

International Trade Centre Mall

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

购物
SHOPPING

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

运动
SPORTS

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

酒店
HOTEL

学校
SCHOOL

Wanda Vista Tianjin

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

医疗
MEDICAL

HYATT REGENCY TIANJIN EAST

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

房地产
ESTATE

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Email: info.pptsn@panpacific.com
Website: www.panpacific.com

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Tel: 5857 6666
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Web: www.crowneplaza.com/tjmeijiangan

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泰达国际会馆
7+2 Fu Kang Lu, Nankai.
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Tel: 5830 9999
Web: Stregis.com/tianjin

Banyan Tree Tianjin Riverside

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Web: www.indigohotel.tianjin.com

Hotel Nikko Tianjin

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189 NanJing Lu, Heping.
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Web: www.sheraton.com/tianjinbinhai

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Economic-Technological Development
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Tel: (86-22) 5999 7666

SCHOOL

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www.wellington-tianjin.cn

Really Chinese Institute

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

Hopeland International Kindergarten

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

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天津市解放南路西侧环岛东路7号
Tel: 022-5810-7777

Shuoba Chinese Academy

说吧汉语
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No.126 Somerset Olympic Tower 403
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Tianjin Heping District Nanjing
Rd. No.75 International Plaza 1802
天津市和平区南京路75号
国际大厦1802室
Tel: 022-2335 0585
139-1079-8835 (Mr. Lu Tong)
187-1017-7191 (Sandra)

Tianjin Golden Collar Translation Center

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5/F, Qingxin Building, Intersection of
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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
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MEDICAL FACILITY

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Tianjin United Family Hospital (TJU)

天津和睦家医院
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Hexi District, Tianjin 300221
河西区潭江道天潇园22号 300221
Tel: (022) 58568500
Web: http://www.uhf.com.cn

ARRAIL International Dental Clinic

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

Raffles Medical - Tianjin

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

Raffles Medical - TEDA

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

CHAMBERS

Tianjin Downtown

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

**The American Chamber of
Commerce, Greater Tianjin Branch**

美国商会天津分会
Rm2918, the Exchange Tower 2, 189
Nanjing Road, Heping
和平区南京路189号
津汇二期2918室
Tel: 23185075 Fax: 2318 5074
Website: www.amchamtianjin.org

**German Chamber of Commerce in
China - North China**

中国德国商会
Rm.1502, Global Center, No. 309
Nanjing Road, Nankai
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环球置地广场1502室
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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

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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
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Fax: 23136005
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MASSAGE

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Chinese Massage Club
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Binshui Dao, Hexi
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Tel: 88294330 / 13512489654
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A Sen Da Mu Tong

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河西区浦口道22号
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FAKUAN YOU!

by Sam Ward



A policeman stopped a electric biker for running red light.

The traffic police officer blew the hell out of his whistle, and not just once, but like three or four times in a row exerted with full chest and lung power. Staring through his mirrored sunglasses with eyebrows turned down he purposefully leapt from his perch in the middle of the intersection onto the street and made sure the offender couldn't escape. A little old Chinese lady tried to avoid eye contact, and pretended as though she wasn't aware the whistles were directed at her. She made all the necessary efforts to avoid having an interaction but it was too late. This time she would not be given any slack as she shuffled her way across the intersection having no regard for red lights or the flow of traffic. While the cop ushered her in and wrote a ticket, I chuckled to myself and internally cheered, "Yea, you give that rude old lady a ticket!"

Too many times in China I have witnessed pedestrians and bicycle riders blatant disregard for traffic laws and people driving cars. Like the whole world revolves around just him, a selfish man

rides his bike right through the busy intersection during rush hour at a speed no faster than walking. Consequently ten or so cars that had been waiting for a green light so they could turn left were all prevented from doing so. Through another 2-3 minute light cycle they wait, and not just this once but probably get effected by similar happenings for the duration of their commute at every light they pass. With camera's in place and tickets regularly given to drivers not following the rules, I always wondered why nothing was done about the people walking and riding bikes. If they started getting tickets too, traffic would really improve

Later in the afternoon of when that old lady got a ticket, I was riding my scooter on the left-hand side of the road to get to the intersection. This action saved me time and the trouble of having to go all the way around to the next light, so it made perfect sense. Who cares about all the oncoming traffic that had to squish together and slow down to avoid me? Apparently the recently present

I ALWAYS WONDERED WHY NOTHING WAS DONE ABOUT THE PEOPLE WALKING AND RIDING BIKES. IF THEY STARTED GETTING TICKETS TOO, TRAFFIC WOULD REALLY IMPROVE

traffic cop at the corner cared. I put my head down, tried to avoid eye contact and pretend like I didn't know the officer saw me, but it was too late and just like the rude old lady I was ushered in to be given a ticket.

In broken Chinese I plead my case to the officer and tried to explain about the long drive around to the next light. His response was, "Fakuan" which is Chinese for ticket. I was a little upset about getting a ticket at first, but when I found out the financial setback was only 20 kuai and I could pay on Wechat, well that wasn't so bad at all! On the positive side I could never remember the word for ticket, and always said "piao" even though that's like a movie, train, or sporting event ticket. Now I remember the word fakuan, and hope the police continue to fakuan everyone until Tianjin's traffic problem is fixed.

站住! 罚款!

最近在主干道路上, 你可能经常会看到这样的情景。一名交警突然吹着哨子从路口的岗亭快步走向行车道, 拦住一辆自行车。骑车的阿姨还在假装没有听到警察的哨子继续骑着, 但闯红灯不会就这么被警察放过的, 她被开了一张罚单。

作为旁观者的我在一旁窃喜, 早就应该这样了! 我经常路过的一个路口, 每次都有十几辆车排队等待绿灯左转, 结果绿灯亮了却因为闯红灯的行人而不得前行, 每个灯时只能过两三辆车。违章的司机总会收到罚款, 但对行人和非机动驾驶员却没有任何约束, 这明显不公平。

看完别人被开罚单, 我自己似乎没有得到什么教训。下午我骑着车走到同一个路口, 为了抄近道而选择逆行, 结果也没能逃脱警察的火眼金睛。我也和那位阿姨一样, 想要装傻躲过处罚, 结果也没能得逞。我试图用蹩脚的中文和警察解释我为什么会逆行, 他的回答只有两个字“罚款”! 听到这两个字我本来很沮丧, 但得知只罚 20 块钱, 而且可以微信支付, 我又觉得很庆幸。至少我学会了一个新词: 罚款。



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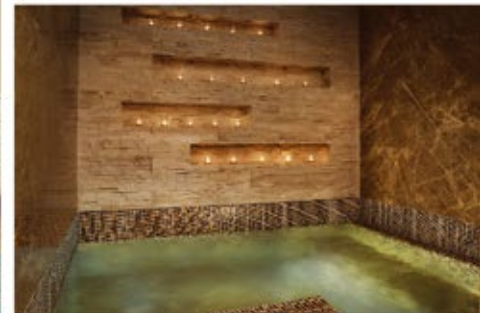
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